



nourished kitchen

meal plans} autumn: week 12

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-inspired dinner <ul style="list-style-type: none"> • misoyaki salmon • carrot-ginger puree • braised spinach with sesame 	german-style supper for winter <ul style="list-style-type: none"> • sauerbraten • braised red cabbage with apples • sonnenblumenbrot OR almond-sesame bread <p>Did you make sauerbraten from last week? Serve it with this meal!</p>	simple chicken supper <ul style="list-style-type: none"> • ginger-honey glazed chicken • cider-braised swiss chard • roasted beets 	ferments, soups, desserts <ul style="list-style-type: none"> • rossel • coconut beef soup with crispy shallots • gingersnaps supplemental recipes <ul style="list-style-type: none"> • beef stock • coconut milk • dashi [[japanese fish stock]

shopping list

dairy & eggs

___ eggs (4 whole)

meat, fish & fowl

___ salmon filets (4, 4- to 6-oz each)
 ___ dashi (1/2 cup)^{HM, SA}
 ___ bottom round roast (3-4 lbs)
 ___ lard (2 tbsps)^{SA}
 ___ beef stock (3 1/2 cups)^{HM}
 ___ beef steak (1/2 lb)
 ___ bone-in, skin-on chicken thighs (4)

fresh produce & herbs

___ carrots (2 1/2 lbs)
 ___ ginger (1 5-inch hand)
 ___ spinach (2 lbs)
 ___ garlic (1 clove)
 ___ yellow onion (2)

___ red onion (1)
 ___ apples (3)
 ___ shallots (6)
 ___ shiitake mushrooms (1/2 lb)
 ___ serrano pepper (1)
 ___ limes (2)
 ___ cilantro (1/2 cup, chopped)
 ___ swiss chard (2 bunches)
 ___ beets (3 1/2 lbs)
 ___ red cabbage (1 small head)

pantry items

___ sesame seeds (1/4 cup)
 ___ mustard seeds (2 tbsps)
 ___ honey (1/4 cup, 3 tbsps)
 ___ coconut oil (3/4 cup, 1 tbsp)
 ___ soy sauce (3 tbsps)^{SA}
 ___ cider vinegar (1 cup, 1/2 tsp)
 ___ red wine vinegar (1 1/4 cup)

___ raisins (1/2 cup)
 ___ fish sauce (1 tbsp)
 ___ unrefined cane sugar (1/4 cup)^{SA}
 ___ date sugar (1 1/2 cups)
 ___ baking soda (1/2 tsp)
 ___ rye flour (3 cups)
 ___ almond flour (4 cups)
 ___ spelt flour (2 cups)
 ___ sunflower seeds (1/2 cup)

spices, extracts & dried herbs

___ unrefined sea salt
 ___ ground black pepper
 ___ black peppercorns (1 tbsp)
 ___ bay leaves (4)
 ___ whole cloves (1 tsp)
 ___ cinnamon stick (1)
 ___ powdered ginger (2 tbsps)
 ___ powdered cinnamon (1/2 tsp)

miscellaneous & specialty

___ coconut milk (2 1/2 cups)^{HM}
 ___ gingersnaps (1 cup, crushed)^{HM}
 ___ proofed and bubbly sourdough starter (1 cup)
 ___ sweet apple cider (1/2 cup)
 ___ white miso paste (1/4 cup)^{SA}

Serving sonnenblumenbrot in menu #2? Omit 2 1/2 cups almond flour, 3 eggs, baking soda and 1/2 tsp cider vinegar.

Serving almond-sunflower bread in menu #2? Omit rye flour, spelt flour, 1/4 cup sunflower seeds.

menu #1} misoyaki salmon, carrot-ginger puree, braised spinach

Resounding with flavor, misoyaki salmon is beautifully simple to prepare and is as suitable for a family weeknight supper as it is for guests. It's a go-to recipe in my home, one that I prepare again and again for its simplicity and flavor. Recently, I served it to guests, pairing it with a carrot-ginger puree softened by coconut milk and coconut oil.



make this meal}

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

at to 3 days ahead: Thaw salmon.

about 30 mins ahead: Preheat the oven to 425° F.

about 25 mins ahead: Begin cooking carrots and ginger and make misoyaki salmon.

about 5 mins ahead: Begin making spinach and puree carrots and ginger.



food for thought}

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

Wild-caught salmon is rich in B vitamins and omega-3 fatty acids.



