



# nourished kitchen

## meal plans} spring: week 2

### 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>simple soul food</b> <ul style="list-style-type: none"> <li>blackened catfish</li> <li>remoulade</li> <li>braised collard greens</li> <li>masa corn muffins OR coconut flour muffins</li> </ul>	<b>steak and potatoes</b> <ul style="list-style-type: none"> <li>wine-braised steak with rosemary</li> <li>garlicky mashed potatoes</li> <li>baked green beans with garlic</li> </ul>	<b>light vietnamese-style supper</b> <ul style="list-style-type: none"> <li>vietnamese chicken salad with shiitakes and ginger</li> <li>coconut rice OR riced cauliflower</li> </ul>	<b>bonus recipes</b> <ul style="list-style-type: none"> <li>orange pecan cookies</li> <li>Asian-style chicken soup</li> <li>lactofermented limeade</li> </ul> <b>supplemental recipes</b> <ul style="list-style-type: none"> <li>chicken stock</li> <li>mayonnaise</li> <li>yogurt cheese/fresh whey</li> </ul>

## shopping list

### dairy & eggs

- \_\_\_ butter (1/4 cup, 3 tbsps, 1 tsp)<sup>SA</sup>
- \_\_\_ heavy cream (1/4 cup)<sup>SA</sup>
- \_\_\_ fresh whey (1/4 cup)
- \_\_\_ eggs (6 whole, 1 white)

### meat, fish & fowl

- \_\_\_ catfish filets (4)
- \_\_\_ bacon fat (for frying)<sup>SA</sup>
- \_\_\_ bacon (4 oz)
- \_\_\_ chicken stock (2 qts, 1/4 cup)
- \_\_\_ beef steak (1 lb)
- \_\_\_ shredded cooked chicken (3 cups)

### fresh produce & herbs

- \_\_\_ lemons (1)
- \_\_\_ garlic (19 cloves)

- \_\_\_ shallot (1)
- \_\_\_ celery (2 ribs)
- \_\_\_ parsley (2 tbsps, chopped)
- \_\_\_ yellow onion (1 small)
- \_\_\_ collard greens (2 bunches)
- \_\_\_ rosemary (1 branch)
- \_\_\_ yukon gold potatoes (1 1/2 lbs)
- \_\_\_ green beans (1 lb)
- \_\_\_ serrano chili (1)
- \_\_\_ lime (5)
- \_\_\_ ginger (1 3-inch knob)
- \_\_\_ shiitake mushrooms (1/2 lb)
- \_\_\_ scallions (6)
- \_\_\_ salad greens (8 cups)
- \_\_\_ carrots (6)
- \_\_\_ cilantro (1/4 cup, 2 tbsps, chopped)
- \_\_\_ bok choy (1 cup, sliced)
- \_\_\_ orange (1)
- \_\_\_ cauliflower (1 large head)

### pantry items

- \_\_\_ olive oil (1 1/4 cups)
- \_\_\_ apple cider vinegar (2 tbsps)
- \_\_\_ coconut milk (2 cups)
- \_\_\_ shredded unsweetened coconut (2 cups)
- \_\_\_ fish sauce (1 tsp)
- \_\_\_ sesame oil (1/4 cup)
- \_\_\_ jasmine rice (1 1/2 cups)
- \_\_\_ pecans (1 cup)
- \_\_\_ unrefined cane sugar (3/4 cup)
- \_\_\_ coconut oil (3/4 cup)
- \_\_\_ unbleached or sprouted flour (1 cup)
- \_\_\_ masa harina (1 cup)
- \_\_\_ baking powder (1/2 tsp)
- \_\_\_ honey (1/4 cup, 1 tbsps)
- \_\_\_ coconut flour (3/4 cup)

### spices & dried herbs

- \_\_\_ ground unrefined sea salt

- \_\_\_ ground black pepper
- \_\_\_ crushed dried thyme (1 tsp)
- \_\_\_ cayenne pepper (1 1/4 tsp)
- \_\_\_ garlic powder (1 tsp)
- \_\_\_ onion powder (1 tsp)
- \_\_\_ paprika (2 tbsps)
- \_\_\_ powdered mustard (1/2 tsp)
- \_\_\_ powdered cinnamon (1/4 tsp)

### miscellaneous & specialty

- \_\_\_ mayonnaise (1 1/4 cups)<sup>HM</sup>
- \_\_\_ red wine (1 cup)<sup>SA</sup>

**Making coconut flour muffins?** Omit unbleached or sprouted flour, masa harina, baking powder and 2 tbsps honey.

**Making masa muffins?** Omit coconut flour, 1/2 cup coconut oil, 4 eggs.

**Making rice cauliflower?** Omit jasmine rice, 1 tbsps cider vinegar, 1 tbsps coconut oil, coconut milk and shredded coconut.

