



THE PENDULUM



Primal news...

FEBRUARY 7-10, 2018



"Cooking is like love. It should be entered into with abandon or not at all."
-Harriet van Horne

What's in the Box?

The Valentines Box

February 7-10, 2018

- (2) 6 oz Bacon Wrapped Tenderloin Filets
- 1 lb Ground Beef
- 1 lb Italian Sausage
- Pendulum Housemade Chicken Stock

How to Sear the Perfect Steak

Preheat cast iron skillet over high heat until lightly smoking. Preheat oven to 400 degrees. Pat meat dry with paper towels. Season with salt. Swirl with beef tallow or oil in the pan prior to searing. Sear meat on each side about 90 seconds, until deeply brown but not black. Put skillet in the oven for 3 minutes. Remove skillet from oven. Put meat on a warm plate and allow it to rest under tented foil for about 10 minute.

Risotto

This would be the perfect addition to your Valentine's Day meal, or you whip this up and serve it with the Italian Sausage.

Ingredients:

1/2 cups arborio rice
4 cups chicken stock
1/2 cup white wine
1 medium shallot (chopped)
3 tablespoons whole butter (divided)
1 tablespoon vegetable oil
1/4 cup Parmesan cheese (grated)
1 tablespoon Italian parsley (chopped)
Kosher salt

Instructions:

Heat the stock to a simmer in a medium saucepan, then lower the heat so that the stock just stays hot. In a large, heavy-bottomed saucepan, heat the oil and 1 tablespoon of the butter over medium heat. When the butter has melted, add the chopped shallot or onion. Saute for 2 to 3 minutes or until slightly translucent. Add the rice to the pot and stir it briskly with a

wooden spoon so that the grains are coated with the oil and melted butter. Sauté for another minute or so, until there is a

slightly nutty aroma. But don't let the rice turn brown. Add the wine and cook while stirring, until the liquid is fully absorbed. Add a ladle of hot chicken stock to the rice and stir until the liquid is fully absorbed. When the rice appears almost dry, add another ladle of stock and repeat the process. It's important to stir constantly, especially while the hot stock gets absorbed, to prevent scorching, and add the next ladle as soon as the rice is almost dry. Continue adding stock, a ladle at a time, for 20 to 30 minutes or until the grains are tender but still firm to the bite, without being crunchy. If you run out of stock and the risotto still isn't done, you can finish the cooking using hot water. Just add the water as you did with the stock, a ladle at a time, stirring while it's absorbed. Stir in the remaining 2 tablespoons butter, the Parmesan cheese, and the parsley, and season to taste with kosher salt.



Sausage and Gnocchi Soup

Ingredients:

1 lb. Italian Sausage
1/2 cup of chopped onions
2 cloves of fresh garlic, finely chopped
32 oz. chicken stock
1/2 teaspoon salt
1/4 teaspoon pepper
1 package of potato gnocchi
3 cups of fresh spinach
1 cup heavy cream

Instructions:

In 5-quart Dutch oven, cook sausage over medium heat 7 to 10 minutes, or until sausage is no longer pink; drain. Add onion and garlic; continue cooking 2 to 3 minutes or until onions are tender. Add chicken stock, salt and pepper; heat to boiling. Stir in gnocchi and spinach; simmer 2 to 3 minutes or until gnocchi begins to float. Stir in heavy cream; serve.

