



# nourished kitchen

## meal plans} summer: 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>one-dish meal</b> <ul style="list-style-type: none"> <li>sausages over a bed of greens</li> <li>almond flour bread OR sour-dough bread</li> </ul>	<b>summer salad with salmon</b> <ul style="list-style-type: none"> <li>poached salmon</li> <li>summer salad</li> <li>creamy dill dressing</li> </ul>	<b>chicken with summer vegetables</b> <ul style="list-style-type: none"> <li>slowcooked chicken in white wine with summer vegetables</li> <li>green salad with white wine vinaigrette</li> </ul>	<b>bonus recipes</b> <ul style="list-style-type: none"> <li>carrot kvass with ginger</li> <li>stonefruit crisp</li> <li>lentil and mustard greens soup</li> </ul> <b>supplemental recipes</b> <ul style="list-style-type: none"> <li>roast chicken stock</li> <li>fresh whey/yogurt cheese</li> <li>mayonnaise</li> </ul>

## shopping list

### dairy & eggs

- \_\_\_ butter (1/4 cup, 3 tbsp)<sup>O</sup>
- \_\_\_ eggs (3 whole)
- \_\_\_ fresh whey (1/4 cup)<sup>SA</sup>

### meat, fish & fowl

- \_\_\_ pork or beef sausage (1 lb)<sup>SA</sup>
- \_\_\_ salmon filets (4 4- to 6-oz)
- \_\_\_ salmon roe (4 oz)<sup>O</sup>
- \_\_\_ whole chicken, portioned (1)
- \_\_\_ chicken stock (2 qts)<sup>HM</sup>

### fresh produce & herbs

- \_\_\_ red onion (1)
- \_\_\_ kale (1 bunch)
- \_\_\_ mustard greens (2 bunches)
- \_\_\_ scallions (4)
- \_\_\_ dill (1 bunch)
- \_\_\_ mixed salad greens (16 cups)
- \_\_\_ carrots (1 lb, plus 6)

- \_\_\_ pearl onions (1 cup)
- \_\_\_ shallot (1)
- \_\_\_ orange (1)
- \_\_\_ celery (4 ribs)
- \_\_\_ rosemary (1 bunch)
- \_\_\_ beets (1 lb)
- \_\_\_ ginger (1 2-inch knob)
- \_\_\_ tomatoes (2)
- \_\_\_ green beans (1 lb)
- \_\_\_ crookneck squash (1 lb, plus 1 medium)
- \_\_\_ parsley (1/2 cup, chopped)
- \_\_\_ peaches (2 lbs)
- \_\_\_ plums (1 1/2 lbs)

### pantry items

- \_\_\_ almond flour (4 1/2 cups)
- \_\_\_ honey (1/2 cup, 1 tbsp)
- \_\_\_ mayonnaise (1 cup)<sup>HM</sup>
- \_\_\_ white wine vinegar (1/2 cup, 1 tbsp)
- \_\_\_ unrefined extra virgin olive oil (3/4 cup)
- \_\_\_ coconut flour (1/4 cup)<sup>SA</sup>

- \_\_\_ lentils (3 cups)
- \_\_\_ cider vinegar (1/2 tsp)
- \_\_\_ coconut oil (for greasing a loaf pan)
- \_\_\_ sifted whole wheat or spelt flour (5 cups)

### spices & dried herbs

- \_\_\_ unrefined sea salt
- \_\_\_ ground black pepper
- \_\_\_ black peppercorns (1 tsp)
- \_\_\_ ground cinnamon (2 tsps)
- \_\_\_ baking soda (1/2 tsp)

### miscellaneous & specialty

- \_\_\_ white wine (4 1/2 cups)<sup>SA</sup>
- \_\_\_ proofed sourdough starter (1 cup)

**If preparing almond flour bread for menu #1:** You may omit sourdough starter and sifted flour.

**If preparing sourdough bread for menu #1:** You may reduce almond flour to 2 cups and omit baking soda, eggs, 1/2 tsp cider vinegar and coconut oil.