**Making coconut rice?** Omit cauliflower.

## menu #1} blackened catfish, remoulade, braised collards

**R**ich with spices and herbs, Soul Food is deeply comforting. In this meal we combine three Soul Food classics into one deeply nourishing meal: blackened catfish, collard greens and corn muffins.

Don't worry: if you're gluten-free or grain-free, I've also included a recipe for coconut muffins which bear a striking similarity in taste and texture to classic corn muffins. It's an easy, and delicious, substitution.



### make this meal}

**3 days ahead:** Thaw fish in the refrigerator. Prepare mayonnaise/remoulade. store in the fridge.

**45 mins ahead:** Prepare coconut flour muffins OR masa muffins.

**20 mins ahead:** Prepare collards.

**15 mins ahead:** Prepare blackened catfish.



### blackened catfish}

**skill level:** easy | **yield:** 4 servings | **time:** 5 mins (active), 10 mins (stovetop)

#### ingredients

- 1 tsp crushed dried thyme
- 1 tsp cayenne pepper
- 1 tsp black pepper

- 1 tsp garlic powder
- 1 tsp onion powder
- 2 tbsps paprika
- 4 catfish filets, rinsed and patted dry
- pastured bacon fat\*, for frying
- 1 lemon, quartered, to serve

#### method

1. Whisk thyme, peppers, garlic and onion powders and paprika together.
2. Dredge catfish filets in the spice mixture until thoroughly coated.
3. Heat bacon fat in a skillet over a moderate flame, fry seasoned catfish in the hot fat until done, turning once, about four to five minutes for each side.



### remoulade}

**skill level:** easy | **yield:** 4 | **time:** 5 mins (active)

#### ingredients

- 1 1/4 cups mayonnaise
- 1/2 tsp powdered mustard
- 1/4 tsp cayenne pepper
- 1 tbsp paprika
- 1 clove garlic, peeled and minced
- 1 shallot, peeled and minced
- 2 ribs celery, minced
- 2 tbsps chopped fresh parsley

#### method

1. Whisk all ingredients together. Store in an airtight bowl in the refrigerator for up to one week.

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



### braised collards with bacon}

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

#### ingredients

- 1 tsp butter\*\*
- 4 oz bacon\*
- 1 dried red chile pepper
- 1 small yellow onion, peeled and sliced thin
- 2 bunches collard greens, trimmed with large veins and stems removed, chopped coarsely
- 1/4 cup chicken stock
- 1 tbsp apple cider vinegar

#### method

1. Melt butter in a cast iron or stainless steel skillet, then add bacon to the pan. Fry until crisp, then remove.
2. Add dried chili pepper to the fat, fry for about a minute or so, then add sliced onion frying until fragrant, tender and a bit caramelized at the edges.
3. Toss chopped greens into the pan, fry for about a minute, then pour in chicken stock and simmer until the liquid is largely evaporated. Season with apple cider vinegar and serve.

\***Don't do bacon?** Substitute coconut oil for bacon fat. Omit bacon in braised collards.

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



### food for thought}

**Catfish** is considered a “Best Choice” seafood by the Monterey Bay Aquarium’s noted Seafoodwatch.org program if it is farm-raised in the US.

**Collard greens** are rich in antioxidants like beta carotene, a precursor to vitamin A, and is rich in vitamin K1, essential for proper blood clotting.

**Masa harina** is a traditional corn flour popular in Mexican cooking. It has been soaked by use of lime water (also called nixtamalization) which helps to reduce phytic acid and increase availability of minerals and B vitamins found in the corn.

**Pasture-raised pork** is rich in monounsaturated fatty acid, the same “heart-healthy” fat found in avocados and olive oil, and is rich in vitamin D, a nutrient critical for several biological functions including immunity and reproduction.



### masa muffins}

**skill level:** easy | **yield:** about 1 dozen muffins |  
**time:** 5 mins (active), 25 mins (oven)

#### ingredients

- 1 cup unbleached flour or sprouted flour
- 1 cup masa harina
- 1 tsp baking powder
- 1/2 tsp unrefined sea salt
- 1/4 cup honey
- 2 eggs, beaten
- 1 1/2 cups milk
- coconut oil, to grease the muffin tin

#### method

1. Preheat the oven to 375° F. Grease a muffin tin.
2. Whisk flour with masa, baking powder and sea salt. Beat in honey, eggs and milk. Spoon into a prepared muffin tin and bake at 375° F for 20 to 25 minutes, or until a toothpick inserted into the center comes out clean.



