



BI-WEEKLY SHOP BULLETIN

THE PENDULUM

Primal news...

MAY 29 - JUNE 1, 2019



As for butter versus margarine, I trust cows more than chemists. ~Joan Gussow

What's in the Box?

- 1 lb. Ground Beef
- 1 lb. Garlic and Herb Chicken Sausage
- 1 lb. Beef Bavette
- 1 lb. Pork Shoulder

Bavette Steaks

Bavette Steaks are a lesser known cut of meat from the beef sirloin. These steaks are similar to flank or skirt

steaks, but are a little thicker and have great flavor!

Pan sear these steaks and baste them with a delicious mixture of butter and garlic for rich flavor.



Pork Shoulder Pasta

Ingredients:

1 pound pork shoulder
4 ounces finely diced pancetta
1 medium onion, finely chopped
5 cloves garlic, minced
1 cup dry red wine, such as Chianti
1 (28-ounce) can whole, peeled tomatoes, crushed by hand
2 bay leaves
1/4 teaspoon fennel seeds, toasted and crushed
4 sprigs fresh thyme
1 teaspoon crushed red pepper flakes
Kosher salt and freshly ground black pepper
1 pound tube-shaped pasta, cooked
Freshly grated Parmesan cheese
2 teaspoons zest from 1 lemon



Instructions:

Place pork shoulder, pancetta, onion, garlic, wine, tomatoes, bay leaves, crushed fennel, thyme and red pepper flakes in a slow cooker. Season with 1 teaspoon salt and 1/2 teaspoon black pepper. Stir to combine, cover and cook on low for 8 to 10 hours.

Remove pork from slow cooker and transfer to a platter or cutting board. Discard thyme sprigs and bay leaves from sauce. When pork cool enough to handle, shred meat and discard fat. Return meat to sauce, and stir to combine. Taste and adjust seasonings. Allow to warm through. When ready to serve, toss sauce with cooked pasta and garnish with Parmesan and lemon zest.

Rosé Wine Tasting and Tray Making Class

June 3rd, 2019 at 7pm

In this class we will taste three different types of rosé wines. Participants will be able to make their own personalized wine trays to take home after the class.

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. \$50 class fee. We require a 24 hour cancellation notice to be eligible for a refund. Email dana@pendulummeats.com to register today.

