



# nourished kitchen

## meal plans} autumn: 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
<b>simple lamb stew from north africa</b> <ul style="list-style-type: none"> <li>spiced lamb stew with dried apricots</li> <li>beet salad with cumin &amp; orange</li> <li>marinated olives</li> </ul>	<b>simple fall casserole</b> <ul style="list-style-type: none"> <li>chicken &amp; mushroom gratin</li> <li>autumn salad with maple-cider vinaigrette</li> </ul>	<b>south american supper</b> <ul style="list-style-type: none"> <li>chili-marinated flank steak</li> <li>chimichurri</li> <li>roasted squash with chili, cumin &amp; lime</li> </ul>	<b>ferments, soups, desserts</b> <ul style="list-style-type: none"> <li>apple, beet &amp; ginger relish</li> <li>chicken soup with root vegetables &amp; herbs</li> <li>maple-pear custard</li> </ul> <b>supplemental recipes</b> <ul style="list-style-type: none"> <li>fresh chicken broth</li> <li>fresh whey/yogurt cheese</li> </ul>

## shopping list

### dairy & eggs

- \_\_\_ butter (1/2 cup)<sup>SA</sup>
- \_\_\_ grated parmesan (3/4 cup)<sup>SA</sup>
- \_\_\_ blue cheese (1/2 cup)<sup>O</sup>
- \_\_\_ fresh whey (1/4 cup)<sup>SA</sup>
- \_\_\_ eggs (3)
- \_\_\_ heavy cream (2 cups)<sup>SA</sup>

### meat, fish & fowl

- \_\_\_ lamb stew meat (1 1/2 lbs)
- \_\_\_ chicken stock (3 qts, 1/2 cup)
- \_\_\_ cooked shredded chicken (6 1/2 cups)
- \_\_\_ flank steak (2 lbs)

### fresh produce & herbs

- \_\_\_ yellow onions (3)
- \_\_\_ carrots (6)
- \_\_\_ beets (2 lbs + 3 large)
- \_\_\_ orange (1)
- \_\_\_ mushrooms (1/2 lb)
- \_\_\_ thyme (1/4 cup + 2 tbsps)
- \_\_\_ salad greens (8 cups)
- \_\_\_ red onion (1)
- \_\_\_ apples (5)
- \_\_\_ pears (3)
- \_\_\_ garlic (10 cloves)
- \_\_\_ shallot (1)
- \_\_\_ flat-leaf parsley (1 1/4 cups)
- \_\_\_ fresh oregano (2 tbsps)
- \_\_\_ butternut squash (1)
- \_\_\_ lime (1)
- \_\_\_ celery ribs (3)
- \_\_\_ celery root (1)
- \_\_\_ parsnips (2)<sup>SA</sup>
- \_\_\_ ginger (1 1-inch knob)
- \_\_\_ potatoes (2 1/2 lbs)<sup>SA</sup>

### pantry items

- \_\_\_ dried apricots (1 cup)
- \_\_\_ coconut oil (3 tbsps)
- \_\_\_ olive oil (1 3/4 cup)
- \_\_\_ maple syrup (1/4 cup + 2 tbsps)<sup>SA</sup>
- \_\_\_ cider vinegar (1/4 cup)
- \_\_\_ red wine vinegar (1/4 cup)

### spices, extracts & dried herbs

- \_\_\_ unrefined sea salt
- \_\_\_ ground black pepper
- \_\_\_ ground cumin (1 1/2 tsp)
- \_\_\_ ground cinnamon (1 1/2 tsp)
- \_\_\_ powdered ginger (1/2 tsp)
- \_\_\_ powdered turmeric (1/2 tsp)
- \_\_\_ chili powder (2 tbsps, 1 tsp)
- \_\_\_ red pepper flakes (3/4 tsp)
- \_\_\_ vanilla extract (1 tbsps)

### miscellaneous & specialty

- \_\_\_ marinated olives (1 cup)

**NOTE:** This meal plan calls for shredded cooked chicken and chicken stock. By preparing fresh chicken broth using a whole chicken and vegetable scraps (see: supplemental recipes, pg 6), you will have enough broth and shredded chicken for the week.

## menu #1} spiced lamb stew, roasted beet salad, marinated olives

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

Cumin, ginger, cinnamon and other flavors resonant of North Africa combine together in this simple, slowcooker lamb stew that requires only about 10 minutes of active time in the kitchen before transferring to the slowcooker for a long, slow simmer. Serve the spiced lamb stew with a simple beet salad, which can be made up to one day in advance and served cold, and a bowlful of spiced olives.



