



nourished kitchen

meal plans} autumn: week 7

about your ingredients}

Dairy: Choose raw milk, cream and butter when you can, provided they're from cows raised on pasture. Avoid ultrapasteurized dairy products.

Eggs: Choose farm-fresh eggs from hens raised on fresh pasture with plenty of access to grass, bugs, sprouts and other forage.

Pantry Items: Choose organic, local and raw when and where possible.

Fresh Produce: Choose organic, local vegetables when possible.

Meat, Fish & Fowl: Choose locally and naturally raised meats from animals allowed to graze on fresh pastures.

SA: Substitution available, see recipe. HM: Preferably homemade. O: Optional ingredient.

menu #1	menu #2	menu #3	weekly extras
one-pot meal <ul style="list-style-type: none"> chicken cassoulet green salad with balsamic-fig vinaigrette 	liver and onions <ul style="list-style-type: none"> liver and onions roasted root vegetables green salad with kefir-herb dressing 	lox and latkes <ul style="list-style-type: none"> home-cured lox root vegetable latkes sauteed apples 	ferments, soups, desserts <ul style="list-style-type: none"> spiced preserved lemons borscht ginger spice cookies supplemental recipes <ul style="list-style-type: none"> chicken stock milk kefir

shopping list

dairy & eggs

- ___ butter or clarified butter (1 1/4 cup, 1 tbsp, 1 tsp)^{SA}
- ___ milk (1 qt)^{SA}
- ___ eggs (2 whole)
- ___ kefir (1/4 cup)^{SA}
- ___ fresh whey (1/4 cup)^O

meat, fish & fowl

- ___ nitrate-/nitrite-free bacon (8 oz)^O
- ___ skin-on, bone-in chicken pieces (3 lbs)
- ___ chicken stock (4 quarts)^{HM}
- ___ liver (1 1/2 lbs)
- ___ bacon fat (2 tbsps)
- ___ salmon (2 filets)

fresh produce & herbs

- ___ yellow onions (6)
- ___ beets (9)
- ___ parsnips (5)^{SA}
- ___ garlic (4 cloves)
- ___ thyme (1 bunch)
- ___ parsley (1 bunch)
- ___ shallot (1)
- ___ salad greens (16 cups)
- ___ red onion (2)
- ___ carrots (7)
- ___ rutabaga (1)
- ___ minced fresh herbs of choice (1/4 cup)
- ___ dill (1 cup, chopped)
- ___ apples (4)
- ___ lemons (2 lbs)
- ___ ginger (1 1-inch knob)

pantry items

- ___ white beans (2 cups)
- ___ balsamic vinegar (1 tbsp)^{SA}
- ___ red wine vinegar (1 tbsp)
- ___ cider vinegar (1 tbsp)
- ___ dried mission figs (2)
- ___ unrefined extra virgin olive oil (1 cup)
- ___ almonds (1/4 cup)
- ___ flour (sprouted or nut) (1 cup)
- ___ blanched almond flour (1 1/2 cups)
- ___ date sugar (1 cup)^{SA}

spices, extracts & dried herbs

- ___ unrefined sea salt
- ___ ground black pepper
- ___ coarse unrefined sea salt (1 cup)
- ___ black peppercorns (2 tbsps)
- ___ baking soda (1/4 tsp)
- ___ bay leaves (3)
- ___ powdered cinnamon (2 tps)
- ___ cinnamon sticks (2)
- ___ whole cloves (4)
- ___ star anise pod (1)
- ___ vanilla extract (1 tsp)
- ___ powdered ginger (1 tsp)
- ___ powdered cloves (1/4 tsp)

miscellaneous & specialty

- ___ white wine (2 cups)^{SA}

menu #1} poor man's cassoulet, green salad with balsamic-fig vinaigrette

Cassoulet, a simple and nourishing stew of white beans, herbs and sausages or, typically, duck can satisfy the soul on a cold winter's day. In our version of cassoulet we substitute chicken for duck, going even lighter on the budget than is customary for this peasant's dish. A simple dish, it's typically served with a salad dressed with herbs, olive oil and vinegar. This recipe for cassoulet can feed an army, so serve it to guests, take it to a potluck or make room for leftovers.



make this meal}

up to 1 week ahead: Make balsamic-fig vinaigrette and store at room temperature until ready to use.

up to 3 days ahead: Thaw chicken.

at least 28 hrs and up to 3 days ahead: Soak white beans in baking soda and hot water in preparation for cassoulet (step #1).

