



# nourished kitchen

## meal plans} autumn: week 10

### 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
<b>crab cakes</b> <ul style="list-style-type: none"> <li>• crab cakes</li> <li>• homemade mayonnaise</li> <li>• chipotle-lime slaw</li> </ul>	<b>classic comfort food</b> <ul style="list-style-type: none"> <li>• salisbury steaks with mushroom gravy</li> <li>• roasted root vegetables</li> <li>• green salad with red wine vinaigrette</li> <li>• cranberry-stuffed apples</li> </ul>	<b>thanksgiving leftovers</b> <ul style="list-style-type: none"> <li>• turkey hash with yams, fresh sage and a fried egg</li> </ul>	<b>ferments, soups, desserts</b> <ul style="list-style-type: none"> <li>• cranberry-orange relish</li> <li>• turkey vegetable soup</li> <li>• honeyed nuts</li> </ul> <b>supplemental recipes</b> <ul style="list-style-type: none"> <li>• chicken stock</li> <li>• beef stock</li> <li>• fresh whey/yogurt cheese</li> </ul>

## shopping list

### dairy & eggs

- \_\_\_ eggs (5 whole, 3 yolks)
- \_\_\_ butter (1 3/4 cups, 2 tbsps)<sup>SA</sup>
- \_\_\_ fresh whey (1/4 cup)<sup>SA</sup>

### meat, fish & fowl

- \_\_\_ lump crab meat (3/4 lb)
- \_\_\_ ground beef (1 lb)
- \_\_\_ beef stock (2 cups)<sup>HM</sup>
- \_\_\_ chopped cooked turkey (5 cups)
- \_\_\_ turkey/chicken stock (2 qts, 1 cup)<sup>HM</sup>

### fresh produce & herbs

- \_\_\_ jalapeno pepper (1)
- \_\_\_ cilantro (1/4 cup, 2 tbsps)
- \_\_\_ shallots (2)
- \_\_\_ cabbage (1 medium head)
- \_\_\_ thyme (2 sprigs)
- \_\_\_ yellow onion (3)
- \_\_\_ mushrooms (3/4 lb)
- \_\_\_ carrots (1/2 lb + 3)
- \_\_\_ beets (1/2 lb)
- \_\_\_ celery root (1/2 lb)
- \_\_\_ salad greens (8 cups)
- \_\_\_ red onion (1)
- \_\_\_ garlic (1 clove)
- \_\_\_ apples (4)
- \_\_\_ garnet yams (2)
- \_\_\_ sage (1/4 cup)
- \_\_\_ celery (5 ribs)
- \_\_\_ bay leaf (1)
- \_\_\_ kale (1 bunch)
- \_\_\_ cranberries (3 cups)
- \_\_\_ orange (1)

### pantry items

- \_\_\_ dijon-style mustard (2 tbsp)
- \_\_\_ coconut oil (1/2 cup)
- \_\_\_ apple cider vinegar (1 tbsp)
- \_\_\_ olive oil (1 1/2 cups)
- \_\_\_ honey (1/4 cup, 2 tbsps)
- \_\_\_ chipotle chiles in adobo (1 tsp)
- \_\_\_ red wine vinegar (1/4 cup)
- \_\_\_ pecans (2 1/2 cups)<sup>SA</sup>
- \_\_\_ dried cranberries (1/2 cup)
- \_\_\_ unrefined cane sugar (1/2 cup)<sup>SA</sup>

### spices, extracts & dried herbs

- \_\_\_ unrefined sea salt
- \_\_\_ ground black pepper
- \_\_\_ ground cinnamon (1 tbsp, 1 tsp)
- \_\_\_ ground allspice (1/2 tsp)
- \_\_\_ ground ginger (1/2 tsp)
- \_\_\_ grated nutmeg (1/4 tsp)

### miscellaneous & specialty

- \_\_\_ red wine (2 cups)<sup>SA</sup>

## menu #1} crab cakes, homemade mayonnaise, chipotle-lime slaw

**F**resh, simple and packed with flavor, we pair classic crab cakes together with a simple homemade mayonnaise and serve it over a vibrantly flavored chipotle-lime slaw for an easy dinner that comes together in about 30 minutes.



### Lighten your budget} \$8

Substituting canned salmon for crab will save about \$8.



