



nourished kitchen

meal plans} summer: week 8

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
Provincial Supper <ul style="list-style-type: none"> Grilled Salmon with Thyme Composed Salad for Summer Red Wine Vinaigrette Fresh Peaches 	Japanese Grill Party <ul style="list-style-type: none"> Grilled Beef and Vegetable Skewers Sunomono Salad Iced Plums 	One-dish Meal <ul style="list-style-type: none"> Lettuce Cups with Stir-fried Shrimp and Vegetables Prune Dipping Sauce 	Weekly Extras <ul style="list-style-type: none"> Gingered Carrots Stuffed Baked Peaches Soupe au Pistou Supplemental Recipes <ul style="list-style-type: none"> Chicken Stock

shopping list

dairy & eggs

- ___ butter (1/4 cup)^{SA}
- ___ grated parmesan cheese (1/4 cup)^O

meat, fish & fowl

- ___ salmon filets (4 (4- to 6-oz each)^{SA})
- ___ beef steak (1 lb)
- ___ shrimp (1 1/2 lbs)
- ___ chicken stock (2 quarts)^{HM}

fresh produce & fresh herbs

- ___ thyme (1 tbsp, chopped)
- ___ green beans (1 1/2 lbs)
- ___ loose-leaf lettuce (1 medium head)
- ___ zucchini (4 medium)
- ___ tomatoes (2)
- ___ red bell pepper (1)
- ___ peaches (8)
- ___ garlic (18 cloves)
- ___ shiitake mushrooms (1 1/4 lbs)

- ___ Asian eggplant (4)
- ___ cucumbers (2 large)
- ___ ginger (1 (4 1/2-inch) knob, plus 3/4 lb)
- ___ celery (4 ribs)
- ___ scallions (2)
- ___ serrano chili pepper (1)
- ___ Bibb or Butter Lettuce (1 head)
- ___ carrots (1 bunch, 2 medium)
- ___ bay leaves (2)
- ___ yellow onion (1 medium)
- ___ basil (2 cups, loosely packed)

pantry items

- ___ unrefined sea salt
- ___ olive oil (1/4 cup, 1 tbsp)
- ___ black olives (1/2 cup)
- ___ soy sauce (1/2 cup, 3 tbsps, 1 tsp)^{SA}
- ___ rice wine vinegar (1/4 cup, 3 tbsps)
- ___ sesame oil (1 tbsp)
- ___ unrefined cane sugar (1/2 cup)^{SA}
- ___ sesame seeds (2 tbsps)
- ___ coconut oil (1 tbsp)
- ___ pitted prunes (1/2 cup)

- ___ honey (1 tbsp)
- ___ dry white beans (1 cup)
- ___ baking soda (1/4 tsp)
- ___ blanched almond flour (1 cup)

spices, extracts & dried herbs

- ___ crushed red pepper flakes (1/4 tsp)
- ___ vanilla extract (1 tbsp)

other ingredients

- ___ mirin (1/2 cup)^{SA}

menu #1} Grilled Salmon with Thyme, Composed Salad for Summer, Red Wine Vinaigrette, Fresh Peaches

A classic composed salad of vegetables, fish, olives and red wine vinaigrette, this salad is a perfect dish for summer evenings. It's light and travels well. If you're on a tight budget, consider substituting sustainably harvested grilled chicken breast for the wild-caught salmon called for in this recipe. The meal is equally as good and decidedly less expensive. We typically serve this supper with fresh peaches or other stone fruit for dessert.



Lighten your budget \$15

Substituting chicken breast for salmon will save about \$10. Substituting half the amount of dried thyme for fresh will save about \$1, and omitting olives and red pepper will save \$4.



Make it ahead:

Up to 1 Week Ahead: Prepare Red Wine Vinaigrette, store at room temperature and shake well before using.

About 2 Days Ahead: Thaw salmon, if frozen.

About 25 Minutes Ahead: Prepare salmon.

About 5 Minutes Ahead: Plate vegetables, top with grilled salmon and dress with vinaigrette at the table as desired.



How this meal nourishes:

Wild-caught Salmon is an excellent source of protein and is rich in B vitamins - particularly B6. It is also an excellent source of omega-3 fatty acids thought to protect the heart and promote cognitive function and emotional well-being.

Olive oil is also a good source of vitamin A and other antioxidants.



