PRIMAL CSA NEWSLETTER

THE PENDULUM

December 3-6, 2025

"Life is a combination of magic and pasta."
-Federico Fellini

What's in the Box?

- **Teres Major Steak**
- **Pork Loin Roast**
- **Peruvian Chicken Sausage**

Teres Major

The teres major is a lesser-known cut of beef that comes from the shoulder area of the cow, specifically from the chuck. Often referred to as the "petit tender" or "shoulder tender," it is known for its tenderness and flavor, making it an excellent choice for grilling, roasting, or frying. It typically has a nice marbling, which helps keep it juicy during cooking. It is best when cooked to medium-rare to medium doneness to maintain its tenderness.

Ingredients:
Teres major steak
Salt & Pepper
Olive oil or your preferred cooking oil
Optional: garlic, herbs, butter for added flavor

Instructions:
Bring to Room Temperature. Take the teres major steak out of the fridge about 30-60 minutes before cooking. Pat the steak dry with paper towels, then season generously with salt and pepper on both sides. You can also rub it with some minced garlic or fresh herbs if desired. Preheat the grill to medium-high heat. If using a skillet, heat a cast-iron pan or heavy skillet over medium-high heat and add a tablespoon of oil. Place the steak on the grill and cook for about 4-6 minutes on each side for medium-rare. Adjust the time based on your preferred doneness. In the Skillet, once the oil is hot and shimmering, add the steak. Sear it for about 4-5 minutes without moving it, then flip it and cook for another 4-5 minutes. You can add butter and herbs in the last minute for extra flavor. After resting for 10 minutes, slice the teres major against the grain into thin strips and serve. It works great with sides like roasted vegetables, mashed potatoes, or a fresh salad!

Pork Loin Roast

Ingredients:
3 cloves garlic, minced
1 tablespoon dried rosemary
salt and pepper to taste
2 pounds boneless pork loin roast
¼ cup olive oil
½ cup white wine

Instructions:
Preheat oven to 350 degrees F. Crush garlic with rosemary, salt, and pepper in a mortar and pestle to make a paste. Pierce meat with a sharp knife in several places and press garlic paste into the openings. Rub pork loin with the remaining garlic mixture and olive oil. Set into an oven-safe pan. Place pork loin into the preheated oven, turning and basting with pan liquids every 30 minutes. Cook until the pork is no longer pink in the center, 90 minutes to 2 hours. A thermometer inserted into the center should read 145 degrees F. Remove roast to a platter and keep warm. Place pan onto the stove over medium-high heat and pour wine into it. Heat wine and stir to loosen browned bits from the bottom of the pan. Simmer for 3 to 5 minutes. Slice pork loin and serve with pan juices.

Peruvian Chicken Sausage

Years ago our daughter had to research a food dish for her Spanish class. She chose Peruvian chicken, fell in love ahi verde sauce, and this sausage was born from her inspiration. This chicken sausage I made with cumin, chili powder, paprika, garlic, lime juice, olive oil, cilantro, plantains, salt, and pepper.

Holiday Preorders

It is never too early to start placing your holiday preorder to make sure you get exactly what you need for the upcoming holiday season. Email dana@pendulummeats.com.