



# THE PENDULUM

*Primal news...*

SEPTEMBER 19-22, 2018



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

## What's in the Box?

- **1 lb Gremolata Sausage**
- **1 lb Pork Country Ribs**
- **2 lbs Chicken Leg Quarters**
- **2 lbs Burger Patties**

## Gremolata Sausage

Another new sausage in the box this week. This pork sausage is made with parsley, garlic, lemon zest, and white wine. Perfect in a pasta, over polenta, or even in a rice bowl. Mix the rice with butter, capers, and parsley. You can use this sausage anywhere you would normally use an Italian sausage.



# Burger Patties - Two Ways! Two Meals!

## *Grill Burgers or Make Country Hamburger Steak with Gravy*

### INGREDIENTS

- 1 lb burger patties
- 1 Tablespoon extra-virgin olive oil
- 1 teaspoon Worcestershire sauce
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ½ teaspoon black pepper
- ¼-1/2 teaspoon salt
- 1 small sweet onion, diced into thin strips
- 3 Tablespoons butter
- 2 Tablespoons flour
- 2 cups beef broth
- Parsley, garnish

### INSTRUCTIONS

Add ground beef, olive oil, Worcestershire sauce, garlic powder, onion powder, black pepper, & salt into a large bowl. Use your hands to combine the spices with the beef. Shape the mixture into 4-6 large patties. (they will puff a little and shrink so make them large). Heat a large skillet over medium-high heat. Sear the burgers on both sides to create a nice "crust" on the burgers. Remove burgers from skillet and place on a plate. Set aside. (The burgers may be a little undone and that's ok). Leave 3 Tablespoons of fat in the skillet or add 3 tablespoons of butter if you prefer not to use beef fat. Add onions and saute until tender and golden. Sprinkle in flour and cook until flour is golden, stirring constantly. Slowly pour in broth. Stir. Bring to a simmer and then add hamburgers back to the skillet. Simmer until gravy has thickened and hamburgers are cooked through. If needed, season with salt and black pepper. Serve over mashed potatoes or rice. Garnish with parsley.



# Garlic Chicken Leg Quarters

*From The Spruce Eats*

## **Ingredients:**

4 cloves garlic (finely minced)  
1 teaspoon dried leaf oregano  
1/2 teaspoon kosher salt  
1 teaspoon chili powder  
1/4 teaspoon ground cumin  
1/4 teaspoon freshly ground black pepper  
2 tablespoons extra virgin olive oil  
4 chicken leg quarters  
1/2 cup chicken broth (part dry white wine, if desired)

## **Instructions:**

Preheat the oven to 425 F. Lightly oil a 9-by-13-by-2-inch baking dish or line it with foil. Combine the garlic, oregano, salt, chili powder, cumin, and black pepper in a small bowl. Add olive oil and mix well. Use a mortar and pestle to make a paste consistency, or mash it with a fork. Snip off any excess skin and fat deposits. Arrange the chicken pieces in the prepared baking pan and rub the garlic mixture over each piece. Pour 1/2 cup of chicken broth into the baking dish. If desired, use 1/4 cup of dry white wine with 1/4 cup of chicken broth. Bake the chicken in the preheated oven for 40 to 50 minutes, or until the chicken registers at least 165 F on a food thermometer.

