



# nourished kitchen

## meal plans} spring: week 4

### 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>tarragon chicken with pan sauce over wilted spinach</li> <li>salad with roasted shallot vinaigrette</li> </ul>	<b>chili and corn bread</b> <ul style="list-style-type: none"> <li>100-mile chili</li> <li>chili fixins</li> <li>masa corn muffins OR coconut flour muffins</li> </ul>	<b>light dinner</b> <ul style="list-style-type: none"> <li>poached salmon salad</li> <li>minted berry salad with whipped cream</li> </ul>	<b>bonus recipes</b> <ul style="list-style-type: none"> <li>wedding soup</li> <li>curtido</li> <li>strawberry popsicles</li> </ul> <b>supplemental recipes</b> <ul style="list-style-type: none"> <li>chicken stock</li> <li>fresh whey/yogurt cheese</li> <li>beef stock</li> <li>homemade mayonnaise</li> </ul>

## shopping list

### dairy & eggs

- \_\_\_ butter (1/4 cup, 2 tbsps)<sup>SA</sup>
- \_\_\_ sour cream (1 cup)<sup>O</sup>
- \_\_\_ cheddar cheese (1 cup, shredded)<sup>O</sup>
- \_\_\_ **eggs (7 whole)**
- \_\_\_ milk (1 1/2 cups)<sup>SA</sup>
- \_\_\_ heavy cream (1 1/2 cups)<sup>SA</sup>
- \_\_\_ grated parmesan cheese (to serve)<sup>O</sup>

### meat, fish & fowl

- \_\_\_ chicken breasts (4)
- \_\_\_ chicken stock (2 qts, 1 1/2 cups)<sup>HM</sup>
- \_\_\_ pastured lard (1/4 cup)<sup>SA</sup>
- \_\_\_ chuck or arm roast (about 3 lbs)
- \_\_\_ beef stock (2 cups)<sup>HM</sup>
- \_\_\_ salmon filets (4, 4- to 6-oz each)
- \_\_\_ salmon roe (4 oz)<sup>O</sup>
- \_\_\_ ground beef (3/4 lb)
- \_\_\_ chicken livers (1/4 lb)<sup>SA</sup>

### fresh produce & herbs

- \_\_\_ chopped fresh tarragon (1/4 cup)
- \_\_\_ spinach (3/4 lb + 4 cups)
- \_\_\_ shallots (5)
- \_\_\_ thyme (4 sprigs)
- \_\_\_ salad greens (12 cups)
- \_\_\_ radishes (16)
- \_\_\_ carrots (4)
- \_\_\_ sugar snap peas (2 cups)
- \_\_\_ yellow onions (2 large, 1 small)
- \_\_\_ garlic (2 heads, 2 cloves)
- \_\_\_ scallions (6)
- \_\_\_ red onion (1 small)
- \_\_\_ cilantro (1/4 cup, chopped)
- \_\_\_ oregano (1/4 cup, chopped)
- \_\_\_ dill (1 cup, chopped)
- \_\_\_ lemon (1)
- \_\_\_ strawberries (2 lbs)
- \_\_\_ blueberries (1/4 lb)
- \_\_\_ raspberries (1/4 lb)
- \_\_\_ blackberries (1/4 lb)
- \_\_\_ mint (1/2 cup, chopped)

### pantry items

- \_\_\_ red wine vinegar (1/4 cup, 1 tbsp)
- \_\_\_ unrefined cane sugar (2 tbsps)<sup>SA</sup>
- \_\_\_ **coconut oil (1/2 cup)**
- \_\_\_ **unbleached or sprouted flour (1 cup)**
- \_\_\_ **masa harina (1 cup)**
- \_\_\_ **baking powder (1 tsp)**
- \_\_\_ **honey (1/2 cup)**
- \_\_\_ **coconut flour (3/4 cup)**

### spices & dried herbs

- \_\_\_ ground unrefined sea salt
- \_\_\_ ground black pepper
- \_\_\_ cumin (1/2 cup)
- \_\_\_ chipotle chili powder (2 tbsps)
- \_\_\_ ancho chili powder (1/4 cup)
- \_\_\_ cocoa powder (2 tbsps)<sup>SA</sup>
- \_\_\_ crushed red pepper (1 tsp)
- \_\_\_ smoked paprika (1 tsp)
- \_\_\_ whole black peppercorns (1 tsp)
- \_\_\_ Italian seasoning (2 tsps)

### miscellaneous & specialty

- \_\_\_ roasted tomatoes (2 qts)
- \_\_\_ white wine (1/2 cup)<sup>SA</sup>
- \_\_\_ mayonnaise (1 1/4 cups)<sup>SA</sup>

**Making coconut muffins?** Omit unbleached or sprouted flour, masa harina, 2 tbsps honey, baking powder and milk.

**Making masa corn muffins?** Omit coconut flour, 1/2 cup coconut oil, 4 eggs.

## menu #1} tarragon chicken, spinach, salad with roasted shallot vinaigrette

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

**G**reens are always at the forefront of my dinner table, particularly in spring when they (and baby root vegetables) are abundant. Here we serve up a simple dish of tarragon chicken and plate it over a bed wilted spinach, serving a salad with spring greens, radishes and peas on the side.



