



nourished kitchen

meal plans} autumn: week 9

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
japanese one-pot supper for autumn <ul style="list-style-type: none"> ishikari nabemono [japanese salmon hot pot] 	classic american comfort food <ul style="list-style-type: none"> traditional meatloaf parsleyed turnips green salad with yogurt-herb dressing thyme & onion gravy 	south asian supper <ul style="list-style-type: none"> tandoori chicken thighs saag [indian-spiced spinach] yogurt-mint sauce coconut rice with coriander OR riced cauliflower 	ferments, soups, desserts <ul style="list-style-type: none"> pickled ginger caldo gallego [white bean & turnip soup] spiced apple-pear sauce supplemental recipes <ul style="list-style-type: none"> chicken stock 24-hour yogurt fresh whey/yogurt cheese dashi [[japanese fish stock]

shopping list

dairy & eggs

- ___ eggs (2 whole, 1 yolk)
- ___ butter (1/2 cup, 2 tbsps)^{SA,O}
- ___ yogurt (1 1/4 cup)^{HM}
- ___ fresh whey (1/4 cup)^{SA, HM}

meat, fish & fowl

- ___ salmon filets (4, 4- to 6-oz each)
- ___ beef liver (1/4 lb)^{SA}
- ___ ground beef (2 3/4 lb)
- ___ chicken thighs (2 lbs)
- ___ Spanish chorizo or other sausage (1/2 lb)
- ___ bacon (1/4 lb)^{SA}
- ___ salmon roe (1/4 lb)^O

fresh produce & herbs

- ___ leeks (2 medium)
- ___ radishes (1/2 lb)
- ___ spinach (2 cups chopped)
- ___ yellow onion (2 small, 4 large)
- ___ garlic (5 cloves)
- ___ chopped parsley (3/4 cup, 2 tbsps)
- ___ chopped dill (2 tbsps)
- ___ chopped chives (2 tbsps)
- ___ turnips with greens (3 lbs)
- ___ thyme (1 sprig)
- ___ ginger (1 lb)
- ___ salad greens (8 cups)
- ___ red onion (1 small)
- ___ cauliflower (1 large head)
- ___ shallot (1)
- ___ lemon (1)
- ___ mint (1/4 cup)
- ___ apples (3 lbs)

- ___ pears (2 lbs)
- ___ shiitake mushrooms (1/2 lb)
- ___ cilantro (1 cup)

pantry items

- ___ cider vinegar (3 tbsps)
- ___ olive oil (1/2 cup, 1 tbsp)
- ___ brown rice (1 1/2 cups)
- ___ white beans (1 1/2 cups)
- ___ coconut milk (4 cups)
- ___ coconut oil (3 tbsps)
- ___ shredded unsweetened coconut (1 cup)

spices, extracts & dried herbs

- ___ unrefined sea salt
- ___ ground black pepper
- ___ baking soda
- ___ turmeric (1 tbsp)
- ___ powdered cinnamon (1 tbsp)

- ___ powdered ginger (1 tbsp)
- ___ ground cloves (1/4 tsp)
- ___ cumin (1 tsp)
- ___ coriander (1/2 tsp)
- ___ cardamom (3/4 tsp)
- ___ cayenne (1/4 tsp)
- ___ paprika (1 tbsp)
- ___ bay leaves (2)

miscellaneous & specialty

- ___ white miso paste (1/4 cup)^O
- ___ dashi/chicken stock (2 qts)^{HM}

Serving coconut rice in menu #1? Omit cauliflower from this list.

Serving riced cauliflower in menu #1? Omit brown rice, 2 cups coconut milk, 1 tbsp coconut oil, 1/2 tsp ground coriander, 1 cup shredded coconut and 1/2 cup cilantro from this list.

menu #1} ishikari nabemono [japanese salmon hot pot]

Nabemono are a traditional Japanese dish reserved for the cold weather of autumn and winter where their simplicity and warmth provide much-desired nourishment for chilly evenings. In this version (ishikari nabemono) from Hokkaido, salmon, leeks, radish, spinach and shiitake mushrooms are gently stewed in mineral-rich broth. Traditional accompaniments to this ishikari nabemono include salmon roe and butter, stirred in at the last minute. Consider serving this with our ferment of the week: pickled ginger (pg 7).