### make this meal}

**up to 3 days ahead:** Thaw crab meat.  
**at least 1 hr and up to 1 day ahead:** Prepare chipotle-lime slaw.  
**about 20 mins ahead:** Prepare crab cakes.  
**up to 5 mins ahead:** Toss slaw with fresh cilantro. Plate crab cakes over slaw and dress with mayonnaise on the side.



### food for thought}

**Raw pastured egg yolk** is extraordinarily rich in biotin and choline and is richer in vitamin A, vitamin E, vitamin D and beta carotene than egg yolks or hens raised in confinement.

**Crab** is a good source of vitamin B12, magnesium, phosphorus, selenium and zinc.

**Coconut oil** is rich in lauric acid, a nourishing fat that helps to boost the immune system.



### crab cakes}

**skill level:** easy | **yield:** 4 servings | **time:** under 5 mins (active), 15 mins (stove)

#### ingredients

- ¾ lb lump crab meat
- 1 tbsp Dijon-style mustard
- 1 jalapeno pepper, seeded if desired and minced
- 2 tbsps chopped fresh cilantro
- 1 shallot, peeled and minced
- 1 egg, beaten
- coconut oil (about ½ cup), for frying

#### method

1. Toss crab meat, mustard, chopped jalapeno, cilantro and shallot together in a mixing bowl with a beaten egg and beat together until uniformly combined. Form four patties from the crab meat and set them aside.
2. Melt coconut oil in a skillet. Fry crab cakes, in batches, about 3 minutes on each side or until cooked through. Serve with homemade mayonnaise over chipotle-lime slaw.



### homemade mayonnaise}

**skill level:** easy | **yield:** about 1 cup | **time:** under 5 mins (active)

#### ingredients

- 2 egg yolks
- 1 tbsp apple cider vinegar
- 1 tbsp water
- ¼ tsp unrefined sea salt
- ¾ cup unrefined extra virgin olive oil

#### method

1. Toss egg yolks, cider vinegar, water and unrefined sea salt into the basin of a food processor. Pulse 2 or 3 times until well-combined.
2. In a smooth a steady stream, pour in olive oil and continue pouring slowly until the mayonnaise is thoroughly emulsified.



### chipotle-lime slaw}

**skill level:** easy | **yield:** about 1 cup | **time:** under 5 mins (active), 1 hr (fridge)

#### ingredients

- ¼ cup homemade mayonnaise
- juice of 1 lime
- 1 tbsp honey
- 1 tsp chipotle chile in adobo, finely minced
- ¼ tsp unrefined sea salt
- 1 medium head green or red cabbage, cored and finely shredded
- ¼ cup chopped fresh cilantro

#### method

1. Whisk mayonnaise together with lime juice, honey, chipotle chile and sea salt. Toss with shredded cabbage and transfer to the refrigerator for at least 1 hour. Toss in chopped fresh cilantro just prior to serving.

## menu #2} salisbury steaks with mushroom gravy, roasted root vegetables, green salad with red wine vinaigrette, cranberry-stuffed apples

**S**alisbury steak, that classic of the lunch line, gets an update in this grown-up version featuring mineral-rich stock, red wine and thyme. Serve with roasted root vegetables and a simple green salad.



Lighten your budget \$9}

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### make this meal}

**up to 5 days ahead:** Prepare beef stock and store in the fridge until ready to use.

**up to 3 days ahead:** Thaw beef. Prepare vegetables and store in individual airtight containers in the refrigerator.

**at least 6 and up to 12 hrs ahead:** Soak pecans.

**about 45 mins ahead:** Prepare root vegetables and roast. Prepare salisbury steaks and bake apples.

**about 5 mins ahead:** Toss salad together, dress at the table.



### salisbury steaks}

**skill level:** easy | **yield:** 4 servings | **time:** 5 mins (active), 45 mins (stove)

#### ingredients

##### for the steaks

- 1 lb ground beef
- 2 shallots, peeled and minced
- 1 egg yolk, beaten
- ½ tsp unrefined sea salt
- ½ tsp ground black pepper
- 2 tbsps butter\*

##### for the steaks

- 2 cups homemade beef stock
- 2 cups dry red wine\*\*
- 2 sprigs fresh thyme
- ¼ cup butter
- ¾ lb mushrooms, chopped
- 1 large onion, peeled and sliced thin

