



THE PENDULUM

Primal news...

FEBRUARY 20-23, 2019



"Cooking is like love. It should be entered into with abandon or not at all."
-Harriet van Horne

What's in the Box?

- Ground Lamb
- Dealer's Choice Sausage
- Boneless Skinless Chicken Breast
- Pendulum's Bacon and Onion Jam

Bacon Onion Jam

Bacon-onion jam is the ultimate sandwich condiment. Pair it with crumbled blue cheese as a topping for a serious, grown-up pizza. It is perfect as a burger topping, on a cheese platter, with roasted chicken, or on a spoon right out of the fridge.

For this box, we are recommending using it on a grilled chicken sandwich using the chicken breasts provided in your CSA box.



Greek Brown Rice Bowls

Ingredients

- 1 cup brown rice
- 2 cups water
- 1 pound ground lamb
- 1 tablespoon extra virgin olive oil
- 1 teaspoon oregano
- 1/2 teaspoon dill
- salt and pepper to taste
- 1 medium red onion, thinly sliced into rings
- 1/3 cup distilled vinegar
- 1/2 large cucumber, peeled and cut into half moons
- 1/3 cup pitted kalamata olives
- 1/4 cup crumbled feta
- fresh dill for garnish



Instructions

- 1 Place the sliced onions in a small bowl, cover with the vinegar and set aside to quick pickle while you prepare the rest of the meal.
- 2 Add rice and water to a small sauce pot. Bring to a boil, stir, then cover, reduce heat to low and let simmer until rice absorbs all the liquid.
- 3 While rice cooks, place the olive oil in a large skillet over medium heat.
- 4 Once hot, add the lamb. Cook until browned, breaking into small pieces as it cooks with a spatula. Drain off the excess liquid/fat from the pan, return to the heat and add the oregano, dill, salt and pepper. Toss to combine, remove from heat and set aside.
- 5 Assemble by spooning rice into 4 servings bowls. Evenly distribute the lamb, cucumbers, kalamata olives and pickled onions (drained from vinegar) around the bowls. Sprinkle with feta and garnish with fresh dill before serving.