Lighten your budget} \$8

Omitting salmon roe should save about \$8.



make this meal}

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

up to 3 days ahead: Thaw salmon and roe. Prepare vegetables and store in individual airtight containers in the refrigerator.

about 35 mins ahead: Preheat the oven to 275° F. Bring dashi or chicken stock to a boil and pour the simmering stock over the vegetables and fish.

up to 5 mins ahead: Remove nabemono from the oven. Stir in chopped spinach and cover to wilt spinach for 5 minutes. Ladle into soup bowls and serve with salmon roe and butter (optional).



food for thought}

Wild-caught salmon & salmon roe are extraordinarily rich in omega-3 fatty acids which support cognitive and emotional health, cardiovascular function, reproductive health and overall systemic wellness. They are an excellent source of vitamin B6, and are a “Best Choice” seafood according to the Seafood-watch.org when sourced from sustainable Alaskan fisheries.

Miso is a soy food made according to traditional, time-honored long fermentation and is a good source of vitamin K2.

Dashi is a simple-to-prepare Japanese fish stock made from bonito flakes which are readily available in most health food stores and Asian markets. It is rich in minerals and iodine.

Shiitake mushrooms are rich in B vitamins and the minerals manganese, phosphorus, potassium and selenium. They contain potent antioxidants and are traditionally used medicinally in Eastern cultures.

scheduled for: _____



ishikari nabemono}

skill level: easy | **yield:** 4 servings | **time:** under 5 mins (active), 30 mins (oven)

ingredients

- ¼ cup white miso paste*, optional
- 4 filets salmon (4- to 6-oz each)
- 2 medium leeks, white and light-green parts only, sliced thin
- ½ lb radishes, sliced thin
- ½ lb shiitake mushrooms, sliced thin
- 2 quarts hot dashi or chicken stock
- 2 cups spinach, tough stems removed and coarsely chopped
- ¼ lb salmon roe**, optional
- ¼ cup butter, optional

method

1. Preheat oven to 275° F.
2. If using, rub miso paste along the interior of your clay baker or Dutch oven. Line the clay baker or Dutch oven with salmon, leeks and radishes.
3. Pour hot dashi or chicken stock over the salmon and vegetables. Cover and transfer to an oven preheated to 275° F. Allow the stew to cook 20 to 30 minutes or until the fish is done to your liking.
4. Remove from oven, lift lid and toss in spinach. Return lid to the clay baker and allow the spinach to wilt in the residual heat of the soup, about 5 minutes.
5. Ladle into individual soup bowls and top with salmon roe and butter (optional).

***Don't do soy?** No worries! Just omit miso paste and begin preparing this dish by lining your clay baker or Dutch oven with salmon and vegetables.

****Don't know where to find salmon roe?** Wild-caught salmon and salmon roe can be purchased at most well-stocked natural foods stores. You can also purchase it online from companies like I Love Blue Sea and Vital Choice.

menu #2} classic meatloaf, parsleyed turnips, green salad with yogurt-herb dressing, thyme & onion gravy

Meatloaf gets a boost from vitamin-rich liver in this take one classic comfort food. Serve parsleyed turnips alongside the meatloaf, a huge green salad with yogurt-herb dressing and a healthy dose of mineral-rich broth in our simple onion gravy.



make this meal}

up to 5 days ahead: Prepare chicken stock and yogurt-herb dressing and store each in the refrigerator until ready to use.

up to 3 days ahead: Thaw liver and beef. Prepare vegetables and store in individual airtight containers in the refrigerator.

at least 12 and up to 24 hrs ahead: Marinate liver in milk or salt water (see substitutions) to improve flavor.

1 hr ahead: Prepare and bake meatloaf.

45 mins ahead: Prepare and roast parsleyed turnips.

30 mins ahead: Prepare onion gravy.

5 mins ahead: Remove meatloaf from the oven and allow it to rest before slicing and serving. Toss turnips with parsley. Toss salad together, dress at the table.



classic meatloaf}

skill level: easy | **yield:** 4+ leftovers | **time:** 12-24 hrs (marinade), 5 mins (active), 1 hr (oven)

ingredients

- ¼ lb beef liver*
- 2 cups milk**
- 2¾ lbs ground beef
- 2 eggs, beaten
- 1 small yellow onion, peeled and minced
- 1 clove garlic, peeled and minced
- ¼ cup minced fresh flat-leaf parsley
- 1 tsp unrefined sea salt
- ½ tsp ground black pepper

method

1. Place liver in a mixing bowl, cover with milk and allow it to marinate for 12 to 24 hours.
2. After 12 to 24 hours, preheat the oven to 375° F.
3. Place the liver into a food processor or meat grinder and process until coarsely ground.
4. Toss liver, ground beef, beaten eggs, onion, garlic, parsley, salt and pepper together in a large mixing bowl and knead until the mixture is uniform. Form the mixture into a loaf and transfer to a loaf pan. Bake in an oven preheated to 375° F for 1 hour or until cooked through. Allow to cool 5 minutes before slicing and serving.

scheduled for: _____



parsleyed turnips}

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

ingredients

- 1 lb turnips, peeled and chopped into bite-sized pieces
- 2 tbsps butter**, melted
- ½ tsp unrefined sea salt
- ½ tsp ground black pepper
- ½ cup chopped fresh flat-leaf parsley

method

1. Preheat oven to 375° F.
2. Toss turnips with melted butter, salt and pepper until well-coated. Transfer to a baking sheet and roast in an oven preheated to 375° F for 45 minutes.
3. Remove from oven, transfer to a serving dish, toss with chopped fresh parsley until well-coated and serve.

