



# THE PENDULUM

*Primal news...*

JANUARY 11-14, 2017



*"At home I serve the kind of food I know the story behind." -Michael Pollan*

## What's in the Box? January 11-14, 2017

1 lb. Garlic and Herb  
Chicken Sausage

1 lb. Boneless Pork Chops

1 lb. Skirt Steak with  
Pendulum Roasted Garlic  
Compound Butter

1 lb. Ground Beef

## Pork Chops with Creamy Mustard Sauce

### Ingredients:

2 boneless pork chops  
Salt and freshly ground black pepper  
1/2 cup low sodium chicken broth  
2/3 cup half & half or heavy cream  
1 Tbsp Dijon mustard  
2 tsp lemon juice



Season pork chops with salt and pepper on both sides. Heat a large skillet over medium-high heat and spray with nonstick cooking spray. Add pork chops and cook for 2-4 minutes on each side, until browned and just barely cooked through (don't overcook or they will be tough). Transfer pork to a plate and cover with aluminum foil. Add chicken broth to the skillet and scrape up any remaining browned bits from the pork. Add cream or half & half, dijon mustard, and lemon juice. Stir well, reduce heat to medium and simmer, uncovered for 5-6 minutes or until sauce has slightly thickened. Spoon sauce over pork. Garnish with parsley, if desired.

## *Pasta with Tomatoes and Chicken Sausage*

### Ingredients:

Garlic & Herb Chicken Sausage  
10-12 oz. Grape Tomatoes  
1/2 medium onion  
2-3 large Garlic Cloves  
1 tbsp. Olive Oil  
Salt and Pepper  
Fresh Chopped Oregano or Basil  
4 oz. Spaghetti  
Fresh grated Parmesan Cheese



### Instructions:

Cook the sausage links to an internal temperature of 165 degrees. Cut into slices and set aside. Heat olive oil in a large saute pan or skillet over medium heat until shimmering. Turn heat to low and add the onion and cook until soft, a few minutes. Add the garlic and cook another 30 seconds. Add the halved tomatoes and allow them to cook until soft, a few more minutes. Add in cooked sausage. When pasta is done, drain and add to the pan with the tomatoes. Toss well and add the fresh herbs and cheese. Serve while hot.

## **Skirt Steak with Roasted Garlic Compound Butter**

**Light the grill. Use a paper towel to pat steak dry. Grill meat over direct heat until char lines appear, and meat is done to taste, 3 to 5 minutes per side. Let rest for 5 minutes before slicing against the grain and serving, garnish with roasted garlic compound butter.**

