



# THE PENDULUM

*Primal news...*

MAY 1-4, 2019



## What's in the Box?

- **Al Pastor Sausage**
- **Skirt Steak**
- **Pork Carnitas**
- **Ground Beef**

## The Cinco de Mayo box!!!!

### Al Pastor Sausages

**This new sausage is made with pork, garlic, onions, cilantro, chipotle peppers, dried pineapple, salt, and pepper. It is fabulous grilled and served with cilantro lime rice, or taken out of the casing to make tacos. We hope you enjoy it as much as we do!**



# Skirt Steak Fajitas

## Ingredients:

### **Skirt Steak/Marinade**

*1/4 Cup Canola Oil*

*2 Limes, Juiced*

*4 Cloves Garlic, finely minced*

*Skirt Steak*

*Kosher Salt*

*Fresh Cracked Pepper*

*1 Tablespoon Chili Powder*

*1 Teaspoon Cumin Powder*



### **Onions/Peppers/Tortillas**

*1/4 Cup Canola Oil*

*1 Large Red Onion, sliced into thin strips*

*1 Large Green Bell Pepper, sliced into thin strips*

*1 Large Yellow Bell Pepper, sliced into thin strips*

*Kosher Salt*

*Fresh Cracked Pepper*

*Flour Tortillas*

### **Toppings/Garnish**

*Pico de Gallo/Salsa*

*Sour Cream*

*Guacamole*

*Cilantro*

## Instructions:

At least 30 minutes prior to grilling, whisk together the first three ingredients into a mixing bowl, set aside. Next, season the steaks liberally on both sides with the remaining ingredients. Add the seasoned steaks into a large plastic bag and cover with the wet marinade. Marinate for at least 30 minutes at room temperature, or overnight in the refrigerator.

Add onions and peppers to a skillet and season with kosher salt and fresh cracked pepper. Sauté until the ingredients are slightly charred and just tender, 3 – 4 minutes. Lower the heat and sauté until tender and caramelized, about 20 minutes. As onions and peppers are finishing, remove skirt steaks from bag, shaking off excess marinade. Grill steaks, tent with foil, and rest for 3 – 4 minutes. Thinly slice skirt steak across the grain and place a generous portion onto a warmed tortilla. Top the steak with onions and peppers. Finally, finish with any of the desired toppings and serve immediately.

# Pork Carnitas

## Ingredients:

- Pork Carnitas
- 2 teaspoons salt
- 1/2 teaspoon pepper
- 1/2 tablespoon dried oregano (or Mexican oregano)
- 1/2 tablespoon ground cumin
- 1/2 large brown or white onion, cut into wedges
- 4 cloves garlic, smashed
- 1 lime, juiced
- 1 large orange, juiced (or 3/4 cup natural orange juice)
- 1/4 cup coke (Mexican coke is ideal and we sell it at Pendulum)
- 1 bay leaf



## Instructions:

Rinse and pat dry pork with a paper towel. In the bowl of a 6-quart slow cooker, add pork, salt, pepper, oregano, cumin, onion, garlic, lime juice, orange juice, coke, and bay leaves. Cover and cook on low heat setting for 8-10 hours, or high heat for 5-6 hours (until the meat falls apart). Remove pork and shred with two forks (DO NOT DISCARD THE LIQUID!). Transfer the pork to a baking sheet lightly sprayed with cooking oil spray (or lined with aluminum foil or parchment paper). Pour 1 ladle full (about 1 cup) of the liquid from the slow cooker over the pork to season. Broil for 5-10 minutes on high heat until the meat becomes golden browned and crispy on the edges. Season with a little extra salt and pepper if desired. Pour over more of the slow cooker juices once the meat has crisped for added flavor, just before serving. Serve in Tacos, Burritos, or in a salad!