



# nourished kitchen

## meal plans} winter: 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>shepherd's pie</b> <ul style="list-style-type: none"> <li>shepherd's pie</li> <li>green salad with buttermilk herb dressing</li> </ul>	<b>ethiopian chicken stew</b> <ul style="list-style-type: none"> <li>doro wett</li> <li>injera OR almond flour bread</li> </ul>	<b>chinese un-takeout</b> <ul style="list-style-type: none"> <li>orange beef</li> <li>buddha's delight</li> <li>coconut rice or riced cauliflower</li> </ul>	<b>bonus recipes</b> <ul style="list-style-type: none"> <li>butternut squash and apple soup</li> <li>hot pink kraut</li> <li>orange sorbet</li> </ul> <b>supplemental recipes</b> <ul style="list-style-type: none"> <li>chicken stock</li> </ul>

## shopping list

### dairy & eggs

- \_\_\_ butter (3/4 cup)<sup>SA</sup>
- \_\_\_ whole milk (1/2 cup)<sup>SA</sup>
- \_\_\_ buttermilk (2 tbsps)<sup>SA</sup>
- \_\_\_ **eggs (8 whole, 1 yolk)**

### meat, fish & fowl

- \_\_\_ ground lamb (1 lb)
- \_\_\_ chicken stock (2 qts, 1/2 cup)<sup>HM</sup>
- \_\_\_ bone-in, skin-on chicken thighs (6)
- \_\_\_ flank steak (1 lb)

### fresh produce & herbs

- \_\_\_ rosemary (2 tsps, chopped)
- \_\_\_ yellow onion (3)
- \_\_\_ potatoes (2 lbs)<sup>SA</sup>
- \_\_\_ shallot (1)
- \_\_\_ parsley (2 tbsps, chopped)
- \_\_\_ chives (2 tbsps, snipped)
- \_\_\_ dill (1 tbsp, chopped)
- \_\_\_ salad greens (8 cups)

- \_\_\_ red onion (3)
- \_\_\_ carrots (4)
- \_\_\_ radishes (4)
- \_\_\_ garlic cloves (8)
- \_\_\_ ginger (1 3-1/2 inch knob)
- \_\_\_ cilantro (1/2 cup, chopped)
- \_\_\_ oranges (9)
- \_\_\_ scallions (2 bunches)
- \_\_\_ broccoli (1 head)
- \_\_\_ shiitake mushrooms (1 cup)
- \_\_\_ snow peas (1 cup)
- \_\_\_ butternut squash (2 large)
- \_\_\_ apples (4)
- \_\_\_ red cabbage (1 large head)

### pantry items

- \_\_\_ tomato paste (1 tbsp)
- \_\_\_ **brown jasmine rice (1 1/2 cups)<sup>SA</sup>**
- \_\_\_ soy sauce (1/4 cup, 1 tbsp)<sup>SA</sup>
- \_\_\_ mirin (1/4 cup, 1 tbsp)<sup>SA</sup>
- \_\_\_ **coconut oil (1/4 cup)**

- \_\_\_ **coconut milk (2 cups)**
- \_\_\_ **shredded coconut (1 cup)**
- \_\_\_ sesame oil (1 tbsp)
- \_\_\_ **cider vinegar (3 tbsps, 1/2 tsp)**
- \_\_\_ olive oil (1/2 cup)
- \_\_\_ **almond flour (1 1/2 cups)**
- \_\_\_ **ground flax seeds (1/4 cup)**
- \_\_\_ **whole flax seeds (1 tbsps)**
- \_\_\_ **honey (1 cup, 2 tsps)**
- \_\_\_ **teff flour (1 3/4 cup)**

### spices & dried herbs

- \_\_\_ ground unrefined sea salt
- \_\_\_ ground black pepper
- \_\_\_ ground cardamom (1/4 tsp)
- \_\_\_ ground turmeric (1/4 tsp)
- \_\_\_ ground cloves (1/4 tsp)
- \_\_\_ baking soda (1/2 tsp)
- \_\_\_ crushed red pepper (1 1/2 tsps)
- \_\_\_ curry powder (2 tbsps)
- \_\_\_ ground white pepper (1/2 tsp)

- \_\_\_ ground cumin (1/2 tsp)
- \_\_\_ paprika (1/2 tsp)
- \_\_\_ garlic powder (1/2 tsp)
- \_\_\_ ground white pepper (1/2 tsp)
- \_\_\_ crushed red pepper flakes (1/4 tsp)
- \_\_\_ onion powder (1/2 tsp)

### miscellaneous & specialty

- \_\_\_ **sourdough starter (1/4 cup)**
- \_\_\_ apple juice (2 cups)

**If making injera:** Omit almond flour, flax seeds, ground flax, baking soda, 4 eggs, 2 tsps honey, 1/2 tsp raw cider vinegar.

