



THE PENDULUM

Primal news...

NOVEMBER 15-18, 2017



What's in the Box?

- **Sage Sausage**
- **Ground Beef**
- **Chicken Breast**
- **Whole Flank Steak**

Be Thankful for all things...

Lemongrass Chicken

Ingredients

4 lemongrass stalks, tough outer layers removed, chopped
 1 medium shallot, chopped
 2 garlic cloves, chopped
 ¼ cup fresh lime juice
 2 teaspoons fish sauce
 2 teaspoons light brown sugar
 ½ teaspoon crushed red pepper flakes
 2, 6-ounce skinless, boneless chicken breasts, pounded to ½-inch thickness
 Kosher salt, freshly ground pepper
 2 tablespoons vegetable oil
 Lime wedges (for serving)



Instructions

Process lemongrass, shallot, garlic, lime juice, fish sauce, brown sugar, and red pepper flakes in a food processor to a fine paste. Season chicken with salt and pepper and place in a resealable plastic bag. Add lemongrass mixture; chill at least 30 minutes. Heat oil in a large skillet over medium-high. Remove chicken from marinade, scraping off excess, and cook until golden brown, 6–8 minutes; turn and cook until cooked through, about 2 minutes longer. Serve chicken with lime wedges for squeezing over.

Recipes cont.

Lasagna Stuffed Shells

Ingredients

12-14 jumbo pasta shells
1 pound ground beef
2 tablespoons chopped onion
1 (12 ounce) can tomato paste
1 (14 ounce) can tomato sauce
1/2 teaspoon salt
1/2 teaspoon dried oregano
1/2 teaspoon garlic powder
2 eggs
3 cups cottage cheese
16 oz. package shredded mozzarella cheese, divided
1/2 cup grated Parmesan cheese
2 tablespoons dried parsley
1 teaspoon salt
1/2 teaspoon ground black pepper

Instructions

Preheat an oven to 375 degrees. Fill a large pot with lightly-salted water and bring to a rolling boil; stir in the shell pasta and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has nearly cooked through but still very firm to the bite, about 5 minutes. Drain well and rinse with cold water.

While the shells are cooking, heat a large skillet over medium-high heat; cook and stir the beef and onion in the hot skillet until the beef is crumbly, evenly browned, and no longer pink. Drain and discard any excess grease; stir in the tomato paste, tomato sauce, salt, oregano, and garlic powder. Bring to a simmer and cook for 5 minutes. Spread half of the sauce into a 9x13-inch baking dish.



Beat the eggs in a mixing bowl. Stir in the cottage cheese, 3/4 of the mozzarella cheese, Parmesan cheese, parsley, salt, and pepper. Spoon the cheese mixture into the shells and set them into the prepared baking dish. Once all the shells have been filled, pour the remaining meat sauce over the shells and sprinkle with the remaining mozzarella cheese.

Bake in the preheated oven until the shells are hot in the center and the mozzarella cheese is melted and bubbly, 25 to 30 minutes.

Thanksgiving Turkeys

It's not too late! Our Thanksgiving Turkeys, raised free range in North Carolina with nothing added, ever — no added hormones, steroids, antibiotics, or anything artificial. The cost is \$5.99 per pound. You can reserve a bird in the 10-14 lb. range and the 16-20 lb. range. We only have a few left!

We do require a \$20 deposit for each turkey. If you would like to reserve, please email dana@pendulummeats.com. Please include your name, phone number, quantity, and size range. We will invoice you for the deposit through Square so that you can pay online. Pickups for the turkeys will begin Saturday, November 18th. Looking forward to hearing from you.