### make this meal}

**up to 5 days ahead:** Prepare chicken stock and store in the fridge until ready to use.

**up to 3 days ahead:** Thaw lamb stew meat in the fridge.

**up to 1 day ahead:** Prepare beet salad.

**8 to 12 hrs ahead:** Begin spiced lamb stew.

**5 mins ahead:** Set 1 cup marinated olives out on the table. Serve stew and beet salad.



### food for thought}

**Grass-fed lamb** is a good source of minerals including zinc which helps to build immunity, and of conjugated linoleic acid, a nourishing fat which shows promise in mitigating the risk of certain cancers as well as metabolic syndrome.

**Beets** are a rich source of anthocyanins, pigments which account for their bright color and which also act as potent antioxidants, contributing to the vegetable's healthfulness.

**Turmeric** is a spice with strongly anti-inflammatory effects.



### spiced lamb stew with dried apricots}

**skill level:** easy | **yield:** 4 servings | **time:** 10 mins (stove), 8-12 hrs (slowcooker)

#### ingredients

- 1 ½ lbs lamb stew meat
- ½ tsp unrefined sea salt
- ½ tsp ground black pepper
- 2 tbsps butter\*
- 1 yellow onion, peeled and quartered
- 4 carrots, scraped and chopped
- ½ tsp ground cumin
- 1 tsp ground cinnamon
- ½ tsp powdered ginger
- ½ tsp powdered turmeric
- 1 quart homemade chicken stock
- 1 cup chopped dried apricots

#### method

1. Season stew meat with unrefined sea salt and ground black pepper.
2. Melt butter in a skillet; when it froths, stir in seasoned lamb and brown on all sides for 8 to 10 minutes.
3. Place browned meat, quartered onion, chopped carrots, cinnamon, turmeric, chicken stock and chopped apricots into a slowcooker and cook on low for 12 hours or on high for 8.



### roasted beet salad with cumin & orange}

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

#### ingredients

- 2 lbs beets, trimmed of greens
- 1 tbsp coconut oil
- ¼ cup olive oil
- juice and zest of 1 orange
- ½ tsp ground cumin
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#### method

1. Preheat oven to 375° F.
2. Dot beets with coconut oil and wrap in parchment paper and aluminum foil. Roast at 375° F for 45 minutes.
3. Remove beets from oven and allow to cool until comfortable enough to handle. Peel and chop into bite-sized pieces.
4. Dress beets with olive oil, orange juice, orange zest and cumin. This salad can be prepared up to a day ahead and served chilled.

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

## menu #2} chicken & mushroom gratin, autumn salad, maple-cider vinaigrette

This casserole uses up leftover chicken and combines it with potatoes—or celery root for those avoiding potatoes—and mushrooms in a perfect and simple combination for autumn. It pairs well with an autumn salad featuring seasonal greens (I like arugula and young mustard), apples, pears and a maple-cider vinaigrette.



### Lighten your budget} \$7

Cut the parmesan cheese to 1/4 cup and save about \$6. Substitute 1 tsp dried thyme for fresh and save about \$1.



### make this meal}

**up to 5 days ahead:** Prepare chicken stock and cooked shredded chicken. Prepare maple-cider vinaigrette and store at room temperature.

**about 1 hr ahead:** Prepare chicken and mushroom gratin.

**about 5 mins ahead:** Remove gratin from the oven and allow it to cool a bit before serving. Toss salad together and dress at the table with maple-cider vinaigrette.



### food for thought}

**Mushrooms** are a good source of B vitamins including niacin and riboflavin. They are a good source of the minerals potassium and selenium.



### chicken and mushroom gratin}

**skill level:** easy | **yield:** 4 servings | **time:** 15 mins (stove), 45 mins (oven)

#### ingredients

- 2 tbsps butter\*
- 1 large yellow onion, peeled, chopped
- 1/2 lb mushrooms, sliced
- 1 1/2 lbs potatoes\*\*, chopped
- 2 1/2 cups shredded cooked chicken meat
- 1/2 tsp unrefined sea salt
- 1 tsp ground black pepper
- 1/2 cup chicken stock
- 3/4 cup grated parmesan cheese\*
- 2 tbsps chopped fresh thyme

#### method

1. Preheat oven to 400° F.
2. Melt butter in an oven-proof skillet over moderate heat. When it froths, stir in chopped onion and fry until fragrant and translucent, about 5 minutes. Stir in sliced mushrooms and continue frying for a further 6 to 8 minutes. Stir in potatoes and fry for a further 5 minutes.
3. Remove the skillet from the heat, stir in shredded cooked chicken, salt, pepper and chicken stock. Top with parmesan cheese and sprinkle with chopped fresh thyme. Bake, covered, at 400° F for 30 minutes. Remove cover and continue baking for a further 10 to 15 minutes.



