



THE PENDULUM

Primal news...

OCTOBER 31-NOVEMBER 3, 2018



What's in the Box?

- **1 lb Ribeye**
- **Beef Tallow**
- **1 lb Ground Beef**
- **1 lb Breakfast Sausage**

"First we eat, then we do everything else." M.F.K. Fisher

How to Sear the Perfect Steak

Preheat oven to 400 degrees. Preheat cast iron skillet over high heat until lightly smoking. Pat meat dry with paper towels. Season with salt. Swirl our housemade beef tallow in the pan prior to searing. Sear meat on each side about 90 seconds, until deeply brown but not black. Put skillet in the oven for 3 minutes. Remove skillet from oven. Put meat on a warm plate and allow it to rest under tented foil for about 10 minute.



SPINACH, SAUSAGE, AND EGG CASSEROLE

Ingredients

1 pound breakfast sausage

3/4 cup milk

2 cups shredded cheddar cheese

1 (10 oz.) package of frozen chopped spinach,
thawed and drained

1 teaspoon oregano



Instructions

Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish. Heat a large skillet over medium-high heat. Cook and stir sausage in the hot skillet until browned and crumbly, 5 to 7 minutes; drain and discard grease. Beat eggs and milk together in a large bowl. Stir sausage, Cheddar cheese, spinach, and oregano into egg mixture; pour into prepared baking dish. Bake in the preheated oven until a knife inserted into the center of the casserole comes out clean.



Thanksgiving Turkey Reservations

It's that time again for our Thanksgiving Turkeys, raised free range in North Carolina with nothing added, ever — no added hormones, steroids, antibiotics, or anything artificial. The cost is \$6.99 per pound. You can reserve a bird in the 10-14 lb. range and the 16-20 lb. range. Only 3 more birds in the 16-20 lb. range.

We are also offering a heritage breed turkey again this year. These special birds carry the heritage genetics of the traditional Spanish Black turkey, a slow-growing breed believed to be one of the first developed from Native American stocks. We only have 7 of these heritage breed turkeys left, and we feel lucky to be in on this exclusive bird. These heritage birds should be in the 10-15 lb. range. The price per pound on the heritage breeds is \$11.99 per pound.

We did have a price increase from the farmer this year, so unfortunately we had to raise our price as well. We do hope that you understand.

We require a \$20 deposit for each turkey. This \$20 will go towards your bird and you will pay the remaining balance upon pickup. If you would like to reserve, please email dana@pendulummeats.com.