WASTE-NOT/WANT-NOT: Save your turnip tops for caldo gallego [white bean & turnip soup] on pg.

***Don't do liver?** Too bad. It's good for you! You can substitute ¼ lb additional ground beef for liver and omit step #1.

****Don't do dairy?** For the meatloaf, substitute saltwater made by dissolving 2 teaspoons unrefined sea salt in 2 cups warm filtered water for milk. In the parsleyed turnips, substitute coconut oil, olive oil or beef tallow for butter.

menu #2 continued} green salad with yogurt-herb dressing, thyme & onion gravy



food for thought}

Liver is a potentially rich source of naturally occurring vitamin A, which is critical to cognitive health and immune system function, and in B vitamins and folate in particular, which is critical for women of reproductive age for its ability to prevent neural tube defects. It is a sacred food in many traditional societies.

Raw pastured egg yolk is extraordinarily rich in biotin and choline, and richer in vitamin A, vitamin E, vitamin D and beta carotene than egg yolks or hens raised in confinement.

Yogurt is a good source of food enzymes and beneficial bacteria which help to improve digestion and bolster immune system function. It is also a good source of conjugated linoleic acid, provided the cows have grazed on fresh grasses, which is associated with a reduction in the risk of several types of cancer.

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 a good source of easy-to-assimilate minerals.



green salad}

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

ingredients

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

method

1. Toss salad greens together with sliced red onion. Dress the salad at the table with yogurt-herb dressing.



yogurt-herb dressing}

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

ingredients

- ¼ cup yogurt*
- 2 tbsps apple cider vinegar
- 1 egg yolk
- 1 shallot, minced
- 2 tbsps chopped fresh flat-leaf parsley
- 2 tbsps chopped fresh dill
- 2 tbsps chopped fresh chives
- ½ cup unrefined extra virgin olive oil

method

1. Place yogurt, cider vinegar, egg yolk, shallot, parsley, dill and chives into the basin of a food processor or blender and pulse until roughly combined.
2. Once the base of the dressing is well-combined, continue processing while pouring unrefined extra virgin olive oil into the food processor or blender in a smooth, thin, steady stream. Transfer to a mason jar or salad dressing cruet and store in the fridge for about 5 days.

scheduled for: _____



thyme & onion gravy}

skill level: easy | **yield:** 4+ leftovers | **time:** 5 mins (active), 30 mins (stove)

ingredients

- ¼ cup butter*
- 4 large yellow onions, peeled and sliced
- 1 quart chicken stock
- 1 sprig thyme

method

1. Melt butter in a saucepan, and stir in yellow onions, frying until fragrant and softened for about 5 minutes. Pour in stock and stir in thyme. Simmer, uncovered, until slightly thickened, about 20 minutes.
2. Turn off the heat, remove the sprig of thyme and blend the gravy into a smooth puree using an immersion blender.

***Don't do dairy?** Substitute coconut oil, tallow, pastured bacon fat or olive oil in the onion gravy. Substitute ½ cup cashews, soaked overnight in salt water and drained, for yogurt in the yogurt-herb dressing.

menu #3} tandoori chicken thighs, saag [indian-spiced spinach], yogurt-mint sauce, coconut rice with coriander or riced cauliflower

Fragrant spices of south Asia inspire this menu featuring roasted tandoori-spiced chicken thighs and a simple saag flavored by coconut milk, ginger, coriander and cayenne pepper. Serve this alongside coconut-coriander rice or, for those who adhere to grain-free diets: riced cauliflower.



make this meal}

up to 1 week ahead: Prepare yogurt using supplemental recipes or purchase full-fat, organic yogurt at the store.

up to 3 days ahead: Prepare the yogurt-mint sauce and store in the fridge until ready to use.

about 9-13 hrs ahead: If serving rice, begin soaking rice. Marinate chicken thighs.

about 50 mins ahead: If serving rice, rinse and drain rice and prepare coconut rice.