## menu #1} sausages on a bed of greens, almond flour bread or sourdough bread

It's now, at the beginning of the summer season when things get a bit crazy and we rely on quick, simple and nourishing meals. I like to serve pasture-raised sausages on a bed of wilted greens. It's a simple dish, bouncing with flavor that comes together quickly. Consider serving it with sourdough bread or, if you're grain-free, try almond flour bread.



### make this meal}

**up to 3 days ahead:** Thaw sausages, if frozen, in the refrigerator until ready to use.  
**up to 1 day ahead:** Feed and proof sourdough starter, if preparing sourdough bread.  
**1 hr ahead:** Begin preparing mushroom sauce.  
**about 12 hrs ahead:** Begin mixing bread dough, allowing bread to rise. If rising too quickly, consider retarding the dough in the fridge.  
**about 1 hr to 45 mins ahead:** Begin baking almond flour or sourdough bread.  
**25 mins ahead:** Begin cooking sausages with greens.



### sausages on a bed of greens}

**skill level:** easy | **serves:** 4 | **time:** 20 mins (stove)

#### ingredients

- 1 tbsp butter\*
- 1 red onion, peeled and sliced in 1/4-inch rounds
- 1 lb pasture-raised nitrate/nitrite-free pork sausages\*\*
- 1 bunch kale, trimmed of any tough stems and coarsely chopped
- 1 bunch mustard greens, trimmed of any tough stems and coarsely chopped
- 2 cups white wine\*\*\*

#### equipment

- skillet with lid

#### method

1. Melt butter in a skillet over a moderately high flame, then toss in sliced red onion, frying about four minutes until fragrant and slightly caramelized.
2. Toss in sausages, searing on all sides. Pour wine into the skillet and simmer until the sausages are cooked through and the wine is reduced to a fine syrup.
3. Reduce the heat to moderately low, stir in greens, cover, and continue cooking until greens are wilted, about five minutes.



### almond flour bread}

**skill level:** easy | **yield:** 1 loaf | **time:** 45 mins (oven)

#### ingredients

- 2 1/2 cups blanched almond meal
- 1/2 tsp unrefined sea salt
- 1/2 tsp baking soda
- 3 eggs, beaten
- 1 tbsp honey, optional
- 1/2 tsp apple cider vinegar
- coconut or butter, for greasing the pan

#### equipment

- mixing bowl
- spoon
- baking dish or sheet

#### method

1. Preheat oven to 300° F. Grease a loaf pan.
2. Beat all ingredients together and spoon into a loaf pan.
3. Bake at 300° F for 45 minutes to one hour, or until a toothpick inserted into the bread's center comes out clean.
4. Cool completely before slicing.

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### whole-grain sourdough bread}

**skill level:** easy | **yield:** 1 loaf | **time:** 45 mins (oven)

#### ingredients

- 1 cup proofed, bubbly sourdough starter
- 1 1/2 cups warm water
- 1 tbsp honey, optional
- 2 1/2 tsps unrefined sea salt
- 5 cups sifted whole wheat or spelt flour\*

#### equipment

- mixing bowl
- spoon
- baking dish or stone
- sharp knife

#### method

1. Combine all ingredients together then knead into a smooth dough.
2. Allow the dough to rise, covered, until doubled in bulk.
3. Divide the dough in half.
4. Shape each half of the dough into an oval loaf, cover and let rise for one to two hours.
5. Preheat the oven to 425° F.
6. Spritz loaves with water.
7. With a very sharp knife, slash the loaves diagonally about 1/4 to 1/2 inch deep.
8. Bake for 30 minutes, or so, in an oven preheated to 425° F.

**NOTE:** This produces a dense loaf. For a cheater's bread, substitute half of the whole grain flour for unbleached bread flour.

\***Dairy-free?** Substitute grass-fed tallow, sustainably harvested palm kernel oil or olive oil.

\*\***Don't do pork?** Substitute grass-fed beef sausages or, if you can't find nitrate-/nitrite-free sausages, consider substituting ground pork.

