



BI-WEEKLY SHOP BULLETIN

THE PENDULUM

Primal news...

NOVEMBER 29-DECEMBER 2, 2017



What's in the Box?

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

"If you keep good food in your fridge, you will eat good food."-Errick McAdams

Curried Chicken and Chickpea Stew

Ingredients:

Chicken thighs
1 tbsp. olive oil
1 tbsp. curry powder
1/2 tsp. salt
2 thinly sliced onions
4 garlic cloves, minced
1 28-oz. can diced tomatoes with juice
2 15-oz. cans chickpeas, rinsed and drained
Steamed Rice

Instructions:

Combine chicken, olive oil, curry powder and salt in slow cooker and toss to coat. Sprinkle onions and garlic on top of chicken. Pour tomatoes on top. Cover and cook on low for 6 to 8 hours. During last hour of cooking, stir in chickpeas. Serve hot over steamed rice.



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.



Beef Stew

Ingredients:

1 pounds boneless beef stew meat
1 teaspoons salt
1/2 teaspoon freshly ground black pepper
2 tablespoons olive oil
1 medium yellow onions, cut into 1-inch chunks
4 cloves garlic, peeled and smashed
1 tablespoons balsamic vinegar
1 tablespoons tomato paste
1/8 cup all-purpose flour
1 cup dry red wine
2 cups beef stock
1 bay leaf
1/8 teaspoon dried thyme
1/2 teaspoon sugar
2 large carrots, peeled and cut into one-inch chunks on a diagonal
1/2 pound small white boiling potatoes (baby yukons), cut in half
Fresh chopped parsley, for serving (optional)



Instructions:

Preheat the oven to 325°F and set a rack in the lower middle position. Pat the beef dry and season with the salt and pepper. In a large Dutch oven or heavy soup pot, heat 1 tablespoon of the olive oil over medium-high heat until hot and shimmering. Brown the meat, turning with tongs, for about 5 minutes per batch; add one tablespoon more oil for each batch. (To sear the meat properly, do not crowd the pan and let the meat develop a nice brown crust before turning with tongs.) Transfer the meat to a large plate and set aside.

Add the onions, garlic and balsamic vinegar; cook, stirring with a wooden spoon and scraping the brown bits from bottom of the pan, for about 5 minutes. Add the tomato paste and cook for a minute more. Add the beef with its juices back to the pan and sprinkle with the flour. Stir with wooden spoon until the flour is dissolved, 1 to 2 minutes. Add the wine, beef broth, bay leaf, thyme, and sugar. Stir with a wooden spoon to loosen any brown bits from the bottom of the pan and bring to a boil. Cover the pot with a lid, transfer to the preheated oven, and braise for 2 hours.

Remove the pot from the oven and add the carrots and potatoes. Cover and place back in oven for about an hour more, or until the vegetables are cooked, the broth is thickened, and the meat is tender. Taste and adjust seasoning if necessary. Serve the stew warm -- or let it come to room temperature and then store in the refrigerator overnight or until ready to serve. This stew improves in flavor if made at least 1 day ahead. Reheat, covered, over medium heat or in a 350°F oven. Garnish with fresh parsley, if desired.