



# nourished kitchen

## meal plans} winter: 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>southern-style seafood supper</b> <ul style="list-style-type: none"> <li>oysters creole</li> <li>dirty rice</li> <li>green beans amandine</li> </ul>	<b>slowcooker supper</b> <ul style="list-style-type: none"> <li>beef pot roast</li> <li>mashed rutabaga</li> <li>green salad with kefir-herb dressing</li> </ul>	<b>40-clove chicken</b> <ul style="list-style-type: none"> <li>40-clove chicken</li> <li>braised turnips and greens with apples</li> <li>green salad with cider vinaigrette</li> </ul>	<b>bonus recipes</b> <ul style="list-style-type: none"> <li>egg drop soup</li> <li>jamaica tisane</li> <li>honey pecan pralines</li> </ul> <b>supplemental recipes</b> <ul style="list-style-type: none"> <li>chicken stock</li> <li>fresh whey/yogurt cheese</li> </ul>

## shopping list

### dairy & eggs

- \_\_\_ butter (1 cup, 3 tbsps)<sup>SA</sup>
- \_\_\_ heavy cream (3 cups)<sup>SA</sup>
- \_\_\_ kefir (2 tbsps)<sup>SA</sup>
- \_\_\_ egg (3 whole, 1 yolk)
- \_\_\_ fresh whey (1/4 cup)<sup>SA</sup>

### meat, fish & fowl

- \_\_\_ shucked oysters (1 quart)
- \_\_\_ chuck roast (4 lbs)
- \_\_\_ chicken (1 whole, 3 to 4 lbs)
- \_\_\_ chicken stock (2 qts, 1/2 cup)

### fresh produce & herbs

- \_\_\_ green beans (1 lb)
- \_\_\_ garlic (47 cloves)
- \_\_\_ yellow onion (3)
- \_\_\_ celery (6 ribs)
- \_\_\_ green bell pepper (1)
- \_\_\_ thyme (1/4 cup, 3 tbsps, chopped)
- \_\_\_ scallions (2 bunches)
- \_\_\_ carrots (6)
- \_\_\_ rutabagas (2 large)
- \_\_\_ shallot (2)
- \_\_\_ parsley (2 tbsps, chopped)
- \_\_\_ chives (2 tbsps, snipped)
- \_\_\_ dill (1 tbsp, chopped)
- \_\_\_ salad greens (16 cups)
- \_\_\_ red onion (2)
- \_\_\_ radishes (4)
- \_\_\_ mixed fresh herbs (1 bunch)

- \_\_\_ turnips with greens (2 bunches)
- \_\_\_ apples (2)
- \_\_\_ ginger (1 1-inch knob)
- \_\_\_ sliced mushrooms (1 cup)
- \_\_\_ lime (1)

### pantry items

- \_\_\_ slivered blanched almonds (1/4 cup)
- \_\_\_ long-grain brown rice (2 cups)<sup>SA</sup>
- \_\_\_ apple cider vinegar (1/2 cup)
- \_\_\_ olive oil (1 cup)
- \_\_\_ dijon-style mustard (1 tbsp)
- \_\_\_ coconut oil (1 tbsp)
- \_\_\_ toasted sesame oil (to serve)
- \_\_\_ dried hibiscus flowers (1/4 cup)
- \_\_\_ unrefined cane sugar (1/4 cup)
- \_\_\_ pecans (1 1/2 cups, chopped)
- \_\_\_ honey (1/4 cup)

### spices & dried herbs

- \_\_\_ bay leaf (3)
- \_\_\_ cayenne pepper (1/4 tsp)
- \_\_\_ ground white pepper (3/4 tsp)
- \_\_\_ gumbo file powder (2 tsps)
- \_\_\_ grated nutmeg (1/4 tsp)

### miscellaneous & speciality

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

# menu #1} oysters creole, dirty rice, green beans amandine

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

This deeply nourishing supper is inspired by the vibrant flavors of creole and cajun cuisine. Oysters, rich in vitamin D, B12 and zinc, are a potent addition.

## make this meal}

**up to 1 week ahead:** Prepare chicken stock.  
**about 18 to 24 hrs ahead:** Soak rice.  
**about 35 mins ahead:** Prepare dirty rice.  
Prepare oysters creole.  
**about 15 mins ahead:** Prepare green beans amandine.

## food for thought}

Oysters are extraordinarily rich in vitamin D, vitamin B12 and zinc, and are long-heralded as a food for fertility.

Thyme is rich in vitamin K1 and is a source of thymol, a volatile oil after which it is named, that is known to promote cellular health.

