



BI-WEEKLY SHOP BULLETIN

THE PENDULUM

Primal news...

JANUARY 24-27, 2018



**Are you ready for
some football?**

What's in the Box? *The Superbowl Box*

- 1 lb Ground Beef
- 1 lb. Baconwurst Sausage
- 2 lb. Organic Chicken Wings
- Speedy's #44 Hot Sauce
- 1 lb. Ground Brisket
- House Smoked Cheddar Cheese



Baconwurst Sausage

Our baconwurst sausage is a twist on our bratwurst. We add bacon to the pork when grinding, finish it with salt, pepper, and beer, and case it.

The sausage is best when parboiled in cheap beer and finished in a skillet, on the grill, or in the oven. Put them in a roll and top with mustard and sauerkraut.

Chicken Wings



1. Preheat oven to 400 degrees. Set a wire rack inside a large rimmed baking sheet.
2. Bake wings until cooked through and skin is crispy, about 30 minutes.
3. Toss wings in melted butter and Speedy's #44 Hot Sauce.

Speedy's #44 Hot Sauce

Locally made in Virginia Beach

One could say that Speedy's was created out of a necessity for flavor and burn. Speedy's has a complex and rich smokey flavor. Sauce should enhance what you are eating, not over power it. Try it for yourself and start living the dream.

Speedy's #44 Hot Sauce is a savory smokey habanero sauce accented with the sweetness of peaches, baby carrots and roasted red pepper. Makes even the most bland food a party.



Meatballs

Ingredients:

- 1 pound of ground beef
- 1 egg
- 2 tablespoons water
- 1/2 cup bread crumbs
- 1/4 cup minced onion
- 1/2 teaspoon salt
- 1/8 teaspoon pepper

Instructions:

In a large bowl combine the egg, water, bread crumbs, onion, salt and pepper and combine. Add the ground beef that has been broken into chunks, and mix gently but thoroughly with your hands to combine. Form this mixture into meatballs about 1" in diameter and place on a broiler pan or a pan with sides topped with a wire rack. Bake at 350°F for 25-30 minutes.

Sauces for Meatballs

Homemade BBQ Sauce

- 3/4 cup ketchup
- 1/2 cup water
- 1/4 cup vinegar
- 1/3 cup brown sugar
- 1 1/2 Tbsp dried minced onion
- 1 tsp mustard
- 4 tsp Worcestershire sauce
- 6 drops hot pepper

Balsamic Marinade Sauce

- 1/2 cup balsamic vinegar
- 1/2 cup soy sauce
- 1/2 cup water
- 1/2 Tbsp garlic powder with parsley
- 1 tsp basil

Marinara

Another simple but handy idea. Buy a jar of your favorite spaghetti sauce or treat your guests to a gourmet sauce with Italian meatballs.

- Spaghetti sauce
- Capers, optional

Brisket Chili with Smoked Cheddar

INGREDIENTS:

- 1 lb. ground brisket
- 3 (15 oz.) cans diced tomatoes with green chiles
- 2 (15 oz.) cans beans, drained (black beans, kidney beans, or a combination)
- 1 small white onion, diced
- 2 Tbsp. chili powder
- Pendulum Smoked cheddar cheese
- Optional toppings: chopped green onions, sour cream, cilantro, etc.

DIRECTIONS:

In a large stockpot, cook ground brisket over medium-high heat until browned, stirring frequently. Drain the excess grease. Add remaining ingredients and stir to combine. Bring to a boil, then reduce heat to medium-low, cover, and simmer for 15 minutes or until the onion is cooked and softened. Top with grated smoked cheddar cheese.



Stock up for the Superbowl

15% all beer and wine during the week of CSA pickup for all CSA members!

