THE PENDULUM

Primal news...

SEPTEMBER 5-8, 2018

PRIMAL MEAT CSA

THE WAY TO CSA

"Know your food, know your farmers, and know your kitchen." -Joel Salatin

What's in the Box?

- 1 lb Ground Chicken

- 1 lb of Boneless Pork Chops

- 1 lb Beef Stew Meat

- 1 lb Cheeseburger Sausage

Cheeseburger Sausage

Our newest sausage is the cheeseburger sausage. This beef sausage is made with cheddar cheese, onions, and pickle juice. It is fantastic on a roll with shredded lettuce and ketchup. We can't wait to hear how you use it.

Moroccan Beef Stew

Ingredients:
1 pound beef stew meat
2 tablespoons all-purpose flour
1 teaspoon salt
1/2 teaspoon freshly ground black pepper
1/2 tablespoon olive oil
1/2 teaspoon paprika
1/4 teaspoon ground coriander
1/4 teaspoon ground turmeric
1/4 teaspoon ground cumin
1/4 teaspoon ground ginger
1/8 teaspoon cayenne pepper
2 stalks celery, chopped
1 medium onion, chopped
2 large carrots, sliced
4 cloves garlic, sliced
1 cup beef broth
2 small plum tomatoes, coarsely chopped
1/2 cup coarsely chopped dried apricots

Instructions:
Combine flour, salt and pepper on a plate and dredge beef pieces.
Heat olive oil over medium-high heat in a Dutch oven and brown beef evenly in batches. Pour off excess drippings. Combine the paprika, coriander, turmeric, cumin, ginger and cayenne and sprinkle over beef. Add the celery, onion, carrot, garlic and beef broth. Bring to a boil, reduce heat to low, cover and cook 1 1/4 hours to 1 1/2 hours. Alternately, combine the ingredients in an electric pressure cooker and cook on High for 22 minutes or in a slow-cooker for 4 hours on High or 8 hours on Low. Add the apricots and tomatoes. Cook an additional 15 minutes on the stovetop, 1 more minute on high in the pressure cooker. If using a slow-cooker, add when 1 hour is left to go. Serve over rice.

 Have an idea or a craving? Email dana@pendulummeats.com to request an item in the box. That's how the cheeseburger sausage ended up in this box!

Thai Curry Chicken Meatballs

From Chef Savvy

Ingredients:

Thai Curry Chicken Meatballs

1 lb ground chicken
½ cup panko breadcrumbs
2 garlic cloves, minced
1 teaspoon ginger, minced
1 whole egg
⅛ teaspoon salt
⅛ teaspoon pepper
⅛ teaspoon crushed red pepper flakes
1 tablespoon cilantro, chopped

Thai curry sauce

½ tablespoon extra virgin olive oil
1 teaspoon ground ginger, minced
2 garlic cloves, minced
1-2 tablespoons concentrated red curry paste (depending on how spicy you want the sauce to be)
¾ cup coconut milk
1 teaspoon sriracha
⅛ teaspoon pepper
⅛ teaspoon salt
⅛ teaspoon red pepper flakes
1 tablespoon cilantro, chopped
1 tablespoon lime juice

Instructions:

Thai Curry Chicken Meatballs

1. Preheat oven to 400 degrees.
2. Lightly grease a baking sheet with oil.
3. In a large bowl add all of the meatball ingredients. Mix to combine. Make sure not to over mix.
Portion out 12 large meatballs. (Working with slightly wet hands helps the meatballs from sticking to your hands.)
4. Place meatballs on the oiled baking sheet and cook for 15-20 minutes or until caramelized on the outside and cooked through. Make sure to flip half way through cooking.
5. Take out of the oven and toss the cooked meatballs in the Thai Red Curry Sauce. Garnish with extra cilantro if desired. Serve immediately.

Thai curry sauce

1. Heat oil in small saucepan.
2. Add garlic and ginger and cook for 1 minute.
3. Add in curry paste and cook for an additional minute.
4. Whisk in coconut milk and continue whisking until thick. Take off the heat.
5. Stir in Sriracha, pepper, salt, red pepper flakes, cilantro, and lime juice.
6. Set aside until ready to toss with meatballs.