Prepare tandoori chicken thighs.

about 20 mins ahead: Prepare saag. If serving riced cauliflower, prepare cauliflower.

about 5 mins ahead: Toss chicken thighs with cilantro. Toss rice with cilantro.



tandoori chicken thighs}

skill level: easy | **yield:** 4 servings | **time:** 8-12 hrs (marinade), 5 mins (active), 45 mins (oven)

ingredients

- 2 lbs chicken thighs
- ¾ cup coconut milk
- 1 tbsp powdered turmeric
- 1 tsp ground cumin
- ½ tsp ground coriander
- ¼ tsp ground cardamom
- ¼ tsp ground cayenne
- ½ tsp unrefined sea salt
- 2 tbsps coconut oil
- ½ cup chopped fresh cilantro

method

1. Place chicken thighs in a large mixing bowl. Cover with coconut milk and stir in turmeric, cumin, coriander, cardamom, crushed red pepper flakes and unrefined sea salt. Transfer to the fridge and allow the chicken to marinate for 8 to 12 hours.
2. After 6 to 12 hours, preheat the oven to 375° F.
3. Remove the chicken from the marinade and place in a baking dish. Dot with coconut oil and bake in an oven preheated to 375° F for about 45 minutes or until cooked through. Transfer to a serving dish and top with chopped fresh cilantro.



saag [indian-spiced spinach]}

skill level: easy | **yield:** 4 servings | **time:** 15-20 mins (stove)

ingredients

- 2 tbsps coconut oil
- 1 yellow onion, peeled and finely minced
- 1 1-inch knob ginger, peeled and grated
- 2 tpsps ground coriander
- ¼ tsp ground cayenne pepper
- 2 lbs spinach, trimmed, chopped coarsely
- 1 ¼ cups coconut milk
- unrefined sea salt, as needed

method

1. Heat oil in a skillet over a moderate flame until melted, then stir in minced onion, frying until fragrant and translucent.
2. Stir in grated ginger, coriander and cayenne. Continue cooking for an additional minute or so.
3. Stir in spinach, cooking until wilted for about 3 or 4 minutes.
4. Stir in coconut milk and simmer until thickened, 6 to 8 minutes.
5. Season with unrefined sea salt as needed.



yogurt-mint sauce}

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

ingredients

- 1 cup yogurt*
- ¼ cup chopped fresh mint
- juice of 1 lemon

method

1. Whisk all ingredients together and serve. This sauce will keep, refrigerated, for up to a week.

***Don't do dairy?** Substitute ½ cup roasted sesame tahini and ½ cup unrefined extra virgin olive oil for yogurt. Increase lemons to two.



food for thought}

Yogurt is a good source of food enzymes and beneficial bacteria which help to improve digestion and bolster immune system function. They also have conjugated linoleic acid, provided the cows have grazed on fresh grasses, which is associated with a reduction in the risk of several types of cancer.

Coconut oil & milk are rich in lauric acid, a nourishing fat that helps to boost the immune system.

Spinach is a good source of beta carotene, which is best absorbed when consumed with plentiful fat, and of folate, a nutrient that helps to prevent neural tube defects.

Pasture-raised chicken is a good source of complete protein and is less likely to be contaminated with foodborne pathogens than the meat of conventionally-raised chickens. It offers a better omega-3 to omega-6 fatty acid ratio than the meat of conventionally-raised chickens.



coconut-coriander rice}

skill level: easy | **yield:** 4 servings | **time:** 8-12 hrs (marinade), 45 mins (stove)

ingredients

- 1½ cups brown jasmine rice
- 1 tbsp apple cider vinegar
- 1 tbsp coconut oil
- 2 cups coconut milk
- ½ tsp ground coriander
- 1 cup shredded unsweetened coconut
- ½ tsp unrefined sea salt
- ½ cup chopped fresh cilantro

method

1. Toss rice into a mixing bowl with cider vinegar and cover with hot water, soaking for eight to twelve hours. After the rice has soaked, drain and rinse until the water runs clear.
2. Transfer the soaked rice to a saucepan with coconut oil, coconut milk, ground coriander, two cups water. Bring rice to a boil, uncovered, and immediately reduce heat, cover, and simmer until liquid is absorbed by rice for about 45 minutes.
3. Remove from heat and allow it to rest a further 5 to 10 minutes, covered.
4. Toss in chopped fresh cilantro and fluff with a fork just before serving.



riced cauliflower}

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

ingredients

- florets of 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.

ferments, soups, desserts} pickled ginger, caldo gallego, spiced apple-pear sauce

scheduled for: _____

Caldo gallego is a traditional Spanish soup combining white beans with turnips, turnip greens and garlicky sausage. You'll also enjoy our other recipes including pickled ginger and spiced apple-pear sauce.



make this meal}

Caldo gallego: Prepare chicken stock up to a week before making the soup and store it in the fridge. Begin soaking beans 12 to 24 hours ahead. Prepare vegetables up to 3 days ahead and store in airtight containers in the fridge until ready to use.

