



# THE PENDULUM

*Primal news...*

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*“When baking, follow directions. When cooking go by your own taste.” -Laiko Bahrs*

## What's in the Box?

- **1 lb. Linguica Sausage**
- **1 lb. Ground Beef**
- **1 lb. Pork Carnitas**
- **1 lb. Chicken Thighs**
- **1 lb. Coulotte Steaks**
- **1/2 lb. Bacon**

## ***What is a Coulotte Steak?***

Gaining in popularity in the restaurant world, the coulotte is a great steak with a silly name. Coulotte is the French word for short pants, or knickers, perhaps where it got the name. The other common name is the sirloin cap, so it covers the sirloin. If a sirloin were to wear shorts, the piece of meat (coulotte) mostly or almost covers the sirloin. It is also known as the pichana in Brazil, a country famous for its beef industry, and this piece has long been a star. It is a great grilling steak, with a good fat cap full of flavor. Also holds up well in marinade and is used a lot as kabob meat. Lastly, it slightly looks like a small NY strip, it is the end of the same muscle in a NY strip. Years ago it was also cut up in some shops and sold as just “strip” steak to get a higher price and trick customers. All around one of our favorites and getting to be more appreciated as chefs and consumers learn their way around beef again.

# Portuguese Potato Hash

## Ingredients:

- 1 pound linguica sausage, diced
- 2 pounds russet potatoes, scrubbed and diced in uniform 1/2 inch pieces
- 1 medium yellow onion, diced
- 2 cloves garlic, minced
- 3/4 cup canned garbanzo beans, rinsed and drained
- 2 teaspoons sweet paprika
- 3/4 teaspoon smoked paprika
- 1 1/2 teaspoons salt
- 1/4 teaspoon freshly ground black pepper
- 3/4 cup Roasted Red Peppers, drained and diced
- 1/3 cup green olives, drained and halved
- 1/3 cup black olives, drained and halved
- 4 large eggs
- 1/4 cup fresh chopped parsley
- Extra chopped parsley for garnish



## Instructions:

- 1 Fry the linguica in a large heavy skillet until lightly browned then use a slotted spoon to transfer it to a plate, leaving the flavorful fat drippings in the skillet.
- 2 Fry the potatoes in the skillet with the linguica drippings and extra oil as needed.
- 3 Transfer the potatoes to a plate and set aside.
- 4 Add a little more oil to the skillet and fry the onions until golden and beginning to brown, then add the garlic and fry for another minute.
- 5 Add the garbanzo beans and fry for another minute.
- 6 Return the potatoes and linguica to the skillet, add the spices and gently stir. Add all remaining ingredients and gently stir to combine.
- 7 Make four shallow wells in the mixture and crack an egg into each well. Spray the eggs with a bit of oil. (This will prevent them from developing an unattractive film over them and will keep them looking vibrant.)
- 8 Place the skillet uncovered in an oven preheated to 400 degrees F and bake for about 10 minutes or less if you prefer your eggs runny. Baking will also add some more delightful crispiness to the dish.
- 9 Garnish with some fresh chopped parsley and serve immediately.

## Pork Carnitas

### Ingredients:

1 lb. pork carnitas  
4 garlic cloves, minced  
Coarse salt and ground pepper  
1 tablespoon olive oil  
1/2 cup fresh orange juice  
1/2 cup milk  
12 corn tortillas, warmed  
Fresh cilantro leaves, thinly sliced onion, diced avocado, and lime wedges, for serving



### Instructions:

In a large Dutch oven or heavy pot, combine pork, garlic, and 8 cups water and season with salt and pepper. Cover and bring to a boil. Reduce to a simmer and cook, covered, until pork is tender, 40 to 45 minutes. Drain well. In a large nonstick skillet, heat oil over medium-high. Add pork, orange juice, and milk and cook, stirring occasionally, until liquid has evaporated and pork is browned, 8 to 12 minutes. Serve carnitas in tortillas, with cilantro, onion, avocado, and lime wedges.

## *Slow Cooker Greek Chicken Thighs*

### Ingredients:

- 1 lb. chicken thighs
- 4-6 red potatoes cut into quarters
- 1 medium onion, cut into quarters
- 6 garlic cloves, peeled and slightly crushed
- 1 tablespoon dry oregano
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 tablespoon olive oil



### Instructions:

Place the potatoes into the bottom of a slow cooker. Place the chicken on the potatoes. Add the onion, garlic and seasonings to the slow cooker. Drizzle with olive oil. Cook on low for 5-6 hours or high 3-4 hours. Chicken is cooked through when an internal temperature of 165 degrees has been reached.