



nourished kitchen

meal plans} autumn: week 11

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
nutrient-dense menu <ul style="list-style-type: none"> pan-fried liver with apples and onions green beans amandine cauliflower mash reduction sauce 	simple weeknight dinner <ul style="list-style-type: none"> tarragon chicken with pan sauce over wilted spinach roasted butternut squash 	one-pot meal <ul style="list-style-type: none"> slowcooker pulled pork cole slaw 	ferments, soups, desserts <ul style="list-style-type: none"> sauerruben tom kah gai [Thai-style coconut-chicken soup] cinnamon-apple crisp supplemental recipes <ul style="list-style-type: none"> chicken stock lactofermented mayonnaise fresh whey/yogurt cheese

shopping list

dairy & eggs

___ butter (1 cup, 3 tbsps)^{SA}

meat, fish & fowl

___ chicken livers (¾ lb)
 ___ chicken stock (2 qts, ¾ cup)^{HM}
 ___ bone-in, skin-on chicken thighs (4)
 ___ pork butt or shoulder (5 lbs)
 ___ boneless, skinless chicken breasts (2)

fresh produce & herbs

___ sage (½ cup)
 ___ apples (8)
 ___ green beans (1 lb)
 ___ cauliflower (1 head)
 ___ shallots (2)
 ___ tarragon (¼ cup)
 ___ spinach (8 cups)
 ___ butternut squash (2)
 ___ garlic (4 cloves)
 ___ cabbage (1 head)
 ___ carrots (4)
 ___ yellow onion (1)
 ___ ginger (1 1-inch knob)
 ___ cilantro (½ cup)
 ___ lime (1)
 ___ turnips (4-6)

pantry items

___ any variety flour including nut, sprouted, whole or unbleached (½ cup, 1 tbsp)
 ___ blanched slivered almonds (¼ cup)
 ___ honey (½ cup, 2 tbsps)
 ___ cider vinegar (¼ cup, 1 tbsp)
 ___ coconut oil (¼ cup)
 ___ fish sauce (¼ cup)
 ___ coconut milk (2 cups)
 ___ walnuts (½ cup)^{SA}
 ___ almond flour (¾ cup)^{SA}
 ___ pecans (½ cup)^{SA}

spices, extracts & dried herbs

___ unrefined sea salt
 ___ ground black pepper
 ___ nutmeg (1 tsp)
 ___ paprika (1 tbsp)
 ___ crushed red pepper flakes (½ tsp)
 ___ cayenne pepper (¾ tsp)
 ___ dried mustard (½ tsp)
 ___ ground cinnamon (1 tbsp)
 ___ ground cloves (¼ tsp)
 ___ ground ginger (¼ tsp)

miscellaneous & specialty

___ white wine (½ cup)^{SA}
 ___ mayonnaise (½ cup)^{HM}

menu #1} pan-fried liver, green beans amandine, cauliflower mash, reduction sauce

scheduled for: _____

Liver is extraordinarily rich in vitamins and minerals and can provide substantial nutrition; as such, it was almost universally heralded as a sacred food before we lost our taste for organ meats around the middle of the 20th century.



Lighten your budget} \$2

Substituting 1 tbsp dried sage for fresh should save about \$2.



make this meal}

up to 1 week ahead: Prepare chicken stock.
at to 3 days ahead: Thaw chicken livers.
about 30 mins ahead: Begin reduction sauce.
about 20 mins ahead: Start cauliflower, liver and onions, and green beans.
up to 5 mins ahead: Toss green beans with butter and almonds



pan-fried liver with apples and onions}

skill level: easy | **yield:** 4 servings | **time:** under 5 mins (active), 15 mins (stove)

ingredients

- ½ cup flour (any variety including whole grain, unbleached white or nut flour)
- ½ tsp unrefined sea salt
- ½ tsp ground black pepper
- ¾ lb chicken livers
- ½ cup chopped fresh sage

- 2 apples, cored and sliced no thicker than ¼-inch
- 2 tbsps butter*
- ¼ cup chicken stock

method

1. Whisk flour, salt and pepper together. Dredge livers in flour and set aside.
2. Melt butter in a skillet over moderately high heat. Stir in dredged chicken livers and fresh sage. Fry about 6 minutes, stirring from time to time.
3. Stir in apples and onions and fry until fragrant, an additional 3 to 4 minutes. Deglaze the pan with stock and simmer until stock is reduced to a fine syrup.