Thanksgiving Stuffing with Sage Sausage

Ingredients

2 1/2 pounds (about 2 loaves) high quality sandwich bread or soft Italian or French bread, cut into 3/4-inch dice, about 5quarts
8 tablespoons (1 stick) butter
1 pound sage sausage loose, removed from casing
1 large onion, finely chopped (about 2 cups)
4 large stalks celery, finely chopped (about 2 cups)
2 cloves garlic, minced or grated on microplane
1/4 cup minced fresh sage leaves (or 2 teaspoons dried sage leaves)
32 ounces (4 cups) low-sodium chicken or turkey broth, preferably Pendulum Housemade Chicken Stock
3 whole eggs
1/4 cup minced parsley leaves
Kosher salt and freshly ground black pepper

Instructions

Adjust oven racks to lower middle and upper middle position. Preheat oven to 275°F. Spread bread evenly over two rimmed baking sheets. Stagger trays on oven racks and bake until completely dried, about 50 minutes total, rotating trays and stirring bread cubes several times during baking. Remove from oven and allow to cool. Increase oven heat to 350°F. In large Dutch oven, melt butter over medium high heat until foaming subsides (don't allow butter to brown), about 2 minutes. Add sausage and mash with stiff whisk or potato masher to break up into fine pieces (largest pieces should be no greater than 1/4-inch). Cook, stirring frequently until only a few bits of pink remain, about 8 minutes. Add onions, celery, garlic, and sage and cook, stirring frequently, until vegetables are softened, about 10 minutes. Remove from heat and add half of chicken stock. Whisk remaining chicken stock, eggs, and 3 tablespoons parsley in medium bowl until homogeneous. Stirring constantly with wooden spoon, slowly pour egg mixture into sausage mixture. Add bread cubes and fold gently until evenly mixed. Use part of stuffing to stuff bird if desired. To cook remaining stuffing, transfer to buttered 9 by 13 rectangular baking dish (or 10 by 14 oval dish), cover tightly with aluminum foil, and bake until instant read thermometer reads 150°F when inserted into center of dish, about 45 minutes. Remove foil and continue baking until golden brown and crisp on top, about 10 minutes longer. Remove from oven, let cool for 5 minutes, sprinkle with remaining parsley and serve.

Flank Steak with Bell Peppers and Snow Peas

Ingredients

12-16 oz. flank steak
3 Tbs. Rice wine or dry sherry
1 Tbs. minced fresh ginger
2 tsp. soy sauce
1-1/2 tsp. cornstarch
Kosher salt and freshly ground white pepper
1 tsp. plus 2 Tbs. peanut or vegetable oil
2 Tbs. hot bean sauce (also called chili bean sauce), chili garlic sauce, or Sriracha
2 Tbs. hoisin sauce
1 Tbs. minced garlic
6 oz. snow peas, strings removed (about 2 cups)
1 medium red bell pepper, stemmed, seeded, and cut into 1/2 x 2-inch strips
8 medium scallions, thinly sliced on the diagonal (about 1 cup)



Instructions

Cut the beef with the grain into 2-inch-wide strips, and then cut each strip across the grain into 1/4-inch-thick slices. Transfer to a medium bowl. Add 1 Tbs. of the rice wine, the ginger, soy sauce, cornstarch, 1/4 tsp. salt, and 1/8 tsp. pepper to the beef. Stir until the cornstarch is no longer visible. Add 1 tsp. of the oil and stir until the beef is lightly coated.

In a small bowl, stir the hot bean sauce, hoisin sauce, and the remaining 2 Tbs. rice wine. Heat a 14-inch flat-bottom wok (preferably seasoned carbon steel) over high heat until a bead of water vaporizes within 1 to 2 seconds of contact. Add 1 Tbs. of the remaining oil, swirl to coat, add the garlic, and stir-fry with a metal wok spatula until fragrant and light golden, about 10 seconds. Push the garlic to the sides of the wok and carefully add the beef, spreading it evenly over the bottom and sides of the wok in a single layer. Cook, undisturbed, for 1 minute, letting the beef begin to sear, then stir-fry with the garlic until the beef is lightly browned but not yet cooked through, about 1 minute. Transfer the beef and garlic to a plate.

Add the remaining 1 Tbs. oil to the wok and swirl to coat. Add the snow peas, bell pepper, and scallions, sprinkle with 1/2 tsp. salt, and stir-fry until the snow peas are bright green, about 1 minute. Return the beef with any accumulated juice to the wok. Add the hot bean sauce mixture by swirling it down and around the sides of the wok; if you pour the sauce directly into the center of the pan, the temperature of the wok will drop. Stir-fry until the beef is just cooked through and the vegetables are crisp-tender, 30 seconds to 1 minute more. Serve immediately.