#### method

1. Toss ground beef, minced shallots together in a mixing bowl and stir to combine roughly. Fold in beaten egg, salt and pepper. Continue stirring the meat, seasonings and egg yolk together until the mixture is thoroughly combined. Form the seasoned meat into four patties and set aside while you begin preparing the mushroom and onion reduction sauce.
2. Bring beef stock, red wine and fresh thyme to boil over a moderately high flame. Continue simmering until reduced by half to three-quarters.
3. Melt 2 tablespoons clarified butter in a cast iron or stainless steel skillet over a moderate flame. When the butter is frothy, but not yet browned, toss in onions and fry until they release their fragrance and their edges begin to caramelize.

scheduled for: \_\_\_\_\_

Remove the onions from the pan, and toss in the mushrooms, taking care not to overcrowd the pan. Continue sautéing the mushrooms until fragrant and brown. Set aside.

4. Melt 2 more tablespoons clarified butter in the skillet and add the salisbury steak patties to the hot fat – searing on both sides until nice and brown on the outside but still pink in the center. Smother with sautéed mushrooms and onions.
5. Once the wine and stock are reduced by ½ to ¾, remove and discard the sprigs of thyme. Whisk in 2 tablespoons butter and continue simmering for 1 to 2 minutes.
6. Pour the reduction sauce over the Salisbury steaks, mushrooms and onions. Continue to simmer over a moderately low flame until the steaks are cooked through.
7. Serve hot, with pan sauce.



### roasted carrots, beets & celeriac}

**skill level:** easy | **yield:** 4 servings | **time:** 5 mins (active), 45 mins (oven)

#### ingredients

- ½ lb carrots, peeled and chopped
- ½ lb beets, peeled and chopped
- ½ lb celery root, peeled and chopped
- 2 tbsps butter\*, melted

#### method

1. Preheat oven to 425° F.
2. Toss vegetables with melted butter and place on a baking sheet. Roast at 425° F for 45 minutes, stirring once or twice during cooking.

\***Don't do dairy?** Substitute lard, bacon fat, tallow or olive oil.

\*\***Don't do alcohol?** Substitute additional beef stock.

## menu #2 continued} green salad with red wine vinaigrette, cranberry-stuffed apples



### food for thought}

**Grass-fed beef** is a good source of B vitamins, minerals, and protein, and it offers a favorable ratio of omega-3 to omega-6 fatty acids.

**Apples** are a good source of the antioxidant quercetin which offers strong, antiinflammatory effects.

**Beef stock** is an excellent source of gelatin, which soothes the stomach and improves digestion, as well as glucosamine chondroitin, which supports joint health. It is a good source of easy-to-assimilate minerals.

**Unrefined extra virgin olive oil** is a good source of monounsaturated fats, known to promote good cardiovascular health, and a good source of the fat-soluble vitamin E.



### greens with red wine vinaigrette}

skill level: easy | yield: 4 servings | time: 5 mins

#### ingredients

##### for the vinaigrette

- ¼ cup red wine vinegar
- 1 clove garlic, peeled and minced
- 1 shallot, peeled and minced
- ¾ cup unrefined extra virgin olive oil
- 1 tbsp Dijon-style mustard

##### for the salad

- 8 cups mixed salad greens
- 1 red onion, peeled and sliced thin

#### method

1. Whisk vinegar with shallot, garlic, and mustard. Whisk in olive oil.



### cranberry-stuffed apples}

skill level: easy | yield: 4 servings | time: 5 mins (active), 30 mins (stove)

#### ingredients

- ½ cup pecans\*
- ½ tsp unrefined sea salt
- 4 apples
- ½ cup dried, unsweetened cranberries
- 2 tbsps honey
- 1 tbsp ground cinnamon
- ¼ tsp grated nutmeg
- ¼ cup butter\*\*

#### method

1. Toss pecans and sea salt into a mixing bowl and cover with warm water. Allow them to soak for 6 to 12 hours, then drain them and rinse them well before setting them aside.
2. Preheat the oven to 375° F.
3. Remove the top ½ inch of the apples and remove the core of each apple with a melon baller.
4. Toss soaked pecans, cranberries, honey, cinnamon, nutmeg and butter into a food processor and pulse until coarsely combined.
5. Fill apples with pecan and cranberry mixture, place in a baking dish and fill the dish with about ¾ cup hot water. Bake in an oven preheated to 375° F for 30 minutes. Serve warm.

