

simple dinners

from nourished kitchen

october 18



simple dinners} week of october 18

This week we're serving up some nourishing, nutrient-dense suppers that are simple to prepare, and immensely satisfying. Most of these dishes can be prepared with minimal effort, making use of slow-roasting or slowcooking.

tips & tricks} getting the most from this series

recipes & to-do lists}

- meal plans and recipes are located on pages 2 - 12.
- mark the day you plan to prepare the menu.
- take a look at the to-do list which will help ensure your meal comes together easily at dinner time.

shopping list}

- print out the shopping list (page 13), and take it with you to market.
- remember, save money by shopping from your pantry first. what do you already have in stock?

supplemental recipes}

- if you're a tried-and-true from-scratch cook, try our supplemental recipes for basic ingredients like fresh chicken broth, whey and beefstock (pages 14 - 15).

seasonal produce guide}

- check out the guide to seasonal produce and mark your notes on page 16.

need help}

- Email me at jenny@nourishedkitchen.com using the subject line SIMPLE DINNERS.

week of october 18}

menu #1} chicken with lemon & thyme
roast chicken with lemon & thyme
pan vegetables
green salad with lemon & olive oil

menu #2} baked salmon
baked salmon
buttered butternut squash
creamed spinach

menu #3} beef carbonnade
beef carbonnade
green salad & cider vinaigrette
almond-flax bread OR no-knead whole wheat bread

ferments, soups, desserts}
brine-pickled cabbage
lentil soup
pomegranate sorbet

supplemental recipes}
beef stock
chicken broth
fresh whey / yogurt cheese



menu #1} roast chicken with lemon and thyme, pan vegetables, green salad with lemon vinaigrette

Roast chicken pairs beautifully with lemon and thyme, and in this simple dinner we combine them with root vegetables and a fresh green salad.

food for thought} how & why this meal nourishes

pastured chicken}

- is less likely to be infected with salmonella than conventional.
- is rich in preformed vitamin A, a nutrient that is critical to reproductive health and vital for the developing baby. Lack of vitamin A is implicated in myriad birth defects and malformation of the palate.

citrus}

- is rich in ascorbic acid, a known immune booster.
- is a good source of antioxidants.

beets}

- are a good source of folate, a B? vitamin that is critical for women of reproductive age.

This Meal:
Skill level: Easy
Serves: 4, plus leftovers

this meal is scheduled for}

menu #1}

up to three days ahead}

- thaw chicken, if frozen, in the refrigerator.
- prepare vegetables according to recipe instructions, storing in airtight containers in the fridge until ready to use.

up to one day ahead}

make the dressing according to recipe instructions.

four hours ahead}

- prepare roast chicken with pan vegetables according to recipe instructions.

fifteen minutes ahead}

- remove chicken from oven and allow it to rest before carving,
- toss greens with red onion for salad, dressing at the table just prior to serving.

simple dinners

from nourished kitchen

october 18



recipes for menu #1} roast chicken with lemon and thyme, salad

roast chicken with orange and thyme, pan vegetables} skill level:

easy | serves: 4+ leftovers | time: 5 mins (active),
3 hrs, 45 mins (oven)

ingredients

- 1 whole chicken (3 to 5 lbs)
- 1/2 tsp unrefined sea salt
- 1/2 tsp ground black pepper
- 1 tbsp unrefined extra virgin olive oil
- zest and juice of 1 lemon
- 1 lemon, quartered
- 1 bunch fresh thyme, divided
- 1 yellow onion, quartered
- 4 medium beets, peeled and quartered
- 4 medium carrots, peeled and chopped coarse

equipment

- 100% cotton cooking twine
- baking dish with aluminum foil or clay baker with lid

method

1. Preheat the oven to 275 degrees Fahrenheit.
2. Truss the chicken.
3. Season the chicken with salt and pepper, inside and out.
4. Pour olive oil over the breast, then sprinkle with the zest and juice of one orange as well as half of the thyme leaves.
5. Place the remaining thyme leaves plus quartered lemon and onion in the birds cavity.
6. Place the quartered beets and chopped carrots into the pan and roast the chicken, covered, in an oven preheated to 275 degrees Fahrenheit for three hours. Uncover the chicken then increase the temperature to 375 degrees Fahrenheit and continue roasting for a further thirty to forty-five minutes.
7. Serve with pan vegetables and drippings.