Pickled ginger: Prepare fresh whey up to 1 week ahead:



caldo gallego [white bean & turnip soup]}

skill level: easy | **yield:** about 8 servings | **time:** 12-24 hrs (soaking), 40 mins (stove)

ingredients

- 1½ cups white beans
- pinch baking soda
- 1 tbsp unrefined extra virgin olive oil
- ¼ lb nitrate/nitrite-free bacon*, chopped
- 1 yellow onion, peeled and chopped fine
- 4 cloves garlic, peeled and minced
- 1 tbsp paprika
- 2 bay leaves
- 2 quarts chicken stock
- 2 lbs turnips with their tops
- ½ lb Spanish chorizo or any natural-cured garlicky sausage*, chopped into bite-sized pieces

method

1. Toss white beans into a large mixing bowl with a pinch of baking soda and cover with hot water. Allow the beans to soak

for 12 to 24r hours. After 12 to 24hours, drain the beans through a collander and rinse them until the water runs clear before setting them aside.

2. Heat olive oil in a heavy-bottomed stock pot over a moderate flame, then chopped bacon and fry until crispy. Stir in onion and garlic, frying until fragrant, about 3 minutes. Stir in paprika and bay leaves and continue to fry for another minute or two. Pour in chicken stock and bring to a simmer.
3. Separate the turnips from their greens. Peel and chop the turnips into bite-sized pieces. Trim the turnip greens of any tough stems, chop coarsely and set aside.
4. Stir peeled and chopped turnips into the simmering stock along with sausage. Cover and simmer until the turnips are cooked through for about 30 minutes.
5. Remove from heat, stir in chopped turnip greens, cover again and allow the greens to wilt in the residual heat of the soup about 5 minutes before serving.



pickled ginger}

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

ingredients

- 1 lb ginger, peeled and finely shredded
- 1 tbsp unrefined sea salt
- ¼ cup fresh whey**

method

1. Toss ginger, salt and whey together in a large mixing bowl. Knead and squeeze the ginger and salt together thoroughly by hand to break up the structure of the ginger shreds. They should be limp under the pressure of kneading.

2. Layer ginger into a mason jar or vegetable fermenter and pound it down with a wooden spoon until the ginger is thoroughly packed into the jar and the brine covers the ginger. Weigh the ginger down, if using a weight, to ensure it stays submerged and ferment at least 5 days before tasting.



spiced apple-pear sauce}

skill level: easy | **yield:** 1 qt | **time:** 40 mins

ingredients

- 3 lbs apples, peeled, cored and chopped
- 2 lbs pears, peeled, cored and chopped
- 1 tbsp powdered cinnamon
- 2 tsp powdered ginger
- ½ tsp ground cardamom
- ¼ tsp ground cloves
- 1½ quarts apple juice or cider
- butter, coconut oil or cream, to serve

method

1. Posa all apples, pears, spices and juice together in a heavy-bottomed stock pot and bring to a simmer over moderate heat. Reduce the heat to medium-low, cover, and continue simmering until the apples and pears begin to fall apart on their own for about 30 minutes.
2. When the apples and pears are fall-apart tender, remove the pot from the heat and allow the sauce to cool for about 10 minutes. Blend with an immersion blender until the texture is smooth and uniform. Serve with butter, coconut oil or cream.

***Don't do pork?** Omit bacon and increase olive oil to ¼ cup. Substitute naturally cured beef sausage for chorizo.

****Don't do dairy?** Substitute 1 package vegetable starter culture dissolved in ¼ cup warm water or substitute ¼ cup brine of a previous batch of fermented vegetables for fresh whey.

supplemental recipes} chicken stock, 24-hour yogurt, fresh whey/yogurt cheese, dashi [japanese fish stock]



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.



24-hour yogurt}

skill level: easy | **yield:** 1 qt | **time:** 24 hrs

ingredients

- 1 quart milk, preferably raw
- ¼ cup yogurt from a previous batch

method

1. Heat milk to 110° F in a saucepan. Remove from heat and whisk in ¼ cup yogurt from a previous batch. Transfer to a yogurt maker and ferment between 108° and 112° F for 24 hours. Transfer to the fridge and use within a month.



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.

To manage your account or cancel a recurring order email your request one week in advance to support@nourishedkitchen.com



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.