green beans amandine}

skill level: easy | **yield:** about 1 cup | **time:** under 5 mins (active), 10 mins (cooking)

ingredients

- 1 lb green beans, trimmed
- 2 tbsps butter
- ¼ 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 8 to 10 minutes. Drain, toss with butter and blanched slivered almonds.



cauliflower mash}

skill level: easy | **yield:** 4 servings | **time:** under 5 mins (active), 20 mins (stove)

ingredients

- the florets of 1 large head cauliflower
- 1 cup chicken stock, plus additional stock as necessary
- ½ tsp unrefined sea salt
- ½ tsp ground black pepper
- 1 tbsp butter*

method

1. Toss cauliflower florets into a saucepan with chicken stock and bring to a simmer over medium-high heat. Continue simmering until cauliflower is soft. Transfer to a food processor with salt, pepper and butter and process until smooth, adding more stock if necessary.



shallot and white wine reduction sauce}

skill level: easy | **yield:** 1 cup | **time:** 30 mins

ingredients

- ¼ cup butter, divided*
- 2 shallots
- ½ cup white wine**
- 2 cups chicken stock

method

1. Melt 2 tablespoons butter in a heavy-bottomed stock pot over a moderately high heat and fry shallots until fragrant. Stir in wine and chicken stock, and continue simmering until reduced to 1 cup. Stir in remaining 2 tablespoons butter and serve.

***Don't do dairy?** Substitute lard, bacon fat or tallow.

****Don't do alcohol?** Substitute additional chicken stock.

menu #2} tarragon chicken over spinach, roasted butternut squash

Tarragon and chicken pair beautifully together, and in this dish we serve them over a bed of barely wilted spinach, one of the few leafy greens to do well in mid- to late-autumn. Serve it alongside roasted butternut squash.



make this meal}

up to 1 week ahead: Prepare chicken stock and store in the fridge until ready to use.

up to 3 days ahead: Thaw chicken.

about 1 hr ahead: Roast squash.

about 20 mins ahead: Prepare tarragon chicken with pan sauce.

about 5 mins ahead: Plate chicken over spinach, drizzling pan sauce over the chicken and spinach. Puree butternut squash.



food for thought}

Pasture-raised chicken is a good source of protein and offers a favorable ratio of omega-3 to omega-6 fatty acids.

Pasture/grass-fed butter is a good source vitamins A and K2, and conjugated linoleic acid.

Chicken stock is an excellent source of gelatin, which soothes the stomach and improves digestion, as well as glucosamine chondroitin, which supports joint health. It is also a good source of easy-to-assimilate minerals.

Butternut squash is a good source of beta carotene, a precursor to vitamin A which is best absorbed with fat, that accounts for their vivid color.



tarragon chicken with pan sauce}

skill level: easy | **yield:** 4 servings | **time:** 5 mins (active), 25 mins (stove)

ingredients

- 4 bone-in, skin-on chicken thighs
- ½ tsp unrefined sea salt
- 1 tsp ground black pepper
- ¼ cup butter*
- ¼ cup chopped fresh tarragon
- 1 ½ cups chicken stock
- 8 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 5 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.

scheduled for: _____



roasted butternut squash}

skill level: easy | **yield:** 4 servings | **time:** 5 mins (active), 45 mins (oven)

ingredients

- 1 butternut squash, halved, split, seeded
- 2 tbsps butter*
- ½ tsp grated nutmeg
- olive oil, for oiling the squash's skin

method

1. Preheat oven to 400° F.
2. Place squash, flesh-side down in a baking dish. Oil the squash's skin lightly with olive oil or another oil of your choice. Pour ½ cup water into the baking dish and roast in an oven preheated to 400° F for about 45 minutes or until its skin is easily pierced with a fork.
3. Remove squash from the oven. When it is comfortable enough to handle, spoon the flesh into a food processor, add butter and nutmeg and process until smooth.

