PRIMAL CSA NEWSLETTER

THE PENDULUM

November 18-21, 2026



"Thanksgiving Day is a good day to recommit our energies to giving thanks and just giving."

—Amy Grant

What's in the Box?

- **Chicken Breast**
- **Sage Sausage**
- **Flank Steak**

Flank Steak

Ingredients:

For the marinade
1/3 cup extra-virgin olive oil
1/4 cup reduced-sodium soy sauce
2 Tbsp. lime (or lemon) juice
2 Tbsp. packed light brown sugar

For the steak
Flank steak
Kosher salt
Freshly ground black pepper

Instructions:

1. In a large bowl, whisk together olive oil, soy sauce, lime juice, and brown sugar. Add steak and toss until coated. Marinate for at least 30 minutes, up to 2 hours.

2. Remove steak from marinade and pat dry with paper towels. Season lightly with salt (remember that there's soy sauce in the marinade) and pepper.

3. Cook your Flank Steak.

To grill: Preheat grill to medium-high. Place steak on grill and cook to your liking, starting at 5 minutes per side for medium-rare. (Cooking time will vary due to thickness of your steak.) Use a meat thermometer to check the internal temperature–130°F for medium-rare.

To broil: Preheat oven broiler to high. Place steak on a sheet pan and cook, turning once halfway through, until cooked to your liking, starting at 5 minutes per side for medium-rare. (Cooking time will vary due to thickness of your steak.) Use a meat thermometer to check the internal temperature–130°F for medium-rare. Let rest before slicing and serving.

Thanksgiving Stuffing with Sage Sausage



*Not hosting Thanksgiving or making stuffing?
You can use this as a good substitute for breakfast sausage.

Ingredients

2 1/2 pounds (about 2 loaves) high-quality sandwich bread or soft Italian or French bread, cut into 3/4-inch dice (about 5 quarts)
8 tablespoons (1 stick) butter
1 pound sage sausage
1 large onion, finely chopped (about 2 cups)
4 large stalks celery, finely chopped (about 2 cups)
2 cloves garlic, minced or grated on a microplane
1/4 cup minced fresh sage leaves (or 2 teaspoons dried sage leaves)
32 ounces (4 cups) Pendulum Chicken Stock
3 whole eggs
1/4 cup minced parsley leaves
Kosher salt and freshly ground black pepper

Instructions

1. Adjust oven racks to the lower-middle and upper-middle positions. Preheat oven to 275°F. Spread bread evenly over two rimmed baking sheets. Stagger trays on oven racks and bake until completely dried, about 50 minutes total, rotating trays and stirring bread cubes several times during baking. Remove from oven and allow to cool.
2. Increase oven heat to 350°F. In a large Dutch oven, melt butter over medium-high heat until foaming subsides (don't allow butter to brown), about 2 minutes. Add sausage and mash with a stiff whisk or potato masher to break it into fine pieces (the largest pieces should be no greater than 1/4 inch). Cook, stirring frequently, until only a few bits of pink remain, about 8 minutes.
3. Add onions, celery, garlic, and sage and cook, stirring frequently, until vegetables are softened, about 10 minutes. Remove from heat and add half of the chicken stock.
4. Whisk the remaining chicken stock, eggs, and 3 tablespoons parsley in a medium bowl until homogeneous. Stirring constantly with a wooden spoon, slowly pour the egg mixture into the sausage mixture. Add bread cubes and fold gently until evenly mixed. Use part of the stuffing to stuff the bird if desired.
5. To cook the remaining stuffing, transfer it to a buttered 9-by-13-inch rectangular baking dish (or 10-by-14-inch oval dish), cover tightly with aluminum foil, and bake until an instant-read thermometer reads 150°F when inserted into the center of the dish, about 45 minutes.
6. Remove foil and continue baking until golden brown and crisp on top, about 10 minutes longer. Remove from oven, let cool for 5 minutes, sprinkle with the remaining parsley, and serve.