NOTE: Save the chicken's frame to make roast chicken stock, or freeze until needed.

green salad with lemon-honey vinaigrette} skill level: easy | serves: 4 |

time: 5 mins (active)

ingredients

- juice of 2 lemons
- 1 garlic clove, minced
- 1 tbsp honey
- 1 cup unrefined extra virgin olive oil
- unrefined sea salt, to taste
- ground black pepper, to taste

- 8 cups lettuce or mixed greens
- 1 red onion, thinly sliced

equipment

- whisk
- mixing bowl
- salad dressing cruet or mason jar with lid

method

1. Whisk the lemon juice together with minced garlic and honey. Whisk in unrefined extra virgin olive oil. Season, as it suits you, with unrefined sea salt and black pepper.
2. Dress greens and onion or transfer the dressing to a salad dressing cruet or mason jar, storing at room temperature, until ready to use.

simple dinners

from nourished kitchen

october 18



menu #2} baked salmon, buttered butternut squash, creamed spinach

For this meal, we pair baked salmon with simple buttered butternut squash and creamed spinach. Don't worry - if you're on GAPS or are dairy-free, we've got some great alternatives that your family will positively love.

food for thought}

how & why this meal nourishes

butternut squash}

- is naturally sweet and buttery - a favorite with small children.
- can keep for up to seven or eight months, properly cared for, in cold storage so stock up at the farmers market in autumn.
- is rich in beta carotene, an antioxidant and precursor to vitamin A that's best absorbed when eaten with a wholesome fat.

spinach}

- is a good source of iron.
- is rich in food folate, a nutrient critical for women of reproductive age.
- is best served cooked due to its high oxalate content.

heavy cream}

- is rich in conjugated linoleic acid, a known cancer fighter.

This Meal:
Skill level: easy
Serves: 4

this meal is scheduled for}

menu #2}

up to three days before serving}

- thaw the fish, if frozen, in the refrigerator.
- prepare vegetables for creamed spinach, storing in airtight containers until ready to assemble dish.

up to one day before serving}

- prepare the buttered butternut squash, if desired, storing in the refrigerator until ready to reheat for serving.

thirty minutes before serving}

- reheat butternut squash in oven.
- prepare creamed spinach, keep warm until ready to serve.
- bake the salmon

simple dinners

from nourished kitchen

october 18



recipes for menu #2} baked salmon, buttered butternut squash

baked salmon} skill level: easy | serves: 4+ | leftovers | time: 5 minutes (active), 30 minutes (oven)

ingredients

- 4 4- to 6-oz servings of wild-caught salmon
- 1/2 tsp unrefined sea salt
- 1 tsp ground black pepper

equipment

- baking sheet
- parchment paper

method

1. Preheat oven to 350 degrees Fahrenheit and line a baking sheet with parchment paper.
2. Place salmon filets on the baking sheet, sprinkle with salt and pepper. Bake in an oven preheated to 350 degrees Fahrenheit for about thirty minutes or until the fish flakes easily with a fork.

buttered butternut squash} skill level: easy | serves: 4 | time: under 10 minutes

ingredients

- 1 large butternut squash, halved and seeded
- 1 tbsp coconut oil
- 1/4 cup butter*
- 1/2 tsp cinnamon

equipment

- baking sheet
- food processor, blender or food mill

method

1. Preheat oven 400 degrees Fahrenheit.
2. Rub the skin of the seeded butternut squash with coconut oil then invert the squash on a baking sheet and roast at 400 degrees Fahrenheit until the skin has browned and is easily pierced with a knife.
3. Allow the squash to cool until comfortable to handle, about ten minutes.
4. Spoon the flesh from the squash and toss it into a food mill, blender or food processor along with one-quarter cup butter and one-half teaspoon cinnamon. Process until smooth.
5. Transfer to a serving dish and serve warm.

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

NOTE: Are you making this dish ahead? Warm it in the oven thirty minutes before serving.



recipes for menu #2} creamed spinach

creamed spinach} skill level: easy |

serves: 4 | time: 20 mins

ingredients

- 1/4 cup butter*
- 1 yellow onion, chopped fine
- 2 lbs spinach
- 1 cup heavy cream*
- 1/4 tsp grated nutmeg
- unrefined sea salt, to taste
- ground black pepper, to taste

equipment

- skillet

method

1. Melt butter until it froths, then toss in chopped onion, frying until fragrant and tender. Toss in the chopped spinach, stir until slightly wilted.
2. Reduce the heat, stir in cream and continue cooking until the cream is reduced by half.
3. Season with nutmeg, salt and pepper.
4. Serve warm.

