



nourished kitchen

meal plans} autumn: week 1

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
simple asian dinner <ul style="list-style-type: none"> • sesame salmon • braised bok choy with ginger • sprouted rice OR cauliflower rice 	one-dish meal <ul style="list-style-type: none"> • slowcooker brisket with tzimmes • fall grape & apple salad 	simple fall dinner <ul style="list-style-type: none"> • garlic-roasted ham • celery and apple salad • allium- and herb-roasted root vegetables 	ferments, soups, desserts <ul style="list-style-type: none"> • pickled daikon radish • cockaleekie soup • cocoa-dusted frozen raspberries supplemental recipes <ul style="list-style-type: none"> • roast chicken broth • dashi [[japanese fish stock]

shopping list

dairy & eggs

___ butter (1/4 cup, 2 tbsps)^{SA}

meat, fish & fowl

___ salmon (4 filets, 4- to 6-oz each)

___ dashi (1/2 cup)^{SA, HM}

___ beef brisket (4 to 5 lbs)

___ tallow (3 tbsps)^{SA}

___ chicken broth (1 1/2 quarts)

___ center-cut ham (3 lbs)

fresh produce & herbs

___ ginger (2 1-inch knobs)

___ bok choy (1 bunch)

___ carrots (6, plus 1/2 lb)

___ sweet potatoes (3)^{SA}

___ mixed salad greens (8 cups)

___ apples (5)

___ grapes (1 cup)

___ red onion (1)

___ shallot (5)

___ leeks (2)

___ garlic (6 cloves, plus 1 head)

___ mixed fresh herbs (1 cup)

___ raspberries (1 pint)

___ leeks (6 large)

___ chile peppers (3)

___ celery (1 bunch)

___ beets (1/2 lb)

___ turnips (1/2 lb)

___ **cauliflower (1 head)**

pantry items

___ sesame seeds (1/4 cup)

___ coconut oil (1/4 cup)

___ short grain brown rice (1 1/2 cups)

___ pitted prunes (2 1/2 cups)

___ apple cider vinegar (1/4 cup, 2 tbsps)

___ apple cider (1/2 cup)

___ honey (1/4 cup, 2 tbsps)

___ Dijon-style mustard (3 tbsps)

___ unrefined extra virgin olive oil (3/4 cup, 1/3 cup)

___ unrefined cane sugar (1/4 cup)^{SA}

___ unrefined sea salt

___ ground black pepper

___ cocoa powder or carob powder (1/4 cup)

miscellaneous & specialty

___ hard cider (1 qt)^{SA}

If preparing sprouted rice for menu #1: You may omit 1 head cauliflower from the ingredient list.

If preparing riced cauliflower #1: You may reduce coconut oil by 2 tbsps and omit 1 1/2 cups rice from the shopping list.

menu #1} sesame salmon, braised bok choy, sprouted rice or riced cauliflower

scheduled for: _____

have a love of simple food, and in this meal, we celebrate it with broiled sesame salmon, bok choy braised in stock and a side of sprouted rice or riced cauliflower. Salmon is particularly nourishing as it's rich in B vitamins and omega-3 fatty acids including EPA and DHA.



Lighten your budget} \$5

Substituting arctic char for salmon will save about \$5.



make this meal}

up to 1 week ahead: Prepare dashi and store in the refrigerator until ready to use.

up to 2 to 3 days ahead: Thaw fish, if frozen, in the refrigerator. If serving the dish with rice, begin soaking and germinating the rice.

about 45 mins ahead: Begin cooking rice. Note that cook time depends on elevation.

about 15 mins ahead: Begin preparing sesame salmon and braised bok choy. If serving riced cauliflower, begin making riced cauliflower.



sesame salmon}

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

ingredients

- 4 filets salmon, 4- to 6-oz each
- 2 tbsps sesame seeds
- 2 tsps fish sauce*

method

1. Preheat the broiler to high.
2. Sprinkle the salmon with sesame seeds and fish sauce. Place the salmon filets, skin-side down, on the broiling pan and broil 8 to 10 minutes or until the fish flakes easily when pierced by a fork.