10 hrs ahead: Prepare cassoulet according to recipe instructions (steps #2 - 7)

5-10 mins ahead: Finish the cassoulet and season it (step #8). Toss greens, onions and almond together for salad and dress at the table.

- 2 yellow onions, peeled, diced, divided
- 2 parsnips, scraped and diced***
- 4 ribs celery, diced
- 2 qts chicken stock
- 2 cups white wine****
- 2 bay leaves
- 4 cloves garlic, peeled and crushed
- the leaves of 1 bunch of thyme, minced
- the leaves of 1 bunch of parsley, minced
- unrefined sea salt, as needed
- ground black pepper, as needed

method

1. Pour white beans into a large mixing bowl and cover with very hot water by 2 inches. Stir in baking soda. Cover with a towel and allow the beans to soak at room temp for 18 to 24 hours.
2. After 18 to 24 hours of soaking, drain the beans and rinse them well.
3. In a skillet or frying pan, melt butter over a moderate flame, then add bacon, if using. Fry the bacon until crisp then transfer the crisp bacon to a waiting slowcooker.
4. Season chicken pieces with unrefined sea salt and ground black pepper as needed, and gently place in the rendered bacon fat. Brown on all sides and transfer to the slowcooker.
5. Fry diced onion, celery and parsnips until they release their fragrance and transfer to a slowcooker.
6. Add soaked, drained and rinsed beans to the slowcooker with chicken stock, wine, bay leaves and crushed garlic.
7. Cook on low for 9 to 10 hours until the chicken is cooked through and pulls apart easily when pierced with a fork.
8. Stir in minced fresh herbs and season as needed with unrefined sea salt and ground black pepper.

scheduled for: _____



balsamic-fig vinaigrette}

skill level: easy | **yield:** ¾ cup | **time:** 5 mins

ingredients

- 1 tbsp balsamic vinegar***
- 1 tbsp red wine vinegar
- 1 shallot, peeled and finely minced
- 2 dried mission figs, finely chopped
- ½ cup unrefined extra virgin olive oil
- 8 cups salad greens (strong tasting greens like radicchio and frisee go well with this vinaigrette, but any will do)
- 1 small red onion, peeled, thinly sliced
- ¼ cup crispy almonds*****

method

1. Pour vinegars into the basin of a food processor or blender then add minced shallot and chopped fig.
2. Pulse 3 or 4 seconds to combine, then process, slowly pouring olive oil into the mixture.
3. Pour vinaigrette into a salad dressing cruet or mason jar and store at room temperature until ready to serve.
4. Toss greens, sliced onion and almonds together and dress the salad at the table.



poor man's cassoulet}

skill level: easy | **yield:** 4+ leftovers | **time:** 20 mins (stove), 9-10 hrs (slowcooker)

ingredients

- 2 cups dry white beans such as navy or cannellini, picked over
- ¼ tsp baking soda
- 1 tsp butter*
- 8 oz coarsely chopped bacon, optional**
- 3 lbs skin-on, bone-in chicken pieces

***Lactose-/casein-free?** Substitute pasture-raised lard, grass-fed tallow or olive oil.

****On GAPS or avoiding pork?** Omit bacon entirely, and using an additional two to three tablespoons butter or other suitable fat (see above) for browning chicken and frying vegetables.

*****On GAPS?** Substitute carrots for parsnips. Many store-bought balsamic vinegars contain added sugars. If you cannot find a balsamic vinegar free of additives, substitute an additional tablespoon of red wine vinegar.