### make it for less} \$11

Substituting bone-in, skin-on chicken thighs for breasts should save about \$8. Substituting 2 teaspoons dried tarragon for fresh should save about \$3.



### food for thought}

**Chicken stock** is rich in gelatin which supports skin health and digestive system health and in easy-to-absorb trace minerals like calcium.

**Pasture-raised chicken** is rich in protein and offers a favorable ratio of omega-3 to omega-6 fatty acids.

**Grass-fed butter** is rich in conjugated linoleic acid which may prove beneficial in mitigating the risk of certain cancers, cardiovascular disease and metabolic syndrome. It is also rich in vitamins A, E and K2.



### make this meal}

**up to 5 days ahead:** Roast shallots. Prepare vinaigrette and store at room temperature, shaking well before using.

**3 days ahead:** Thaw chicken in the fridge.

**about 30 mins ahead:** Prepare tarragon chicken with pan sauce.

**about 5 mins ahead:** Plate chicken over spinach. Toss salad together, dress with vinaigrette at the table.



### tarragon chicken with pan sauce}

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

#### ingredients

- 4 bone-in, skin-on chicken breasts
- 1/2 tsp unrefined sea salt
- 1 tsp ground black pepper
- 1/4 cup butter\*
- 1/4 cup chopped fresh tarragon
- 1 1/2 cups chicken stock
- 4 cups trimmed spinach, to serve

#### method

1. Season chicken with salt and pepper.
2. Melt butter in a skillet over a moderate flame. Place chicken skin-side down in the pan and fry for about five minutes or until browned. Turn the chicken, stir in chopped tarragon and chicken stock, continuing to cook for a further 15 to 20 minutes.
3. When the chicken is cooked through, plate over spinach, drizzling with any pan sauce.



### salad with roasted shallot vinaigrette}

**skill level:** easy | **yield:** 4 | **time:** 40 mins (oven), 5 mins (active)

#### ingredients

##### for the dressing

- 4 shallots, peeled
- 4 sprigs fresh thyme
- 2 tps butter\*
- 1/4 cup red wine vinaigrette
- 1/2 cup unrefined extra virgin olive oil

##### for the salad

- 6 cups mixed salad greens
- 8 radishes or salad turnips, sliced thin
- 1 cup sugar snap peas, trimmed, chopped

#### method

1. Preheat oven to 425° F.
2. Lay shallots on aluminum foil, placing one sprig of thyme over each shallot, dot with butter. Wrap with foil and bake for 40 minutes.
3. Allow the shallots to cool to room temperature then blend them in a blender or food processor until smooth.
4. Whisk pureed shallots with red wine vinegar and extra virgin olive oil, seasoning the vinaigrette to taste with salt and pepper.
5. Toss salad greens, radishes or turnips and peas with vinaigrette at the table to prevent wilting.

\***Dairy-free?** Substitute olive oil, bacon fat, or pastured lard for butter.

## menu #2} 100-mile chili, chili fixin's, masa corn muffins or coconut flour muffins

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

This is my award-winning chili recipe that left the judges at our community's annual chili festival hungry for more. I like to serve it with bowls of chili fixin's like shredded cheddar cheese, sour cream, sliced scallions, herbs and red onions.



### make it for less} \$4

Substituting plain chile powder in place of chipotle and ancho chile powder should save about \$4.



### make this meal}

**up to 3 days ahead:** Thaw roast.

**about 18 hrs ahead:** Prepare chili.

**about 45 mins ahead:** Bake muffins.

**about 5 mins ahead:** Set out chili fixin's and serve.

- 1 tsp smoked paprika
- 2 tbsps whole unrefined cane sugar\*\*\*
- 2 cups homemade beef stock
- 2 qts roasted tomatoes
- 1 tbsp red wine vinegar

#### for the fixin's

- 4 scallions, sliced thin
- 1 small red onion, peeled, finely chopped
- 1/4 cup chopped fresh cilantro
- 1/4 cup chopped fresh oregano
- 1 cup sour cream, optional
- 1 cup shredded cheddar cheese, optional

#### method

1. Melt lard in a heavy-bottomed stock pot over moderately low heat, then stir in chuck or arm roast, searing on all sides. Remove from the pan, chop finely and set aside. Stir in yellow onions and garlic, frying until fragrant and softened.
2. Transfer to a slow cooker. Stir meat, with spices, cocoa and cane sugar into the slowcooker. Stir in stock, tomatoes and vinegar.
3. Cook on low in a slowcooker for 12 to 18 hours, and serve.