### autumn salad}

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

#### ingredients

- 8 cups loosely packed salad greens
- 1 small red onion, peeled, sliced into rounds

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

- 2 apples, cored and chopped
- 1 pear, cored and chopped
- 1/2 cup crumbled blue cheese, optional
- vinaigrette, to dress the greens

#### method

1. Toss salad greens together with sliced red onion, chopped apples, chopped pear and crumbled blue cheese. Dress the salad at the table with maple-cider vinaigrette.



### maple-cider vinaigrette}

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

#### ingredients

- 1/4 cup apple cider vinegar
- 1 shallot, peeled and chopped
- 2 tbsps maple syrup\*\*\*
- 1 tbsps Dijon-style mustard
- 1/4 tsp unrefined sea salt
- 1/4 tsp ground black pepper
- 3/4 cup unrefined extra virgin olive oil

#### method

1. Whisk vinegar, minced shallot, maple syrup, mustard, sea salt and pepper together. Slowly whisk in olive oil. Transfer to a salad dressing cruet or mason jar and store at room temperature for up to two weeks. Shake thoroughly before serving.

**\*Don't do dairy?** Substitute olive oil, bacon fat, lard or tallow for butter and blanched almond flour for parmesan cheese.

**\*\*Can't do potatoes?** Substitute an equivalent amount of peeled and chopped celery root.

**\*\*\*Don't do maple syrup?** Substitute honey or omit.

## menu #3} flank steak, chimichurri, roasted squash

Inspired by the flavors of South America, this simple grilled steak is marinated in chili and red pepper flakes and gently grilled. Serve it rare or medium-rare lest it become tough. This grilled flank steak pairs well with chimichurri, a sauce of garlic, vinegar and flat-leaf parsley and roasted squash with chili, cumin and a splash of lime.



### Lighten your budget} \$2

Omit lime to save about \$2.



### make this meal}

**8 to 12 hours ahead:** Marinate chili-marinated flank steak.

**about 45 minutes ahead:** Prepare Roasted Squash with Chili, Cumin and Lime.

**about 25 minutes ahead:** Prepare Chili-marinated Flank Steak.

**about 10 minutes ahead:** Let steak rest. Prepare Chimichurri.



### food for thought}

**Grass-fed beef** is rich in vitamin B12 as well as phosphorus and zinc and offers a favorable ratio of omega-3 fatty acids to omega-6 fatty acids. It is a good source of conjugated linoleic acid.



### chili-marinated flank steak}

**skill level:** easy | **yield:** 4 servings | **time:** 8-12 hrs (marinade), 12 mins (grill), 10 mins (resting)

#### ingredients

- ¼ cup unrefined extra virgin olive oil
- 2 cloves garlic, peeled and minced
- 2 tbsps red wine vinegar
- 1 tbsp chili powder
- ½ tsp crushed red pepper flakes
- 2 lbs flank steak

#### method

1. Place flank steak in a mixing bowl.
2. Whisk olive oil, minced garlic, red wine vinegar, chili powder and crushed red pepper flakes together. Pour marinade over flank steak and marinate for 8 to 12 hours in the refrigerator.
3. After 8 to 12 hours, preheat your grill. Remove flank steak from marinade and grill about 6 minutes on each side. Transfer to a plate, tent with aluminum foil or parchment paper and allow the steak to rest for 5 to 10 minutes before slicing and serving.



### chimichurri}

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

#### ingredients

- 1 cup flat-leafy parsley
- 2 tbsps fresh oregano
- 4 cloves garlic, peeled and minced
- ½ tsp unrefined sea salt
- ¼ tsp crushed red pepper flakes
- ½ cup unrefined extra virgin olive oil
- 2 tbsps red wine vinegar

#### method

1. Combine parsley, oregano and garlic in a food processor and process until finely minced. Spoon the herbs and garlic into a mixing bowl and stir in olive oil and red wine vinegar. Serve over steak. The sauce should keep for about a week in the fridge.



### roasted squash with chili, cumin & lime}

**skill level:** easy | **serves:** 4 | **time:** 40 mins (oven)

#### ingredients

- 1 large butternut squash, halved, peeled, seeded and cubed
- 2 tbsps coconut oil, melted
- 1 tsp chili powder
- ½ tsp cumin
- ½ tsp unrefined sea salt
- juice of 1 lime

#### method

1. Preheat the oven to 400° F. Toss cubed squash with melted coconut oil, chili powder cumin and sea salt. Bake in an oven preheated to 400° F for 40 minutes or until cooked through. Dress with lime juice just prior to serving.

