



# THE PENDULUM

*Primal news...*

APRIL 3-6, 2019



*Food is our common ground, a universal experience. -James Beard*

## What's in the Box?

- Boneless Pork Chops
- Boneless Skinless Chicken Breast
- Ground Beef
- Dealer's Choice Sausage

## CHARCUTERIE TASTING AND BOARD MAKING CLASS

MONDAY, APRIL 22, 2019 AT 7PM

\$55 FEE

\*This class has not been released to the public yet. CSA Members are getting first dibs!

In this class we will discuss various types of charcuterie and the curing process. Participants will be able to taste a variety of charcuterie during the class and learn how to create the perfect charcuterie board. Participants will be able to make their own personalized charcuterie boards to take home after the class (just the board, no meat included in take home). Wine and beer are available for purchase. Class is limited to 12 participants. Payment is taken when reservation is made. An invoice will be sent via Square to pay online. We require a 24 hour cancellation notice to be eligible for a refund. Email [dana@pendulummeats.com](mailto:dana@pendulummeats.com) to register today.

# Katsu Sando

This pork cutlet sandwich is the hot trend right now. Now you can make it at home. The Tonkatsu sauce can be found on Amazon or in an International Grocery.

## Ingredients:

2 boneless, ½-inch-thick pork chops  
Kosher salt, to taste  
2 tablespoons all-purpose flour  
1 large egg  
1 cup *panko* (Japanese bread crumbs)  
Canola oil, for frying  
2 tablespoons *tonkatsu* sauce, plus more to taste  
4 slices white sandwich bread, crusts removed

## Instructions:

Using a mallet, pound the pork chops between 2 pieces of plastic wrap to a ¼-inch thickness. Season the pork chops with salt and sprinkle with the flour. In a shallow bowl, beat the egg. Place the *panko* in another shallow bowl. One cutlet at a time, dip the pork into the egg mixture, letting the excess drip back into bowl, then coat the cutlet in *panko*, shaking off any excess. Pour enough oil into a large skillet until it reaches a depth of ¼ inch and place over medium-high heat. When the oil begins to ripple, add the pork cutlets and fry until golden brown and cooked through, 2 minutes per side. Transfer to a paper towel-lined plate to drain and season lightly with salt while still hot. Squeeze the *tonkatsu* sauce onto one side of each slice of bread.

Sandwich each pork cutlet in between two slices of bread and cut in half. Serve cut-side upright.



# Chicken Saltimbocca

From the New York Times

## Ingredients:

1 package of boneless skinless chicken breast cut into 4-ounce pieces  
Salt and pepper  
1 tablespoon chopped sage, plus 24 large sage leaves  
2 garlic cloves smashed to a paste  
1 pinch red pepper flakes, optional  
Olive oil  
6 thin slices prosciutto – Don't forget we sell prosciutto in our case, sliced to order  
6 slices fontina cheese (about 4 ounces)



## Instructions:

1. Using a meat mallet, pound the chicken to flatten a bit. Salt and pepper each piece on both sides and place on a platter. Sprinkle with chopped sage, garlic, red pepper flakes (if using) and olive oil. Massage in the seasoning to distribute, cover and marinate at room temperature for one hour, or refrigerate for up to several hours.
2. Heat a wide skillet over medium heat and add 3 tablespoons olive oil. When the oil looks wavy, add the sage leaves and let them crisp for about 30 seconds. Remove and drain.
3. Brown the chicken breasts in the oil for about 2 minutes per side, then transfer to a baking dish large enough to fit them in one layer.
4. Top each piece with 2 sage leaves, a slice of prosciutto and a slice of fontina. Broil for 2 to 3 minutes, until the cheese is bubbling. Garnish with remaining sage leaves.