******Alcohol-free?** Substitute an equivalent amount of chicken stock.

*******Nut-free?** Substitute pumpkin or sunflower seeds.

menu #2} liver and onions, mashed root vegetables, green salad with kefir-herb dressing

Liver is powerfully rich in trace minerals and B complex vitamins as well as vitamin A. Liver and onions is a classic way to prepare liver, but take care to purchase calve's liver or lamb liver, if you're unaccustomed to the flavor of liver as both calve's and lamb's liver tend to be milder than beef liver.

make this meal}

up to 1 week ahead: Make kefir, using supplemental recipes, if not purchasing ready-made.

up to 3 days ahead: Thaw liver and make salad dressing.

12-24 hrs ahead: Marinate the liver in milk or in lemon water, as needed.

25 mins ahead: Pan-fry liver and onions. Prepare root vegetable mash.

5 mins ahead: Toss salad and dress at the table.

liver and onions}

skill level: easy | **yield:** 4 servings | **time:** 15-20 mins (stove), 12-24 hrs (marinade)

ingredients

- 1 1/2 lbs liver, thinly sliced
- 1 qt milk*
- sprouted flour or blanched almond meal, for dredging (about 1 cup)
- unrefined sea salt, as needed
- ground black pepper, as needed
- 2 tbsps bacon fat**
- 2 yellow onions, peeled and thinly sliced

method

1. Marinate liver in milk overnight, then

- drain it and rinse it well.
2. Dredge marinated liver in flour or almond meal and season with salt and black pepper as needed.
3. Melt bacon fat in a cast iron skillet over a moderate flame, then sautee the onions in fat until fragrant and translucent. Add sliced liver and, working in batches, cook the liver through, turning as needed.
4. Serve hot, with onions.

root vegetable mash}

skill level: easy | **serves:** 4 | **time:** 20 mins

ingredients

- 4 carrots, peeled and chopped
- 3 parsnips, peeled and chopped***
- 1 large rutabaga, peeled and chopped
- 1 bay leaf
- 1/4 cup clarified butter**
- unrefined sea salt, to taste

method

1. Set carrots, parsnips, rutabaga and bay leaf in a saucepan and cover with water. Simmer over medium-high heat until tender when pierced by a fork, about 15 minutes.
2. Drain the the vegetables, then return them to the saucepan and return the heat to medium high to dry them out a bit, about one or two minutes. Remove from heat, pick out the bay leaf, stir in 1/4 cup clarified butter and mash well, seasoning with salt and pepper as it suits you.

scheduled for: _____

kefir ranch dressing}

skill level: easy | **yield:** 1 pint | **time:** 5 mins

ingredients

- 1 pastured egg yolk
- 1 tbsp apple cider vinegar
- 1/4 cup plain kefir
- 1/4 cup minced fresh herbs (parsley, dill, etc.)
- 1/2 teaspoon freshly ground black pepper
- dash unrefined sea salt
- 1/2 cup unrefined extra virgin olive oil
- 8 cups mixed salad greens
- 1 red onion, peeled and sliced into 1/4-inch rounds

method

1. Combine the yolk of one pastured egg with one tablespoon apple cider vinegar, onequarter cup cultured buttermilk, fresh minced herbs, black pepper and sea salt together in the basin of a blender or food processor. Pulse one or two times to mix ingredients. Continue processing, and slowly pour in 1/2 cup unrefined extra virgin olive oil until the dressing is well-emulsified. Serve over mixed greens.

***Dairy-free?** Substitute 1/4 cup lemon juice dissolved in 1 qt water. Substitute olive oil, coconut oil, beef tallow, pastured lard or bacon fat for butter. Omit kefir and substitute roasted sesame tahini for tahini-herb dressing.

****Don't eat pork?** Substitute butter, olive oil or grass-fed tallow.

*****On GAPS?** Substitute additional carrots for parsnips.

menu #3} home-cured lox, root vegetable latkes, sauteed apples

scheduled for: _____

Home-cured lox is easy to make, and wonderfully nutritious. It's rich in heat-sensitive food enzymes, a good source of beneficial bacteria and is an excellent source of omega-3 fatty acids. In this meal, we serve it paired with root vegetable latkes and sauteed apples that are gently sweet of their own accord.



make this meal}

up to 1 week ahead: Prepare fresh whey (optional) if using. Thaw salmon, if frozen.