***On GAPS/SCD?** Substitute properly cultured sour cream, creme fraiche or yogurt. **Dairy-free?** Substitute coconut milk for cream and coconut oil for butter; omit nutmeg and use coriander instead.



menu #3} beef carbonnade, almond-flax bread OR slow-rise whole grain bread, green salad with cider vinaigrette

Simple, wholesome and nourishing, this classic Belgian beef stew is rich in flavor and super easy to make at home. Serve with a big green salad and a loaf of bread (almond-flax or slow-rise bread).

food for thought}

how & why this meal nourishes

grass-fed beef}

- is rich in iron, zinc and B vitamins.
- offers a more favorable ratio of omega-3 fatty acids to omega-6 fatty acids than conventionally raised beef.
- is less likely to be contaminated by acid-resistant e. coli than conventional beef.

bone broths & stocks}

- is a source of easy-to-assimilate minerals as well as glucosamin chondroitin and collagen

This Meal:
Skill level: Easy
Serves: 4

this meal is scheduled for}

menu #3}

up to one week ahead}

- make vinaigrette, store at room temperature in a lidded mason jar or salad dressing cruet.

up to three days ahead}

- thaw beef stew meat, if frozen, in the refrigerator.
- chop vegetables and store in airtight containers in the fridge until ready to prepare the recipe.

at least twelve and up to twenty-four hours ahead}

- mix batter for slow-rise bread, if using.

up to twelve and at least eight hours ahead}

- brown beef and begin stewing the beef carbonnade

one hour ahead of time}

- bake almond flour bread, if using, or slow-rise bread, if using.

simple dinners

from nourished kitchen

october 18



recipes for menu #3} beef carbonnade, green salad, cider vinaigrette

beef carbonnade} skill level: easy |
serves: 4 | time: 10 mins (active), 8 to 12 hrs
(slowcooking)

ingredients

- 1 1/2 lbs stew meat
- unrefined sea salt, to taste
- ground black pepper, to taste
- 2 tablespoons butter*
- 1 yellow onion, peeled and sliced in rounds
- 4 garlic cloves, chopped coarsely
- 1 bunch thyme
- 2 bay leaves
- 1 cup beef stock
- 2 cups dark beer**
- fresh parsley, chopped, to serve

equipment

- cast iron or stainless steel skillet
- slowcooker

method

1. Season stew meat with unrefined sea salt and ground black pepper.
2. Melt butter until frothy, add stew meat, browning on all sides.
3. Add stew meat, sliced onion, garlic cloves, thyme, two bay leaves, beef stock and beer into a slowcooker. Cook on low for twelve hours or on high for eight hours.
4. Dress with fresh parsley.

*Substitute olive oil, bacon fat, pastured lard, grass-fed tallow, palm kernel oil, clarified butter or ghee. **Substitute beef stock or red wine.

cider vinaigrette} skill level: easy |
serves: about 1 cup | time: 5 minutes

ingredients

- 1 shallot, minced
- 1 clove garlic, minced
- 2 tbsps cider vinegar
- 1/2 tsp unrefined sea salt
- 1/2 cup unrefined extra virgin olive oil

- 8 cups salad greens
- 1 red onion, thinly sliced

equipment

- mixing bowl and whisk
- salad dressing cruet or mason jar with lid
- salad bowl
- tongs or salad claws

method

1. Toss minced shallot and garlic in a mixing bowl with apple cider vinegar and unrefined sea salt. Whisk in extra virgin olive oil and transfer to a salad dressing cruet or mason jar.
2. If your vinaigrette separates, and it will, simply shake it up before dressing the salad.
3. Toss greens with red onion, and allow diners to dress the salad themselves.

simple dinners

from nourished kitchen

october 18



recipes for menu #3} almond-flax bread, slow-rise whole grain bread

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

equipment

- stand mixer or mixing bowl and spoon
- loaf pan

method

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

*Substitute olive oil, bacon fat, pastured lard, grass-fed tallow, palm kernel oil, clarified butter or ghee. **Substitute beef stock or red wine.

slow-rise whole grain bread} skill

level: easy | yield: 1 loaf | time: 5 minutes (active), 12 to 24 hrs (rising), 1 hr (oven)

ingredients

- 2 cups water
- 1/2 tsp active dry yeast*
- 2 tbsps molasses**
- 4 cups whole grain flour
- 2 tsps unrefined sea salt
- 2 tbsps sunflower seeds
- 2 tbsps pumpkin seeds
- 2 tbsps flaxseeds

equipment

- mixing bowl and wooden spoon
- dutch oven or clay baker with lid

method

1. Mix water, yeast and molasses in a bowl, allow the yeast to proof.
2. Add flour, salt and seeds to the yeast, blending well with a wooden spoon. The dough should be wet and shaggy.
3. Cover the bowl with a kitchen towel and allow it to rest for twelve to twenty-four hours at room temperature.
4. Flour your work surface, then turn out the dough onto the flour. Allow it to rest for an additional hour and a half.
5. Place a Dutch oven or clay baker in an oven and preheat the oven to 475 degrees Fahrenheit.
6. Once the oven is preheated, dump the dough into the preheated clay baker. Cover the clay baker or Dutch oven. Reduce the heat to 450 degrees Fahrenheit and bake for thirty minutes. Remove the lid from the baker or Dutch oven and continue baking for twenty to thirty minutes.
7. Cool completely before slicing.

