



# nourished kitchen

## meal plans} spring: 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
<b>memorial day picnic</b> <ul style="list-style-type: none"> <li>barbecue beef ribs</li> <li>cole slaw</li> <li>new potato salad with dill</li> </ul>	<b>salmon en papillote</b> <ul style="list-style-type: none"> <li>salmon en papillote</li> <li>soy and sesame dipping sauce</li> <li>green salad with ginger vinaigrette</li> </ul>	<b>one-dish meal</b> <ul style="list-style-type: none"> <li>beef burgundy</li> <li>green salad with kombucha vinaigrette</li> </ul>	<b>bonus recipes</b> <ul style="list-style-type: none"> <li>hungarian mushroom soup</li> <li>honey chipotle barbecue sauce</li> <li>strawberry panna cotta</li> </ul> <b>supplemental recipes</b> <ul style="list-style-type: none"> <li>beef stock</li> <li>fresh whey/yogurt cheese</li> <li>mayonnaise</li> </ul>

## shopping list

### dairy & eggs

- \_\_\_ eggs (2 whole)
- \_\_\_ butter (1/2 cup)<sup>SA</sup>
- \_\_\_ sour cream (1/2 cup)<sup>SA</sup>
- \_\_\_ fresh whey (1/4 cup)<sup>SA</sup>
- \_\_\_ heavy cream (2 cups)<sup>SA</sup>

### meat, fish & fowl

- \_\_\_ beef ribs (8)
- \_\_\_ skinless salmon filets (4 4- to 6-oz)
- \_\_\_ beef stew meat (1 lb)
- \_\_\_ beef stock (1 qt, 2 cups)<sup>HM</sup>

### fresh produce & herbs

- \_\_\_ cabbage (1 small head)
- \_\_\_ carrots (14)
- \_\_\_ yellow onion (6)
- \_\_\_ garlic cloves (2)
- \_\_\_ new potatoes (1 1/2 lbs)<sup>SA</sup>
- \_\_\_ celery (13 ribs)
- \_\_\_ dill (1/4 cup + 2 tbsps, chopped)
- \_\_\_ asparagus (1/2 lb)
- \_\_\_ sugar snap peas (3/4 lb)
- \_\_\_ ginger (1 2-inch knob)
- \_\_\_ orange (1)
- \_\_\_ shallot (2)
- \_\_\_ salad greens (14 loosely packed cups)
- \_\_\_ scallions (4)
- \_\_\_ thyme or marjoram (1 bunch)
- \_\_\_ mushrooms (2 lbs)
- \_\_\_ parsley (1/4 cup, chopped)
- \_\_\_ strawberries (1 lb)
- \_\_\_ beet (1 large)

### pantry items

- \_\_\_ coconut oil (1/2 cup)
- \_\_\_ cider vinegar (1/2 cup, 2 tbsps, 1 tsp)
- \_\_\_ soy sauce (1/4 cup)<sup>SA</sup>
- \_\_\_ fish sauce (2 tbsps)
- \_\_\_ sesame seeds (1 tbsp)
- \_\_\_ dijon-style mustard (1 1/2 tpsps)
- \_\_\_ toasted sesame oil (2 tbsps)
- \_\_\_ raw honey (1 1/2 cups, 1 tbsp)
- \_\_\_ olive oil (1 1/4 cup)
- \_\_\_ tomato paste (1/4 cup)
- \_\_\_ unflavored gelatin (2 1/2 tpsps)

### spices & dried herbs

- \_\_\_ ground unrefined sea salt
- \_\_\_ ground black pepper
- \_\_\_ paprika (1 tbsp)
- \_\_\_ dry mustard (2 tpsps)
- \_\_\_ celery seed (1 tsp)
- \_\_\_ bay leaves (3 to 4)

- \_\_\_ black peppercorns (1 tbsp)
- \_\_\_ onion powder (2 tbsps)
- \_\_\_ garlic powder (2 tbsps)
- \_\_\_ allspice (1 tsp)
- \_\_\_ mace (1/2 tsp)
- \_\_\_ cloves (dash)
- \_\_\_ cayenne (dash)
- \_\_\_ chipotle chili powder (up to 2 tbsps)

### miscellaneous & specialty

- \_\_\_ barbecue sauce (1 pint)<sup>HM</sup>
- \_\_\_ mayonnaise (1 1/2 cups)<sup>HM</sup>
- \_\_\_ red wine (1 cup)<sup>SA</sup>
- \_\_\_ kombucha tea (1/4 cup)<sup>SA</sup>

## menu #1} barbecue beef ribs, cole slaw, new potato salad with dill

**M**is-spring marks the first of many picnics for my family: I like to serve these slowcooked beef ribs with homemade barbecue sauce (see bonus recipes), cole slaw and a potato salad. Many of these dishes can be prepared in advance.