***Don't do dairy?** Substitute lard, bacon fat, or olive oil in the tarragon chicken dish and coconut oil in the butternut squash dish.

menu #3} slowcooker pulled pork, spicy slaw, butternut squash fries

Slowcooker pulled pork is a favorite dish in our home; it is so very simple and so very delicious. I don't like to muck about with breads when I prepare this dish; rather, I serve up the pulled pork alongside cole slaw and sometimes oven-fried yams or butternut squash.



make this meal}

up to 1 week ahead: Make chicken stock.

up to 5 days ahead: Make mayonnaise. Thaw pork in the fridge.

at least 1 hr and up to 12 hrs ahead:

Prepare cole slaw

10-12 hrs ahead: Prepare pulled pork.

50 mins ahead: Prepare butternut squash fries.

10 mins ahead: Shred pork.



food for thought}

Pasture-raised pork is a good source of protein and offers a favorable ratio of omega-3 to omega-6 fatty acids. It is rich in vitamin D.



slowcooker pulled pork}

skill level: easy | **yield:** 4+ servings | **time:** 5 mins (active), 10-12 hrs (slowcooker)

ingredients

- 1 boneless pork butt or shoulder* (about 5 lbs)
- 2 large sweet onions, peeled, sliced thin
- 4 cloves garlic, peeled and crushed
- 1 tbsp paprika
- 1 tbsp unrefined sea salt
- 1 tsp ground black pepper
- ½ tsp crushed red pepper flakes
- ½ tsp dry mustard powder
- ¼ tsp cayenne pepper
- ¼ cup honey
- ¼ cup cider vinegar
- 1 cup chicken stock

method

1. Toss all ingredients into your slowcooker. Cook on low for 10 to 12 hours.
2. After 10 to 12 hours, remove from the slowcooker, shred and serve.



spicy slaw}

skill level: easy | **yield:** 4 servings | **time:** 5 mins (active), 1-12 hrs (fridge)

ingredients

- ½ cup mayonnaise
- 1 tbsp apple cider vinegar
- ¼ cup honey
- 1 tsp ground black pepper
- ¼ tsp unrefined sea salt
- ½ tsp ground cayenne
- 1 head cabbage, cored, finely shredded
- 5 carrots, scraped and finely shredded
- 1 yellow onion, peeled and shredded

scheduled for: _____

method

1. Whisk mayonnaise, cider vinegar, honey, pepper, salt and cayenne together. Pour over shredded cabbage, carrots and onion and toss to coat. Transfer to the fridge and allow it to marinate at least on hour and up to overnight before serving.



oven-baked butternut squash fries}

skill level: easy | **yield:** 4 servings | **time:** 5 mins (active), 45 mins (oven)

ingredients

- 1 large butternut squash, peeled, seeded and cut into strips about ¼-inch thick
- 2 tbsps coconut oil, melted
- ½ tsp unrefined sea salt
- ½ tsp ground black pepper

method

1. Preheat oven to 425° F.
2. In a large mixing bowl toss butternut squash strips with coconut oil, sea salt and black pepper. Spread the strips onto a baking sheet and bake at 425° F for about 45 minutes, turning once during baking.

*Don't do pork? Substitute beef.

Tom kah gai, with its rich flavors of coconut and cilantro, is one of my favorite soups and I find it to be powerfully nourishing. We're featuring it this week as well as a simple apple-cinnamon crisp and one of my favorite ferments for winter: sauerruben.

 **make this meal}**
Tom kah gai: Prepare stock and meat up to 5 days ahead.



tom kah gai}

skill level: easy | **yield:** about 1 1/2 qts | **time:** 25 mins (stove)

ingredients

- 2 tbsps coconut oil
- 1 1-inch knob ginger, peeled and cut into matchsticks
- 2 boneless, skinless chicken breasts, sliced into strips about 1/2-inch thick
- 1 quart chicken stock
- 2 cups coconut milk
- 1/4 cup fish sauce*
- 1/2 cup chopped fresh cilantro
- juice and zest of 1 lime

method

1. Melt coconut oil in a stock pot over a moderate flame, stir in ginger and fry until fragrant for about 2 minutes. Toss in sliced chicken breast and fry until cooked through for about 6 minutes.
2. Stir in chicken stock, coconut milk and fish sauce and simmer for 20 minutes. Stir in cilantro, lime juice and zest just before serving.