braised bok choy}

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

ingredients

- 2 tbsps coconut oil
- 1 1-inch knob ginger, peeled and cut into matchsticks
- 1 bunch bok choy, coarsely chopped
- ½ cup dashi**
- 2 tsps fish sauce*
- 2 tbsps sesame seeds

method

1. Melt coconut oil in a skillet and stir in ginger, frying until fragrant, about 2 minutes. Add chopped bok choy to the pan and stir until barely wilted, a minute or two. Pour in dashi and fish sauce and simmer until the sauce is reduced by half.
2. Plate and sprinkle with sesame seeds.



riced cauliflower}

skill level: easy | **yield:** 4 servings | **time:** 5 mins (active), 8 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 over simmering water until tender, about 6 to 8 minutes.



sprouted rice}

skill level: easy | **yield:** 4 servings | **time:** 12 hrs (soaking), 48 hrs (germination), cook time varies based on altitude

ingredients

- 1 ½ cups short grain brown rice
- warm water, to cover
- 1 tbsp coconut oil
- 2 cups water

method

1. Rinse rice in flowing water until the water runs clear.
2. Pour the rinsed rice in a mixing bowl with warm water to cover by two inches. Allow the rice to soak in water for 12 hours.
3. After the rice has soaked for 12 hours, drain it through a fine-mesh sieve and rinse it well.
4. Set the strainer over a mixing bowl out of sunlight, cover with a kitchen towel. Rinse the rice, stirring well with your fingers, twice a day for two days.
5. The rice will begin germinating after two days, rinse it one last time.
6. Toss rice, coconut oil and 2 cups water in a rice cooker and cook as you normally would. If you don't have a rice cooker, cook rice as you normally would, using slightly less water.

***Can't find fish sauce?** Fish sauce is customarily available at Asian markets and in well-stocked health food stores and grocery stores. You can substitute naturally fermented soy sauce or coconut aminos which are available online.

****Don't know about dashi?** Dashi is a traditional Japanese fish stock made from bonito flakes (katsuboshi) which are available in Asian markets and well-stocked health food stores. The recipe is included in supplementary recipes, but you may always substitute roast chicken stock or fresh chicken broth.

menu #2} slowcooker brisket with tzimmes, apple & grape salad with sweet cider vinaigrette

I love brisket with its rich and versatile flavors, it's as well-suited to barbecue as it is to curing for corned beef and slowly cooking in this simple dish of brisket with tzimmes which positively sings with the flavors of fall.



make this meal}

up to 1 week ahead: Prepare vinaigrette, storing at room temperature until ready to serve.

about 5 days ahead: Thaw brisket, if frozen, in the refrigerator.

about 9 and at least 14 hrs ahead: Begin preparing brisket.

at least 1 and up to 2 hrs ahead: Add tzimmes ingredients to slowcooker.

about 5 mins ahead: Plate salad and dress at the table.



food for thought}

Grass-fed beef is an excellent source of protein and offers a favorable ratio of omega-3 to omega-6 fatty acids. It is rich in conjugated linoleic acid, a wholesome fat thought to offer protective effects against cancer and metabolic syndrome.

Carrots are rich in carotenoids, phytonutrients known as powerful antioxidants. They are best served with a fat which enables their nutrients to be better absorbed.

Apples are rich in quercetin, a phytonutrient known to promote heart health.



slowcooker brisket with tzimmes}

skill level: easy | **yield:** 4+ leftovers | **time:** 5 mins (active), 9 to 14 hrs (slowcooker)

ingredients

for the brisket

- 4 to 5 lbs beef brisket
- ½ tsp unrefined sea salt
- 1 tsp ground black pepper
- 3 tablespoons tallow*
- 1 quart hard cider**

for the tzimmes

- 6 large carrots, peeled and chopped into bite-sized coins
- 3 large sweet potatoes or garnet yams***, peeled and chopped into bite-sized pieces
- 2 cups pitted prunes

method

1. Season brisket with salt and pepper.
2. Melt tallow in a skillet over a moderate flame and sear brisket in the melted fat on all sides. Transfer to a slowcooker, cover with cider and cook on low for about 8 to 12 hours, stir in carrots, sweet potatoes or yams and pitted prunes and continue cooking on low for one to two hours before serving.

scheduled for: _____



apple & grape salad}

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

ingredients

for the vinaigrette

- ¼ cup apple cider vinegar
- 1 shallot, peeled and minced
- 1 tablespoon honey
- 1 tablespoon Dijon-style mustard
- ¾ cup unrefined extra virgin olive oil

for the salad

- 8 cups mixed salad greens
- 2 apples, cored and sliced thin
- 1 cup grapes, seeded if necessary and halved
- 1 red onion, peeled and sliced into thin rounds

method

1. Whisk cider vinegar with shallot, honey and mustard. Whisk in olive oil and store in a salad dressing cruet or mason jar until ready to serve.
2. Plate greens, apples, grapes and red onion, dress with vinaigrette at the table.