3 days ahead: Begin curing salmon.

30 mins ahead: Fry root vegetable latkes.

20 mins ahead: Prepare sauteed apples.

5 mins ahead: Slice salmon and serve over root vegetable latkes.



food for thought}

Wild-caught salmon is a rich source of B vitamins and omega-3 fatty acids, and is a sustainable "best choice" seafood according to Seafoodwatch.org.



home-cured lox}

skill level: easy | **yield:** 2 filets | **time:** 5 mins (active), 3 days (marinating)

ingredients

- 1 cup coarse, unrefined sea salt
- 2 tbsps black peppercorns, cracked
- ½ cup fresh dill, minced
- ¼ cup fresh whey, optional
- 2 filets wild-caught salmon

method

1. Stir coarse sea salt with pepper, dill and

fresh whey, if using, until the spices are evenly distributed in the salt.

2. Lay one salmon filet flesh side up and pour half the salt and spice mixture over the fish, sandwiching the other filet on top of the first. Season the outside of the salmon filets with the remaining mixture, and wrap the sandwiched filets of salmon in plastic wrap or cheesecloth as tightly as you can.
3. Place the wrapped salmon in a resealable plastic bag on a plate. Place a second plate over the first to weight down the fish. Turn the fish once a day for three days.
4. Brush off excess salt and spice, slice fish as thinly as possible and serve.

NOTE: Home-cured lox will keep about a week in the fridge or up to 3 months in the freezer. Whey is not necessary to properly cure the fish; however, some newcomers feel more comfortable with using a starter culture such as whey.



root vegetable latkes}

skill level: easy | **yield:** 4 (3 latkes each) | **time:** 5 mins (active), 20 mins (frying)

ingredients

- 3 beets, peeled and shredded
- 3 carrots, peeled and shredded
- 1 yellow onion, peeled and shredded
- 1 pastured egg, beaten
- clarified butter* (about ¾ cup), for frying
- sour cream*, optional, to serve

method

1. Toss shredded beets, carrots and onions together with ½ teaspoon unrefined sea salt and ¼teaspoon freshly ground black pepper. Stir one beaten egg into the

seasoned vegetables until well-combined. Meanwhile heat about ¼ cup clarified butter in a skillet.

2. Form the beet and carrot mixture into patties about 2½ inches to 3 inches in diameter and fry them in the hot butter until browned, turning once. Continue frying, adding clarified butter to the skillet as necessary, until the latke mixture is exhausted. Serve with home-cured salmon and sour cream (if dairy-tolerant).



sauteed apples}

skill level: easy | **serves:** 4 | **time:** about 15 mins

ingredients

- 3 tbsps butter*
- 4 apples, cored and quartered
- 1tsp ground cinnamon

method

1. Melt butter in a cast iron or stainless steel skillet over medium heat, and toss in quartered apples, walnuts and one teaspoon ground cinnamon. Stir the apples periodically, and remove from the skillets once the apples soften, about 10 minutes.

***Don't do dairy?** Substitute coconut oil or olive oil for butter and clarified butter. Substitute apple sauce for sour cream.

ferments, soups, desserts} spiced preserved lemons, winter borscht, ginger spice cookies

Preserved lemons are a fermented fruit popular in North Africa where their tart and salty flavor pairs beautifully with the region's flavors. While many lemons are fermented with salt alone, others add spices - cloves, anise, chilies, ginger, cardamom and cinnamon - for unsurpassably rich condiment. We're also preparing a simple beet soup this week.



make this meal}

Borscht: Prepare vegetables and store in airtight containers in the fridge, up to 3 days ahead. Prepare chicken stock, using supplemental recipes, up to 1 week ahead.