\*\*\***Alcohol-free?** Substitute chicken stock for wine.

## menu #2} poached salmon salad, creamy dill dressing

Sometimes you just want something light for supper, easy, fresh and satisfying. And on these days, I like to serve large salads for supper, not on their own but with nutrient-dense additions like meat, fish and eggs. Dressed simply, these main course salads can be immensely satisfying in late summer when the idea of a heavy meal is unappealing.



### make it for less} \$15

Omit fresh dill in poached salmon to save \$3. substitute 2 tbsps dried dill for fresh dill in Creamy Dill Dressing to save \$1. Substitute canned salmon for fresh or frozen to save \$11.



### make this meal}

**up to 1 week ahead:** Prepare mayonnaise, if making from scratch, using supplemental recipes.

**up to 2 days ahead:** Thaw salmon, if frozen, in the refrigerator. Prepare vegetables according to recipe requirements and store in airtight containers in the refrigerator.

**about 20 mins ahead:** Poach salmon.

**about 15 mins ahead:** Transfer salmon, if cooked to your liking, to the refrigerator to cool. Prepare creamy dill dressing.

**about 5 mins ahead:** Remove salmon from the refrigerator, plate salads and dress them with creamy dill dressing at the table.



### poached salmon summer salad}

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

#### ingredients

- 2 scallions
- 1/2 bunch dill
- 1 tsp black peppercorns
- 4 4- to 6-oz salmon filets
- 1/2 cup white wine\*
- 8 cups mixed greens and herbs of choice
- 1/2 lb green beans, trimmed
- 2 tomatoes, quartered
- 4 oz salmon roe\*\*\*, optional

#### equipment

- skillet or frying pan with lid
- plates

#### method

1. Layer scallions, dill and peppercorns in a skillet and place salmon filets skin-down over them. Pour in white wine and about one-half to one cup water. Bring to a simmer and cover until the salmon flakes easily when pierced by a fork, about five minutes. After the salmon has cooked through, transfer it to a plate, cover it, and allow it to cool in the refrigerator for about 10 minutes lest it wilt your lettuce.
2. As the salmon cools, until tender (about 8 minutes), plunge into an ice bath.
3. Plate greens, green beans and tomatoes.
4. Once the salmon has cooled, remove it from the refrigerator and place a fillet over each bed of lettuce and vegetables, dress with creamy dill dressing and garnishing with salmon roe, if available.

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### creamy dill dressing}

**skill level:** easy | **yield:** about 1 cup | **time:** 5 mins

#### ingredients

- 1 cup mayonnaise
- 1/4 cup white wine vinegar
- 2 scallions, white and light green parts only, minced\*\*
- 1/2 tsp unrefined sea salt
- 1 tsp ground black pepper
- 1/2 bunch dill, finely minced

#### equipment

- mixing bowl
- whisk
- salad dressing cruet or mason jar/whisk

#### method

1. Whisk all ingredients together until thoroughly combined. Then transfer from the mixing bowl into a salad dressing cruet or mason jar with lid. Allow guests to dress their salads to their liking at the table.

\***Alcohol-free!** Omit wine and use only water.

\*\***Waste-not/Want-not!** Save those radish greens and include them in this week's lentil and greens soup! Add the remaining bits of scallion to the bed of seasonings for poached salmon.

\*\*\***Can't find roe?** Look online or omit.

## menu #3} chicken in white wine with spring vegetables, green salad with white wine vinaigrette

Slowly baked in an oven over a bed of carrots and green beans, this chicken in white wine is deeply fragrant and extraordinarily tender. If you're lucky enough to have access to meat rabbits in your area, you can substitute rabbit for chicken. This meal pairs well with the dessert of the week: strawberry-rhubarb crisp.



### make it for less} \$6

Substituting 2 tbsps dried parsley for 1/4 cup fresh parsley will save about \$1. Substituting chicken legs for whole chicken will save about \$5.