**If making almond flax bread:** Omit sourdough starter and teff flour.

**If making riced cauliflower:** Omit rice, 1 tbsp cider vinegar, 1 tbsp coconut oil, coconut milk, shredded coconut.

**If making coconut rice:** Omit cauliflower.

## menu #1} shepherd's pie, buttermilk herb dressing

This meal of shepherd's pie makes plenty of leftovers. You can make it ahead and reheat it in the oven easily. We like to serve it with a huge salad and a classic buttermilk herb dressing.



### lighten your budget} \$10

Substituting beef for lamb will save about \$5. Substituting half the amount of dried herbs for fresh will save about \$5.



### make this meal}

**3 days ahead:** Thaw lamb in the fridge. Prepare vegetables according to recipe instructions and store in the fridge until ready to cook. Prepare buttermilk herb dressing.  
**about 1 hour ahead:** Prepare shepherd's pie.  
**5 mins ahead:** Toss salad, dress at the table.



### food for thought}

**Chicken stock** is rich in amino acids including glycine and proline and is a good source of minerals.

**Grass-fed lamb** is rich in minerals such as zinc, a known immune booster, and in conjugated linoleic acid, a healthy fat known to mitigate the risk of cancer.

**Buttermilk** is rich in beneficial bacteria which help to enhance digestion, form vitamins and boost the immune system.



### shepherd's pie}

**skill level:** easy | **yield:** 4 servings | **time:** 20 mins (stove), 5 mins (active), 40 mins (oven)

#### ingredients

- 1/4 cup butter\*, divided
- 2 tsps chopped fresh rosemary
- 1 yellow onion, peeled and chopped
- 2 carrots, scraped and chopped
- 1 lb ground lamb\*\*
- 1 cup chicken stock
- 1 tbsp tomato paste
- 2 lbs potatoes\*\*\*, peeled and chopped
- 1/2 cup whole milk\*
- 1 tsp unrefined sea salt
- 1/2 tsp ground black pepper

#### method

1. Preheat the oven to 375° F.
2. Melt two tablespoons butter in a large oven-proof skillet over medium heat. When it froths, stir in the rosemary, onion and carrots and fry for four to five minutes until fragrant. Add ground meat to the skillet and continue cooking, stirring frequently, until browned for about 10 minutes. Stir in chicken stock and tomato paste and remove from heat.
3. Meanwhile, toss potatoes into a large kettle, cover with water and bring to a boil. Simmer until tender, about 20 minutes. Drain and mash potatoes with remaining two tablespoons butter, whole milk, sea salt and ground black pepper.
4. Spread mashed potatoes over meat and vegetables, bake for 35 to 40 minutes in an oven preheated to 375° F.

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



### green salad with buttermilk herb dressing}

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

#### ingredients

##### for the dressing

- 2 tbsps apple cider vinegar
- 2 tbsps buttermilk\*
- 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, buttermilk, 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 buttermilk-herb dressing at the table.

**\*Dairy-free?** Substitute coconut oil for butter, coconut milk for whole milk and 2 tbsps cashews (soaked overnight) for buttermilk.

**\*\*Don't have ground lamb?** Substitute ground beef.

**\*\*\*On GAPS/SCD?** Substitute cauliflower, and cook only until tender.

## menu #2} doro wett, injera or almond flax bread

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

**D**oro wett is a traditional Ethiopian chicken stew that is brimming with rich flavors of cardamom, cloves, ginger and cayenne. We serve it with the classic Ethiopian sourdough flat bread—injera, or you can serve it with almond flax bread if you adhere to a grain-free diet.

- 1/2 tsp cayenne
- 3 cups chicken stock
- 6 bone-in, skin-on chicken thighs
- 4 hard boiled eggs, peeled
- 1/2 cup chopped fresh cilantro

### method

1. Melt butter over medium-high heat. Stir in onion and garlic, frying until fragrant. Stir in cardamom, turmeric, cloves, ginger and cayenne and continue frying for a further two minutes.
2. Add chicken stock and thighs to the pan, bring to a simmer over medium-high heat and continue simmering for 30 minutes, covered. Stir in eggs and cilantro and simmer for five minutes before serving.