***Can't find tallow?** Substitute olive oil.

****Alcohol-free?** Substitute apple juice or soft cider.

*****On GAPS/SCD?** Substitute 1 ½ pounds carrots for sweet potatoes or yams.

menu #3} garlic-roasted ham, celery and apple salad, allium- and herb-roasted root vegetables

Garlic-roasted ham is excellent served with the sweet and earthy flavors of roasted root vegetables with herbs. A little bit of crunch from a simple apple and celery salad adds a nice flavor.



Lighten your budget} \$4

Omitting fresh herbs should save about \$4.



make this meal}

up to 3 days ahead: Thaw ham, if frozen.

Up to 90 minutes ahead: Roast ham.

About 60 minutes ahead: Roast root vegetables.

About 10 minutes ahead: Prepare salad.



food for thought}

Pasture-raised pork is an excellent source of complete protein. It is an excellent source of vitamin D - a nutrient that supports bone health, cognitive health and immune system function.

Garlic is rich in antioxidants and thought to promote immune system function.



garlic-roasted ham}

skill level: easy | **serves:** 4 with leftovers |
time: 5 minutes (active), 1 1/2 hours (oven)

ingredients

- 3 lb center-cut ham*
- 6 cloves garlic, peeled and crushed
- 1/2 cup apple cider
- 1/4 cup honey

method

1. Preheat the oven to 350 F.
2. Cut 6 evenly spaced slits into your ham about 1/2-inch deep. Insert garlic into the slits.
3. Set ham in a deep casserole dish. Whisk apple cider with honey and pour over the ham.
4. Cover the ham with parchment or foil and roast 1 1/2 hours or until it registers an internal temperature of 140 F. Slice and serve.



celery and apple salad}

skill level: easy | **yield:** about 3/4 cup | **time:** 5 mins (active)

ingredients

for the dressing

- 2 tbsps dijon mustard
- 1 tbsp honey
- 2 tbsps cider vinegar
- 1/3 cup unrefined extra virgin olive oil

for the salad

- 1 bunch celery, sliced thin
- 3 apples, cored and sliced thin

method

1. Whisk mustard, honey and cider vinegar together. Whisk in olive oil and store at

scheduled for: _____

- room temperature until ready to serve.
2. Toss celery and apples together, dress with vinaigrette and serve.



allium- and herb-roasted root vegetables}

skill level: easy | **yield:** 4 servings | **time:** 5 minutes (active), 1 hour (oven)

ingredients

- 1/2 lb carrots, peeled and chopped
- 1/2 lb beets, peeled and chopped
- 1/2 lb turnips, peeled and chopped
- 4 shallots, peeled
- cloves of 1 head of garlic, peeled and crushed
- 2 leeks, white and light green parts sliced thin
- 1 cup minced mixed fresh herbs (parsley, chives, marjoram, basil, etc.)
- 2 tbsps butter, melted

method

1. Preheat oven to 350 F.
2. Toss carrots, beets, turnips, shallots, garlic and leek together with minced herbs.
3. Stir in melted butter and season with salt and pepper as it suits you.
4. Transfer to a baking dish bake about an hour or until vegetables are fragrant and tender.

***Don't do ham/pork?** Substitute 1 whole chicken and roast at 275 F for 2 hours, increase temp to 375 and roast for a further 30 minutes..

ferments, soups, desserts} daikon radish, cockaleekie soup, cocoa-dusted frozen raspberries

Daikon radish is a large white radish native to Japan, and it can be found in most well-stocked grocery stores. Pickled daikon, traditionally a fermented food, is an accompaniment to many Japanese dishes and it pairs exceptionally well with this week's first menu of sesame salmon and braised bok choy. You'll also love our super-simple, no-sugar frozen raspberries!



make this meal}

up to 1 week ahead: Prepare chicken broth.



food for thought}

Chicken stock is rich in gelatin, which soothes the stomach and promotes good digestive health and in glucosamin-chondroitin, thought to promote joint health. It's also rich in trace minerals and represents an excellent dairy-free source of calcium.

