



BI-WEEKLY SHOP BULLETIN

# THE PENDULUM

*Primal news...*

JUNE 14-23, 2017



PRIMAL MEAT CSA

THE WAY TO CSA

"Oh, I adore to cook. It makes me feel mindless in a worthwhile way."  
Truman Capote

## What's in the Box?

- 1 lb. Pork Carnitas
- "The Dirty Bird"-  
Buffalo Chicken  
Sausage
- 1 lb. Ground Beef
- 1 lb. Beef Boneless  
Short Ribs
- 1/2 lb. Bacon
- One Dozen Eggs

## "The Dirty Bird" Buffalo Chicken Sausage

Our buffalo chicken sausage has quickly become a fan favorite. Made with our organic chicken, ground fresh in the store, has paprika, cayenne pepper, chili powder,

Frank's Red Hot Sauce, and fresh blue cheese. We love cooking it start to finish in the oven, but you can also grill it. Our casings hold up best on the grill if you poach the sausages first in stock or a cheap can of beer.



# *Pork Carnita Tacos*

## **INGREDIENTS**

- 1 lb. pork carnitas
- 1/2 tbsp lime juice
- 1 tsp coarse sea salt
- 1 tsp ground cumin
- 1/2 tsp chili powder
- 1/2 tsp garlic powder
- 1/2 tsp oregano
- 1/2 tsp onion powder
- 1/4 tsp ground black pepper

## **For Tacos & Toppings**

- corn tortillas
- slices of avocado
- cilantro, roughly chopped
- red onion, diced
- slices of lime



## **INSTRUCTIONS**

Place pork in slow cooker. Combine all other ingredients in slow cooker. Stir to mix thoroughly. Cover and cook on high for 4 hours or until very tender. When tender, pull apart with a fork. Serve on warm corn tortillas and top with onions, cilantro, avocado slices and lime juice!

**Egg salad is one of my favorite dinners on a hot night and we love breakfast for dinner in our house, but you may be looking for other ideas for your eggs. Click on the link below for more dinner recipes using eggs!**

**<http://www.marthastewart.com/274915/easy-egg-suppers#210052>**

# ***Braised Beef Short Ribs***

## **Ingredients**

1 lb. bone-in beef short ribs, cut crosswise into 2-inch pieces

Kosher salt and freshly ground black pepper

1 tablespoons vegetable oil

1 medium onion, chopped

2 medium carrots, peeled, chopped

1 celery stalks, chopped

1 tablespoons all-purpose flour

1/2 tablespoon tomato paste

1/3 750 ml bottle dry red wine

4 sprigs flat-leaf parsley

2 sprigs thyme

1 sprigs oregano

1 sprigs rosemary

1 fresh or dried bay leaves

1/4 head of garlic, halved crosswise

1.5 cups beef stock

\*I had some of the fresh herbs, but had to use dried bay leaves and oregano. You could substitute dried herbs if necessary.



## **Instructions**

Preheat oven to 350°. Season short ribs with salt and pepper. Heat oil in a large

Dutch oven over medium-high. Brown short ribs on all sides, about 8 minutes.

Transfer short ribs to a plate. Pour off all but 3 Tbsp. drippings from pot.

Add onions, carrots, and celery to pot and cook over medium-high heat, stirring often, until onions are browned, about 5 minutes. Add flour and tomato paste; cook, stirring constantly, until well combined and deep red, 2-3 minutes. Stir in wine, then add short ribs with any accumulated juices. Bring to a boil; lower heat to medium and simmer until wine is reduced by half, about 25 minutes. Add all herbs to pot along with garlic. Stir in stock. Bring to a boil, cover, and transfer to oven.

Cook until short ribs are tender, 2–2½ hours. Transfer short ribs to a platter. Strain sauce from pot into a measuring cup. Spoon fat from surface of sauce and discard; season sauce to taste with salt and pepper. Serve in shallow bowls over mashed potatoes with sauce spooned over.