misoyaki salmon}

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

ingredients

- ¼ cup white miso paste*
- 2 tbsps naturally fermented soy sauce*
- 2 tbsps honey
- 4 4- to 6-oz salmon filets
- 2 tbsps sesame seeds

method

1. Preheat oven to 425° F and line a baking sheet with parchment paper.
2. Whisk miso paste, soy sauce and honey together in a mixing bowl until thoroughly combined.
3. Place salmon filets on a baking sheet lined with parchment paper. Spoon miso, soy and honey paste over the salmon filets so that they're fully covered. Sprinkle salmon with sesame seeds and bake in an oven preheated to 425° Fahrenheit for 15 to 20 minutes or until the fish flakes easily when pierced by a fork.



carrot-ginger puree}

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

ingredients

- 1 ½ lbs carrots, scraped and chopped into bite-sized pieces
- 1 2-inch knob ginger, peeled, chopped
- ½ cup coconut milk
- 2 tbsps coconut oil
- ½ tsp unrefined sea salt

method

1. Place carrots and ginger into a pot and cover with water. Bring water to a boil

scheduled for: _____

and simmer for 20 minutes or until carrots are softened and very tender.

2. Drain carrots and ginger in a collander and transfer to a food processor with salt, coconut oil and coconut milk. Process until smooth, about 4 minutes.



braised spinach with sesame}

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

ingredients

- 1 tbsp coconut oil
- 1 garlic clove, peeled and minced
- 2 lbs spinach, trimmed of tough stems
- ½ cup dashi**
- 1 tbsp naturally fermented soy sauce*
- 2 tbsps sesame seeds

method

1. Melt coconut oil in a skillet over moderate heat. Stir in minced garlic and fry until fragrant for about 2 minutes. Stir in spinach and continue frying for a further 2 minutes. Pour in dashi and simmer, covered, until spinach is wilted. Sprinkle with sesame seeds and serve.

***Don't do soy?** Substitute roasted sesame tahini for miso and fish sauce or coconut aminos for naturally fermented soy sauce.

****Don't know about dashi?** It's a traditional Japanese fish stock that's easy to make (see supplemental recipes). If you don't want to make it, simply substitute chicken stock.

menu #2} slowcooker sauerbraten, braised red cabbage, sonnenblumenbrot or almond-sunflower bread

This slowcooker sauerbraten, served with braised cabbage and sunflower bread (either almond or traditional sonnenblumenbrot) pairs beautifully with last week's ferment of the week: sauerruben.



make this meal}

up to 5 days ahead: Prepare beef stock, storing in the fridge until ready to use. Thaw beef.

up to 3 days ahead: Begin marinating the meat.

about 1 day ahead: Proof sourdough starter (if making sonnenblumenbrot).

about 12 hrs ahead: Begin making sonnenblumenbrot (if applicable).

about 9½ hrs ahead: Begin slowcooking sauerbraten.

about 45 mins ahead: Bake almond-sunflower bread or sonnenblumenbrot. Add gingersnaps and sugar to slowcooker, and increase temperature to high.

about 25 mins ahead: Prepare red cabbage with apples.



slowcooker sauerbraten}

skill level: easy | **yield:** 4+ leftovers | **time:** 2-3 days (marinade), 9½ hrs (slowcooker)

ingredients

for the marinade

- 1 cup apple cider vinegar
- 1 cup red wine vinegar
- 2 tbsps whole mustard seeds
- 1 tbsp black peppercorns
- 2 whole bay leaves
- 1 tsp whole cloves
- 1 cinnamon stick
- 1 3- to 4-lb bottom round roast

for the sauerbraten

- 1/2 cup raisins
- 1 lb carrots, scraped and chopped into bite-sized pieces
- 1 yellow onion, peeled and chopped into rounds about ¼-inch thick
- 2 cups beef stock
- ¼ cup unrefined cane sugar*
- 1 cup crushed gingersnaps**

method

1. To make the marinade, whisk vinegars together with 2 cups filtered water and stir in mustard seeds, black peppercorns, bay leaves, cloves and cinnamon stick. Place roast in a large mixing bowl and cover with marinade. Transfer to the refrigerator and marinate (turning as needed) for at least 2 and up to 3 days.
2. After 2 to 3 days of marinating, remove the roast from the marinade, discarding the marinade. Transfer the beef to a slowcooker and stir in raisins, carrots, onion and stock. Cook on low for 8 hours.
3. After 8 hours, stir in cane sugar and gingersnaps. Increase temp to high and continue cooking for 30 to 45 minutes. Serve warm.

scheduled for: _____



braised red cabbage with apples}

skill level: easy | **yield:** 4+ leftovers | **time:** about 20 mins (stove)

ingredients

- 2 tbsps lard***
- 1 red onion, peeled and sliced thin
- 3 apples, peeled, cored and sliced thin
- 1 small head red cabbage, cored and shredded
- 2 bay leaves
- ½ cup beef stock
- ¼ cup red wine vinegar

method

1. Melt lard in a Dutch oven.
2. Stir in onion and fry until fragrant, about 3 minutes. Stir in apples, cabbage and bay leaves; fry for a further 3 to 4 minutes. Pour in beef stock and red wine vinegar and continue cooking, covered, for 20 minutes. Remove bay leaves and serve.