### make this meal}

**up to 1 week ahead:** Prepare white wine vinaigrette, storing at room temperature until ready to use.

**up to 4 days ahead:** Thaw chicken in the refrigerator until ready to prepare chicken with white wine. Prepare vegetables according to recipe requirements, storing in airtight containers in the refrigerator until ready to use.

**about 3 hrs ahead:** Prepare chicken in white wine according to recipe instructions.

**10 to 15 mins ahead:** Remove chicken from the oven, stir in peas and cover for 5 to 10 minutes.

**about 5 mins ahead:** Prepare salads, dressing at the table.



## chicken in white wine with summer vegetables}

**skill level:** easy | **serves:** 4+ leftovers | **time:** 5 mins (active), 5 mins (stove), 2 hrs 30 mins (oven)

### ingredients

- 6 carrots, scraped and cut into matchsticks no thicker than 1/4-inch
- 1 cup pearl onions, peeled of any rough layers
- 1/2 lb green beans, trimmed and chopped into 1-inch pieces
- 1 lb crookneck squash, sliced into 1/4-inch thick rounds
- 1 whole chicken, portioned
- 1 tsp unrefined sea salt
- 1/2 tsp ground black or white pepper
- 2 tbsps butter\*\*
- 2 cups white wine\*\*\*
- 1/4 cup chopped fresh parsley

### equipment

- dutch oven with lid, clay baker with lid or baking dish with foil
- skillet

### method

1. Preheat the oven to 275° F.
2. Arrange carrots, onions, green beans and squash into the bottom of a Dutch oven, clay baker or baking dish.
3. Season chicken pieces with unrefined sea salt and ground pepper.
4. Melt butter in a skillet over a moderate flame and brown seasoned chicken for a minute or two on each side, then place the browned chicken pieces over your bed of vegetables in the Dutch oven, clay baker or baking dish.
5. Once all chicken is browned and transferred, pour in white wine and bake the

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chicken, covered, in an oven preheated to 275° F for two hours. Increase the oven temp to 375° and continue baking for an additional 30 to 45 minutes.

6. Remove chicken and vegetables from the oven, uncover, and stir in parsley. Re-cover and allow the peas to cook in the residual heat of the chicken and vegetables for five to 10 minutes before serving.



## green salad with white wine vinaigrette}

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

### ingredients

for the vinaigrette

- 1/4 cup white wine vinegar
- 1 shallot, peeled and minced
- 1/4 tsp unrefined sea salt
- 1/4 tsp ground black pepper
- 3/4 cup unrefined extra virgin olive oil

for the salad

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

### equipment

- mixing bowl

### method

1. Whisk vinegar with shallot, salt and pepper. Whisk in olive oil.
2. Plate salad greens and sliced tomatoes and onions. Dress at the table with white wine vinaigrette.

\***On GAPS?** Substitute additional carrots for parsnips and turnips for new potatoes.

\*\***Dairy-free?** Substitute grass-fed tallow, schmaltz, pasture-raised lard or bacon fat, or olive oil for butter.

\*\*\***Alcohol-free?** Substitute chicken stock for white wine.

\*\*\*\***Waste-not/Want-not!** Save those radish greens and include them in this week's lentil and greens soup!

## bonus recipes} carrot kvass with ginger, stonefruit crisp

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### lentil and radish green soup}

**skill level:** easy | **yield:** 1 1/2 qts | **time:** 30 mins (stove)

#### ingredients

- 3 cups lentils
- 1 tbsp vinegar
- 2 tbsps butter
- 4 carrots, scraped and finely chopped
- 4 ribs celery, finely chopped
- 2 medium yellow crookneck squash, diced
- 1 yellow onion, peeled, finely chopped
- 2 qts chicken stock
- 2 bunches mustard greens\*, trimmed of any stems and coarsely chopped
- olive oil, as needed

#### equipment

- mixing bowl
- collander or sieve
- heavy-bottomed stock pot

#### method

1. Toss lentils into a mixing bowl, cover with warm water by two inches and stir in vinegar. Allow the lentils to soak, covered, for at least 8 hours and up to 12 before draining them in a collander or sieve and rinsing them well.
2. Melt butter in a heavy-bottomed stock pot, and stir in carrots, celery, onion and squash when it froths. Fry celery, carrot and onion in butter until they release their fragrance, about five minutes. Then stir in soaked and rinsed lentils and stock. Bring the soup to a simmer and simmer for 30 to 45 minutes.
3. Remove from heat, stir in mustard greens, and let the greens wilt for 5 minutes in the residual heat of the soup.
4. Season with olive oil, salt and pepper as needed.