### 100-mile chili with fixin's}

**skill level:** easy | **serves:** 4+ leftovers | **time:** 20 mins (stove), 12 to 18 hrs (slowcooker)

#### ingredients

##### for the chili

- 1/4 cup pastured lard\*
- 3 lbs chuck or arm roast
- 2 large yellow onions, peeled and sliced in 1/4-inch rounds
- 2 heads of garlic, peeled, chopped
- 1/2 cup ground cumin
- 2 tbsps chipotle chile powder
- 1/4 cup ancho chile powder
- 2 tbsps cocoa powder\*\*
- 1 tsp crushed red pepper



### masa corn muffins}

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

#### ingredients

- 1 cup unbleached flour or sprouted flour
- 1 cup masa harina
- 1 tsp baking powder
- 1/2 tsp unrefined sea salt
- 1/4 cup honey
- 2 eggs, beaten
- 1 1/2 cups milk\*\*\*\*
- coconut oil, to grease the muffin tin

#### method

1. Preheat the oven to 375° F. Grease a muffin tin.
2. Whisk flour with masa, baking powder and sea salt. Beat in honey, eggs and milk. Spoon into a prepared muffin tin and bake at 375° F for 20 to 25 minutes, or until a toothpick inserted into the center comes out clean.



### coconut flour muffins}

**skill level:** easy | **time:** 5 mins (active), 40 mins (oven)

#### ingredients

- 3/4 cup coconut flour
- 1/2 cup coconut oil
- 6 eggs, beaten
- 2 tbsps honey
- 1/2 tsp unrefined sea salt
- coconut oil, to grease the muffin tin

#### method

1. Preheat the oven to 350° F. Grease a muffin tin.
2. Combine coconut flour, coconut oil, eggs, honey and 1/2 teaspoon unrefined sea salt together. Mix all the ingredients together until they form a smooth paste with no clumps.
3. Spoon the mixture into the muffin tin, and bake at 350° F for 40 minutes or until a toothpick inserted into the center of the muffin comes out clean.

\***Don't do pork?** Substitute tallow, olive oil, butter or coconut oil.

\*\*\***On GAPS/SCD?** Substitute honey for sugar or omit.

\*\*\*\***Dairy-free?** Substitute coconut milk for milk.

\*\***Don't do chocolate?** Substitute roasted carob.

## menu #3} poached salmon salad, creamy dill dressing, minted berry salad

As the weather warms in the spring, we turn to lighter menus—those that showcase the early vegetables. Here we pair simple poached salmon with fresh spring vegetables and a big fruit salad with whipped cream.



### make it for less} \$22

Substitute canned salmon (de-boned) for salmon filets and omit poaching step and ingredients should save about \$12. Omitting roe should save about \$8 and using filtered water in place of wine should save about \$2.



### make this meal}

**up to 3 days ahead:** Thaw salmon, if frozen.  
**about 35 mins ahead:** Prepare poached salmon. Prepare creamy dill dressing and chill.  
**about 20 mins ahead:** Chill the salmon.  
**about 5 mins ahead:** Plate poached salmon salad and dress with creamy dill dressing. Whip coconut cream or heavy cream. Toss berries with mint, top with whipped cream and serve.



### food for thought}

**Salmon** is rich in omega-3 fatty acids and a good source of B vitamins.

**Salmon roe** is rich in omega-3 fatty acids and vitamin K2, and was once valued by traditional cultures as a sacred food for pregnant and lactating mothers as well as small children.

**Berries** are low on the glycemic index and are extraordinarily rich in antioxidants.



### poached salmon salad}

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

#### ingredients

- 2 scallions
- 1/2 cup chopped fresh dill
- 1 tsp black peppercorns
- 4 4- to 6-oz salmon filets
- 1/2 cup white wine\*
- 8 cup mixed salad greens
- 8 radishes, sliced thin
- 4 carrots, scraped and sliced into rounds
- 1 cup sugar snap peas, trimmed and sliced thin
- 4 oz salmon roe, optional

#### 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, plate greens, radishes and carrots on individual dishes.
3. Once the salmon has cooled, remove it from the refrigerator and place a filet over each bed of lettuce and vegetables, top with salmon roe (if available), and dress with creamy dill dressing.