sauerruben}

skill level: easy | **yield:** 1 qt | **time:** 15 mins (active), 2-12 weeks (fermentation)

ingredients

- 4 to 6 large turnips, peeled and finely shredded
- 2 tbsps unrefined sea salt

method

1. Toss turnips and salt together in a large mixing bowl. Knead and squeeze the mixture thoroughly by hand to break up the structure of the turnips shreds. They should be limp and softened under the pressure of kneading.
2. Layer turnips in a mason jar and pound it down with a wooden spoon or dowel so that the sauerruben is thoroughly packed down.
3. Continue layering and pounding until your turnip mixture is exhausted and is thoroughly packed within the jar and the level of brine exceeds the level of the solids.
4. Weigh the turnips, if using a weight, to prevent them from floating to the top of the brine. Allow to ferment at room temperature for at least two weeks before tasting it. Transfer to cold storage. Sauerruben will keep for one year, properly fermented and properly stored.

***Curious about fish sauce?** Find it in the Asian section of your grocery store or substitute naturally fermented soy sauce.

****Don't do dairy?** Substitute coconut oil for butter.

*****Don't do nuts?** Substitute pumpkin seeds for walnuts, sunflower seeds for pecans and regular whole-grain/sprouted flour for almond flour.



apple cinnamon crisp}

skill level: easy | **yield:** 4+ leftovers | **time:** 5 mins (active), 6-12 hrs (soaking), about 45 mins (oven)

ingredients

for the topping

- 1/2 cup chopped walnuts**
- 1/2 cup chopped pecans**
- 1 1/4 tsp unrefined sea salt, divided
- 1/4 cup butter***, softened
- 3/4 cup blanched almond flour**
- 2 tbsps honey

for the apples

- 6 apples, peeled and chopped into bite-sized pieces
- 1 tbsp flour (any kind including nut, gluten-free, unbleached or sprouted)
- 1 tbsp ground cinnamon
- 1/2 tsp ground nutmeg
- 1/4 tsp powdered ginger
- 1/4 tsp ground cloves

method

1. Toss walnuts and pecans in a mixing bowl with one teaspoon unrefined sea salt. Cover with warm water and allow them to soak at least 6 hours and up to 12. Drain, rinse and set aside.
2. Preheat oven to 375° F.
3. Toss apples with 1 tablespoon flour, cinnamon, nutmeg, ginger and cloves. Layer in a baking dish or pie pan.
4. In a separate bowl stir soaked walnuts, pecans remaining 1/4 teaspoon sea salt, butter, almond flour and honey. Knead until it forms a smooth mixture. Drop the topping over the apples and bake in an oven preheated to 375° F for 45 minutes.

supplemental recipes} chicken stock, lactofermented mayonnaise, fresh whey/yogurt cheese



roast chicken stock}

skill level: easy | **yield:** 1 gallon | **time:** 5 mins (active), 24 hrs (slowcooker)

ingredients

- 1 leftover chicken frame
- about 1 gallon reserved vegetable scraps (onion tps, carrot peels, celery leaves, parsley stems, etc.)
- 1 tbsp apple cider vinegar

method

1. Place the chicken frame, vegetable scraps, and vinegar into your slowcooker. Cover with filtered water and cook on low for 24 hours, adding water as necessary.
2. Strain the broth through a fine-mesh sieve and store in mason jars in the refrigerator for up to a week.



fresh whey/yogurt cheese}

skill level: easy | **yield:** 1 pint | **time:** 12 hrs

ingredients

- 1 quart yogurt

method

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



lactofermented mayonnaise}

skill level: easy | **yield:** about 1½ cups | **time:** about 10 mins (active), 6-8 hrs (fermentation)

ingredients

- 3 egg yolks
- 1 tbsp lemon juice or vinegar
- ½ tsp unrefined sea salt
- 1½ cups unrefined extra virgin olive oil
- ¼ cup fresh whey*

method

1. Whisk egg yolks, lemon juice or vinegar together with sea salt.
2. Pour the egg yolk mixture into a food processor and process. In a smooth and steady stream, no more than a few drops at a time in the beginning, drip olive oil into the food processor and continue doing so until the mayonnaise is well-emulsified and the oils are exhausted.
3. Remove the mayonnaise from the food processor and whisk in fresh whey.
4. Leave the mayonnaise on the counter, well-covered, at room temperature for about 6 to 8 hours. Transfer to the refrigerator. The mayonnaise should keep for several weeks in the refrigerator.

Got Questions?

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

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