Allow it to cook until bubbles form at its center for about 1 minute, then cover it with a tight-fitting lid and allow the injera to continue to cook for two to three minutes or until the top is firm. Remove and continue making injera in this fashion until your batter is exhausted.

### make this meal}

**up to 3 days ahead:** Thaw chicken in fridge. Prepare vegetables and store in fridge.

**about 8 hrs ahead:** Mix batter for injera.

**about 50 mins ahead:** Bake almond flax bread.

**about 35 mins ahead:** Prepare injera.

**about 5 mins ahead:** Stir eggs and cilantro into doro wett and serve with injera or almond flax bread.



### almond flax bread}

**skill level:** moderate | **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. Grease a loaf pan.
2. 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.
3. Cool completely before serving

**\*Dairy-free?** Substitute coconut oil for butter.



### injera}

**skill level:** moderate | **yield:** about 6 injera | **time:** 5 mins (active), 6 to 8 hrs (fermentation), 5 mins (cooking per injera)

### ingredients

- 1/4 cup proofed, bubbly sourdough starter
- 1 3/4 cup filtered water
- 1 3/4 cup teff flour
- 1/2 tsp unrefined sea salt

### method

1. Whisk all ingredients together until they form a smooth, thin batter. Allow it to sit, loosely covered, for six to eight hours.
2. Preheat a cast-iron skillet or crepe pan over medium heat. If your skillet or pan is not well-seasoned, you may brush it with a bit of melted butter or coconut oil first.
3. Pour 1/2 cup of batter into the skillet, tilt it and swirl it so that it forms a thin pancake.



### doro wett}

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

### ingredients

- 1/4 cup butter\*
- 2 red onions, peeled and diced
- 2 garlic cloves, peeled and minced
- 1/4 tsp ground cardamom
- 1/4 tsp powdered turmeric
- 1/4 tsp ground cloves
- 1 1 1/2-inch knob ginger, peeled, grated

## menu #3} orange beef, buddha's delight, coconut rice or riced cauliflower

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



### make this meal}

**up to 3 days ahead:** Thaw beef, if frozen.

Prepare vegetables, store in fridge.

**about 13 hrs ahead:** Soak rice. Marinate beef.

**about 45 mins ahead:** Prepare rice.

**about 15 mins ahead:** Prepare orange beef and buddha's delight. Prepare riced cauliflower.



### orange beef}

**skill level:** easy | **yield:** 4+ leftovers | **time:** 12 to 24 hrs (marinade), 15 mins (stovetop)

#### ingredients

- 1 lb grass-fed beef flank steak, partially thawed, and sliced as thinly as possible
- 2 tbsps naturally fermented soy sauce\*
- 1/2 tsp crushed red pepper flakes
- 1/4 cup mirin\*\*
- zest and juice of 1 orange
- 2 tbsps coconut oil
- 1 1-inch knob ginger, peeled and grated
- zest and segments of 2 oranges
- 1 bunch scallions, sliced thin

#### method

1. Toss sliced steak together with soy sauce, rice wine, red pepper flakes and the juice and zest of one orange. Allow to marinate for 12 to 24 hours. After it has marinated, drain it, reserving the marinade.
2. Heat coconut oil in a wok or skillet over a moderately high flame until melted. Toss in ginger and orange zest, frying until fragrant then add beef, stir-frying until cooked through, about six to eight minutes.
3. Pour in marinade and continue cooking until the liquid is largely evaporated.
4. Fold in orange segments, sliced scallions and serve.



### buddha's delight}

**skill level:** easy | **serves:** 4 | **time:** about 10 mins

#### ingredients

- florets of 1 head broccoli
- 1 cup shiitake mushrooms, stemmed and sliced thin
- 1 cup snow peas, trimmed
- 1 tbsp coconut oil
- 1 1-inch knob ginger, peeled and grated
- 2 garlic cloves, peeled and minced
- 3 tbsps naturally fermented soy sauce\*
- 1/2 cup chicken stock
- 1 tbsp sesame oil
- 1 tbsp mirin\*\*
- 1 bunch scallions, sliced thin

#### method

1. Steam broccoli, snow peas and shiitake mushrooms together until tender.
2. Melt coconut oil over moderate heat in a skillet or wok, stir in ginger and garlic and fry until fragrant. Whisk in soy sauce, chicken stock, sesame oil and mirin and simmer until reduced by half.
3. Remove from heat and toss with steamed vegetables to coat. Garnish with scallions.