### make this meal}

**5 days ahead:** Thaw ribs in the refrigerator.

Prepare BBQ sauce (if making from scratch.)

**2 days ahead:** Boil potatoes for potato salad.

Prepare beef ribs up to step #4. Prepare homemade mayonnaise (if making from scratch).

**the night before:** Prepare cole slaw, refrigerate. Prepare potato salad, refrigerate.

**about 15 mins before serving:** Grill ribs.

### food for thought}

**Grass-fed beef** is rich in B vitamins, minerals and conjugated linoleic acid - a nourishing fat thought to mitigate the risk of metabolic syndrome and certain cancers.

**Cabbage** is a cruciferous vegetable and is anti-inflammatory.

**Pasture-raised eggs** are a good source of protein and offer a favorable ratio of omega-3 to omega-6 fatty acids. They're also rich in choline.



### barbecue beef ribs}

**skill level:** easy | **yield:** 4 servings | **time:** 5 mins (active), 3.5 hrs (oven), 10 mins (grill)

#### ingredients

- 8 grass-fed beef ribs
- 1/2 tsp unrefined sea salt
- 1 tsp ground black pepper
- 1 tbsp coconut oil
- 1 pint barbecue sauce, plus extra to serve

#### method

1. Preheat the oven to 275° F.
2. Season beef ribs with salt and black pepper.
3. Melt one tablespoon coconut oil in an oven-proof skillet over a moderately high flame. Sear beef ribs on all sides, then remove from heat and add enough water or homemade beef stock to the pan to barely cover them.
4. Bake for 3 to 4 hours until the meat is tender and pulls away from the bone easily.
5. Remove from the skillet, cover with barbecue sauce and grill the ribs—basting as necessary—3 or 4 minutes on each side.



### cole slaw}

**skill level:** easy | **yield:** 4 servings | **time:** 5 mins (active), 2 hrs (fridge)

#### ingredients

- 1 small head green cabbage, cored and finely shredded
- 3 carrots, scraped and finely shredded
- 1/2 small yellow onion, peeled and finely minced
- 3/4 cup mayonnaise
- 2 tbsps cider vinegar
- 2 tps dry mustard

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- 1 tsp celery seed

#### method

1. Toss shredded cabbage, carrots and onion in a bowl and stir until well-combined.
2. In a separate bowl, whisk mayonnaise with cider vinegar, mustard and celery seed, seasoning with salt and pepper, as needed.
3. Fold seasoned mayonnaise into the vegetables and mix to combine well.
4. Transfer to the fridge to rest for at least two and up to eight hours before serving.



### new potato salad with dill}

**skill level:** easy | **yield:** 4 | **time:** 15 mins (stove)

#### ingredients

- 1 1/2 lbs small new potatoes\*
- 3/4 cup mayonnaise
- 1 1/2 tps Dijon-style mustard
- 1 tsp apple cider vinegar
- 4 ribs celery, finely chopped
- 1/2 small yellow onion, finely chopped
- 2 hardboiled eggs, chopped
- 2 tbsps chopped fresh dill

#### method

1. Boil the potatoes until barely tender, drain and refrigerate overnight.
2. Whisk mayonnaise, mustard and vinegar together.
3. Chop potatoes into bite-sized pieces and toss with celery, onion, eggs and dill. Fold in the mayonnaise dressing. Adjust seasoning with salt and pepper as needed. Refrigerate at least two and up to eight hours before serving..

\***On GAPS?** Substitute lightly steamed cauliflower florets for cooked new potatoes.

## menu #2} salmon en papillote, soy sesame dipping sauce, ginger vinaigrette

Cooking en papillote is one of the simplest methods for cooking fish and light meats like chicken. In this meal, we cook salmon and fresh vegetables and pair it with a light soy and sesame dipping sauce and a big salad tossed with a simple ginger vinaigrette. If you made last week's brine-pickled sugar snap peas, they pair well with this menu.



### make this meal}

**up to 5 days ahead:** Prepare soy sesame dipping sauce. Prepare ginger vinaigrette.

**up to 2 days ahead:** Thaw salmon in the fridge.

**about 30 mins ahead:** Prepare salmon en papillote.

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



### food for thought}

**Wild-caught salmon** is rich in vitamin B6 as well as omega-3 fatty acids, and is a "best choice" for seafood according to the Monterey Bay Aquarium's Seafood Watch program.

**Carrots** are an excellent source of beta carotene, a potent antioxidant and the precursor to vitamin A.

**Asparagus** is a good source of the B vitamin folate which is critical for women of reproductive age and the prevention of neural tube defects in their babies.



