



THE PENDULUM

Primal news...

JUNE 12-15, 2019



What's in the Box?

Ground Beef

Boudin Sausage

Boneless Pork Chops

**Pizza Kit - Pendulum
pizza dough, housemade
sauce, housemade
mozzarella, and pepperoni**

Pendulum Pizza Kit

First, you'll need to preheat the oven to 525°—or as hot as it'll go. Stretch the dough out, working it into a flattened round. Then, set a 9-12" cast-iron pan over a burner set to medium high. You want to preheat the pan so it's hot but not smoking (just watch your hands—and don't grab the handle!). Although any size pan is really fine, keep in mind that the smaller the pan, the thicker the crust will be. If deep dish-style pizza is your jam, go for the 9". If you want a crispier crust, use a larger pan. Sprinkle the hot pan with cornmeal and flour, and set the dough snugly in the pan (again, watch your fingers). Pull the sides of the dough up the sides of the pan so it doesn't slump back down, being sure to distribute the dough evenly for no thin patches. Brush the top of the dough with olive oil and let it start cooking over the burner. Once the dough starts to bubble, season with salt and pepper and add marinara sauce. Spread the marinara over the dough, and don't worry about leaving too much space for a crust. Top with mozzarella cheese and pepperoni. Slide that pizza into the oven and let it bake for 10-15 minutes until the cheese is melted, bubbling, and golden. Let it rest a few minutes and slice.

Mexican Rice Casserole



Ingredients:

1 Pound Ground Beef

1 Small Onion, Diced

1 Teaspoon Garlic Powder

2 Tablespoons Taco Seasoning

1 Cup Long Grain White Rice

1 1/2 Cups Beef Broth

1 Can Corn, Drained

8 Ounces Tomato Sauce

1/2 Cup Salsa

1 Cup Shredded Cheese

Instructions:

Cook the ground beef and onion together in a large skillet over medium high heat until beef is no longer pink. Drain grease if necessary. Return the pan to the stove and sprinkle the beef with the garlic powder and taco seasoning. Stir in the rice, broth, corn, tomato sauce, and salsa. Bring mixture to a boil. Cover, reduce heat and simmer for 18-20 minutes until rice is tender. Top with cheese and return the lid to the pan for 2-3 minutes until cheese is melted.

Boudin Stuffed Pork Chops

Ingredients:

Boudin Sausage

Boneless Pork Chops

Cajun Seasoning

Mozzarella or pepper jack cheese

BBQ sauce (optional)

Instructions:

Make a cut in the boudin's casing and peel the casing away from the rice mixture. Pour the loose boudin into a bowl and discard the casing. With a sharp knife, cut a horizontal slit into the side of each pork chop to form a pocket for stuffing. Season the pork chops and stuff them with the loose boudin and cheese. Grill the pork chops and brush with BBQ sauce. The grilling time will vary depending on the thickness of your pork chops. They usually cook for 40-60 minutes. Be sure the stuffing inside the pork chops reaches a temperature of 160 degrees.