### creamy dill dressing}

**skill level:** easy | **yield:** 1 cup | **time:** 5 mins (active), 30 mins (fridge)

#### ingredients

- 1 1/4 cups mayonaise
- 1/2 cup sour cream\*\*
- 1/4 cup chopped fresh dill
- juice of 1 lemon
- 1 shallot, peeled and finely minced

#### method

1. Whisk all ingredients together. Refrigerate for 30 minutes before serving.



### minted berry salad}

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

#### ingredients

- 1/2 lb strawberries, hulled and halved
- 1/4 lb blueberries
- 1/4 lb raspberries
- 1/4 lb blackberries
- 1/2 cup mint, chopped
- 1 cup heavy cream\*\*, whipped

#### method

1. Toss berries together with mint and top with fresh whipped cream or whipped coconut cream.

**\*Don't do alcohol?** Substitute chicken or fish stock.

**\*\*Don't do dairy?** Substitute additional mayonnaise for sour cream and prepare whipped coconut cream by chilling coconut cream overnight, transferring to a stand mixer and beating until it forms stiff peaks, about five minutes.



## make this meal}

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

**for the curtido:** Continue fermenting the curtido, we'll serve it with a cinco de mayo menu in a few weeks.



## italian wedding soup}

**skill level:** easy | **yield:** about 2 1/2 qts | **time:** 10 mins (active), 30 mins (stove)

### ingredients

- 1 small yellow onion, minced
- 2 cloves garlic, minced
- 1 egg, beaten
- 3/4 lb ground beef
- 1/4 lb chicken livers\*, trimmed
- 2 tsps dried Italian seasoning
- 1/2 tsp unrefined sea salt
- 1/2 tsp ground black pepper
- 2 tbsps butter\*\*
- 2 quarts homemade chicken broth
- 3/4 lb spinach, stems removed, rinsed and chopped fine
- grated parmesan cheese, optional, to serve

### method

1. Toss onion, garlic, beaten egg, ground beef, chicken livers, Italian seasoning, sea salt and pepper together into a food processor and pulse until well-combined.
2. Form meat balls no larger than one-half to three-quarters inch in diameter.
3. Melt butter in a heavy bottomed soup pot and sear meatballs on all sides, about three minutes.
4. Pour stock into the pot and bring to a boil. Simmer for until meatballs are cooked through, about 25 minutes.



## strawberry cream popsicles}

**skill level:** easy | **serves:** 4 | **time:** 5 mins (active), 8 to 12 hrs (freezer)

### ingredients

- 1 1/2 lbs hulled strawberries
- 1/4 cup honey
- 1/2 cup heavy cream\*\*

### method

1. Toss all ingredients into a food processor and blend until it forms a smooth puree. Pour into popsicle molds and freeze for 8 to 12 hours.



## curtido}

**skill level:** easy | **serves:** 4 | **time:** 10 mins (range)

### ingredients

- 1 1/2 small heads of green cabbage, shredded
- 1 red or yellow onion, peeled and very finely sliced
- 4 carrots, scraped and shredded
- 2 to 3 jalapenos, seeded if desired, and minced
- 2 teaspoons cumin
- 1 tablespoon unrefined sea salt

### method

1. Toss all ingredients together in a bowl.
2. Using gloves if you are particularly sensitive to chilies, knead and squeeze the mixture thoroughly by hand to break up the structure of the vegetables. The cabbage should be limp, almost translucent and should release their juice readily.
3. Layer this mixture of kneaded into a mason jar and pound it down with a wooden spoon or dowel so that the curtido is thoroughly packed into your fermentation vessel.
4. Continue layering and pounding the mixture until it is exhausted and thoroughly packed within the jar and the level of brine exceeds the level of the solids.
5. Weight the curtido, if using a weight, to prevent it from floating to the top of the brine and contaminating your curtido, cover, and allow to ferment at room temp for at least one to two weeks before tasting it. If you prefer a stronger ferment, allow it to continue fermenting for an extended period of time until it achieves the desired level of sourness.
6. Transfer to cold storage. Curtido will keep for one year, properly fermented and properly stored.

**\*Don't do liver?** You should! It's good for you, but you can omit the liver and use 1 lb ground beef.

**\*\*Don't do dairy?** Substitute olive oil for butter and coconut milk for heavy cream.

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



### 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-hrs 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 yogurt

#### equipment

- fine-mesh sieve
- cheesecloth
- mixing bowl

#### method

1. Line a fine-mesh sieve with cheesecloth or butter muslin over a mixing bowl.
2. Pour yogurt into the muslin or cheesecloth.
3. Allow the yogurt to strain for 12 to 24 hours.
4. Reserve the whey for fermentation.



### 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

#### equipment

- roasting pan
- stock pot

#### 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 six and up to twenty-four 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 seive 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.

### 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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### homemade mayonnaise}

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

#### equipment

- fine-mesh sieve
- cheesecloth
- mixing bowl

#### 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.