



THE PENDULUM

Primal news...

JULY 26 - AUGUST 5, 2017



"One cannot think well, love well, sleep well, if one has not dined well." -Virginia Woolf

What's in the Box?

- 1 lb. Ground Beef
- 1 lb. Mild Italian Sausage (For the pizza and/or bolognese)
- 1 Whole Chicken
- **Pizza Kit**
(Pendulum Pizza Dough, Pizza Sauce, Fresh Mozzarella, and Pepperoni)

Slow Cooker Roasted Chicken

(With this summer heat, I am working on recipes that won't heat up the house)

Ingredients:

- 1 medium to large onion, chopped
- 4 to 5 carrots, chopped in halves or thirds
- 4 celery stalks, cut in thirds
- 2 garlic cloves, peeled and smashed
- 1 whole chicken

Directions:

Season the chicken with spices and herbs of your choice. Prep the vegetables and place inside the slow cooker. Place chicken on top of the vegetables. Cover slow cooker and cook chicken on low for 4-8 hours. (When I used a 4 lb chicken, it took about 6 hours. The time will depend on the size of the chicken and your slow cooker.) Cook until the internal temperature of the leg is at 160 degrees. For a crispier skin, place in a 9×13 glass or ceramic baking dish. Place baking dish in the oven under the broiler for about 4-5 minutes. Allow chicken to rest after removing it from the broiler for 5-10 minutes.



Slow Cooker Spaghetti Bolognese

INGREDIENTS

- 2 cans (28oz each can) crushed tomatoes
- 1 (6 oz) can tomato paste
- 1 medium onion, diced
- 2 garlic cloves, minced
- 2 bay leaves
- 1 tbsp dried basil
- 2 tsp dried oregano
- 2 tbsp olive oil
- 1 tbsp balsamic vinegar
- 1½ tsp salt
- ½ tsp black pepper



INSTRUCTIONS

Place all ingredients in the slow cooker and cook on low for 6-8 hours. Before serving, brown ground beef and mild Italian sausage and add to sauce. Serve over pasta.

Cast Iron Skillet Pepperoni Pizza

First, you'll need to preheat the oven to 525° —or as hot as it'll go. Stretch the dough out, working it into a flattened round. Then, set a 9-12" cast-iron pan over a burner set to medium-high. You want to preheat the pan so it's hot but not smoking (just watch your hands—and don't grab the handle!). Although any size pan is really fine, keep in mind that the smaller the pan, the thicker the crust will be. If deep dish-style pizza is your jam, go for the 9". If you want a crispier crust, use a larger pan. Sprinkle the hot pan with cornmeal and flour, and set the dough snugly in the pan (again, watch your fingers). Pull the sides of the dough up the sides of the pan so it doesn't slump back down, being sure to distribute the dough evenly for no thin patches. Brush the top of the dough with olive oil and let it start cooking over the burner. Once the dough starts to bubble, season with salt and pepper and add marinara sauce. Spread the marinara over the dough, and don't worry about leaving too much space for a crust. Top with mozzarella cheese and pepperoni. Slide that pizza into the oven and let it bake for 10-15 minutes until the cheese is melted, bubbling, and golden. Let it rest a few minutes and slice.