## oysters creole}

skill level: easy | yield: 4 | time: 30 mins (stove)

### ingredients

- 1/4 cup butter\*
- 1 yellow onion, peeled and chopped
- 3 celery ribs, chopped
- 4 scallions, chopped
- 2 cloves garlic, peeled and minced
- 1 tsp unrefined sea salt
- 1/2 tsp ground white pepper
- 1/4 tsp cayenne
- 1/4 cup white wine\*\*
- 3 cups heavy cream\*

- 1 quart shucked oysters
- 2 tbsps chopped fresh thyme
- 2 tsps gumbo file powder

### method

1. Melt butter in a skillet over medium heat, stir in the onions, celery, scallions and garlic—cooking until fragrant and soft—about five minutes. Stir in sea salt, white pepper and cayenne and continue cooking for a minute or two.
2. Stir in wine and cream. Bring to a boil and simmer until reduced by half. Stir in oysters and fresh thyme and simmer for three to five minutes. Remove from heat, stir in gumbo file powder. Serve warm over rice or bread.

## dirty rice}

skill level: easy | yield: 4 servings | time: 18 to 24 hrs (soaking), 35 mins (stovetop)

### ingredients

- 2 cups long-grain brown rice\*\*\*
- 1 tbsp apple cider vinegar
- 2 tbsps butter\*
- 1 quart chicken stock
- 3 cloves garlic, peeled and minced
- 1 yellow onion, peeled and chopped
- 3 ribs celery, chopped
- 1 green bell pepper, seeded and chopped
- 1 tbsp chopped fresh thyme
- 1 bay leaf
- 1/4 tsp cayenne pepper

### method

1. Pour rice in a mixing bowl, cover with hot water and stir in vinegar and allow the rice to soak for 12 to 18 hours. Rinse well,

- drain and transfer to a heavy-bottomed pot. Pour in chicken stock and simmer for 24 minutes.
2. While the rice cooks, melt butter in a skillet, stir in garlic, onion, celery and bell pepper, cooking until fragrant for about five minutes. Stir in fresh thyme, bay leaf, cooked rice and cayenne pepper, fry for ten minutes or until ingredients are tender and fragrant.

## green beans amandine}

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

### ingredients

- 1 lb green beans, trimmed
- 2 tbsps butter
- 1/4 cup blanched, slivered almonds

### method

1. Bring about two quarts water to a boil in a large kettle. While the water comes to a boil, toss green beans into a mixing bowl. Cover the green beans with boiling water and let them cook in the residual heat of the water for eight to ten minutes. Drain, toss with butter and blanched slivered almonds.

\***Dairy-free?** Substitute bacon fat, pastured lard, tallow, olive oil or coconut oil for butter. Substitute coconut milk for heavy cream.

\*\***Alcohol-free?** Substitute chicken stock or oyster liquor.

\*\*\***Grain-free?** Substitute 1 head grated cauliflower for rice and omit apple cider vinegar and chicken stock. Begin preparing the dish on step #2.

## menu #2} beef pot roast with red wine, mashed rutabaga, kefir-herb dressing

There's nothing like a warming pot roast on a cold winter day. Here we pair beef pot roast seasoned with red wine and thyme over mashed rutabaga.

### make this meal}

**up to 5 days ahead:** Thaw chuck roast in the fridge. Prepare kefir-herb dressing.

**8 to 14 hrs ahead:** Cook pot roast.

**about 45 mins ahead:** Prepare mashed rutabaga.

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

### food for thought}

**Grass-fed beef** is rich in protein, B vitamins and minerals and is a source for conjugated linoleic acid, thought to reduce the risk of certain cancers.

**Kefir** is rich in beneficial bacteria and yeasts and improves digestion and helps to boost the immune system.

### beef pot roast with red wine and thyme}

**skill level:** easy | **servs:** 4+ leftovers | **time:** 10 mins (stovetop), 8 to 14 hrs (slowcooker)

#### ingredients

- chuck roast (about 4 lbs)
- 1 tsp unrefined sea salt
- 1 tsp ground black pepper
- 1 tbsp butter\*
- 1 onion, peeled and sliced thin
- 2 cloves garlic, peeled and crushed
- 4 carrots, scraped and coarsley chopped

- 2 bay leaves
- 2 cups red wine
- 1/4 chopped fresh thyme

#### method

1. Season chuck roast with salt and pepper.
2. Melt butter in a skillet and sear seasoned chuck roast on all sides for about four minutes on each side.
3. Remove meat from skillet and transfer to a slowcooker, add onion, garlic, bay leaves, carrots and red wine. Cook on low for 8 to 14 hours, the longer the better.
4. Just before serving, stir in chopped fresh thyme.