***Don't do cane sugar?** Substitute honey.

****Wondering about gingersnaps?** Use our real food recipe for gingersnaps (see bonus recipes) and make your own.

*****Don't do pork?** Substitute butter, ghee, tallow or coconut.

menu #2 continued} sonnenblumenbrot or almond-sunflower bread



food for thought}

Grass-fed beef is rich in B vitamins and minerals and offers a favorable ratio of omega-3 to omega-6 fatty acids. It is rich in conjugated linoleic acid.

Pasture-raised lard is rich in monounsaturated fat and is a good source of vitamin D.

Beef 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.

Sunflower seeds is an excellent source of vitamin E, thiamin, and the amino acid tryptophan, known for its calming effects.



sonnenblumenbrot}

skill level: easy | **yield:** 1 loaf | **time:** 45 mins (oven)

ingredients

- 1 cup proofed, bubbly sourdough starter
- 1½ cups warm water
- 1 tbsp honey
- 2½ tsps unrefined sea salt
- 3 cups rye flour
- 2 cups spelt flour
- ½ cup sunflower seeds

method

1. Combine all ingredients together then knead into a smooth dough.
2. Allow the dough to rise, covered, until doubled in bulk. Divide the dough in half.
3. Shape each half of the dough into an oval loaf, cover and let rise for 1 to 2 hours.
4. Preheat the oven to 425° F.
5. Spritz loaves with water.
6. With a very sharp knife, slash the loaves diagonally about ¼ to ½ inch deep.
7. Bake for 30 minutes, or so, in an oven preheated to 425° F.



almond-sunflower bread}

skill level: easy | **yield:** 1 loaf | **time:** 45 mins (oven)

ingredients

- 2½ cups blanched almond flour
- ¼ cup sunflower seeds
- ½ tsp unrefined sea salt
- ½ tsp baking soda
- 3 eggs, beaten
- 1 tbsp honey, optional
- ½ tsp apple cider vinegar
- coconut oil or butter, for greasing the pan

method

1. Preheat oven to 300° F. Grease a loaf pan.
2. Beat all ingredients together and spoon into a loaf pan.
3. Bake at 300° F for 45 minutes to one hour, or until a toothpick inserted into the bread's center comes out clean.
4. Cool completely before slicing.

***Don't do cane sugar?** Substitute honey.

****Wondering about gingersnaps?** Use our real food recipe for gingersnaps (see bonus recipes) and make your own.

*****Don't do pork?** Substitute butter, ghee, tallow or coconut.

menu #3} ginger-honey chicken, swiss chard, ginger-roasted beets

scheduled for: _____

Simple ginger-honey chicken is lovely served over a bed of braised Swiss chard accompanied by ginger-roasted beets. Take care to use chicken thighs in this recipe; they offer better flavor and more nutrients than the breast and are a better price, too.



make this meal}

up to 3 days ahead: Thaw chicken.

about 50 mins ahead: Begin roasting chicken and beets.

about 20 mins ahead: Begin braising chard.

about 5 mins ahead: Remove chicken and beets from the oven, allow them to cool about 5 minutes before serving.



food for thought}

Coconut oil is rich in lauric acid, a nourishing fat that helps to boost the immune system. It supports thyroid health.

Swiss chard is rich in the antioxidant beta carotene, a precursor to vitamin A that's best absorbed with fat. It is a good source of folate, a nutrient that helps to prevent neural tube defects.

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



ginger-honey glazed chicken}

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

ingredients

- ¼ cup honey
- 1 1-inch knob ginger, peeled and grated
- 2 tbsps coconut oil, softened
- 4 bone-in, skin-on chicken thighs

method

1. Preheat oven to 375° F,
2. Whisk honey with grated ginger and softened coconut oil and pour over chicken thighs.
3. Bake them in an oven preheated to 375° F for about 45 minutes or until cooked through.



braised swiss chard}

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

ingredients

- 2 tbsps coconut oil
- 1 yellow onion, peeled and finely minced
- 2 bunches Swiss chard, trimmed, chopped
- ½ cup sweet apple cider

method

1. Melt coconut oil in a skillet over a moderate flame. Toss in yellow onion and fry until fragrant. Toss in chopped chard and fry a minute or two further, then pour in apple cider and simmer, uncovered, until the chard is tender and the liquid is largely evaporated for about 10 minutes.