### coconut rice}

**skill level:** easy | **serves:** 4 | **time:** 5 mins (active), 8 to 12 hrs (soaking), 45 mins (stovetop)

#### ingredients

- 1 1/2 cups brown jasmine rice
- 1 tablespoon cider vinegar
- warm water, to cover
- 1 tbsp coconut oil

- 2 cups coconut milk
- 1 cup shredded unsweetened coconut
- 1/2 tsp unrefined sea salt

#### method

1. Toss rice into a mixing bowl with cider vinegar and cover with hot water, soaking for 8 to 12 hours. After the rice has soaked, drain and rinse until the water runs dry.
2. Transfer the soaked rice to a saucepan with coconut oil, coconut milk, 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 five to ten minutes, covered. Fluff with a fork before serving.



### riced cauliflower}

**skill level:** easy

#### ingredients

- florets of 1 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. Steam the grated cauliflower in the sieve over simmering water until tender, about six to eight minutes.

\***Don't do soy?** Substitute fish sauce or coconut aminos.

\*\***Don't have mirin?** Substitute additional chicken stock.

## bonus recipes} butternut squash and apple soup, hot pink kraut, orange sorbet

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

This butternut squash and apple soup is lovely in its mild sweetness—we serve it with a good bread and a simple salad for a light lunch. This hot pink kraut will yield a beautiful fuschia color and takes a few weeks for proper fermentation.



### make this meal}

**up to 1 week ahead:** Make chicken stock for soup.



### food for thought}

**Chicken stock** is rich in amino acids including glycine and proline and is a good source of minerals.

**Butternut squash** is a good source of beta carotene, a potent antioxidant.

**Oranges** are rich in vitamin C, known to boost immunity.

**Garlic** is rich in manganese, vitamin B6 and vitamin C and is thought to support heart health and immunity.



## butternut squash and apple soup}

**skill level:** easy | **yield:** about 2 qts | **time:** 50 mins (stovetop)

### ingredients

- 1/4 cup butter\*
- 2 yellow onions, peeled and chopped
- 2 tbsps curry powder
- 2 large butternut squash, peeled, halved, seeded and chopped
- 4 apples, peeled, cored and chopped
- 2 tps unrefined sea salt
- 1/2 tsp ground white pepper
- 1 quart chicken stock
- 2 cups apple juice

### method

1. Melt butter in a heavy-bottomed stock pot over moderate heat. Stir in onions and curry powder and fry until tender and fragrant for about eight minutes.
2. Stir squash, apples, salt, pepper and stock into the pot and simmer, covered, for 40 minutes.
3. Puree with an immersion blender, stir in additional apple juice and serve.



## hot pink kraut}

**skill level:** easy | **yield:** 1 qt | **time:** 2 weeks

### ingredients

- 1 large head red cabbage, cored and shredded
- 4 cloves garlic, peeled and minced
- 1 tsp crushed red pepper flakes
- 1 tbsp unrefined sea salt

### equipment

- mixing bowl
- wooden spoon or dowel
- mason jar or vegetable fermentation device

### method

1. Toss all ingredients to a mixing bowl and knead by hand until the cabbage is limp and the ingredients are well-combined.
2. Layer kraut into a mason jar or vegetable fermentation device and pound with a wooden dowel or spoon until the brine created by cabbage juice and salt covers the cabbage. Weigh down and ferment for at least two weeks before tasting.

### Wondering how to serve hot pink kraut?

Sauerkraut makes a great side dish, accompaniment to sausages and is excellent served in lentil or bean soups.



## orange sorbet}

**skill level:** easy

### ingredients

- zest of 2 oranges
- 1 cup honey
- juice of 6 oranges

### method

1. Place zest, honey and orange juice into a saucepan and whisk until the honey is fully dissolved and the mixture is well-combined. Continue simmering for five minutes. Transfer to the fridge and chill for two hours.
2. Transfer to an ice cream maker and process according to ice cream maker's manufacturer's instructions.

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

## supplemental recipes} chicken stock



### chicken stock}

skill level: easy

#### ingredients

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

#### method

1. Pick the chicken frame clean of useable meat and reserve that for another dish.
2. Add the chicken carcass, vegetable scraps and bay leafs to a crockpot. Pour filtered water over the carcass to cover. Add cider vinegar.
3. Cook in your slow cooker on low heat for 24 hours or longer. Strain the broth through a fine mesh sieve and pour into mason jars.

### 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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