



BI-WEEKLY SHOP BULLETIN

THE PENDULUM

Primal news...

JANUARY 10-13, 2018



"Hard work should be rewarded by good food."
-Ken Follett

What's in the Box?

- 1 lb. ground turkey
- 1 lb. ground beef
- 1 lb. Mexican chorizo
- 1 lb. beef stew meat
- 1 package of boneless, skinless chicken breast

Meat Loaf

Ingredients:

2 egg whites
2/3 cup ketchup, divided
1 medium potato, peeled and finely shredded
1 medium green pepper, finely chopped
1 small onion, grated
3 garlic cloves, minced
1 teaspoon salt
1 teaspoon dried thyme
1/2 teaspoon pepper
1 pound ground beef
1 pound ground turkey

Instructions:

In a large bowl, combine egg whites and 1/3 cup ketchup. Stir in the potato, green pepper, onion, garlic, salt, thyme and pepper. Crumble beef and turkey over mixture and mix well. Shape into a 10-in. x 4-in. loaf. Line a 15-in. x 10-in. x 1-in. baking pan with heavy-duty foil and coat the foil with cooking spray. Place loaf in pan. Bake, uncovered, at 375° for 45 minutes; drain. Brush with remaining ketchup. Bake 5-10 minutes longer.



Chorizo and White Bean Stew

Ingredients:

2 tablespoons olive oil, divided, plus more for drizzling
1 pound fresh Mexican chorizo
1 large onion, thinly sliced
4 garlic cloves, finely chopped
1 sprig thyme
2 15-ounce cans cannellini (white kidney) beans, rinsed
2 cups chicken broth
Kosher salt, freshly ground pepper
5 ounces baby spinach
Smoked paprika (optional)



Directions:

Heat 1 tablespoon oil in a large skillet over medium heat. Add sausage and cook, turning occasionally, until browned and cooked through, 15-20 minutes. Transfer sausage to a plate. Reduce heat to medium. Heat remaining 1 tablespoon oil in same skillet. Add onion, garlic, and thyme sprig. Cook, stirring occasionally, until onion is softened, 5-8 minutes. Add beans and broth and cook, crushing a few beans with the back of a spoon to thicken sauce, until slightly thickened, 8-10 minutes. Season with salt and pepper. Add spinach by handfuls and cook just until wilted, about 2 minutes. Slice chorizo and fold into stew; add water to thin, if desired. Divide stew among bowls; drizzle with oil and sprinkle with paprika, if desired.

From the Virginian Pilot...

Chef plans to open Codex inside Pendulum Fine Meats in Norfolk

Click to read more about our latest pop-up restaurant:

https://pilotonline.com/life/flavor/restaurants/turning-tables/article_42b42672-500e-5bcd-a9c3-9e1e78583c9a.html?__vfz=medium%3Dsharebar



Slow Cooker Korean Beef

Ingredients:

1/2 cup beef broth
1/4 cup reduced sodium soy sauce
1/4 cup brown sugar, packed
2 cloves garlic, minced
1/2 tablespoon sesame oil
1/2 tablespoon rice wine vinegar
1/2 tablespoons freshly grated ginger
1/2 teaspoon Sriracha, or more, to taste
1/4 teaspoon onion powder
1/4 teaspoon white pepper
1 pound beef stew meat
1 tablespoons cornstarch
1/2 teaspoon sesame seeds
1 green onions, thinly sliced



Instructions

In a large bowl, whisk together beef broth, soy sauce, brown sugar, garlic, sesame oil, rice wine vinegar, ginger, Sriracha, onion powder and white pepper. Place stew meat into a 6-qt slow cooker. Stir in beef broth mixture until well combined. Cover and cook on low heat for 7-8 hours or high heat for 3-4 hours. In a small bowl, whisk together cornstarch and 1/8 cup water. Stir in mixture into the slow cooker. Cover and cook on high heat for an additional 30 minutes, or until the sauce has thickened. Serve immediately, garnished with green onions and sesame seeds, if desired.