### mashed rutabaga}

**skill level:** easy | **servs:** 4 | **time:** 40 mins (stovetop), 5 mins (active)

#### ingredients

- 2 large rutabagas, peeled and chopped
- 3 tbsps butter\*
- 1/2 tsp ground white pepper
- 1/4 tsp grated nutmeg

#### method

1. Toss rutabagas into a heavy-bottomed stock pot and cover with water. Cover and bring to a boil. Simmer for 40 minutes. Drain, return them to the pan and heat for three minutes to dry them.
2. Add butter, white pepper and nutmeg to the rutabagas and mash with a potato masher. Salt as needed.

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



### green salad with kefir-herb dressing}

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

#### ingredients

##### for the dressing

- 2 tbsps apple cider vinegar
- 2 tbsps kefir
- 1 egg yolk
- 1 shallot, peeled and minced
- 1/2 tsp unrefined sea salt
- 1/4 tsp ground black pepper
- 2 tbsps chopped fresh parsley
- 2 tbsps chopped fresh chives
- 1 tbsp chopped fresh dill
- 1/2 cup unrefined extra virgin olive oil

##### for the salad

- 8 cups salad greens
- 1 red onion, peeled and finely sliced
- 2 carrots, scraped and chopped into 1/4-inch rounds
- 4 radishes, chopped into 1/4-inch rounds

#### method

1. Toss vinegar, kefir, egg yolk, shallot, sea salt, pepper and herbs together in a food processor and pulse to combine. Once roughly combined, continue processing while slowly pouring olive oil into the mixture in a smooth and fine stream. Continue until well-emulsified. Transfer to a mason jar or salad dressing cruet and store in the fridge for no more than five days.
2. Before serving toss salad greens together with red onion, carrots and radishes. Dress with kefir-herb dressing at the table.

\***Dairy-free?** Substitute olive oil, bacon fat, pastured lard, coconut oil or tallow for butter. Substitute cashews or pinenuts, soaked overnight in warm water, for kefir.

## menu #3} 40-clove chicken, braised turnips and apples, cider vinaigrette

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

**F**orty-clove chicken is a fast favorite—vibrant with the rich sweet flavor of garlic. Here we pair it with braised turnips and apples and a green salad.



### make this meal}

**up to 3 days ahead:** Thaw chicken, if frozen, in the refrigerator. Prepare cider vinegar and store in at room temperature until ready to serve.

**about 1 hr ahead:** Begin preparing chicken according to recipe instructions.

**about 20 mins ahead:** Prepare braised turnips and apples according to recipe instructions.

**about 5 mins ahead:** Toss greens and onion for salad Dress at the table with cider vinegar.

- and place the trussed and seasoned chicken on top of the garlic and herbs.
4. Bake the chicken at 375° F for 40 to 50 minutes or until the chicken registers an internal temperature of 165° F.
  5. Allow the chicken to rest 10 minutes before carving, serve with generous portions of garlic.

- sea salt and ground black pepper as it suits you.
5. Allow the chicken to rest 10 minutes before carving. Serve with generous portions of garlic.



### braised turnips with greens and apples}

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

#### ingredients

- 2 bunches turnips, with greens
- 2 tbsps butter\*
- 2 apples, peeled, cored and sliced thin
- 1/2 cup chicken stock or water
- 1 tbsp cider vinegar
- unrefined sea salt, as needed
- ground black pepper, as needed

#### method

1. Rinse the turnips and greens well. Chop the greens coarsely, then peel and chop the turnips into bite-sized pieces.
2. Melt butter in a skillet over a moderate flame and toss in peeled and chopped turnips, greens and apples. Fry gently in butter until they release their fragrance and begin to caramelize for about four to six minutes.
3. Pour in stock and simmer, uncovered, until liquid is evaporated and the apples and turnips become tender when pierced with a fork for about eight minutes.
4. Remove from heat and season with vinegar,



### green salad with cider vinaigrette}

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

#### ingredients

##### for the dressing

- 1 shallot, peeled and finely minced
- 1 tbsp dijon-style mustard
- 1/4 cup apple cider vinegar
- 1/2 cup unrefined extra virgin olive oil
- unrefined sea salt, to taste
- ground black pepper, to taste

##### for the salad

- 8 cups mixed greens
- 1 small red onion, sliced thin

#### method

1. Whisk shallots, mustard and vinegar into a small bowl until combined, then whisk in unrefined extra virgin olive oil. Transfer to a salad dressing cruet or mason jar and store at room temp until ready to serve over mixed greens and sliced red onion.