### coconut flour muffins}

**skill level:** easy | **yield:** about 1 dozen muffins |  
**time:** 5 mins (active)

#### ingredients

- 3/4 cup coconut flour
- 1/2 cup coconut oil
- 6 eggs, beaten
- 2 tbsps honey
- 1/2 tsp unrefined sea salt
- coconut oil, to grease the muffin tin

#### method

1. Preheat the oven to 350° F. Grease a muffin tin.
2. Combine coconut flour, coconut oil, eggs, honey and 1/2 teaspoon unrefined sea salt together.
3. Mix all the ingredients together until they form a smooth paste with no clumps.
4. Spoon the mixture into the muffin tin, and bake in an oven preheated to 350° F for 40 minutes or until a toothpick inserted into the center of the muffin comes out clean.

## menu #2} braised steak, garlicky mashed potatoes, green beans

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

**W**ine-braised steak, mashed potatoes and green beans is one of our favorite meals—it's rich in flavor and wonderfully easy to make. Braising the steak in wine helps it to be extraordinarily tender, but don't worry, if you don't have wine, use beef stock instead.

Did you prepare the brine-pickled radishes a few weeks ago? They're delicious served with this meal as is any vegetable ferment.

### make this meal}

**up to 3 days ahead:** Thaw steak in the fridge.  
**about 35 mins ahead:** Begin preparing mashed potatoes. Begin preparing green beans with garlic.  
**about 25 mins ahead:** Prepare steaks  
**about 10 mins ahead:** Reduce the oven temp to 300° F to begin baking steaks.

### wine-braised steak with rosemary}

**skill level:** easy | **serves:** 4 | **time:** 5 mins (active), 5 mins (stove), 10 mins (oven)

#### ingredients

- 1 16-ounce beef steak
- 1/2 tsp unrefined sea salt
- 1 tsp ground black pepper
- 2 tablespoons butter\*
- 4 to 6 garlic cloves, peeled, chopped fine
- 1 branch of fresh rosemary, plus more to garnish
- 1 cup red wine\*\*\*

#### method

1. Preheat the oven to 300° F.
2. Generously season the steak with the sea salt and freshly ground black pepper.
3. Heat two tablespoons of butter or clarified butter in a cast-iron skillet over a very hot flame.
4. Sear the steak in the hot fat about one minute on each side.
5. Remove the skillet from the heat and add garlic and fresh rosemary needles.
6. Deglaze the skillet with red wine.
7. Place the skillet in an oven preheated to 300° F for about 10 minutes, longer if you prefer well-done steaks and less if you prefer a rare steak.
8. Serve with pan juices, garnished with additional rosemary.

### garlicky mashed potatoes}

**skill level:** easy | **serves:** 4 | **time:** 30 mins (stove), 5 mins (active)

#### ingredients

- 1 1/2 lbs yukon gold potatoes\*\*, peeled and chopped into 1-inch pieces
- 1/4 cup butter\*
- 6 cloves garlic, peeled and minced
- 1/4 cup heavy cream\*
- 1/2 tsp unrefined sea salt
- 1/2 tsp ground black pepper

#### method

1. Place potatoes in a large pot, cover with water and boil until tender for about 25 minutes.
2. Drain and return potatoes to the pot.
3. Melt butter in a skillet, toss in garlic and fry until fragrant, about three minutes.

Pour butter and garlic into the potatoes, stir in heavy cream, salt and pepper and mash until well-combined for about five minutes.



### roasted green beans with garlic}

**skill level:** easy | **serves:** 4 | **time:** 5 mins (active), 25 mins (oven)

#### ingredients

- 1 lb green beans, trimmed
- 2 cloves garlic, peeled and minced
- 1/2 tsp unrefined sea salt
- 1/2 tsp ground black pepper
- 1 tbsp butter\*, melted

#### method

1. Preheat oven to 425° F, and line a baking sheet with parchment paper.
2. Toss green beans, garlic, sea salt, pepper and butter together until well-coated. Layer on the baking sheet and bake for 20 minutes, turning once. Turn down the oven to 300° F and continue baking for a further 10 minutes.

**\*Dairy-free?** Substitute olive oil, bacon fat, tallow or lard for butter. Substitute chicken or beef stock for heavy cream.

