



BI-WEEKLY SHOP BULLETIN

THE PENDULUM

Primal news...

NOVEMBER 28-DECEMBER 1, 2018



"Hard work should be rewarded by good food."

What's in the Box?

- 1 lb. Lamb Stew
- Curried Lamb Stock
- Chicken Thighs
- 1 lb. Ground Beef
- Jalapeno Bacon Cheddarwurst

Chicken Thighs with Tomato Caper Sauce

Ingredients

- Chicken thighs
- Kosher salt and fresh ground pepper, to your liking
- 1 tsp. olive oil
- 1/2 cup diced onion
- 2 cloves garlic, minced
- 1/4 cup white wine
- 14.5 oz. can of diced tomatoes
- 6 pitted kalamata olives, chopped
- 6 pimento stuffed green olives, chopped
- 1 TBS capers, drained
- 1 tsp. dried thyme
- 1/2 tsp. dried basil
- fresh chopped parsley for garnish, if desired

Instructions:

Season the thighs with salt and pepper. In a large, nonstick skillet heat olive oil on med-high heat, brown the chicken thighs. (Approx. 3-5 minutes on each side) Transfer thighs to warm oven. Saute onion and garlic until soft, about 1 minute. Add the wine and let it come to a boil. Cook until it reduces by about half. Add the tomatoes with their juices, olives, capers, thyme and basil. Reduce heat and simmer until the sauce thickens slightly, about 5 minutes longer. Return chicken to skillet, and heat through. Serve over cooked pasta and garnish with fresh chopped parsley, if desired.



Curried Lamb Stew

Serve with fresh pita bread, or even challah bread, or any bread of your choice! Or if you prefer, Lebanese rice or plain couscous provide a nice bed for the saucy stew.



Ingredients:

Olive Oil

1 large yellow onion, chopped

3 carrots, cubed

6 Yukon gold potatoes (or any small potatoes), peeled, cubed

1 lb lamb stew meat

3 large garlic cloves, roughly chopped

½ cup dried apricots

1 cinnamon stick

1 bay leaf

1 ½ tsp ground allspice

1 tsp ras el hanout (Moroccan spice blend)

½ tsp ground ginger

6 plum tomatoes from a can, cut in halves

2 ½ cups curried lamb stock

1 15-oz can chickpeas

Instructions:

In a large Dutch oven or heavy oven-safe pot, heat 2 tbsp olive oil over medium heat until shimmering but not smoking. In the heated oil, saute the onions, carrots, and potatoes for 4 minutes or so. Add the garlic and season with salt and pepper. Remove from the pot and set aside briefly. In the same pot, add more oil if needed, and deeply brown the lamb on all sides. Season with salt and pepper. Turn heat to medium-high and return the sauteed vegetables to the pot. Add the dried apricots, cinnamon stick, bay leaf and spices and stir to coat. Add the plum tomatoes and curried lamb stock and bring everything to a boil for 5 minutes or so. Cover the pot and place in the 350 degrees F heated-oven for 1 ½ hours (check partway through to add water or stock if needed). Now stir in the chickpeas, cover



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