



THE PENDULUM

Primal news...

MAY 16-19, 2018



What's in the Box?

- 1 lb. Chorizo Sausage
- 1 lb. Ground Chicken
- 2 Bone In Pork Chops
- 1 Dozen Local Eggs
- Pennacook Peppers
Pepper Jelly

"People who love to eat are always the best people." -Julia Child

Frittata

One of our go to dinners is a frittata. It is fast, easy, and delicious. Beat 8-10 eggs and then mix in whatever you like or have on hand. I love removing the chorizo from the casing and cooking it up. After it cools, I mix it in with the eggs and add peppers and cheese. Bake at 350 degrees for 20 minutes or until set.



Pan Seared Pork Chops with Pepper Jelly Pan Sauce

Pepper Jelly

Pennacook Peppers Pepper Jelly is one of my favorites products we sell. Locally made in Virginia Beach. This is a great addition to a cheese plate or charcuterie tray. It also makes a great glaze for chicken, pork, or shrimp. We can't wait to hear the great ways you will use it!



How to Sear the Perfect Pork Chop

Pat the chop dry with a paper towel and season with salt and pepper liberally. Don't be afraid to use the salt and pepper! Heat a cast iron or black steel pan over high heat. Create an even layer of oil around the whole pan. As you see the whips of smoke, add the pork chops to the pan. Sear on each side for 30-45 seconds. Transfer to oven safe dish and bake at 350 until an internal temperature of 145 degrees. While pork chops are baking, remove oil from the cast iron pan and deglaze the pan with 2 oz. wine. Add 1/2 jar of pepper jelly and two pats of butter and stir until butter melts. Pour the pan sauce over the pork chops and serve.