**\*\*On GAPS?** Substitute rutabagas for potatoes.

**\*\*\*Alcohol-free?** Substitute beef stock for red wine.

## menu #3} vietnamese chicken salad, coconut rice or riced cauliflower

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

This super-light Vietnamese chicken salad comes together in an instant. It's surprisingly filling, rich in flavor and pairs beautifully with the ferment of the week—lactofermented limeade, as well as the soup of the week, Asian-style chicken soup.



### Lighten your budget}

Save about \$2 by omitting cilantro. Save about \$2 by substituting button mushrooms for shiitakes.



### make this meal}

**up to 5 days ahead:** Prepare vinaigrette, store at room temp and shake vigorously before using. Cook and shred chicken.

**8 to 12 hrs ahead:** Soak rice (coconut rice only).

**about 50 mins ahead:** Prepare coconut rice.

**about 20 mins ahead:** Prepare salad.

**about 10 mins ahead:** Prepare riced cauliflower (riced cauliflower only).



### vietnamese chicken salad}

**skill level:** easy | **yield:** 4 servings | **time:** 10 mins (active), 10 mins (stove)

#### ingredients

##### for the vinaigrette

- 1 serrano chili pepper, seeded if desired and minced
- juice of 1 lime
- 1 tsp fish sauce
- 2 cloves garlic, peeled and minced
- 1 1-inch knob ginger, peeled and grated
- 1 tbsp honey
- 1/4 cup unrefined toasted sesame oil

##### for the salad

- 2 tbsps coconut oil
- 1 1-inch knob ginger, peeled and cut into

- matchsticks
- 1/2 lb shiitake mushrooms, sliced thin
- 2 cups shredded cooked chicken
- 4 scallions, white and light green parts only, sliced thin
- 8 cups loosely packed salad greens
- 4 carrots, scraped and cut into matchsticks
- 1/4 cup chopped fresh cilantro

#### method

1. Toss minced serrano chili pepper into a bowl with lime juice, fish sauce, two cloves minced garlic, grated ginger and honey. Whisk in sesame oil. Transfer to a mason jar or salad dressing cruet and store up to a week at room temperature. Shake vigorously before using.
2. Melt coconut oil in a skillet, toss in ginger and fry until fragrant for about two minutes. Toss in shiitake mushrooms and fry about three minutes. Remove from the pan with a slotted spoon.
3. Add chicken to the skillet, cook through.
4. Plate salad greens, scallions, carrots and cilantro. Top with shiitake mushrooms and chicken. Dress with vinaigrette at the table.



### coconut rice}

**skill level:** easy | **serves:** 4 | **time:** 5 mins (active), 8 to 12 hrs (soaking), 45 mins (stove)

#### ingredients

- 1 1/2 cups brown jasmine rice
- 1 tablespoon cider vinegar
- warm water, to cover

- 1 tbsp coconut oil
- 2 cups coconut milk
- 1 cup shredded unsweetened coconut
- 1/2 tsp unrefined sea salt

#### method

1. Toss rice into a mixing bowl with cider vinegar and cover with hot water, soaking for 8 to 12 hours. After the rice has soaked, drain and rinse until the water runs dry.
2. Transfer the soaked rice to a saucepan with coconut oil, coconut milk, two cups water. Bring rice to a boil, uncovered, and immediately reduce heat, cover, and simmer until liquid is absorbed by rice for about 45 minutes.
3. Remove from heat and allow it to rest a further 5 to 10 minutes, covered. Fluff with a fork before serving.



### riced cauliflower}

**skill level:** easy | **serves:** 4 | **time:** 5 mins (active), 10 mins (stove)

#### ingredients

- 1 large head cauliflower

#### method

1. Grate the cauliflower until it resembles the texture of rice.
2. Bring two inches of water to simmer in a saucepan, and place a fine-mesh sieve over the simmering water.
3. Steam the grated cauliflower in the sieve until tender, about six to eight minutes.

**\*Don't do dairy?** Want a lighter bread? Substitute up to two cups unbleached bread flour.

## bonus recipes} asian-style chicken soup, orange pecan cookies, lactofermented limeade



### make this meal}

**for the soup:** Make chicken stock for soup up to a week in advance.

**for the cookies:** Begin soaking nuts the day before you plan to bake the cookies.

**for the limeade:** Prepare whey up to 1 week before serving the limeade.



### food for thought}

**Limes** are rich in vitamin C, which helps promote skin health and immunity.

**Chicken stock** is rich in gelatin which supports skin health and digestive system health, and is rich in easy-to-absorb trace minerals like calcium.

