



# THE PENDULUM

*Primal news...*

MARCH 21-24, 2018



“No one is born a great cook, one learns by doing.” – Julia Child

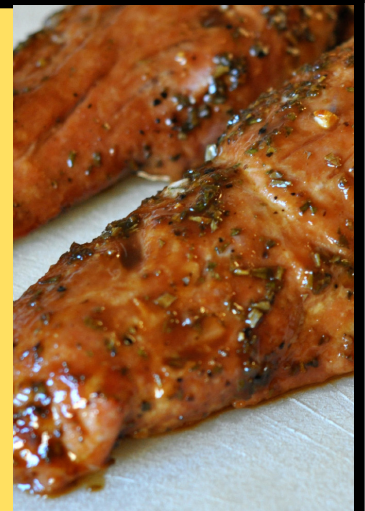
## What's in the Box?

- **1/2 Chicken**
- **1 lb of Ground Beef**
- **1 Pork Tenderloin**
- **Quiche Kit**
  - 1 Dozen Local Eggs**
  - 1 lb Breakfast Sausage**
  - House Smoked Cheddar**
  - Housemade Lard**

## Pork Tenderloin

### Ingredients

- 1 pork tenderloin
- 3 garlic cloves, sliced in half lengthwise
- 1/8 c soy sauce
- 1 tbsp Dijon mustard
- 2 tbsp honey
- 1 tbsp orange juice
- 1 tbsp fresh rosemary, chopped
- 1/2 tsp pepper
- 1 tbsp olive oil



### Directions

Preheat your oven to 350°. Use a sharp knife to poke 6 holes along the topside of each of the tenderloins going about an inch deep. Push a sliver of garlic into each hole and place the tenderloins in the baking dish. In a small bowl whisk together the soy sauce, mustard, honey, juice, rosemary, pepper, and olive oil. Pour the marinade over the tenderloins. Bake uncovered for 30 minutes basting every 7–10 minutes. Transfer to a cutting board and allow to rest for 10 minutes before slicing.

# Chimichurri Roasted Chicken

## Ingredients:

1 cup fresh cilantro  
1 cup fresh parsley  
2 tablespoons fresh oregano  
4 cloves garlic, coarsely chopped  
1 large shallot  
1 teaspoon crushed red pepper flakes, or more to taste  
Sea salt and freshly ground black pepper, to taste  
1/4 cup red wine vinegar  
1/2 cup extra virgin olive oil  
1/2 chicken



## Instructions:

Preheat oven to 450 degrees F. Place a 10 or 12-inch cast iron skillet to preheat in the oven. In a food processor pulse cilantro, parsley, oregano, garlic, shallot, red pepper flakes, and salt and pepper until roughly chopped. Add vinegar and olive oil and pulse until finely chopped, scraping down the sides of the bowl as necessary. Place chicken on a plate or tray. Spoon about 1/3 of chimichurri sauce, rubbing sauce evenly all over skin of bird. Carefully place the chicken, breast side up, in the hot skillet and return to oven. Roast for 15 minutes, then reduce oven temperature to 350 degrees F. Continue to roast until chicken is golden brown. After about 30 minutes or so check the temperature. Brush a bit more sauce on the bird and return to the oven until a thermometer inserted in the thickest part of the thigh registers 165 degrees F. Transfer the chicken to a platter, tipping the chicken to let the juices flow out into the pan before moving it. Let rest for at least 15 minutes before carving and serving, with remaining chimichurri sauce drizzled on top.

## How to Make Quiche

Pie Crust (please see recipe below)

1/2 to 1 cup shredded cheese

(our smoked cheddar)

1/2 to 1 cup filling

(cooked breakfast sausage)

6 eggs

1 cup milk

1/2 tsp. salt

Heat oven to 375 degrees. Spread cheese evenly in the bottom of the pie crust. Top with filling in an even layer. Beat eggs milk, and salt until blended. Pour over filling. Bake for 30-40 minutes, until center is almost set, but still jiggles slightly when gently shaken and knife comes out clean.

## How to Make Pie Crust Using Lard

Ingredients:

1.5 cups all purpose flour

Pinch salt

1/2 cup lard

3-4 tbsp. cold water.

Directions:

In a bowl, combine flour and salt. Cut in lard until mixture resembles coarse crumbs. Sprinkle in water, 1 tbsp. at a time, until pastry holds together. Shape into a ball and chill for 30 minutes. On a lightly floured surface, roll dough to 1/8-in. thickness. Transfer to a 10-in. pie plate. Flute edges; fill and bake as pie recipe directs.