



BI-WEEKLY SHOP BULLETIN

THE PENDULUM

Primal news...

JULY 12-20, 2017



PRIMAL MEAT CSA

THE WAY TO CSA

"The only time to eat diet food is while waiting for the steak to cook." ~Julia Child

What's in the Box?

For July 12-20, 2017

- (2) 12 oz. New York Strip Steaks
- Banh Mi Sausage
- Chicken Thighs

NY Strip Steaks

Preheat cast iron skillet over high heat until lightly smoking. Preheat oven to 400 degrees. Pat meat dry with paper towels. Season with steak and chop spice rub. Swirl beef tallow or canola oil in the pan prior to searing. Sear meat on each side about 90 seconds, until deeply brown but not black. Put skillet in the oven for 3 minutes. Remove skillet from oven. Put meat on a warm plate! and allow it to rest under tented foil for about 10 minute.

We love the NY strip because it is one of the three top shelf steaks from the cow. What makes it so good is its great marbling, a rich and tasty fat cap, and its savory beef flavor, all while remaining very tender. Another great thing about the NY strip is that it is the opposite side of the tenderloin in a porterhouse. It is also known as a Kansas City strip, shell steak, or club steak.



Banh Mi Sausage Noodle Bowls

Ingredients:

1 pound Banh Mi sausage
1 tablespoon olive oil
4 cups chicken broth
1/2 of a large bunch of kale, coarsely chopped
5 green onions, thinly sliced
2 tablespoons soy sauce
1 teaspoon fish sauce
salt and pepper
6-8 ounces rice noodles



Directions:

Heat the oil in a soup pot and add the sausage, stirring to break up the chunks until cooked through (about 10 minutes).

Add the chicken broth to the pot and bring mixture to a boil. Reduce heat and simmer for 10 minutes. Next, add the greens, onions, soy sauce and fish sauce and cook until the greens are just tender (about 5 minutes). Remove from heat and season to taste with salt and pepper.

While the broth mixture simmers, cook the rice noodles according to package directions. Drain and add the rice noodles to the soup pot, giving everything a good stir before serving.



This box was created with input from CSA member Rob, who recently redesigned our webpage for us! We have so many talented people in the CSA family. Check out the new pendulummeats.com today!

Garlic-Yogurt Marinated Chicken Thighs

Ingredients

- 4 garlic cloves, smashed
- 1 jalapeño peppers, tops removed
- 1 shallot, quartered
- 1/2 tablespoon kosher salt
- 1/2 teaspoon ground cumin
- 3 tablespoons olive oil, divided
- 1/2 lime
- 1/2 tablespoon fresh lime juice
- 1/2 cup plain 2% reduced-fat Greek yogurt
- 3 tablespoons honey
- 1 package of chicken thighs



Directions

Process first 5 ingredients and 1 Tbsp. oil in a food processor until finely ground. Cut a thin slice from each end of lime. Peel lime; cut away bitter white pith. Add peeled lime and 1/2 Tbsp. juice to processor; process until smooth.

Whisk together yogurt, honey, 1 Tbsp. oil, and garlic mixture in an 11- x 7-inch baking dish. Add chicken to marinade, turning to coat. Cover and chill 8 hours.

Preheat oven to 400°. Heat remaining 1 Tbsp. oil in an ovenproof grill pan over medium-high heat. Remove chicken from marinade, discarding marinade. Cook chicken in hot oil 4 minutes; turn chicken. Transfer pan to oven, and bake 10 minutes or until done.