ginger-roasted beets}

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

ingredients

- 1 ½ lbs beets, trimmed, peeled and cut into bite-sized pieces
- 1 1-inch knob ginger, peeled and grated
- 2 tbsps coconut oil

method

1. Preheat the oven to 375° F. Line a 1-foot strip of aluminum foil with an equally large strip of parchment paper.
2. Place beets on parchment paper, sprinkle with ginger and dot with coconut oil. Wrap in parchment paper and aluminum foil and roast at 375° F for about 45 minutes.

ferments, soups, desserts} rossel, coconut beef soup, gingersnaps

Coconut beef soup is rich in flavor and healthy fats. We're also preparing traditionally fermented beets, rossel, a dish that pairs well with roasted meats and can form the basis of the classic Russian soup, borscht. Make a double batch of these gingersnaps, you'll love them.



make this meal}

Coconut beef soup: Prepare beef stock up to 1 week ahead.



rossel}

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

ingredients

- 2 lbs beets, peeled and finely shredded
- 2 tsps unrefined sea salt

method

1. Toss shredded beets and salt together in a large mixing bowl. Knead and squeeze the beets 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 beets into a mason jar or vegetable fermenter and pound it down with a wooden spoon until thoroughly packed into the jar and the brine covers the beets. Weigh the beets down, if using a weight, to ensure they stay submerged and ferment at least 5 days before tasting. Fermentation is usually complete at about 10 days.



coconut beef soup with crisp shallots}

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

ingredients

- ¼ cup plus 2 tbsps coconut oil, divided
- 6 shallots, peeled and sliced thin
- ½ lb shiitake mushrooms, stems removed and caps thinly sliced
- 1 1-inch knob ginger, peeled and cut into matchsticks
- 1 serrano pepper, seeded if desired, minced
- ½ lb beef steak, sliced thin
- 2 cups coconut milk
- 1 cup beef stock
- juice of 2 limes
- ½ cup chopped fresh cilantro
- 1 tbsp fish sauce*

method

1. Melt coconut oil in a heavy-bottomed stock pot over moderately high heat. Toss in sliced shallots and fry until crispy, remove from the pan and set aside.
2. Reduce heat to medium, toss in mushrooms, ginger and serrano pepper, frying for about 2 minutes. Stir in beef and fry until cooked through, about 4 minutes.
3. Pour coconut milk and beef stock into the pan and simmer, covered, for 25 to 30 minutes.
4. Before servings, stir in the juice of 2 limes, chopped cilantro, crispy shallots and fish sauce.

scheduled for: _____



gingersnaps}

skill level: easy | **yield:** about 1 dozen | **time:** 5 mins (active), 15 mins (oven)

ingredients

- 1 ½ cups almond flour
- 1 ½ cups date sugar
- 1 egg, beaten
- ½ tsp unrefined sea salt
- 2 tbsps powdered ginger
- ½ tsp cinnamon

method

1. Preheat oven to 350° F and line a baking sheet with parchment paper.
2. Toss all ingredients into a mixing bowl and beat until thoroughly combined. Form into balls ½-inch in diameter and press down onto a cookie sheet. Bake in an oven preheated to 350° F for about 15 minutes or until cooked through. Transfer to a cooling rack to cool completely before serving.

supplemental recipes} beef stock, coconut milk, dashi [japanese fish stock]



beef stock}

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

ingredients

- 3-5 lbs beef soup bones
- vegetable scraps, as needed
- 2 tbsps cider vinegar
- 2-3 bay leaves

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. Roasting the bones ensures a good flavor in the resulting beef stock. Failure to do so may lend a sour or off-taste to the end product.
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. Avoid using brassicas (cabbage, broccoli, turnips, brussels sprouts etc.) as these vegetables will lend a bitter flavor to your stock. Instead, garlic, leeks, mushrooms, onions, carrots and celery add great flavor.
3. 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. Turn down the heat and continue to simmer for at least 6 and up to 24 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. Note that it's wise to serve this stock very hot as it may gel again once it cools.



coconut milk (from dry flakes)}

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

ingredients

- 1 cup dry, unsweetened coconut flakes
- 1 quart filtered hot water

method

1. Place coconut flakes into a high-powered blender with ¼ filtered hot water. Blend until smooth.
2. Strain through a fine-mesh sieve or a cheesecloth. The liquid is coconut milk. Solids can be composted or dried and used as you would coconut flour.



dashi [japanese fish stock]

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

ingredients

- 1 strip kombu
- 1 cup bonito flakes* [katsuooboshi]

method

1. Place kombu in a pot, if using, and cover with 1½quarts 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 katsuooboshi and remove from heat. Cover and allow the katsuooboshi 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.

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