



THE PENDULUM

Primal news...

APRIL 4-7, 2018



What's in the Box?

- **1 lb. Bratwurst Sausage**
- **1 lb. Ground Beef**
- **2 lbs. Brisket**
- **2 lbs. Pork Country Ribs**

Bratwurst

Is Spring here? We are ready to fire up our grill. We love our housemade bratwurst poached in beer and finished on the grill.

We consider ground beef a weekly staple item in our kitchen, especially for a quick weeknight meal. We love spaghetti and tacos, but sometimes we want something different. Check out some different ideas.

The 150 Most Delish Ground Beef Recipes

<https://www.delish.com/cooking/g1703/ground-beef-dishes/>

Brisket Tacos

For the Brisket:

¼ cup vegetable oil
2 lb. beef brisket
kosher salt and freshly ground black pepper
1 cup finely chopped carrot
1 cup finely chopped celery
1 cup finely chopped yellow onion
5 garlic cloves, peeled
2 cups canned tomato puree
2 tbsp. adobo sauce from a can of chipotles in adobo
¼ tsp. ground cumin
¼ tsp. dried Mexican oregano
5 thyme sprigs
1 bay leaf
1 (12-ounce) bottle Mexican beer



For the Tomatillo Salsa:

½ cup cilantro leaves, plus more, finely chopped, for serving
5 medium-to-large tomatillos, husks removed then quartered
2 garlic cloves, peeled
2 jalapeños, stemmed, seeded, and cut lengthwise into 8 strips each
1 small yellow onion, peeled and quartered
1 avocado, halved, pitted, peeled, and cut lengthwise into 12 wedges
8 (5") corn tortillas, warmed
Lime wedge and finely chopped red onion, for serving

Instructions:

Make the brisket: Heat the oven to 325°. In a large saucepan, heat the oil over medium-high. Season the brisket with salt and pepper, then add to the pan, and cook, turning as needed, until browned all over, about 12 minutes. Transfer the brisket to a plate and return the pan to medium heat.

Add the carrot, celery, onion, and garlic, and cook, stirring, for 5 minutes. Add the tomato puree, adobo sauce, cumin, oregano, and bay leaf and cook, stirring, for 2 minutes. Stir in the beer, then return the brisket to the pot and pour enough water into the pot to cover the meat and bring it to a boil. Cover with the lid and bake until the brisket is very tender, about 2 ½ hours. Transfer the pan to a rack and let the brisket cool in the cooking liquid.

Once cooled, remove the brisket from liquid and shred with two forks. Pour the braising liquid into a blender and puree until smooth. Return the liquid to the pot over medium heat, stir in the shredded brisket, and reheat until warmed through.

Meanwhile, make the tomatillo salsa: In a blender, puree the cilantro with the tomatillos, garlic, jalapeños, yellow onion, and avocado, and season with salt. Serve the brisket in the tortillas and top with a drizzle of the tomatillo salsa and the red onions, chopped cilantro, and lime wedges.

Country Ribs

Ingredients

- 2 lbs country-style ribs
- Salt and pepper, to taste

For the Sauce

- 2 cups ketchup
- 1/4 cup apple cider vinegar
- 1/4 cup firmly packed brown sugar
- 2 tablespoons molasses
- 2 tablespoons ground mustard
- 1/2 teaspoon black pepper
- 1/4 teaspoon crushed red pepper, to taste
- salt, to taste



Directions

1. Preheat the oven to 250°F.
2. Season the ribs well with salt and pepper and add them to a baking sheet lined with aluminum foil. Bake for 90 minutes, uncovered.
3. Pour off any abundance of grease that has collected in the pan.
4. Meanwhile, combine all of the BBQ sauce ingredients in a saucepan and slowly bring to a boil over medium-high heat. Reduce the heat to medium-low and gently simmer until dark, thick, and richly flavored 10 to 15 minutes.
5. At the end of the first 90 minutes, increase the oven temperature up to 350 degrees F. Then turn the ribs over and baste them with BBQ sauce.
6. Continue basting in 30-minute intervals, turning the ribs each time you baste with sauce. After 90 minutes, the meat will begin to fall apart it's so tender - you'll notice this when you turn the ribs during basting.
7. Once the ribs are tender, baste them one more time and then move them under the broiler.
8. Broil the ribs for a minute or two just to caramelize the sauce. The sugars in the sauce can char fast so be sure to stay close to the oven during the broiling process.