Raspberries are extraordinarily rich in antioxidants, and are a low-glycemic fruit.



pickled daikon}

skill level: easy | **yield:** 1 pint | **time:** 15 mins (active), 7 to 10 days (fermentation)

ingredients

- 1 lb daikon radish, peeled and shredded
- 1 tablespoon unrefined sea salt

method

1. Toss daikon and salt into a large mixing bowl.
2. Knead and squeeze the mixture thoroughly by hand to break up the structure of the shredded daikon. The radish should be limp and softened under the pressure of kneading
3. Layer the salted and kneaded daikon into a mason jar and pound it down with a wooden spoon or dowel so that the vegetables are thoroughly packed into your fermentation vessel.
4. Continue layering and pounding until your vegetables are exhausted and thoroughly packed within the jar and the level of brine exceeds the level of the solids.
5. Weight the vegetables, if using a weight, to prevent them from floating to the top of the brine and contaminating your pickled daikon, cover, and allow to ferment at room temperature for at least 7 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.
6. Transfer to cold storage. Pickled daikon will keep for one year, properly fermented and properly stored.



cockaleekie soup}

skill level: easy | **yield:** about 1½ qts | **time:** 35 mins (stove)

ingredients

- ¼ cup butter*
- 6 large leeks, white and light-green parts only, sliced thin
- 1 cup cooked shredded chicken
- 1½ quarts chicken stock or broth
- ½ cup pitted prunes, sliced thin

method

1. Melt butter in the bottom of a large stock pot. When it froths, stir in sliced leeks and fry in butter until fragrant, about 2 minutes. Stir in shredded chicken and chicken stock or broth. Simmer, covered, for 30 minutes. Serve with sliced prunes.



cocoa-dusted raspberries}

skill level: easy | **yield:** 1 pint | **time:** 5 mins (active), 4 hrs (freezing)

ingredients

- 1 pint ripe, but firm, raspberries
- ¼ cup cocoa or carob powder

method

1. Line a baking sheet with parchment paper.
2. Toss raspberries very gently in cocoa powder until lightly coated, then place (one-by-one) on a parchment-lined baking sheet and freeze for at least 4 hours before serving or transferring to a resealable plastic bag and storing in the freezer for up to 6 months.

***Dairy-free?** Substitute olive oil or chicken fat for butter.

supplemental recipes} roast chicken broth, dashi [japanese fish stock]



roast chicken broth}

skill level: easy | **yield:** 2 qts | **time:** 5 mins (active), 4 to 6 hrs (stove)

ingredients

- 1 whole pasture-raised chicken, rinsed, cleaned with organs removed
- 2 chicken feet, peeled with talons removed (if you can find them)
- 1 gallon miscellaneous vegetable scraps (onions, carrots, celery, fresh parsley, leeks)
- 2-3 dried bay leaves
- 1 tablespoon whole peppercorns
- 2 tablespoons apple cider vinegar
- filtered water to cover

method

1. Add the whole chicken to a heavy-bottomed stock pot, cover with vegetable scraps, bay leaves and peppercorns.
2. Cover with very cold filtered water into which you've stirred 2 tablespoons apple cider vinegar.
3. Bring to a boil over medium-high heat.
4. Reduce the heat, cover and simmer gently for 4 to 6 hours, skimming off any scum or foam that appears at the surface.
5. After 4 to 6 hours of slow, gentle simmering, remove the pot from heat and strain it through a fine mesh sieve or a colander lined with 100% cotton cheesecloth into jars or bowls to store.
6. Refrigerate and cool until the broth sets into a firm gel.



dashi [japanese fish stock]}

skill level: easy | **yield:** about 1 qt | **time:** 15 mins (soaking), 10 mins (stove)

ingredients

- 1 strip kombu, optional
- 1 cup bonito flakes (katsuoboshi)

method

1. Place kombu in a pot, if using, and cover with 1½ quarts filtered water. Allow the kombu to soak for 15 minutes to soften it.
2. After 15 minutes, turn on the burner to a moderately high flame. When the water begins to bubble, stir in katsuoboshi and remove from heat. Cover and allow the katsuoboshi to steep in the water until it sinks to the bottom, about 10 minutes. Strain through a fine-mesh sieve and use right away or transfer to the fridge where it will keep for about a week.

Got Questions?

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

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