



THE PENDULUM

Primal news...

V3 N9 DECEMBER 30-JANUARY 2



We will be closed January 1st. All pickups at Town Center and the Shore Drive Market will be as scheduled. If anyone would like to pickup their box early in the shop to have it for New Years, please feel free.

What's in the Box Week of December 30-January 2

- Two 8oz. New York Strips
- Housemade compound butter
- French Sparkling White Wine
- Ground Pork
- Beef Stew Meat

Curried Pork Burgers

Ingredients

1/4 cup light mayonnaise
 1/4 teaspoon curry powder
 1 1/2 pounds ground pork
 1/4 cup finely chopped red onion
 3 cloves garlic, minced
 1 teaspoon curry powder
 1 teaspoon Worcestershire sauce
 1/2 teaspoon salt
 1/2 teaspoon ground black pepper
 1/4 teaspoon crushed red pepper
 2 1/2-inch thick slices red onion
 2 teaspoons olive oil
 4 slices Texas toast
 4 red cabbage leaves

Directions:

In a small bowl combine mayonnaise and the 1/4 tsp. curry powder; set aside. In a large bowl combine pork, chopped red onion, garlic, 1 tsp. curry powder, Worcestershire sauce, salt, black pepper and crushed red pepper. Shape into four 3/4-inch-thick patties. Lightly brush red onion slices with olive oil.

Grill patties on the rack of a covered grill directly over medium heat for 14 to 18 minutes or until done (160 degrees), turning once halfway through grilling. Add red onion slices the last 8 minutes of grilling, turning once. Grill Texas toast slices for 1 to 2 minutes per side or until toasted.

Place a cabbage leaf on each slice of Texas toast. Spread with mayonnaise mixture. Top with pork patties and some of the red onion. Makes 4 servings.

Thank you to the wonderful Norah F., Primal CSA customer, for sharing this recipe with us. We love to hear your successful recipes. Keep on sharing them. We are becoming a community!

Recipes cont.

Slow Cooker Beef Stroganoff

Ingredients:

- 1 pound beef stew meat
- 1 yellow onion, diced
- 1 clove garlic, minced
- 10 ounces button mushrooms, sliced
- 1 cup beef broth
- 2 tablespoons Dijon mustard
- 1 tablespoon Worcestershire sauce
- 2 teaspoons salt
- 1/4 teaspoon freshly ground black pepper
- 3/4 teaspoon dried thyme
- 2 tablespoons cornstarch dissolved in 1/2 cup beef broth
- 6 ounces cream cheese
- 3/4 cup sour cream
- 1/4 cup chopped fresh parsley



Instructions:

Layer the ingredients in the slow cooker in the following order: Onions, garlic, mushrooms and beef. In a small bowl, combine the broth, mustard, Worcestershire sauce, salt, pepper and thyme. Pour over the beef in the slow cooker. Cook on LOW for 7-8 hours or on HIGH for 4-5 hours. Minutes before it's done, add the beef broth cornstarch mixture to the slow cooker and stir to combine. Cook for another 20 minutes or until thickened. Stir in the cream cheese until dissolved. Stir in the sour cream and chopped fresh parsley and heat through. Add salt, pepper and mustard to taste. Serve over hot egg noodles.

How to Sear the Perfect Steak

1. Preheat cast iron skillet over high heat until lightly smoking. Preheat oven to 400 degrees.
2. Pat meat dry with paper towels.
3. Season with salt.
4. Swirl beef tallow or canola oil in the pan prior to searing. Sear meat on each side about 90 seconds, until deeply brown but not black.
5. Put skillet in the oven for 3 minutes.
6. Remove skillet from oven. Put meat on a warm plate and allow it to rest under tented foil for about 10 minute. Top with our housemade compound butter.

Duc De Raybaud French Sparkling Wine

Enjoy this wonderful bottle of French sparkling white wine to ring in the New Year. We thank you for your continued support of our shop and the Primal Meat CSA program.

As always, if you would like to trade out the wine for 1 pound of ground beef, please email dana@pendulummeats.com and we will be happy to do that for you.

