



THE PENDULUM

Primal news...

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"Spread love as thick as you would butter."

What's in the Box?

- 1 lb. Philly Cheesesteak Sausages
- Chicken Thighs
- 2 Top Sirloin Steaks
- Compound Butter

How to Sear the Perfect Steak

Preheat oven to 400 degrees. Preheat cast iron skillet over high heat until lightly smoking. Pat meat dry with paper towels. Season with salt. Swirl vegetable oil or beef tallow in the pan prior to searing. Sear meat on each side about 90 seconds, until deeply brown but not black. Put skillet in the oven for 3 minutes. Remove skillet from oven. Put meat on a warm plate and allow it to rest under tented foil for about 10 minute. Finish with the compound butter.

Herb Roasted Chicken Thighs

Ingredients:

- 2 tablespoons olive oil
- Chicken thighs
- 3-5 Sprigs fresh thyme
- 3-5 sprigs fresh rosemary
- 1 lemon, sliced into rounds
- ½ teaspoon garlic powder
- Salt and pepper



Instructions:

1. Preheat the oven to 450 degrees. Heat a cast iron skillet over medium-high heat. Add the olive oil.
2. Pat the skin on the chicken thighs dry with paper towels. Sprinkle the thighs with garlic powder. Then sprinkle generously with salt and pepper.
3. Once the oil is hot, sear the thighs for 5-7 minutes.
4. Flip the thighs and add the fresh herb sprigs and the lemon slices.
5. Place the entire skillet in the oven and roast for 15-18 minutes. Serve warm.

Our New Philly Cheesesteak Sausage

The cheesesteak is beef sausage with grilled onions, sweet pickled red peppers, white American cheese, and it legit taste just like a Philly. Grill and serve it on a bun, or take it out of its casings for a spin on a sloppy joe. We promise you are going to love this sausage.

