



# nourished kitchen

## meal plans} winter: week 2

### 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>roasted salmon</b> <ul style="list-style-type: none"> <li>roasted salmon with orange and rosemary</li> <li>honey-orange sauce</li> <li>braised spinach with lemon</li> <li>roasted cauliflower</li> </ul>	<b>winter stew</b> <ul style="list-style-type: none"> <li>hearty winter stew</li> <li>sourdough bread or almond-flax bread</li> </ul>	<b>simple supper</b> <ul style="list-style-type: none"> <li>almond-flour chicken fingers</li> <li>peas and carrots</li> <li>green salad with kefir-herb dressing</li> </ul>	<b>bonus recipes</b> <ul style="list-style-type: none"> <li>broiled grapefruit with honey</li> <li>honey-mustard</li> <li>roasted root vegetable soup</li> </ul> <b>supplemental recipes</b> <ul style="list-style-type: none"> <li>chicken stock</li> <li>fresh whey/yogurt cheese</li> <li>kefir</li> <li>beef stock</li> </ul>

## shopping list

### dairy & eggs

- \_\_\_ butter (3/4 cup, 2 tbsps)<sup>SA</sup>
- \_\_\_ kefir (2 tbsps)<sup>SA</sup>
- \_\_\_ fresh whey (1/4 cup)<sup>SA, HM</sup>
- \_\_\_ **eggs (4 whole. 1 yolk)**

### meat, fish & fowl

- \_\_\_ salmon filets (4, 4- to 6-oz each)
- \_\_\_ chicken stock (1/2 cup)<sup>HM</sup>
- \_\_\_ beef heart (1, about 3 lbs)<sup>SA</sup>
- \_\_\_ beef stock (3 quarts)
- \_\_\_ boneless, skinless chicken breasts (1 lb)

### fresh produce & herbs

- \_\_\_ rosemary (1 bunch)
- \_\_\_ oranges (4)
- \_\_\_ shallots (3)
- \_\_\_ cauliflower (1 head)
- \_\_\_ lemon (1)

- \_\_\_ spinach (2 lbs)
- \_\_\_ yellow onion (3)
- \_\_\_ carrots (1 1/2 lbs + 5)
- \_\_\_ celery ribs (5)
- \_\_\_ potatoes (3/4 lb)<sup>SA</sup>
- \_\_\_ fresh or frozen peas (1/2 lb)
- \_\_\_ parsley (3/4 cup, chopped)
- \_\_\_ chives (2 tbsps, chopped)
- \_\_\_ dill (1 tbsp, chopped)
- \_\_\_ salad greens (8 cups)
- \_\_\_ red onion (1)
- \_\_\_ radishes (4)
- \_\_\_ grapefruit (2)
- \_\_\_ beets (1 lb)
- \_\_\_ parsnips (1/2 lb)
- \_\_\_ rutabagas (1 lb)

### pantry items

- \_\_\_ **honey (1/2 cup, 3 tbsps)**
- \_\_\_ **wheat or spelt flour (5 cups)**
- \_\_\_ **blanched almond flour (2 1/4 cups)**
- \_\_\_ **flax seeds (1 tbsp)**

- \_\_\_ **baking soda (1/2 tsp)**
- \_\_\_ **cider vinegar (2 tbsps, 1/2 tsp)**
- \_\_\_ olive oil (1/2 cup, 2 tbsps)

### spices & dried herbs

- \_\_\_ unrefined sea salt
- \_\_\_ ground black pepper
- \_\_\_ bay leaves (2)
- \_\_\_ nutritional yeast (2 tbsps)<sup>O</sup>
- \_\_\_ garlic powder (1 tsp)
- \_\_\_ onion powder (1 tsp)
- \_\_\_ paprika (1/2 tsp)
- \_\_\_ mustard powder (1 cup)

### miscellaneous & specialty

- \_\_\_ red wine (2 cups)
- \_\_\_ tallow, lard or other fat for frying (about 3/4 cup)
- \_\_\_ **sourdough starter (1 cup)**

**If making almond flour bread:** You can omit sourdough starter, 1 tsp honey and 5 cups wheat or spelt flour.

**If making sourdough bread:** You can omit 1 1/2 cups almond flour, flax seeds, baking soda, eggs (except 1 yolk) and 1/2 tsp cider vinegar.

## menu #1} roasted salmon, honey-orange sauce, roasted cauliflower, braised spinach with lemon

I love the combination of rosemary, citrus and salmon and in wintertime we serve it fairly regularly. Best of all, the dinner comes together in about thirty minutes and the flavors are beyond comparison. Citrus is typically at its height in mid-winter.

