



THE PENDULUM

Primal news...

V3 N7 DECEMBER 2-5, 2015



PRIMAL MEAT CSA

THE WAY TO CSA

**WHAT'S IN THE BOX
FOR WEEK OF
DECEMBER 2-5**

GROUND BEEF (1 LB)

CHICKEN THIGHS (1 LB)

**BEEF BRISKET (1.5 LB)
WITH SPICE RUB**

PENDULUM PIZZA KIT

- + HOUSEMADE PIZZA DOUGH
- + HOUSEMADE SAUCE
- + HOUSEMADE MOZZARELLA
- + 1/2 LB MILD ITALIAN SAUSAGE
- + PEPPERONI AND SOPRESSATA

You can't just eat good food. You've got to talk about it too. And you've got to talk about it to somebody who understands that kind of food. -Kurt Vonnegut

Recipes

Ingredients:

1 lb. chicken thighs,
bone in, skin on
Olive oil
6 garlic cloves, minced
1 cup dry white wine
2 limes, juice of
2 cups chicken broth
1 bunch cilantro, chopped
Olive oil

Spice mix:

1 tbsp seasoned salt
1 tsp hot paprika
1 tsp black pepper
1 tbsp garlic powder
½ tsp ground nutmeg

Directions:

Preheat your oven to 375 degrees F. In a small bowl, mix the spices. Pat the chicken thighs dry, and season each thigh on both sides with the spice mix. Be sure to season underneath the skin as well. Let the chicken thighs sit in room temperature for about 15 minutes. When ready, heat 1-2 tbsp of olive oil in a cast iron skillet. Brown the chicken thighs deeply on both sides in the heated oil. Remove from the skillet and set aside briefly. Lower the heat and deglaze the skillet with the white wine. Let cook to reduce and then add the broth. Bring the liquid to a simmer then add lime juice and garlic. Now return the chicken to the skillet; and toss in the cilantro. Bring to a high-simmer for about 5 minutes or so. Cover the skillet and transfer to the 375 degree oven for 45 minutes or until chicken is cooked through. Remove from the oven and let sit for 5 minutes before serving. Garnish with more cilantro, if you like.

Cilantro Lime Chicken Thighs



Recipes

Brisket

The dry rub consists of chili powder, salt, garlic and onion powders, black pepper, sugar, dry mustard, and bay leaf. Season the raw brisket on both sides with the rub. Place in a roasting pan and roast, uncovered at 350 degrees, for 1 hour.

Add beef stock or barbecue sauce, and enough water to yield about 1/2 inch of liquid in the roasting pan. Lower oven to 300 degrees F, cover pan tightly and continue cooking for 3 hours, or until fork-tender.

Trim the fat and slice meat thinly across the grain. Top with juice from the pan.



Pendulum Pizza Kit



We have included some of our favorite products in this kit. Did you know that we make pizza dough and sell it in the shop? On Saturdays, we make fresh mozzarella. Enjoy our housemade marinara sauce and make your meat pizza with our mild italian sausage, pepperoni, and sopressata.

CSA MEMBER SPECIAL

This week's special for our CSA members is a \$50 gift card for \$40. This is available through December 5th. Please make sure to mention this when purchasing.

Also, for the month of December when you refer a friend you will receive a \$25 gift card.



If you have any questions or concerns about your Primal Meat CSA, please feel free to email me anytime.
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