spiced preserved lemons}

skill level: easy | **yield:** 1 qt | **time:** under 5 mins (active), 1 week to 10 days (fermentation)

ingredients

- 2 lbs lemons, preferably Meyer lemons
- 2 cinnamon sticks
- 4 whole cloves
- 1 star anise pod
- 1 1-inch knob ginger, peeled and cut into match sticks
- 2 tbsps unrefined sea salt

method

1. Cut the lemons as though to quarter them, without splitting them completely through.
2. Sprinkle the flesh of each lemon with unrefined sea salt and place in a mason jar.
3. Mash the lemons with a wooden spoon until they release their juice. Their juice should combine with salt to create a rich brine.
4. Continue layering lemons with spices and sliced ginger, salting and mashing until

your lemons are exhausted and the brine covers the lemons.

5. Place a lid loosely on the jar and ferment at room temperature for one week before removing to cold storage.



winter borscht}

skill level: easy | **yield:** 2 qts | **time:** 5 mins (active), 1 hr (shimmering)

ingredients

- 2 tbsps butter*
- 1 yellow onion, peeled and sliced thin
- 6 medium beets, peeled and chopped
- 2 qts chicken stock
- ½ cup minced dill
- kefir, optional, to serve

method

1. Melt butter in a skillet until it froths, then toss in onion, frying until fragrant.
2. Add chopped beets and chicken stock to the pot and simmer until beets are tender, about one hour.
3. Stir in chopped fresh dill.
4. Serve with kefir, if desired.

scheduled for: _____



ginger spice cookies}

skill level: easy | **yield:** about 1 dozen small cookies | **time:** 5 mins (active), 10 mins (oven)

ingredients

- 1 ½ cups blanched almond flour
- 1 cup date sugar*
- 1 egg white
- 1 tsp vanilla extract
- 1 tsp powdered ginger
- 1 tsp powdered cinnamon
- ¼ tsp powdered cloves

method

1. Preheat oven to 325° F.
2. Beat all ingredients together until they form a smooth batter. Scoop up 2 tablespoons cookie dough into the palm of your hand, form into a flat patty and bake on a parchment-lined baking sheet or baking stone for 10 minutes. Transfer to a cooling wrack and cool completely before serving.

***Wondering about date sugar?** Date sugar is simply whole dates that have been thoroughly dried and ground into a fine powder it is considerably less sweet than sugar or honey since it is just fruit and not refined in anyway. It can be found in health food stores and online. You may substitute 1/3 cup honey or unrefined cane sugar.

supplemental recipes} chicken stock, milk kefir



roast chicken stock}

skill level: easy | yield: 2 qts | time: 5 mins (active), 24 hrs (slowcooker)

ingredients

- 1 chicken frame
- 1 gallon vegetable scraps (onion tops, carrot peels, celery leaves, leek, parsley, etc.)
- 2 bay leaves
- 1 tbsp apple cider vinegar

method

1. Pick the chicken carcass clean of useable meat and reserve that for another dish.
2. Add the chicken carcass, vegetable scraps and bay leaves to a crockpot.
3. Pour filtered water over the carcass to cover. Add cider vinegar.
4. Cook in your slow cooker on low heat for 24 hours or longer.
5. By adding water to the cooker, you can continue to cook the broth until the chicken bones become flexible and rubbery.
6. Strain the broth through a fine mesh sieve and pour into mason jars.
7. The broth should gel, but it is not necessary.



kefir from active kefir grains}

skill level: easy

ingredients

- 1 quart milk or coconut water
- 1 heaping tbsp active kefir grains

method

1. Place milk kefir grains in the bottom of a clean mason jar.
2. Cover with 1 quart fresh milk.
3. Very loosely, place the lid and band on the mason jar. You do not want to tighten it because, as with all fermentation, carbon dioxide is created and needs to escape.
4. Culture for 24 to 48 hours at room temp (68° to 78° F). For a for a thin, mild kefir you can culture for 12 hours.

Got Questions?

If you have a specific question about the recipes contained in the meal plan, email jenny@nourishedkitchen.com.

To manage your account or cancel a recurring order email your request one week in advance to support@nourishedkitchen.com