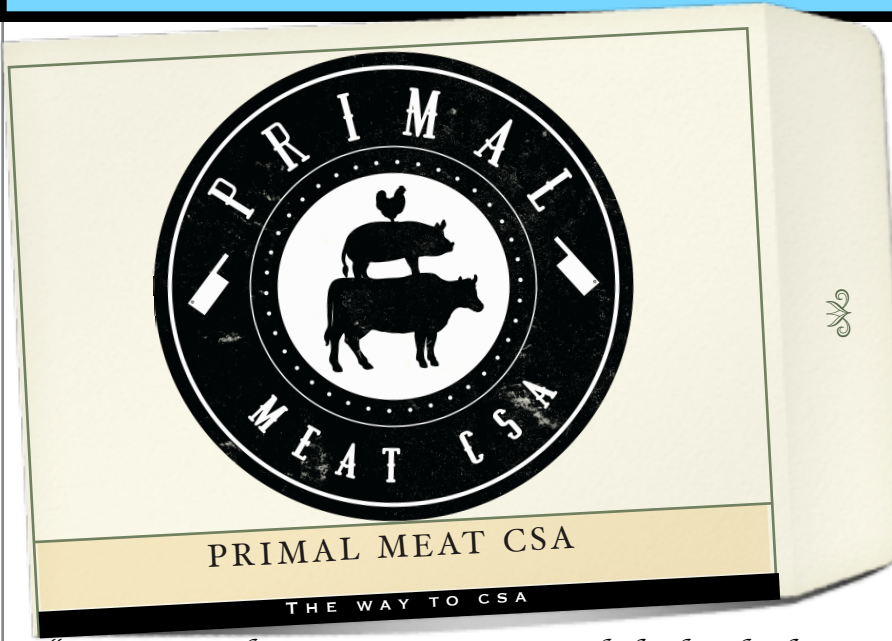




THE PENDULUM

Primal news...

JULY 11-14, 2018



"For me, cooking is an expression of the land where you are and the culture of that place."

-Wolfgang Puck

What's in the Box?

1 lb Garlic & Thyme Sausage

1 lb Ground Beef

1 lb Boneless Pork Chops

Whole Chicken

Greek Pork Chop Sheet Pan Dinner

Ingredients:

- 1 lb. boneless pork chops
- 1/2 cup fresh lemon juice
- 4 tablespoons olive oil
- 3 garlic cloves, minced
- 3 tablespoons chopped fresh oregano
- 1 teaspoon black pepper
- 3 teaspoons kosher salt, divided
- 2 medium yellow squash, sliced 1/2 inch thick
- 1 large zucchini, sliced 1/2 inch thick
- 1/2 pound small red potatoes, quartered

Instructions:

Place pork chops in a 13- x 9-inch baking dish. Whisk lemon juice, oil, garlic, oregano, pepper, and 2 1/2 teaspoons salt; reserve 2 tablespoons marinade. Pour remaining marinade over pork, turning to coat. Chill 1 to 8 hours. Preheat oven to 425°F. Combine squash, zucchini, potatoes, and reserved marinade. Spread squash mixture in an even layer on a heavy-duty aluminum foil-lined rimmed sheet pan. Remove pork from marinade, discarding marinade. Pat dry with paper towels, and place on top of squash mixture. Bake 25 minutes. Increase temperature to broil, and broil until a meat thermometer inserted into thickest portion registers 140°F, about 5 minutes. Transfer pork to a serving platter, and cover with foil. Return pan to oven, and broil squash mixture until slightly charred, 3 to 4 minutes. Transfer squash mixture to a serving bowl; toss with remaining 1/2 teaspoon salt, and serve with pork.

Braised Chicken in Coconut Milk

Ingredients:

Whole bone-in chicken skin on
Salt to taste
2-3 Tablespoons cooking oil Canola
3-4 garlic cloves minced
1 1/2 Tablespoons finely diced Lemon
Grass
1 teaspoon grated ginger
1 Tablespoon minced thyme
2 teaspoons smoked paprika
1 teaspoon curry powder
1/2-1 teaspoon cayenne pepper or more
1/2 -1 medium onion diced
13 - 15 oz canned coconut milk regular or light
1 cup water or more
1- teaspoon white pepper
1- 2 pounds baby new potatoes



Instructions:

1. Preheat the oven to 375° F
2. Rinse chicken with water, inside and out, then pat dry with paper towels. Rub inside and out chicken with salt, white pepper slipping salt under skin where possible and rubbing some into cavities. so that it's uniformly distributed.
3. In a small pan combine garlic, ginger, thyme, and lemon grass. Mix with about 1-2 tablespoon oil or coconut milk.
4. Generously baste inner cavities of chicken with lemon grass mixture, apply some of the liquid from the mixture to exterior of the chicken- then refrigerate until ready to cook.
5. When ready to cook add oil to a Dutch oven (preferably with a tight fitting cover) over medium.
6. Place the chicken, breast-side up, and let it brown for about 3-5 minutes, until skin is crispy. Carefully flip the chicken, using a tong and crisp the other side for another 4 minutes or more per side. It usually takes me about 10-12 minutes to brown depending on chicken.
7. Remove the Dutch oven from the heat, put the chicken on a plate, and pour off any excess fat from the chicken, leave about 2 Tablespoons.
9. Add the remaining lemon grass mixture, curry powder, cayenne pepper, and paprika sauté until fragrant - about a minute. Don't let it burn.
10. Add coconut milk and broth/water. Return chicken back to the pot. Bring to a boil.
11. Finally place chicken in oven, cover and let it cook, basting occasionally with it's own liquid until chicken is tender . About 75 -90 minutes or until internal temperature reads 165 degrees.
12. Carve the chicken and serve over rice with a with sauce and vegetables.

Mussels with Sausage and Thyme

Ingredients:

4 tablespoons butter, divided
1 pound garlic & thyme sausage
1 tablespoon minced shallot
2 teaspoons minced garlic
1 cup dry white wine
1 tablespoon lemon juice
3 pounds mussels
1/2 teaspoon freshly ground black pepper



Instructions:

In a large sauté pan or pot over medium-high heat, melt 1 tbsp. butter. Add sausage and cook, stirring to break into bits, until sausage is cooked through and starting to brown, 3 to 5 minutes. Add shallot and garlic. Stir until fragrant, 1 minute. Add wine, increase heat to high, and cook until reduced by half, 3 minutes. Reduce heat to medium and stir in remaining butter and the lemon juice. Add mussels, cover, and increase heat to high. Cook, stirring occasionally, until mussels are open, about 4 minutes. Stir in thyme and pepper. Divide mussels among 12 plates, along with some of the sauce from bottom of pan. Serve immediately.