### make this meal}

**up to 3 days:** Thaw salmon, if frozen.

**30 mins ahead:** Preheat oven and begin preparing salmon and cauliflower.

**20 mins ahead:** Begin preparing sauce.

**5 mins ahead:** Prepare braised spinach with lemon.

### food for thought}

**Wild-caught salmon** is rich in B vitamins and is an extraordinarily good source of DHA and EPA, wholesome omega-3 fatty acids. It is also a “best choice” sustainable seafood according to Seafoodwatch.org.

**Citrus** is rich in vitamin C, a known immune booster.



### roasted salmon with orange and rosemary}

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

#### ingredients

- 1 bunch rosemary
- 4 salmon filets (4- to 6-oz each)
- 2 oranges, sliced thin

#### method

1. Preheat the oven to 425° F.
2. Line a baking dish with rosemary. Place salmon filets over the rosemary and top with orange slices. Bake at 425° F for 15 to 20 minutes or until the fish flakes easily when pierced by a fork.



### honey-orange sauce}

**skill level:** easy | **yield:** 4 servings | **time:** 20 mins

#### ingredients

- 1/4 cup butter\*, divided
- 2 shallots, peeled and sliced thin
- juice of 2 oranges
- 2 tbsps honey

#### method

1. Melt two tablespoons butter in a saucepan. When it froths, stir in shallots and fry until fragrant. Pour in the juice of two oranges and simmer until reduced by half. Stir in remaining two tablespoons butter and honey. Serve over salmon.

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



### roasted cauliflower}

**skill level:** easy | **serves:** 4 | **time:** about 5 mins (active), 20 mins (oven)

#### ingredients

- florets of 1 large head cauliflower
- 2 tbsps butter\*, melted

#### method

1. Preheat oven to 425° F.
2. Toss cauliflower florets with melted butter until well-coated. Layer cauliflower in a baking dish and bake in an oven preheated to 425° F for 15 to 20 minutes, stirring once half-way through cooking.



### braised spinach with lemon}

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

#### ingredients

- 2 tbsps butter\*
- 2 lbs spinach, trimmed and chpped
- 1/2 cup chicken stock
- juice and zest of 1 lemon

#### method

1. Melt butter in a skillet. When it froths, stir in chopped spinach. Pour in chicken stock and the juice and zest of one lemon. Cook, uncovered, for about five minutes and serve.

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

## menu #2} hearty winter stew, sourdough bread or almond-flax bread

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

**B**eef heart is extraordinarily rich in coenzyme Q10 which supports cardiovascular health. If you can't find beef heart, or don't wish to consume this nutrient-dense food, you can substitute sirloin steak or stew meat. Pair this winter stew with a loaf of sourdough or almond flour bread and a big green salad dressed with olive oil and red wine vinegar.



### Lighten your budget} \$10

Substituting homemade beef stock for red wine will save about \$8. Substituting 1 tablespoon dried parsley for fresh will save about \$2.



### make this meal}

**up to 3 days ahead:** Thaw heart, if frozen, in the refrigerator. Prepare vegetables according to recipe instructions, storing in airtight containers in the fridge until ready to use.

**up to 1 day ahead:** Proof sourdough starter.

**8 to 12 hrs ahead:** Prepare hearty winter stew.

**4 hrs ahead:** Allow sourdough to rise.

**30 to 45 mins ahead:** Bake sourdough or almond-flax bread.



### hearty winter stew}

**skill level:** easy | **serves:** 4+ leftovers | **time:** 10 mins (active), 8 to 12 hrs (slowcooker)

#### ingredients

- 1 beef heart\*, trimmed of any sinew and chopped into bite-sized pieces
- 1/2 tsp unrefined sea salt
- 1/2 tsp ground black pepper
- 2 tbsps butter\*\*

- 2 yellow onions, peeled and sliced thin
- 3 carrots, peeled and chopped into bite-sized pieces
- 5 ribs celery, chopped
- 3/4 lb potatoes\*\*\*, chopped into bite-sized pieces
- 2 cups red wine\*\*\*\*
- 1 quart homemade beef stock
- 2 bay leaves
- 1/4 cup chopped parsley

#### method

1. Season trimmed beef heart with salt and pepper.
2. Melt butter in a skillet and brown beef heart on all sides. Transfer to a slowcooker and add onions, carrots, celery, potatoes, red wine, beef stock and bay leaves. Cook on low for 8 to 12 hours or until the meat and vegetables are tender. Sprinkle with parsley and serve.



### sourdough bread}

**skill level:** easy | **serves:** 4 | **time:** 5 mins (active), 2 hrs (rising), 30 mins (oven)

#### ingredients

- 1 cup proofed, bubbly sourdough starter
- 1 1/2 cups warm water
- 1 tbsp honey, optional
- 2 1/2 tsps unrefined sea salt
- 5 cups sifted whole wheat or spelt flour

#### method

1. Combine all ingredients together then knead into a smooth dough. Allow the dough to rise, covered, until doubled in bulk.
2. Divide the dough in half. Shape each half of the dough into an oval loaf, cover and let rise for one to two hours.