Grilled Salmon with Thyme} skill

level: easy | yield: 4 servings | time:5 minutes (active), 10 minutes (grill)

ingredients

- 4 (4- to 6-oz) filets of salmon
- 1 tablespoon olive oil
- 1/2 teaspoon unrefined sea salt
- 1/2 teaspoon ground black pepper
- 1 tablespoon chopped fresh thyme

method

1. Preheat grill.
2. Whisk olive oil, salt, pepper and thyme together in a small bowl and brush over salmon.
3. Grill salmon skin-side down for 3 to 5 minutes. Flip salmon and grill a further 2 to 3 minutes or until done to your liking. Serve over Composed Salad.



Red Wine Vinaigrette} skill level:

easy | yield: 4 servings | time:5 minutes (active), 1 hour to 1 day (refrigerator)

ingredients

- 1 tablespoon chili powder
- 1 clove garlic, peeled and minced
- 1/4 cup red wine vinegar
- 3/4 cup unrefined extra virgin olive oil

method

1. Whisk red wine vinegar with minced shallot, minced garlic and Dijon-style mustard. Whisk in extra virgin olive oil and transfer to a salad dressing cruet or mason jar. Store at room temperature for up to one week

scheduled for: _____



Composed Salad for Summer} skill

level: easy | yield: 4 servings | time:5 minutes (active)

ingredients

- 1 lb green beans, trimmed
- 1 medium head loose-leaf lettuce
- 1 red bell pepper, seeded and sliced thin
- 1/2 cup black olives, preferably kalamata or nicoise olives
- 1 zucchini, sliced thin
- 2 tomatoes, quartered

method

1. Bring about one quart water to a boil in a saucepan, and blanch green beans until tender - six to eight minutes. Rinse in cold water and reserve.
2. Plate lettuce, bell pepper, olives, zucchini and tomatoes. Top with grilled salmon and serve with red wine vinaigrette as needed.



Remember: Serve this meal with fresh peaches for dessert.

menu #2} Grilled Beef and Vegetable Skewers, Sunomono Salad, Iced Plums

A military brat, I grew up in Japan and will always have a special place in my heart for Japanese cooking - particularly the street food like grilled skewered meats that could be had easily just outside the Air Base's gates for just a few Yen. Grilled skewered meats are particularly nice during the summertime as they're simple to prepare and don't heat the kitchen during cooking. This meal is nice served with the ferment of the week: gingered carrots.



Lighten your budget \$7

Substitute button mushrooms for shiitake to save you about \$6. Using 1 regular eggplant in place of 4 Asian eggplants will save about \$1.



Make it ahead:

Up to 3 Days Ahead: Thaw beef.

12 to 14 Hours Ahead: Marinate beef.

30 Minutes Ahead: Place plums in the freezer. Soak wooden skewers.

15 minutes ahead: Grill beef and vegetable skewers.

10 minutes ahead: Prepare Sunomono Salad



How this meal nourishes:

Grass-fed Beef is an excellent source of protein, and is a good source of minerals including zinc which supports the immune system. It is also a good source of healthy fats including conjugated linoleic acid, and it offers a favorable ratio of omega-3 to omega-6 fatty acids.



Grilled Beef and Vegetable Skewers} skill level: easy | yield: 4

servings | Time: 12 to 24 hours (marinade), 8

minutes (grill)

ingredients

for the marinade

- 1/2 cup mirin*
- 1/2 cup naturally fermented soy sauce**
- 1 tbsp rice wine vinegar
- 1 tbsp sesame oil
- 1/4 cup unrefined cane sugar***
- 6 cloves garlic, peeled and minced
- 1 2-inch knob ginger, peeled and grated
- 1/4 tsp crushed red pepper flakes

for the beef skewers

- 1 lb beef steak (such as round steak or flank steak), cut into thin strips 1-inch wide and no thicker than 1/4-inch

for the vegetable skewers

- 1 lb shiitake mushrooms, stems removed
- 4 small Asian eggplants or 1 medium eggplant, chopped into 1-inch cube

method

1. Whisking mirin, soy sauce, rice vinegar, sesame oil, sugar, minced garlic, grated ginger and crushed red pepper flakes together. Place sliced beef into a bowl, cover with marinade and allow to marinate, refrigerated, for 12 to 24 hours.
2. Preheat the grill. Discard the marinade, and thread the beef onto soaked wooden skewers or metal skewers. Thread mushrooms and eggplant onto soaked wooden skewers or metal skewers.
3. Grill about 8 minutes; turn as needed..