### salmon en papillote}

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

#### ingredients

- 4 carrots, scraped and cut into matchsticks
- 4 stalks celery, finely sliced
- 1/2 lb asparagus, trimmed, finely sliced
- 1/2 lb sugar snap peas, trimmed
- 4 4- to 6-oz skinless salmon filets
- 1/4 cup coconut oil, divided

#### method

1. Preheat oven to 325° F
2. Evenly distribute vegetables over each square of parchment paper. Place a salmon filet over each pile of vegetables. Place one tablespoon coconut oil over each salmon filet and close the pouches by folding their sides over and crumpling their edges.
3. Bake the pouches for 25 minutes on a baking sheet in an oven preheated to 325° F. Serve with soy sesame dipping sauce.



### soy sesame dipping sauce}

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

#### ingredients

- 1/4 cup naturally fermented soy sauce\*
- 2 tbsps fish sauce
- 1 tbsp sesame seeds
- 1 1-inch knob ginger, peeled and grated
- 2 tbsps toasted sesame seed oil

#### method

1. Whisk all ingredients together and serve as a dipping sauce for salmon and

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vegetables en papillote.



### green salad with ginger vinaigrette}

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

#### ingredients

##### for the vinaigrette

- juice of 1 orange
- 1 shallot, peeled and finely minced
- 1 1-inch knob ginger, peeled and grated
- 1 tbsp raw honey
- 1/2 cup unrefined extra virgin olive oil

##### for the salad

- 6 cups mixed salad greens
- 2 carrots, peeled and cut into matchsticks
- 4 scallions, sliced thin
- 1/4 lb sugar snap peas, trimmed and sliced thin

#### method

1. Whisk orange juice, minced shallot, grated ginger and honey together, then whisk in unrefined extra virgin olive oil. Store in a salad dressing cruet or mason jar at room temperature until ready to serve, shake well before dressing salad.
2. Just before serving, toss salad greens together with carrots, scallions and sugar snap peas. Dress at the table with ginger vinaigrette.

\*Don't do soy? Substitute coconut aminos or additional fish sauce.

## menu #3} beef burgundy, greens and beet salad with kombucha vinaigrette

Even in the spring, the temperatures can be low and an otherwise blue sky can be clouded over. Make this super simple slowcooker beef burgundy when there's a bit of a chill in the air and you want something easy, wholesome, and nourishing.



### make it for less} \$7

Omitting fresh thyme or marjoram and substituting beef stock for red wine will save about \$7.



### make this meal}

**up to 1 week ahead:** Prepare vinaigrette, store at room temperature.

**about 3 days ahead:** Thaw beef.

**about 8 hrs ahead:** Prepare beef burgundy.

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



### food for thought}

**Grass-fed beef** is rich in zinc and other minerals and a good source of conjugated linoleic acid.

**Olive oil** is rich in antioxidants, including vitamin E and is an excellent source of fat-soluble vitamins.

**Beets** are an excellent source of the antioxidant betacyanin which accounts for the vegetables' brilliant color.

**Kombucha** is heralded as an elixir of long life and is traditionally thought to support detoxification.



### beef burgundy}

**skill level:** easy | **yield:** 4 servings | **time:** 5 mins (active), 5 mins (stove), 8 hrs (slowcooker)

#### ingredients

- 3–4 bay leaves
- 1 bunch thyme or marjoram
- 1 tbsp black peppercorns
- 1/4 cup butter\*
- 1 lb grass-finished beef stew meat
- 5 carrots, scraped and chopped
- 5 celery ribs, chopped
- 1 lb mushrooms, sliced thin
- 2 yellow onions, chopped
- 1 cup red wine\*\*
- 2 cups homemade beef stock

#### method

1. Place bay leaves, thyme or marjoram and black peppercorns in a small square of 100% cotton cheesecloth. Tie with cooking twine and set aside.
2. Melt butter in a skillet over a moderate flame and brown the beef stew meat in the hot butter for about two minutes.
3. Transfer the stew meat to a slowcooker and add carrots, celery, mushrooms, yellow onions and satchel of bay leaves, thyme and peppercorns.
4. Cook on low for eight hours, then season as needed with salt and serve.

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



### greens and beet salad with kombucha vinaigrette}

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

#### ingredients

##### for the vinaigrette

- 1/4 cup kombucha tea or kombucha tea vinegar\*\*\*
- 1 shallot, peeled and minced
- pinch ground cloves
- pinch ground allspice
- dash unrefined sea salt
- 3/4 cup unrefined extra virgin olive oil

##### for the salad

- 8 cups mixed salad greens
- 1 large beet, peeled and finely shredded

#### method

1. Whisk kombucha tea or kombucha tea vinegar with shallot, spices and salt. Whisk in olive oil.
2. Plate salad greens and raw shredded beet. Dress the greens and beet at the table with kombucha vinaigrette.