### almond-flax bread}

**skill level:** easy | **yield:** 1 loaf | **time:** 5 mins (active), 45 mins (oven)

#### ingredients

- 1 1/2 cups blanched almond flour
- 1/4 cup ground flax seeds
- 1 tbsp whole flax seeds
- 1/2 tsp unrefined sea salt
- 1/2 tsp baking soda
- 4 eggs, beaten
- 2 teaspoons honey, optional
- 1/2 tsp raw cider vinegar
- butter, to grease a loaf pan

#### method

1. Preheat the oven to 300° F.
2. Grease a loaf pan.
3. Mix all ingredients together until thoroughly combined, then pour into a greased loaf pan and bake at 300° F for 45 minutes, or until a toothpick inserted into the bread's center comes out clean.
4. Cool completely before serving.

\***Can't find beef heart?** Substitute 3 lbs sirloin steak, chopped into bite-sized pieces. \*\***Don't do dairy?** Substitute beef tallow, olive oil, pasture-raised lard or bacon fat. \*\*\***Don't do potatoes?** Substitute rutabagas. \*\*\*\***Don't do alcohol?** Substitute additional beef stock.

## menu #3} almond flour chicken fingers, peas and carrots, salad with kefir-herb dressing

This is one of my son's favorite meals: chicken fingers dredged in almond flour and served with peas and carrots and a fresh green salad topped by a kefir-herb dressing—my real food version of classic Ranch dressing, only infinitely better for you.

Consider serving the ferment of the week—honey-mustard—with this meal as a dipping sauce for chicken fingers.



### Lighten your budget

Substituting half the amount of dried herbs for fresh will save about \$3.



### make this meal}

**up to 1 week ahead:** Prepare kefir for dressing

**up to 3 days ahead:** Thaw chicken in fridge. Make kefir-herb dressing, use within five days.

**20 mins ahead:** Prepare almond flour chicken fingers. Prepare peas and carrots.

**5 mins ahead:** Toss salad, dress at the table.



### almond flour chicken fingers}

**skill level:** easy | **serves:** 4 | **time:** 5 mins (active), 15 mins (frying)

#### ingredients

- 3/4 cup blanched almond flour\*
- 1 tsp unrefined sea salt
- 1/2 tsp ground black pepper

- 2 tbsps nutritional yeast, optional
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp paprika
- 1 lb boneless, skinless chicken breasts, chopped into bite-sized pieces
- tallow, lard, coconut oil or clarified butter (about 1 cup), for frying

#### method

1. Whisk almond flour, sea salt, black pepper, nutritional yeast, garlic powder, onion powder and paprika together. Dredge chicken pieces in seasoned almond flour and fry in tallow, lard, coconut oil or clarified butter until cooked through and browned on the outside. glaze is nice and brown.



### peas and carrots}

**skill level:** easy | **serves:** 4 | **time:** 15 mins (stove)

#### ingredients

- 1/2 lb carrots, scraped and cut into a small 1/4-inch dice
- 1/2 lb fresh or frozen peas
- 2 tbsps butter\*\*
- 2 tbsps chopped fresh parsley

#### method

1. Toss carrots and peas into a saucepan, cover with water and boil until tender for about fifteen minutes. Strain and stir in butter and chopped fresh parsley.

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



### green salad with kefir-herb dressing}

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

#### ingredients

##### for the dressing

- 2 tbsps apple cider vinegar
- 2 tbsps kefir
- 1 egg yolk
- 1 shallot, peeled and minced
- 1/2 tsp unrefined sea salt
- 1/4 tsp ground black pepper
- 2 tbsps chopped fresh parsley
- 2 tbsps chopped fresh chives
- 1 tbsp chopped fresh dill
- 1/2 cup unrefined extra virgin olive oil

##### for the salad

- 8 cups salad greens
- 1 red onion, peeled and finely sliced
- 2 carrots, scraped and chopped into 1/4-inch rounds
- 4 radishes, chopped into 1/4-inch rounds

#### method

1. Toss vinegar, kefir, egg yolk, shallot, sea salt, pepper and herbs together in a food processor and pulse to combine. Once roughly combined, continue processing while slowly pouring olive oil into the mixture in a smooth and fine stream. Continue processing until well-emulsified. Transfer to a mason jar or salad dressing cruet and store in the fridge for no more than five days.
2. Before serving dinner, toss salad greens together with red onion, carrots and radishes. Dress with kefir-herb dressing at the table

**\*Don't do nuts?** Substitute unbleached all-purpose flour or sprouted flour.

**\*Don't do dairy?** Substitute coconut oil for butter and 1/4 cup cashews or pine nuts soaked overnight in warm water and drained for kefir.