**Soaked pecans** are easier to digest than pecans that haven't been soaked. They have been processed in a traditional way that maximizes the availability of minerals and reduces naturally-occurring antinutrients like phytic acid.



### asian-style chicken soup}

**skill level:** easy | **yield:** 2 qts | **time:** 25 mins

#### ingredients

- 1 tbsp coconut oil
- 1 1-inch knob ginger, peeled and grated
- 2 cloves garlic, peeled and minced
- 2 quarts chicken stock
- 1 cup cooked shredded chicken
- 2 carrots, scraped and cut into matchsticks
- 2 scallions, sliced thin
- 1 cup thinly sliced bok choy
- 2 tbsps chopped fresh cilantro

#### method

1. Melt coconut oil in a stock pot over moderate heat. Stir in ginger and garlic, fry until fragrant for about two minutes.
2. Pour in chicken stock and bring to a boil. Reduce heat to a slow simmer, and stir in carrots and cooked shredded chicken. Simmer until carrots are tender, but not soft for about 15 minutes.
3. Remove from heat, stir in scallions, bok choy and cilantro. Cover and allow the greens and herbs to cook in the residual heat of the soup for five minutes before serving.



### orange pecan cookies}

**skill level:** easy | **yield:** 1 dozen cookies | **time:** 8 to 12 hrs (soaking), 10 mins (active), 2 hrs (fridge), 10 mins (baking per batch)

#### ingredients

- 1 cup chopped pecans
- 1/2 tsp unrefined sea salt
- 1/4 cup unrefined cane sugar\*
- 1/4 tsp cinnamon
- zest of 1 orange
- 1 egg white, beaten

#### method

1. Toss pecans into a mixing bowl, cover with hot water by two inches. Stir in sea salt and allow the nuts to soak for 8 to 12 hours. Drain, rinse and pat dry.
2. Place pecans, salt, cane sugar, cinnamon, orange zest and beaten egg white into a mixing bowl and stir to combine into a clumpy dough. Cover and refrigerate for two hours.
3. Line a baking sheet with parchment

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- paper and preheat the oven to 350° F.
4. Spoon about 1 to 2 teaspoons of dough from the bowl and form it into a ball. Place these balls on the parchment-lined baking sheet about two inches apart and bake for 8 to 10 minutes. Cool completely before removing from the baking sheet.



### fermented limeade}

**skill level:** easy | **serves:** 4 | **time:** 5 mins (active), 8 to 12 hrs (fermentation)

#### ingredients

- juice of 4 limes
- 1/2 cup unrefined cane sugar\*
- 1/4 cup fresh whey\*\*
- 1 quart filtered water

#### method

1. Whisk all ingredients together. Place in a warm spot on your kitchen counter and ferment for two to three days. Transfer to the fridge and consume within two weeks.

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



### chicken stock}

skill level: easy

#### ingredients

- frame of 1 chicken
- vegetable scraps
- 2 bay leaves
- 1 tablespoon apple cider vinegar

#### method

1. Pick the chicken frame clean of useable meat and reserve that for another dish.
2. Add the chicken carcass, vegetable scraps and bay leaves to a crockpot. Pour filtered water over the carcass to cover. Add cider vinegar.
3. Cook in your slow cooker on low heat for 24-hrs or longer. Strain the broth through a fine mesh sieve and pour into mason jars.



### lactofermented mayonnaise}

skill level: easy

#### ingredients

- 3 egg yolks
- 1 tbsp lemon juice or vinegar
- 1/2 tsp unrefined sea salt
- 1 1/2 cups unrefined extra virgin olive oil
- 1/4 cup fresh whey

#### method

1. Whisk egg yolks, lemon juice or vinegar together with sea salt and powdered mustard.
2. In a separate bowl whisk melted coconut oil with olive oil.
3. Pour the egg yolk mixture into a food processor and process. In a smooth and steady stream, no more than a few drops at a time in the beginning, drip olive and coconut oil mixture into the food processor and continue doing so until the mayonnaise is well-emulsified and the oils are exhausted.
4. Remove the mayonnaise from the food processor and whisk in fresh whey.
5. Leave the mayonnaise on the counter, well-covered, at room temperature for about six to eight hours. Transfer to the refrigerator. The mayonnaise should keep for several weeks in the refrigerator.



### fresh whey/yogurt cheese}

skill level: easy

#### ingredients

- 1 quart yogurt

#### method

1. Line a fine-mesh sieve with cheesecloth or butter muslin over a mixing bowl.
2. Pour yogurt into the muslin or cheesecloth.
3. Allow the yogurt to strain for 12 to 24 hours.
4. Reserve the whey for fermentation.