



THE PENDULUM

Primal news...

AUGUST 22-25, 2018



**“SERVE THE KIND OF FOOD YOU
KNOW THE STORY BEHIND.”
-MICHAEL POLLAN**

What's in the Box?

1 lb. Baconwurst Sausage

**2 lb. Boneless Boston
Butt**

1 lb. Ground Beef

1/2 lb. Bacon

Chicken Thighs

Upcoming Pendulum Classes

BASIC KNIFE SKILLS AND CHICKEN BREAKDOWN CLASS

TUESDAY, SEPTEMBER 11, 2018 AT 7PM \$50 FEE

This class will cover knife parts, sharpening, honing, and basic knife skills through cutting vegetables. Participants will have the hands on experience of how to break down a whole chicken and will take their bird home.

SAUSAGE MAKING CLASS

TUESDAY, OCTOBER 9, 2018 AT 7PM \$50 FEE

In this class we will demonstrate just what goes into making the sausage which we sell! We will discuss the kind of meat and spices which are used as well as how we come up with the kinds of sausages we feature. There will be a hands-on demonstration of how to stuff and link sausage, which the participants will then be able to take home for themselves.

We require a 24 hour cancellation notice based on the limited number of participants. Email dana@pendulummeats.com to register today.



Pulled Pork

Season the pork butt well with salt and pepper, or with a rub made from spices like salt, pepper, brown sugar, chili powder, garlic and paprika. Sear the pork roast in a bit of hot oil in a saute pan until all sides are evenly browned. This extra step isn't absolutely necessary, but it adds flavor and helps seal in the juices. Place the pork butt in the Crock-Pot. You must add liquid to a slow cooker or the roast will dry out as it cooks. Add 1/2 to 1 cup apple juice, white wine or broth. Put the lid on the slow cooker and cook on the low setting for 8 to 10 hours. The connective tissue in the roast begins to break down when the internal temperature reaches 160 degrees Fahrenheit, but don't be afraid to let the temperature go up to 185 F. As long as you keep liquid in the cooker, the roast won't dry out. Add a bit more liquid if necessary. Pork butt roast is most commonly used to make pulled pork sandwiches, but its mild flavor makes it tremendously versatile. Add sliced onions, apples or carrots for a sweet yet savory meal, or flavor the roast with chilies and onions to use in posole, green chili or enchiladas. Once the roast is fork tender, transfer it to a carving board. Let it rest for 20 to 30 minutes, or until it's cool enough to handle. Serve it in chunks or use tongs to shred it.



Pendulum's Baconwurst Sausage is made like a traditional bratwurst. When grinding the pork, we toss in our house cured and smoked bacon and grind it all together. For the liquid, we toss in some beer, because why not? Affectionately nicknamed our "Bro Sausage," it is a customer favorite.



Creamy Dijon Chicken Thighs

Ingredients:

For The Chicken:

- Chicken thighs
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 5 ounces bacon

For The Sauce:

- 2 tablespoons butter
- 1 onion
- 4 cloves garlic, minced
- 1 tablespoon fresh chopped parsley
- 1 teaspoon each of dried thyme and dried rosemary
- 1/3 cup dry white wine
- 1 1/2 cups half and half (thickened cream or heavy cream)
- 2 tablespoons Dijon mustard
- 1/2 teaspoon chicken bouillon powder
- 1/2 teaspoon freshly ground black pepper, to taste
- 1/4 cup Parmesan cheese
- 2 cups baby spinach leaves



Instructions:

1. Season chicken with salt and pepper.
2. Heat 1 tablespoon of oil a large pan or skillet over medium-high heat and cook chicken until crispy and cooked through (about 8 minutes each side, depending on thickness). Transfer to a plate; set aside.
3. To the same pan or skillet, add the bacon and fry until crispy. Transfer to plate, set aside. Drain some of the bacon fat, leaving about 2 tablespoons.
4. Heat butter in the pan and sauté onion until transparent. Sauté garlic, parsley, thyme and rosemary for about 1 minute until fragrant.
5. Add in the white wine to deglaze the pan while scraping up any bits from the bottom of the pan; simmer for 3-4 minutes or until wine has reduced by half.
6. Pour in cream and Dijon, mix through and bring to a simmer. Reduce heat and cook gently for a further minute to allow the sauce to thicken.
7. Add the Parmesan and allow to melt through the sauce. Season with bullion powder and pepper, to taste.
8. Add the spinach and allow to wilt. Return chicken to the skillet. Top with the crispy bacon. Sprinkle with extra herbs if desired. Serve immediately.