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

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

\*\*\***Don't have kombucha?** Substitute apple cider vinegar.

## bonus recipes} hungarian mushroom soup, honey chipotle barbecue sauce, strawberry shortcakes



### hungarian mushroom soup}

skill level: easy | yield: about 2 qts | time: 10 mins (active), 8 mins (baking per batch)

#### ingredients

- 1/4 cup butter\*
- 2 yellow onions, peeled and sliced thin
- 1 lb mushrooms, sliced
- 1 quart beef stock
- 1/4 cup, plus 2 tbsps chopped fresh dill (divided)
- 1 tbsp paprika
- 1 tsp unrefined sea salt
- 1/4 cup chopped fresh parsley, divided
- 1/2 cup sour cream\*, optional

#### method

1. Melt butter in a heavy-bottomed stock pot over medium heat. When it froths, stir in onions and fry until fragrant for about four minutes. Stir in mushrooms and continue to cook until tender.
2. Pour in stock and stir in 1/4 cup dill, paprika, sea salt and 2 tbsps fresh parsley. Simmer, covered, for 20 minutes.
3. Just prior to serving, stir in remaining two tablespoons chopped dill and remaining two tablespoons chopped parsley. Whisk in sour cream and serve.



### honey chipotle barbecue sauce}

skill level: easy | yield: about 1 qt | time: 20 mins (active), 3 to 5 days (fermentation)

#### ingredients

- 3 tbsps coconut oil
- 1 small onion, minced
- 2 garlic cloves, minced
- 1/4 cup tomato paste
- 1 1/2 cups honey
- 2 teaspoons unrefined sea salt
- 2 tablespoons onion powder
- 2 tablespoons garlic powder
- 1 tsp allspice
- 1/2 tsp mace
- dash cloves
- dash powdered cayenne pepper
- up to 2 tbsps chipotle chile powder
- 1/4 cup fresh whey\*
- 1/2 cup raw apple cider vinegar

#### method

1. Melt coconut oil over a medium flame, then toss in the minced onion and garlic, frying until fragrant and translucent.
2. Reduce the heat to low, then spoon tomato paste into the saucepan. Stir in honey until completely dissolved and the sauce takes on a uniform color.
3. Stir salt and spices into the sauce, and continue to cook over a low flame for another 20 minutes, taking care not to let the sauce bubble.
4. Pour the sauce into a mixing bowl and allow it to cool to blood temperature (98° to 100°). Stir in fresh whey and transfer to a mason jar or vegetable fermenter, allowing to ferment at room temperature for three to five days.
5. Season with vinegar, as it suits you..
6. Homemade lacto-fermented barbecue

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

sauce should keep for up to six months if properly refrigerated.



### strawberry panna cotta}

skill level: moderate | yield: 4 servings | time: 5 mins (active), 5 mins (stove), 8 hrs (fridge)

#### ingredients

- 1 lb strawberries, hulled
- 2 cups heavy cream (divided)\*
- 1/4 cup honey
- 2 1/2 tsps unflavored gelatin

#### method

1. Blend strawberries, 1 1/4 cup cream and honey together until very smooth.
2. Sprinkle gelatin over 1/4 cup cream to soften for two minutes.
3. Bring remaining 1/2 cup cream to boil in a sauce pan, stir into gelatin-cream mixture until gelatin is fully dissolved. Whisk into strawberry and cream puree and pour into molds. Refrigerate until firm for about eight hours.

\*\*Don't do dairy? Substitute olive oil, tallow or lard for butter. Substitute 2 tbsps lemon juice for sour cream. Substitute the brine of previously fermented vegetables or 1/2 packet vegetable starter culture dissolved in 1/4 cup water for whey. Substitute coconut milk for heavy cream.

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



### homemade beef stock}

skill level: easy

#### ingredients

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



### yogurt cheese/fresh whey}

skill level: easy

#### ingredients

- 2 egg yolks
- 1 tbsp apple cider vinegar
- 1 tbsp water
- 1/4 tsp unrefined sea salt
- 3/4 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 two or three 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.



### yogurt}

skill level: easy

#### ingredients

- 1 quart milk, preferably raw
- 1/4 cup yogurt from a previous batch

#### method

1. Heat milk to 110° F in a saucepan. Remove from heat and whisk in one-quarter cup yogurt from a previous batch. Transfer to a yogurt maker and ferment between 108° and 112° F for 24 hours. Transfer to the fridge and use within a month.

### Got Questions?

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

To manage your account or cancel a recurring order email your request one week in advance to [support@nourishedkitchen.com](mailto:support@nourishedkitchen.com)