scheduled for: _____



Sunomono Salad} skill level: easy |

yield: 4 servings | time: 5 minutes (active)

ingredients

- 1/4 cup rice wine vinegar
- 2 tsp unrefined cane sugar**
- 1 tsp naturally fermented soy sauce***
- 2 large cucumbers, peeled if skin is bitter, halved, seeded and cut into slices about 1/8- inch thick
- 2 tbsps sesame seeds

method

1. Whisk rice wine vinegar with unrefined cane sugar and soy sauce. Pour over sliced cucumbers and sprinkle with sesame seeds.



Iced Plums} skill level: easy | yield: 4

servings | time: 20 to 30 minutes (freezer)

ingredients

- 4 plums

method

1. Place plums in the freezer for 20 to 30 minutes before serving dessert. They turn wonderfully icy with a texture similar to that of sorbet.

***Don't do alcohol?** Substitute 2 tablespoons unrefined cane sugar or honey dissolved into 1/4 cup rice or apple cider vinegar.

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

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

menu #3} Lettuce Cups with Stir-fried Shrimp and Vegetables, Prune Sauce

Lettuce cups are delightfully fresh and make for a super-simple supper. A prune-based dipping sauce, popular in Asian cuisine, offers a sweet and savory finish. In this version, we call for shrimp which is high in iodine and in vitamin D; however, you can easily substitute an equivalent amount of leftover roast chicken. This meal pairs well with the ferment of the week - Gingered Carrots (see weekly extras, page 6).



Lighten your budget \$8

Substituting cooked chicken for shrimp will save about \$6. Substituting button mushrooms for shiitakes will save about \$2.



Make it ahead:

About 2 Days Ahead: Thaw shrimp, if frozen.

About 30 Minutes Ahead: Prepare prune sauce.

About 20 Minutes Ahead: Prepare Stir-fried Shrimp with Vegetables.

About 5 Minutes Ahead: Plate shrimp, lettuce and serve with Prune Sauce.



How this meal nourishes:

Shrimp are rich in iodine and vitamin D.

Shiitake mushrooms are strongly medicinal and are a good source of antioxidants.

Coconut oil is a good source of healthy fats including lauric acid, it is also thought to support thyroid health and immune system function.



Lettuce Cups with Stir-fried Shrimp and Vegetables} skill level:

easy | yield: 4 servings | time: 15 minutes

(stove)

ingredients

- 1 tbsp coconut oil
- 4 cloves garlic, peeled and minced
- 1 1-inch knob ginger, peeled and cut into matchsticks
- 4 ribs celery, cut into 1/4-inch dice
- 1 1/2 lbs shrimp, peeled, deveined and chopped
- 1/4 lb shiitake mushrooms, stems removed and finely chopped
- 1 zucchini, cut into 1/4-inch dice
- 2 tbsps naturally fermented soy sauce*
- 2 scallions, finely sliced
- 1 serrano chili pepper, seeded if desired and sliced into thin rounds
- 1 head butter, Bibb or iceberg, cored with leaves separated from the head for easy handling

method

1. Melt coconut oil in a skillet or wok over a moderately high flame, then stir in garlic, ginger and celery, frying until fragrant. Stir in shrimp, mushrooms and zucchini, cooking for about 3 minutes.
2. Stir in soy sauce and continue cooking until the liquid is largely evaporated. Remove from heat and fold in scallions and chili pepper.
3. Plate the stir-fried shrimp along side one head of lettuce, allowing diners to scoop up a portion of stir-fry, spoon it into a leaf of lettuce and eat it with a bit of prune sauce for seasoning.

scheduled for: _____



Prune Sauce} skill level: easy | yield:

4 servings | time: 20 to 30 minutes (soaking), 5 minutes (active)

ingredients

- 1/2 cup pitted prunes
- 1 1/2-inch knob ginger, peeled and minced
- 1 tbsp honey, optional for added sweetness
- 1 tbsp naturally fermented soy sauce*
- 2 tbsps rice vinegar

method

1. Place pitted prunes in a food processor and pour just enough hot water over them to cover. Allow them to soak and plump in the hot water for 20 to 30 minutes.
2. Gently remove the prunes from the liquid, reserving the liquid. Place the prunes, ginger, honey, soy sauce and rice vinegar in a food processor or blender and blend until smooth, adding soaking liquid as necessary to thin the sauce to the consistency you prefer.
3. Serve as a dipping sauce of lettuce cups.

