



THE PENDULUM

Primal news...

NOVEMBER 14-17, 2018



What's in the Box?

- 1 lb. Ground Beef
- Chicken Breasts
- Sage Sausage
- Pendulum Chicken Stock
- Pizza Kit (Pendulum Pizza Dough, Pizza Sauce, Fresh Mozzarella, and Pepperoni)

"If you keep good food in your fridge, you will eat good food."-Errick McAdams

It's not too late to reserve your Thanksgiving turkey. We have 3 heritage birds left, or you could reserve in the 10-14 lb. range.

Email

dana@pendulummeats.com to reserve today!

*16-20 lb. birds are sold out.



Slow Cooker Spaghetti Bolognese

INGREDIENTS

- 2 cans (28oz each can) crushed tomatoes
- 1 (6 oz) can tomato paste
- 1 medium onion, diced
- 2 garlic cloves, minced
- 2 bay leaves
- 1 tbsp dried basil
- 2 tsp dried oregano
- 2 tbsp olive oil
- 1 tbsp balsamic vinegar
- 1½ tsp salt
- ½ tsp black pepper



INSTRUCTIONS

Place all ingredients in the slow cooker and cook on low for 6-8 hours. Before serving, brown ground beef and add to sauce. Serve over pasta.

Cast Iron Skillet Pepperoni Pizza

First, you'll need to preheat the oven to 525° —or as hot as it'll go. Stretch the dough out, working it into a flattened round. Then, set a 9-12" cast-iron pan over a burner set to medium-high. You want to preheat the pan so it's hot but not smoking (just watch your hands—and don't grab the handle!). Although any size pan is really fine, keep in mind that the smaller the pan, the thicker the crust will be. If deep dish-style pizza is your jam, go for the 9". If you want a crispier crust, use a larger pan. Sprinkle the hot pan with cornmeal and flour, and set the dough snugly in the pan (again, watch your fingers). Pull the sides of the dough up the sides of the pan so it doesn't slump back down, being sure to distribute the dough evenly for no thin patches. Brush the top of the dough with olive oil and let it start cooking over the burner. Once the dough starts to bubble, season with salt and pepper and add marinara sauce. Spread the marinara over the dough, and don't worry about leaving too much space for a crust. Top with mozzarella cheese and pepperoni. Slide that pizza into the oven and let it bake for 10-15 minutes until the cheese is melted, bubbling, and golden. Let it rest a few minutes and slice.



Did you know? The day before Thanksgiving one of the biggest days of the year for pizza sales.

Thanksgiving Stuffing with Sage Sausage

Ingredients

- 2 1/2 pounds (about 2 loaves) high quality sandwich bread or soft Italian or Frenchbread, cut into 3/4-inch dice, about 5quarts
- 8 tablespoons (1 stick) butter
- 1 pound sage sausage loose, removed from casing
- 1 large onion, finely chopped (about 2 cups)
- 4 large stalks celery, finely chopped (about 2 cups)
- 2 cloves garlic, minced or grated on microplane
- 1/4 cup minced fresh sage leaves (or 2 teaspoons dried sage leaves)
- 32 ounces Pendulum Housemade Chicken Stock
- 3 whole eggs
- 1/4 cup minced parsley leaves
- Kosher salt and freshly ground black pepper

Instructions

Adjust oven racks to lower middle and upper middle position. Preheat oven to 275°F. Spread bread evenly over two rimmed baking sheets. Stagger trays on oven racks and bake until completely dried, about 50 minutes total, rotating trays and stirring bread cubes several times during baking. Remove from oven and allow to cool. Increase oven heat to 350°F. In large Dutch oven, melt butter over medium high heat until foaming subsides (don't allow butter to brown), about 2 minutes. Add sausage and mash with stiff whisk or potato masher to break up into fine pieces (largest pieces should be no greater than 1/4-inch). Cook, stirring frequently until only a few bits of pink remain, about 8 minutes. Add onions, celery, garlic, and sage and cook, stirring frequently, until vegetables are softened, about 10 minutes. Remove from heat and add half of chicken stock. Whisk remaining chicken stock, eggs, and 3 tablespoons parsley in medium bowl until homogeneous. Stirring constantly with wooden spoon, slowly pour egg mixture into sausage mixture. Add bread cubes and fold gently until evenly mixed. Use part of stuffing to stuff bird if desired. To cook remaining stuffing, transfer to buttered 9 by 13 rectangular baking dish (or 10 by 14 oval dish), cover tightly with aluminum foil, and bake until instant read thermometer reads 150°F when inserted into center of dish, about 45 minutes. Remove foil and continue baking until golden brown and crisp on top, about 10 minutes longer. Remove from oven, let cool for 5 minutes, sprinkle with remaining parsley and serve.