### carrots kvass with ginger}

**skill level:** easy | **yield:** 1 qt | **time:** 10 mins (active), 48 to 72 hrs (fermentation)

#### ingredients

- 1 lb carrots, peeled and chopped coarsely
- 1 2-inch knob ginger, peeled and chopped coarsely
- 1/4 cup fresh whey\*
- 2 tps unrefined sea salt
- 1 qt filtered water

#### equipment

- lidded mason jar or vegetable fermenter
- strainer

#### method

1. Place carrots and ginger in a jar.
2. Sprinkle with sea salt and fresh whey.
3. Pour in one quart filtered water.
4. Allow the the kvass to ferment at room temperature for 48 to 72 hours.
5. Strain the carrots from the kvass and reserve them for culturing your next batch. These reserved beets should be good for two to three additional batches and can be consumed on salads. Kvass should be transferred to the refrigerator.



### stonefruit crisp}

**skill level:** easy | **serves:** 4+ leftovers | **time:** about 10 mins (stove), 30 mins (oven)

#### ingredients

##### for the filling

- 1 tablespoon butter\*
- 2 lbs peaches, skinned, pitted and diced
- 1 1/2 lbs plums, pitted and diced
- about 1/2 cup honey
- zest and juice of 1 orange

- 2 tps ground cinnamon
- for the topping
- 2 tbsps butter\*
  - 2 cups almond flour
  - 1/4 cup coconut flour\*\*
  - 1/2 tsp unrefined sea salt
  - 1/2 tsp ground cinnamon

#### equipment

- saucepan
- baking dish
- mixing bowl

#### method

1. To make the filling, melt butter in a saucepan over a moderate flame, then toss in peaches and plums and sautee in butter until softened, about five to six minutes.
2. Stir in honey (as needed), and the juice and zest of one orange and cinnamon; reduce the heat to medium-low and continue to cook another three to four minutes until the fruit is softened, but not mushy. Transfer to a baking dish and prepare the topping.
3. Prepare the topping by beating two tablespoons butter with two cups almond flour, one-quarter cup coconut flour, salt and cinnamon. Crumble the dough over the strawberry-rhubarb topping and bake in an oven preheated to 375 ° F for 30 minutes. Cool before serving.

**\*Dairy-free?** Substitute 1 package vegetable starter culture dissolved in one-quarter cup water or the brine of a previous batch of fermented vegetables for fresh whey. Substitute coconut oil for butter for the crisp. Substitute olive oil or pasture-raised bacon fat or lard for butter in soup.  
**\*\*Can't find coconut flour?** You can order it online or substitute 1/2 cup sprouted whole grain flour or unbleached flour.

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



### roast chicken stock}

skill level: easy

#### ingredients

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

#### equipment

- slowcooker
- sieve or fine-mesh strainer

#### 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 hours or longer. Strain the broth through a fine mesh sieve and pour into mason jars.



### fresh whey/yogurt cheese}

skill level: easy

#### ingredients

- 1 quart raw milk

#### equipment

- fine-mesh sieve
- cheesecloth
- bowl

#### method

1. Place a fine mesh sieve over a bowl and line it with cheesecloth. Pour yogurt into the cloth-lined sieve and allow the whey to strain from the yogurt for up to 24 hours. Use the yogurt as you would any strained, Greek-style yogurt and use the whey for soaking grains and beans or as a starter for fermented foods.



### homemade mayonnaise}

skill level: easy | time: 5 minutes

#### 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

#### equipment

- food processor or blender

#### 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.

### 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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