## bonus recipes} honey-broiled grapefruit, honey-mustard, roasted root vegetable soup

Lentils, split peas and other pulses are traditionally thought to bring good luck in the New Year and while I can't promise that this split pea soup will boost your fortune, it does taste spectacular.



### make this meal}

**up to 1 week ahead:** Make beef stock for soup. Make fresh whey for honey-mustard.



### food for thought}

**Beef stock** is rich in glucosamine-chondroitin which supports joint health, and is a good source of easy-to-assimilate minerals.

**Grapefruit** is rich in vitamin C, a known immune booster, and is a good source of antioxidants.

**Honey** is a good source of food enzymes, and it contains manganese, selenium, iron, potassium and zinc. It also offers a variety of B vitamins including riboflavin and vitamin B6.

**Beets** are a good source of anthocyanins which account for their vivid red color.



### honey-broiled grapefruit}

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

#### ingredients

- 2 grapefruits
- 1/4 cup honey

#### method

1. Halve the grapefruits cross-wise and loosen the segments with a sharp knife. Top each grapefruit halve with 1 tablespoon honey and broil for about 5 minutes.



### honey-mustard}

**skill level:** easy | **yield:** about 1 cup | **time:** 5 mins (active), 3 to 5 days (fermentation)

#### ingredients

- 1 cup mustard powder
- 1/4 cup fresh whey\*
- 1/4 cup filtered water
- 1/4 cup honey
- 1 1/2 tsps unrefined sea salt

#### method

1. Toss all ingredients together in a mixing bowl and whisk until thoroughly combined. Transfer to a mason jar and ferment at room temperature for three to five days before transferring to the fridge. The mustard should keep for several months, properly refrigerated.

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



### roasted root vegetable soup}

**skill level:** easy | **yield:** 1 1/2 qts | **time:** 5 mins (active), 30 mins (oven), 40 mins (stovetop)

#### ingredients

- 1 lb beets, peeled and chopped into bite-sized pieces
- 1 lb carrots, scraped and copped into bite-sized pieces
- 1/2 lb parsnips\*\*, scraped and chopped into bite-sized pieces
- 1 lb rutabagas, peeled and chopped into bite-sized pieces
- 2 tbsps olive oil
- 2 tbsps butter
- 1 onion, peeled and sliced
- 2 quarts beef stock

#### method

1. Preheat oven to 425° F.
2. Toss beets, carrots, parsnips and rutabagas with olive oil, sprinkle with salt and pepper and spread on a baking sheet. Bake at 425° F for 30 minutes, stirring halfway through.
3. Meanwhile, melt butter in a heavy-bottomed stock pot. Stir in onion and fry until fragrant for about three minutes. Stir in roasted vegetables and stock and simmer for 40 minutes.

**\*Don't do dairy?** Substitute 1/2 package vegetable starter culture dissolved in 1/4 cup filtered water or substitute 1/4 cup brine of previously fermented vegetables for whey.

**\*\*Don't do parsnips?** Substitute additional carrots.

## supplemental recipes} chicken stock, fresh whey, kefir, homemade beef stock



### roast chicken stock}

skill level: easy | time: 5 mins (active), 24 hrs (slowcooker)

#### ingredients

- 1 chicken frame
- vegetable scraps
- 2 bay leaves
- 1 tbsp apple cider vinegar

#### method

1. Pick the chicken carcass clean of useable meat and reserve that for another dish.
2. Add the chicken carcass, vegetable scraps and bay leaves to a crockpot.
3. Pour filtered water over the carcass to cover. Add cider vinegar. Cook in your slow cooker on low heat for 24 hours or longer.
4. By adding water to the cooker, you can continue to cook the broth until the chicken bones become flexible and rubbery.
5. Strain the broth through a fine mesh sieve and pour into mason jars.
6. The broth should gel, but it is not necessary.



### fresh whey/yogurt cheese}

skill level: easy

#### ingredients

- 1 quart yogurt

#### method

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



### kefir}

skill level: easy

#### ingredients

- 1 tbsp milk kefir
- 1 qt fresh raw milk

#### method

1. Place milk kefir grains in the bottom of a clean mason jar. Cover with 1 quart fresh milk.
2. Very loosely, place the lid and band on the mason jar. You do not want to tighten it because, as with all fermentation, carbon dioxide is created and needs to escape. Culture for 24 to 48 hours at room temperature. For a thin, mild kefir you can culture for 12 hours.
3. Once culturing is complete, strain milk kefir into a new mason jar, cap and refrigerate. Begin reculturing a new batch of kefir, if desired or allow your kefir grains to rest in water in the refrigerator for a few days until you're ready to make kefir again.



### 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

#### 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 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 sieve 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.