\***Don't do nuts?** Substitute pumpkin or sunflower seeds.

\*\***Don't do dairy?** Substitute coconut oil.

## menu #3} turkey & yam hash with fresh sage and a fried egg

Serve this simple Turkey and Yam hash alongside our ferment of the week, cranberry-orange relish, for a deeply nourishing, but quick-and-easy autumn dinner. Serve a fried egg over the hash for an extra boost of nutrition.



### make this meal}

**up to a 5 days ahead:** Roast a turkey for hash. Make stock for hash.

**about 30 mins ahead:** Prepare turkey hash.

**about 5 mins ahead:** Fry eggs. Plate hash and fried eggs, consider serving with fermented cranberry-orange relish (see bonus recipes).



### food for thought}

**Pasture-raised turkey** is a rich source of tryptophan, a feel-good amino acid with calming properties. It is also rich in protein and offers a favorable ratio of omega-3 to omega-6 fatty acids.

**Yams** are a good source of beta carotene, a precursor to vitamin A.

**Turkey stock** is an excellent source of gelatin, which soothes the stomach and improves digestion as well as glucosamine chondroitin, which supports joint health. It is also a good source of easy-to-assimilate minerals.

**Pasture-raised eggs** are a good source of protein and fat and offer a favorable ratio of omega-3 to omega-6 fatty acids. They are richer in vitamins A, E and D than eggs of conventionally raised hens.



### turkey & yam hash}

**skill level:** easy | **yield:** 4 large or 6 medium servings | **time:** 30 mins (stove)

#### ingredients

- ½ cup butter\*
- 1 yellow onion, peeled, finely chopped
- ¼ cup minced fresh sage
- 2 large garnet yams\*\*, peeled and diced
- 3 cups chopped leftover turkey
- 1 cup turkey or roast chicken stock

#### method

1. Melt ½ cup butter or coconut oil in a cast iron skillet over a moderate flame, then toss in peeled and chopped shallots and minced sage, frying them until they release their fragrance and become translucent for about 3 minutes. Toss in diced yam, and fry until tender when pierced with a fork, stirring frequently.
2. Add 3 cups chopped leftover turkey to the yams and shallots, and continue frying for 5 to 6 minutes. Deglaze the skillet with 1 cup roast chicken or turkey stock, and simmer the hash until the liquid is completely evaporated, about 10 minutes longer. Serve hot.

scheduled for: \_\_\_\_\_



### fried egg}

**skill level:** easy | **yield:** 4 servings

#### ingredients

- 3 tbsps butter\*
- 4 eggs

#### method

1. Melt butter in a skillet over moderate heat. When the butter froths, crack four eggs into the pan and allow them to cook for about 4 minutes or until the whites are opaque and the yolk is done to your liking.

\***Don't do dairy?** Substitute coconut oil.

\*\***Don't do yams or starchy tubers?** Substitute peeled, seeded and shredded winter squash and allow for a longer cooking time.

## ferments, soups, desserts} cranberry orange relish, turkey vegetable soup, spiced nuts

**T**ry this turkey and vegetable soup. Plus you'll love this fresh and raw fermented cranberry and orange relish which is sweet and pleasantly tart.



### turkey soup}

**skill level:** easy | **yield:** about 8 servings | **time:** 45 mins (stove)

#### ingredients

- 2 tbsps butter\*
- 1 yellow onion, peeled, finely chopped
- 5 ribs celery, finely chopped
- 3 carrots, scraped and finely chopped
- 2 cups shredded cooked turkey
- 2 quarts chicken or turkey stock
- 1 bay leaf
- 1 bunch kale, trimmed and chopped

#### method

1. Melt butter in a heavy-bottomed stock pot. When it froths, stir in onion, celery and carrots, gently sauteeing until they become fragrant. Stir in turkey, stock and bay leaf. Simmer for 40 minutes. Remove from heat and stir in chopped kale. Cover and allow the kale to wilt in the residual heat of the soup. Season, as needed with unrefined sea salt and ground black pepper.

scheduled for: \_\_\_\_\_



### honeyed pecans}

**skill level:** easy | **yield:** about 1 pint | **time:** 5 mins (active), 6-12 hrs (soaking), about 12 hrs (dehydrating), 5 mins (stove)

#### ingredients

- 2 cups pecans\*\*\*
- 1 tsp unrefined sea salt
- 1 tbsp butter\*
- 3 tbsps honey
- 1 tsp ground cinnamon
- ½ tsp allspice
- 1 ½ tsp ground ginger

