



THE PENDULUM

Primal news...

AUGUST 8-11, 2018



"We have to bring children into a new relationship to food that connects them to culture and agriculture." -Alice Waters

What's in the Box?

- **1 lb Ground Chicken**
- **1 lb of Beef Sirloin Stir Fry Meat**
- **Quiche Kit**
 - 1 Dozen Local Eggs**
 - 1 lb Breakfast Sausage**
 - House Smoked Cheddar**
 - Housemade Lard**

Stir Fry Sauce

With summer vegetable season in full swing, feel free to add any vegetables you want to your stir fry beef. Here is a recipe for a good sauce. Serve over rice.

Ingredients

- 1/2 cup low sodium soy sauce
- 1/2 cup chicken broth
- 1 tablespoon corn starch (or arrow root)
- 1 tablespoon honey
- 1 teaspoon sesame seed oil
- 1 teaspoon rice vinegar

Directions

Whisk all ingredients together. Adjust the amount of sauce you add according to how much stir fry you're making. When adding to your stir fry, allow to cook for 3 full minutes to allow the corn starch to thicken the sauce.



Ground Chicken Lettuce Wraps

Ingredients:

3 tbsp. hoisin sauce
2 tbsp. soy sauce
2 tbsp. rice wine vinegar
1 tbsp. sriracha (optional)
1 tsp. sesame oil
1 tbsp. extra-virgin olive oil
1 onion, diced
2 cloves garlic, minced
1 tbsp. freshly grated ginger
1 lb. ground chicken
1/2 c. water chestnuts, drained and sliced
2 green onions, thinly sliced
kosher salt
Freshly ground black pepper
Large leafy lettuce (leaves separated),
for serving



Instructions:

Make the sauce: In a small bowl, whisk together hoisin sauce, soy sauce, rice wine vinegar, Sriracha, and sesame oil. In a large skillet over medium-high heat, heat oil. Add onions and sauté until soft, then stir in garlic and ginger and cook until fragrant, about 30 seconds. Add ground chicken and cook until browned and mostly cooked through, breaking up the meat with the back of a wooden spoon. Pour in the sauce and cook 1 to 2 minutes more, until the sauce reduces slightly and the chicken is cooked through completely. Turn off heat and stir in chestnuts and green onions. Season with salt and pepper. Spoon a large scoop (about 1/4 cup) of chicken mixture into the center of each lettuce leaf. Serve immediately.

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.