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

### 40-clove chicken}



**skill level:** easy | **serves:** 4+ leftovers | **time:** 5 mins (active), 40 to 50 mins (oven)

#### ingredients

- 1 whole chicken (3-4 lbs)
- unrefined sea salt, as needed
- ground black pepper, as needed
- 1/4 cup butter\*, melted
- 1 bunch fresh herbs of choice (rosemary, parsley, marjoram, sage etc.)
- 40 peeled garlic cloves (from about 4-5 heads garlic)

#### method

1. Preheat oven to 375° F.
2. Truss the chicken with cooking twine, brush the chicken with melted butter, and season it with sea salt and pepper as needed.
3. Layer garlic and herbs in a baking dish

## bonus recipes} egg drop soup, jamaica tisane, honey pecan pralines

We love egg drop soup; it's a staple in our home. You'll also enjoy this simple jamaica tisane, inspired by the popular Mexican drink. Honey pecan pralines pair nicely with the Southern-style menu this week.



### make this meal}

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

**for the pralines:** Remember to soak and dry pecan up to two days in advance.

**for the jamaica tisane:** Make fresh whey up to one week in advance.



### egg drop soup}

**skill level:** easy | **yield:** about 2 qts | **time:** 30 mins

#### ingredients

- 1 bunch scallions
- 1 tbsp coconut oil
- 1 1-inch knob ginger, peeled and grated
- 1 cup sliced mushrooms, preferably shiitake
- 1 qt chicken stock
- 3 eggs, lightly beaten
- unrefined sea salt, to taste
- toasted sesame oil, to serve

#### method

1. Slice scallions very thinly, keeping white and light green parts separated from dark green parts. Heat coconut oil over a moderate flame until melted, then stir in grated ginger, sliced white and light green scallions and sliced mushrooms. Fry in coconut oil until fragrant, about three minutes.

2. Stir in chicken stock and bring to a simmer. Whisk beaten eggs into the simmering stock in a smooth, thin stream. Remove from heat, stir in dark green scallions and seasoning to taste with salt and sesame oil.



### jamaica tisane}

**skill level:** easy | **serves:** 4 | **time:** 5 mins (active), 3 to 5 days (fermentation)

#### ingredients

- 1/4 cup dried hibiscus flowers
- 1/4 cup unrefined cane sugar\*
- juice of 1 lime
- 1/4 cup fresh whey\*\*

#### method

1. Place hibiscus and cane sugar into a mason jar and pour boiling water over them. Stir to dissolve sugar and allow the hibiscus to steep in the water until cooled to room temperature.
2. Strain and stir in the juice of 1 lime and 1/4 cup fresh whey, transfer to a flip-top bottle or a mason jar with a tight-fitting lid. Ferment at room temperature for three to five days before transferring to the refrigerator.

#### Wondering how to serve this probiotic

**drink?** Serve it, over ice or on its own as a drink to accompany meals.

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



### honey pecan pralines}

**skill level:** easy | **serves:** 4 | **time:** 5 mins (active), 20 mins (stovetop)

#### ingredients

- 1 1/2 cups chopped pecans
- 1/2 tsp unrefined sea salt
- 1/4 cup honey
- 1 tbsp butter\*, melted

#### method

1. Toss pecans and salt into a mixing bowl and cover with hot water. Soak 8 to 12 hours, drain and rinse well. Transfer to a dehydrator and dehydrate on low temp until pecans are crispy.
2. Preheat the oven to 350° F and line a baking sheet with parchment paper.
3. Combine pecans, honey and melted butter in a bowl and stir until honey is well-coated. Spread pecans on baking sheet and bake for 12 to 15 minutes, stirring two or three times. Remove from oven and allow to cool completely before serving.

\***Don't do cane sugar?** Substitute honey.

\*\***Don't do dairy?** Substitute 1 package vegetable starter or 1 probiotic capsule, emptied, dissolved into 1/4 cup water or 1/4 cup ginger bug (see recipe database) for fresh whey and coconut oil for butter..

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



### roasted chicken stock}

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

#### ingredients

- 1 chicken frame
- vegetable scraps
- 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. Cook in your slowcooker on low heat for 24 hrs or longer.
4. By adding water to the cooker, you can continue to cook the broth until the chicken bones become flexible and rubbery.
5. Strain the broth through a fine mesh sieve and pour into mason jars.
6. The broth should gel, but it is not necessary.



### fresh whey/yogurt cheese}

skill level: easy

#### ingredients

- 1 quart yogurt

#### method

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

### 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)