



THE PENDULUM

Primal news...

MARCH 6-9, 2019



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

What's in the Box?

- 1 lb. Ground Beef
- 1 lb. Jamaican Jerk Chicken Sausage
- 1 lb. Boneless Pork Loin
- 1.5 lb. Top Round

Jamaican Jerk Chicken Sausage

This cold smoked sausage is made with chicken and traditional jerk seasonings. This is a great sausage chopped up and served over rice, served on a roll, or sliced and added to pasta. It is very versatile.

Jerk chicken is believed to have been conceived when the Maroons introduced African meat cooking techniques to Jamaica which were combined with native Jamaican ingredients and seasonings used by the Arawak Indians. The method of smoking meats for long periods of time served for good reasons (1) keeping insects away from the raw meat and (2) Preserving the meat longer once it has been cooked. This process also introduces a strong smoky flavor to the meat.

Honey Mustard and herb Pork Loin Roast

Ingredients

- 1 lb. boneless center-cut pork loin, trimmed of excess fat
- Salt and ground black pepper to taste
- 1/4 cup olive oil
- 3 tablespoons balsamic vinegar
- 2 tablespoons honey mustard
- 2 garlic cloves, minced
- 1 tablespoon chopped fresh rosemary
- 1 onion, quartered
- 2 carrots, peeled and cut into big chunks
- 2 celery ribs, cut into big chunks
- 1/2 cup

Instructions

- Using a small paring knife, cut a few slits about 1/4 inch deep into the pork. Season the pork with salt and pepper and place it into a large zip top bag or a shallow pan.
- In a small bowl, mix the olive oil, balsamic vinegar, honey mustard, garlic and rosemary. Spread the mixture over the pork until evenly coated and allow it to sit at room temperature for at least 30 minutes or refrigerate it and marinate up to 24 hours.
- Preheat the oven to 400 degrees Fahrenheit.
- Place onions, carrots and celery in a large roasting pan. Place the pork loin fat cap side up on top of the vegetables. Pour the broth on the bottom of the roasting pan.
- Place in the oven and roast for 15 minutes. Lower the oven temperature to 325 degrees Fahrenheit and roast for 50 to 60 minutes or until the internal temperature reaches 145 degrees, adding extra broth if the roasting pan is completely dry on the bottom.
- Remove from the oven and cover with aluminum foil and let it rest for 5 - 10 minutes. Slice and serve.



Coffee Rubbed London Broil

Ingredients

- 2 Tablespoons coffee grounds
- 2 Tablespoons dark brown sugar
- 2 Tablespoons chipotle powder
- 2 teaspoons cocoa powder
- 2 teaspoons sea salt
- 1 tsp ground ginger
- 1.5 lb Top Round
- 2 Tablespoons olive oil



Instructions

- 1 Preheat oven to 325F and pull out your steak to warm up to room temperature.
- 2 In a bowl, combine coffee, sugar, chipotle, cocoa, salt and ginger.
- 3 Place steak on a plate and pat dry with paper towels.
- 4 Rub coffee mixture onto steak, covering all sides.
- 5 Add olive oil to a saute pan large enough to fit your roast.
- 6 Heat pan over medium high heat.
- 7 When the oil is hot, carefully add London Broil to the pan and cook for 5 minutes without moving it.
- 8 Flip the steak and sear an additional 3 minutes.
- 9 Transfer to the oven.
- 10 Cook until a thermometer reaches 125F (about 10-20 minutes more)
- 11 Pull the pan out of the oven and transfer the roast to a cutting board and let rest for 5-10 minutes.
- 12 Slice meat as thinly as possible against the grain.