# ferments, soups, desserts} apple, beet & ginger relish, chicken soup, maple-pear custard

The flavors of autumn come together in these three simple dishes, chicken soup with root vegetables, apple & beet relish and a simple pear custard sweetened with a bit of maple syrup.



## make this meal}

**Chicken soup:** Prepare cooked chicken meat and chicken broth using supplemental recipes.

**Apple, beet & ginger relish:** Prepare fresh whey up to one week in advance.



## chicken soup with root vegetables & herbs}

**skill level:** easy | **yield:** about 8 servings | **time:** about 45 mins (stove), 5 mins (resting)

### ingredients

- 2 tbsps butter\*
- 1 yellow onion, peeled and chopped
- 4 garlic cloves, peeled and chopped
- 2 carrots, scraped and chopped
- 3 celery ribs, chopped
- 1 celery root, peeled and chopped
- 2 parsnips\*\*, peeled and chopped
- 1 lb potatoes\*\*, peeled and chopped
- 4 cups cooked, shredded chicken
- 2 qts chicken stock
- 1/4 cup chopped fresh thyme
- 1/4 cup chopped fresh flat-leaf parsley

### method

1. Melt butter in a heavy-bottomed stock pot. When it froths, stir in onion, garlic, carrots and celery and fry until fragrant for about 5 minutes. Stir in celery root, parsnips, potatoes, cooked shredded chicken and chicken stock. Bring to a boil, reduce heat and simmer, covered, for 30 to 40 minutes.

2. Remove from heat, stir in chopped fresh thyme and parsley, cover and allow the herbs to wilt in the residual heat of the broth for about 5 minutes before serving. Season, as needed, with unrefined sea salt and ground black pepper.



## apple, beet & ginger relish}

**skill level:** easy | **yield:** about 1 qt | **time:** 15 mins (active), 5-10 days (fermentation)

### ingredients

- 3 large apples, cored and grated
- 3 large beets, cored and grated
- 1 1-inch knob ginger, peeled and grated
- 1 tbsp unrefined sea salt
- 1/4 cup fresh whey\*

### method

1. Toss beets, apples and ginger together in a mixing bowl with sea salt and fresh whey. Knead together until the beets and apples release their juices. Layer, apples, beets and ginger in a mason jar or vegetable fermenter and pack it down with a wooden spoon until the shredded vegetables and fruit are completely submerged beneath the brine, weighing them down with a glass weight or resealable plastic bag filled with brine.
2. Ferment at room temperature for 7 to 10 days before transferring to cold storage.

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



## maple-pear custard}

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

### ingredients

- 2 tbsps butter\*
- 2 pears, peeled, cored and chopped
- 3 eggs, beaten
- 2 cups heavy cream\*
- 1/4 cup maple syrup\*\*\*
- 1/2 tsp ground cinnamon
- 1 tbsp vanilla extract
- 1/4 tsp unrefined sea salt

### method

1. Preheat oven to 350° F.
2. Melt butter in a skillet over a moderate flame. When it froths, toss in chopped pears and gently fry until tender for about 3 minutes. Once tender, place pears in the bottom of a custard dish or distribute evenly among four individual ramekins.
3. In a separate bowl, whisk eggs, cream, maple syrup, cinnamon, vanilla and sea salt together. Pour custard over pears and bake in a water bath in an oven preheated to 350° F for 35 to 40 minutes or until a toothpick inserted into the center of the custard comes out clean.

**\*Don't do dairy?** Substitute olive oil, pastured bacon fat, pastured lard, coconut oil or chicken fat for butter in soup and coconut oil for butter in custard. Substitute 1/4 cup brine of pickled vegetables or 1/2 package vegetable starter culture dissolved in 1/4 cup warm water for fresh whey. Substitute coconut milk for heavy cream.

**\*\*Don't do potatoes or parsnips?** Substitute additional carrots for parsnips and rutabagas for potatoes.

**\*\*\*Don't do maple syrup?** Substitute honey.

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



### fresh chicken broth}

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

#### ingredients

- 1 whole chicken, cleaned with organs removed
- 1 gallon misc. vegetable scraps
- 2 to 3 bay leaves
- 1 tbsp whole peppercorns
- 2 tbsps 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. Cover with very cold filtered water into which you've stirred 2 tablespoons apple cider vinegar.
2. Bring to a boil over medium-high heat. Reduce the heat, cover and simmer gently for 4 to 6 hours, skimming off any scum or foam that appears at the surface. 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.
3. Refrigerate and cool until the broth sets into a firm gel.



### 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.

### 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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