



BI-WEEKLY SHOP BULLETIN

THE PENDULUM

Primal news...

DECEMBER 27-30, 2017



Happy New Year!!!!

What's in the Box?

- **Dealer's Choice Sausage**
- **Ground Beef**
- **Bone In Chicken Thighs**
- **1lb. Boneless Ribeye Steak**

How to Sear the Perfect Steak

1. *Preheat cast iron skillet over high heat until lightly smoking. Preheat oven to 400 degrees.*
2. *Pat meat dry with paper towels.*
3. *Season with salt.*
4. *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.*
5. *Put skillet in the oven for 3 minutes.*
6. *Remove skillet from oven. Put meat on a warm plate and allow it to rest under tented foil for about 10 minute.*



Korean Roasted Chicken Thighs

Ingredients

Bone In Chicken Thighs

1/4 cup soy sauce

1/4 cup minced green onions

1 tbsp. sesame seeds

1 1/2 tbsp. honey

1 tsp. minced garlic

1/8 tsp. ground ginger

1/8 tsp. black pepper



Instructions

Preheat oven to 375 degrees. Place chicken skin side down in a large baking dish. Combine the remaining ingredients in a bowl and then pour on top of the chicken. Bake uncovered for 45 minutes. Turn the chicken over in the dish and bake for another 15 minutes.

Greek Style Stuffed Peppers

Ingredients

1 pound lean ground beef

1 (10-ounce) package frozen chopped spinach, thawed and squeezed dry

1 medium zucchini, coarsely grated (about 2 cups)

1 small onion, minced (about 1 cup)

1/2 cup bulghur

1 egg, lightly beaten

1/2 teaspoon dried oregano

1/2 teaspoon salt

Freshly ground black pepper

3 red bell peppers, halved lengthwise, cores and ribs removed

2 (14 1/2-ounce) cans low-sodium stewed tomatoes, finely chopped

1/3 cup crumbled feta cheese



Instructions

Preheat the oven to 350 degrees F. In a large bowl combine the beef, spinach, zucchini, onion, bulghur, egg, oregano, salt and a few grinds of pepper. Mix until thoroughly combined. Arrange the pepper halves cut side up in a 9 by 13-inch baking dish and fill each pepper half with the meat mixture. Pour the tomatoes over the peppers and sprinkle with the feta cheese. Cover with foil and bake for 30 minutes. Uncover and bake until the meat mixture is completely cooked and the peppers are tender, about 25 minutes longer.