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



Make it ahead:

Gingered Carrots need to ferment for at least 5 days.



Gingered Carrots} skill level: easy |

yield: 1 quart | **time:** 5 minutes (active), 5+ days (fermentation)

ingredients

- 1 bunch carrots, scraped and finely shredded
- 3/4 lb ginger, peeled and finely shredded
- 1 tbsp unrefined sea salt

method

1. Toss carrots, ginger and salt together in a large mixing bowl.
2. Knead and squeeze the mixture thoroughly by hand to break up the structure of the ginger and carrot shreds. They should be limp and softened under the pressure of kneading.
3. Layer this mixture of ginger and carrots into a mason jar and pack it down with a wooden spoon or dowel so that the vegetables are thoroughly pressed into your fermentation crock.
4. Weight the vegetables, if using a weight, to prevent them from floating to the top of the brine. Cover, and allow to ferment at room temperature for at least 5 days before tasting it. If you prefer a stronger ferment, allow it to ferment for an extended period of time until it achieves the desired level of sourness.
5. Transfer to cold storage. Gingered carrots will keep for 1 year, properly fermented and properly stored.



Soupe au Pistou} skill level: easy |

yield: about 2 quarts | **time:** 5 minutes (active), 18 to 24 hours (soaking), 1 hour (stove)

ingredients

for the soup

- 1 cup dried white beans
- 1/4 tsp baking soda
- 2 bay leaves
- 2 tbsps butter*
- 1 medium yellow onion, peeled and sliced thin
- 16 cloves garlic, peeled and chopped
- 2 medium carrots, scraped and diced
- 2 medium zucchini, diced
- 1/2 lb green beans, trimmed and chopped in 1-inch pieces
- 2 quarts chicken stock

for the pistou

- 2 cloves garlic, peeled and crushed
- 2 cups loosely packed basil leaves
- 1/4 cup olive oil
- 1/4 cup grated parmesan cheese. optional

method

1. Toss beans into a mixing bowl with baking soda and cover with hot water by 2 inches. Allow the beans to soak in the water for 18 to 24 hours.
2. Drain the beans and rinse them well. Place beans in a heavy-bottomed pot, cover with about 1 1/2 to 2 quarts water and add bay leaves. Simmer until tender, about 45 minutes. Drain the beans, discard the bay.
3. Melt butter in a heavy-bottomed stock pot, stir in onion, carrot, zucchini and garlic, frying about 6 minutes.
4. Add green beans to the pot and pour

scheduled for: _____

in chicken stock, cover and simmer for about 20 minutes. While the soup simmers, prepare the pistou by combining all garlic, basil, olive oil and parmesan cheese in a food processor or blender until smooth.

5. Remove soup from the stove, and allow your guests to season their soups with pistou as desired.



Stuffed Baked Peaches} skill level:

easy | **yield:** 4 servings | **time:** 10 minutes (active), 40 minutes (oven)

ingredients

- 1 cup blanched almond flour
- 1 tbsp vanilla extract
- 2 tbsps butter*
- 2 tbsps unrefined cane sugar**
- dash unrefined sea salt
- 4 peaches, halved length-wise and pitted

method

1. Preheat oven to 350 F.
2. Blend almond flour, vanilla extract, butter, unrefined cane sugar and sea salt together in a mixing bowl with a fork until the mixture resembles a coarse meal.
3. Scoop out just enough peach flesh from the center of each peach to create a cavity about 1-inch deep.
4. Spoon an equal amount of almond flour mixture into each peach, place in a baking dish and bake until the filling is puffed and golden, about 40 minutes.

***Don't do dairy?** Substitute olive oil, bacon fat or tallow for butter in Soupe au Pistou, and substitute coconut oil for butter in Stuffed Baked Peaches.

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

weekly extras} Chicken Stock



chicken stock} skill level: easy | yield:

2 quarts | time: 5 minutes (active), 24 hours

(slowcooker)

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, transfer to the fridge and pick off any solidified fat before using.

Got Questions?

If you have a specific question about the recipes contained in the meal plan, email jenny@nourishedkitchen.com.

To manage your account or cancel a recurring order email your request one week in advance to

support@nourishedkitchen.com