PRIMAL CSA NEWSLETTER

# THE PENDULUM

December 2-5, 2026




*"Food is the most primitive form of comfort."*
*– Sheila Graham*

## What's in the Box?

- **Ground Chicken**
- **Pork Chops**
- **Beef Brisket**

## Brisket Tacos



Ingredients:
1 tablespoon paprika
1 tablespoon chili powder
2 teaspoons onion powder
1 teaspoon garlic powder
1 ½ teaspoons salt
1.5 lbs. beef brisket
1 tablespoon of all-purpose flour
1 onion, *halved and sliced ½ inch thick*
1 jalapeno, *seeds removed and roughly chopped*
4 garlic cloves, *minced*
1.5 cups beef broth
1/2 tablespoon tomato paste
1 sprigs fresh thyme, *or 1 teaspoon dried thyme*
1 bay leaf
1/2 tablespoon red wine vinegar

Instructions:
Mix the paprika, chili powder, onion powder, garlic powder, and salt in a bowl. Rub the spice mixture over both sides of the meat. Wrap it tightly and let it marinate in the fridge for at least 4 hours or preferably overnight (up to 8 hours.)
Remove the meat from the refrigerator and let it rest for 30 minutes while you prepare the rest of the ingredients. Sprinkle it with the flour on both sides, shaking off the excess. Whisk together beef broth and tomato paste in a measuring cup until combined. Set it aside. Place half of the sliced onions, pepper, and minced garlic at the bottom of the slow cooker. Place the meat with the fat side up on top of the mixture. Add the remaining sliced onions, pepper, and minced garlic on top of the meat. Pour the mixture over the meat. Add the thyme and bay leaves to the liquid. Cover and cook on low heat setting for 8-10 hours or until meat is fully cooked and shreds easily. Shred the meat using two forks. Build your tacos and enjoy!

# Coconut Curry Chicken Meatballs



## Ingredients:

1 large egg
1 lb. ground chicken
1/4 cup chopped fresh basil, plus more for topping
2 scallions, thinly sliced, divided
1 red serrano chile, finely chopped, divided
6 cloves garlic, finely chopped, divided
1 (2") piece ginger, peeled, finely chopped, divided
3 Tbsp. red curry paste, divided
2 tsp. fish sauce
2 tsp. reduced-sodium soy sauce, divided
Kosher salt
2 Tbsp. neutral oil
1 medium carrot, peeled, grated
1/2 tsp. ground coriander
1/2 cup chicken stock
1 (14-oz.) can coconut milk
2 tsp. honey
10 oz. frozen spinach, thawed
1 Tbsp. fresh lime juice
Cooked white rice, for serving

## Instructions:

1. In a large bowl, combine egg, chicken, basil, half of scallions, half of chile, half of garlic, half of ginger, and 1 Tbsp. curry paste. Add fish sauce and 1 tsp. soy sauce; season with salt and stir to combine. Scoop mixture into 18 portions (about 2 Tbsp. each) and place on a parchment-lined baking sheet. Freeze until cold, 5 to 10 minutes. Roll meatballs into a more uniform shape, then freeze 5 minutes more.
2. In a large stainless steel skillet over medium heat, heat oil and swirl to coat pan. Arrange meatballs in skillet in a single layer and cook, turning occasionally, until browned on all sides and an instant-read thermometer inserted into a meatball registers 165°, about 8 minutes. Transfer to a plate.
3. Reduce heat to medium-low. Cook carrots, stirring occasionally and seasoning with a pinch of salt, until starting to soften, about 5 minutes. Increase heat to medium and add remaining scallions, chile, garlic, and ginger. Cook, stirring frequently, until fragrant, 1 to 2 minutes. Add coriander and remaining 2 Tbsp. curry paste. Cook, stirring frequently, until paste starts to darken, 2 to 3 minutes. Deglaze pan with broth, then stir in coconut milk and honey. Bring to a simmer and cook, stirring occasionally, until sauce is slightly thickened, about 5 minutes.
4. Stir in spinach, lime juice, and remaining 1 tsp. soy sauce. Return meatballs to sauce to heat through. Top with basil. Serve with rice.