



THE PENDULUM

Primal news...

FEBRUARY 21-24, 2018



What's in the Box?

- **Chicken Thighs**
- **Ground Beef**
- **2 Bone In Pork Chops**
- **Bahn Mi Sausage**
- **Pizza Kit - Pendulum**
pizza dough, pizza
sauce, fresh
mozzarella, pepperoni

Support your local farmer.

Bahn Mi Sausage

Back by popular demand is our Bahn Mi Sausage. We get more requests for this in the CSA than anything else. Cook it and toss it in lettuce for the perfect lettuce wraps. Lately, we have been using it to make rice bowls and adding whatever vegetables we have on hand. One of my favorite things to do is make the lettuce wraps when we have friends over and put out bowls of chopped peanuts, kimchi, Sriracha mayonnaise, cilantro, and grilled shrimp.



Brined Pork Chops

Ingredients:

1/2 cup kosher salt
1/2 cup sugar
1 teaspoon juniper berries
1/2 teaspoon whole black peppercorns
1 head of garlic, halved crosswise,
plus 2 unpeeled cloves for basting
2 large sprigs thyme
2 Bone In Pork Chops
2 tablespoons grapeseed or vegetable oil
3 tablespoons unsalted butter
Flaky or coarse sea salt



Instructions:

Bring 2 cups water to a boil in a medium saucepan. Add kosher salt, sugar, juniper berries, peppercorns, halved head of garlic, and 1 thyme sprig; stir to dissolve salt and sugar. Transfer to a medium bowl and add 5 cups ice cubes. Stir until brine is cool. Add pork chop; cover and chill for at least 8 and up to 12 hours. Preheat oven to 450°. Set a wire rack inside a rimmed baking sheet. Remove chop from brine; pat dry. Heat oil over medium-high heat in a large cast-iron or other oven-proof skillet. Cook chop until beginning to brown, 3-4 minutes. Turn and cook until second side is beginning to brown, about 2 minutes. Keep turning chop every 2 minutes until both sides are deep golden brown, 10-12 minutes total. Transfer skillet to oven and roast chop, turning every 2 minutes to prevent it from browning too quickly, until an instant-read thermometer inserted horizontally into center of meat registers 135°, about 14 minutes. (Chop will continue to cook during basting and resting.) Carefully drain fat from skillet and place over medium heat. Add butter, 2 unpeeled garlic cloves, and remaining thyme sprig; cook until butter is foamy. Carefully tip skillet and, using a large spoon, baste chop repeatedly with butter until butter is brown and smells nutty, 2-3 minutes. Transfer pork chop to prepared rack and let rest, turning often to ensure juices are evenly distributed, for 15 minutes. Cut pork from bones, slice, and sprinkle with sea salt.

Greek Chicken and Rice

Ingredients

Chicken and Marinade

- 1 package of chicken thighs
- 1 - 2 lemons, use the zest + 4 tbsp lemon juice
- 1 tbsp dried oregano
- 4 garlic cloves, minced
- 1/2 tsp salt

Rice

- 1 1/2 tbsp olive oil, separated
- 1 small onion, finely diced
- 1 cup long grain rice
- 1 1/2 cups chicken stock
- 3/4 cup water
- 1 tbsp dried oregano
- 3/4 tsp salt
- Black pepper

Garnish

- Finely chopped parsley or oregano
- Fresh lemon zest



Instructions

Combine the Chicken and Marinade ingredients in a ziplock bag and set aside for at least 20 minutes but preferably overnight. Preheat oven to 350F. Remove chicken from marinade, but reserve the Marinade. Heat 1/2 tbsp olive oil in a deep, heavy based skillet over medium high heat. Place the chicken in the skillet, skin side down, and cook until golden brown, then turn and cook the other side until golden brown. Remove the chicken and set aside. Pour off fat and wipe the pan then return to the stove. Heat 1 tbsp olive oil in the skillet over medium high heat. Add the onion and sauté for a few minutes until translucent. Then add the remaining Rice ingredients and reserved Marinade. Let the liquid come to a simmer and let it simmer for 30 seconds. Place the chicken on top then place a lid on the skillet (Note 3). Bake in the oven for 35 minutes. Then remove the lid and bake for a further 10 minutes, or until all the liquid is absorbed and the rice is tender (so 45 minutes in total). Remove from the oven and allow to rest for 5 to 10 minutes before serving, garnished with parsley or oregano and fresh lemon zest, if desired.



Visit Codex, the newest Popup at Pendulum. Open Wednesday-Saturday from 6:30-10 in Pendulum Fine Meats.

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.



THE PENDULUM POPUPS

Four teams of two, four different concepts, two Sunday nights of their concept, the opportunity to share their creativity and culinary talent with the community. Winning team gets \$1000 prize. The idea came around after Alkaline decide to move into their own space. We were talking to our staff and many of them thought we should open our own night time activity. We were just unsure how that would look, what food we could do, staffing, commitment. We tossed around a lot of ideas before Ian came to us with his idea of the Codex popup. Meanwhile a lot of the staff were still thinking of interesting ideas and wanted a chance to do their own popups. Many of the ideas need refinement, but were also valuable. We originally proposed an idea that each employee give us their concepts written out very clearly and we, along with a panel perhaps, would decide the best one and they could do a popup. That seemed to be very subjective and the core way that a business is judged is as a business. So we decided on this popup format. Revenue minus food and labor cost, highest total wins \$1,000. The entire public can decide. Beyond an exercise in rudimentary business and cooking skills, it is an opportunity to try out an idea just to see if it has any merit. They will have to consider all aspects of running a business; food cost, labor, cost, marketing, and so much more.

With such a talented staff, we feel compelled to help them grow professionally. As much as we would love to keep them forever, much like our children, we know they will go on to bigger and better things. It is our job as their boss, to provide leadership, education, and opportunity. The popups are the latest measure to build the capacity of our staff.