#### method

1. Toss pecans and sea salt into a mixing bowl and cover with warm water by 2 inches. Soak for 6 to 12 hours, then drain and rinse well.
2. Transfer soaked grains to a dehydrator and dehydrate until crispy (about 12 hours in most climates).
3. After pecans are crispy, melt butter in a skillet over a medium flame and toss in soaked and dehydrated pecans, honey, cinnamon, allspice and ginger. Cook, stirring constantly for 4 to 5 minutes.
4. Transfer the glazed nuts to a baking sheet and allow them to cool completely before serving.



### make this meal}

**Turkey soup:** Prepare stock and meat up to 5 days ahead.

**Cranberry orange relish:** Prepare fresh whey up to 1 week ahead.

**Honeyed pecans:** Begin soaking nuts about 1 day ahead: Begin dehydrating nuts about 12 hours ahead.



### fermented cranberry-orange relish}

**skill level:** easy | **yield:** about 1 pint | **time:** 5 mins (food processor), 3-5 days (fermentation)

#### ingredients

- 3 cups cranberries
- 1 orange, quartered
- ½ cup whole\*\*, unrefined cane sugar
- 1 tsp unrefined sea salt
- ¼ cup fresh whey\*

#### method

1. Toss cranberries, orange, cane sugar, sea salt and whey together in a food processor and pulse until thoroughly combined and uniform. Transfer to a mason jar or vegetable fermenter and ferment at room temperature for 3 to 5 days before transferring to the refrigerator.

\***Don't do dairy?** Substitute coconut oil for butter and 1 package vegetable starter culture dissolved in ¼ cup warm water for fresh whey.

\*\***Don't do cane sugar?** Substitute 1 cup date sugar.

\*\*\***Don't do nuts?** Substitute sunflower or pumpkin seeds.

## supplemental recipes} chicken stock, beef stock, fresh whey/yogurt cheese



### roast chicken stock}

**skill level:** easy | **yield:** 1 gallon | **time:** 5 mins (active), 24 hrs (slowcooker)

#### ingredients

- 1 leftover chicken frame
- about 1 gallon reserved vegetable scraps (onion tps, carrot peels, celery leaves, parsley stems, etc.)
- 1 tbsp apple cider vinegar

#### method

1. Place the chicken frame, vegetable scraps, and vinegar into your slowcooker. Cover with filtered water and cook on low for 24 hours, adding water as necessary.
2. Strain the broth through a fine-mesh sieve and store in mason jars in the refrigerator for up to a week.



### fresh whey/yogurt cheese}

**skill level:** easy | **yield:** 1 pint | **time:** 12 hrs

#### ingredients

- 1 quart yogurt

#### method

1. Line a fine mesh sieve with cheesecloth and place over a mixing bowl. Empty 1 quart yogurt into the lined sieve and allow the yogurt to strain overnight. Transfer the thickened yogurt to the refrigerator and use as yogurt or as cream cheese. Transfer the fresh whey to a bottle and use as a starter culture for fermented foods.



### beef stock}

**skill level:** easy | **time:** 5 mins (active), 8-24 hrs (fermentation)

#### ingredients

- 3-5 lbs beef soup bones
- vegetable scraps, as needed
- 2 tbsps cider vinegar
- 2-3 bay leaves

#### method

1. Rinse and clean the bones under clean water. Pat them dry. Roast the bones at 400° F for about an hour until the bones are well-browned and fragrant.
2. Once the bones are browned, drain off any fat. Add the bones to a big pot along with any vegetable scraps you might have. Add filtered water to cover and bring to a boil. Once you've brought the water to a boil, add the vinegar and bay leaves.
3. Turn down the heat and continue to simmer for at least 6 and up to 24 hours, adding water as necessary.
4. Throughout the cooking process, skim off any foam and add water as needed.
5. When the stock is finished simmering, filter through a fine mesh sieve and bottle in mason jars. The stock should set just like gelatin, and the fat should rise to the top.
6. Pick off the fat and reserve it for cooking, then scoop out the gelled stock and reheat to serve as soup.

### Got Questions?

If you have a specific question about the recipes contained in the meal plan, email [jenny@nourishedkitchen.com](mailto:jenny@nourishedkitchen.com).

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