*Substitute one-quarter cup proofed levain. **Substitute honey.

simple dinners

from nourished kitchen

october 18



bonus recipes} brine-pickled red cabbage, lentil soup, pomegranate sorbet

Brine-pickled cabbage with its pronounced flavors pairs well with this week's beef carbonnade - creating a deeply hearty and rich meal. It also is nice stirred into lentil soup.

food for thought}

how & why this meal nourishes

lentils}

- are rich in folate, thiamin, vitamin B6 and trace minerals.

mineral-rich chicken stock}

- is rich in trace minerals. is a good source of glucosamine chondroitin, a nutrient which can benefit the joints. is a good source of natural gelatin, which is good for digestion and provides easily assimilated protein.

make ahead tips}

lentil stew}

- make chicken stock up to one week in advance.
- soak lentils at least ten to twelve hours ahead.

simple dinners

from nourished kitchen

october 18



bonus recipes} brine-pickled red cabbage, lentil soup

brine-pickled red cabbage}

skill level: easy | yield: 1 qt | time: 20 mins (active), up to 7 days (fermentation)

ingredients

- 1 lb red cabbage, shredded fine
- 1 carrot, peeled and shredded fine
- 1 tbsp whole black peppercorns
- 1 tbsp unrefined sea salt

equipment

- mixing bowl
- wooden spoon
- mason jar with lid or vegetable fermenter

method

1. Toss all ingredients into a mixing bowl and stir thoroughly with a wooden spoon until the vegetables are well-seasoned with salt.
2. Layer shredded cabbage and carrot in a mason jar, mashing down with a wooden spoon until the vegetables release their juice, combining with the salt to create a brine. Continue layering and pounding until the vegetable mixture is exhausted and the brine created by juice and salt covers the vegetables.
3. Pack the vegetables down at least one inch below the lip of the jar, cover loosely with a lid and allow the brine-pickled cabbage to ferment at room temperature for up to seven days.
4. Transfer to cold storage (root cellar or fridge), and consume within about three to four months.

lentil soup}

skill level: easy | yield: about 2 qts | time: 20 mins (oven), 30 mins (stovetop)

ingredients

- 3 cups brown lentils
- 3 tbsps cider vinegar
- 8 oz pastured bacon*
- 2 qts chicken broth
- 1 yellow onion, peeled and chopped fine
- 4 ribs celery, chopped fine
- 5 carrots, peeled and chopped fine
- 1 bunch parsley, chopped fine
- unrefined sea salt, to taste
- ground black pepper, to taste
- unrefined extra virgin olive oil, to serve

equipment

- cast iron skillet
- slowcooker

method

1. Soak the lentils in hot water combined with cider vinegar for ten to twelve hours. Rinse, drain and reserve.
2. Chop the bacon and fry it in a cast iron skillet until crispy.
3. Add onions, celery and carrots to the bacon fat.
4. Transfer onions, bacon, lentils and stock to a slowcooker and cook for eight hours on high to twelve hours on high.
5. Season with chopped parsley, salt, pepper and extra virgin olive oil.

*Don't do pork? Substitute beef bacon or omit.



bonus recipes} pomegranate sorbet

pomegranate sorbet} skill level: easy |
yield: about 1 qt | time: under 5 minutes (active
time), freezing time varies according to ice cream
maker's manufacturerers instructions

ingredients

- 1/2 cup raw honey, room temperature
- 3 cups pomegranate juice, room tempera-
ture
- seeds of one pomegranate

equipment

- mixing bowl
- whisk
- ice cream maker

method

1. Whisk one-half cup raw honey with three cups pomegranate juice until well-combined. Pour into your ice cream maker and freeze according to ice cream maker's manufacturer's instructions.
2. Garnish with pomegranate seeds prior to serving.

simple dinners

from nourished kitchen

october 18



shopping list}

dairy & eggs}

- butter (1/2 cup, 2 tbsps)SA
- heavy cream (1 cup)SA
- eggs (4 whole)

meat, fish and fowl}

- whole chicken (3 to 5 lbs)
- wild-caught salmon (4, 4- to 6-oz filets)
- beef stew meat (1 1/2 lbs)
- beef stock (1 cup)HM
- pastured bacon (1/2 lb)SA
- chicken broth (2 qts)HM

fresh produce}

- lemon (4 whole)
- thyme (2 bunches)
- yellow onion (3)
- beets (4)
- carrots (10)
- garlic (1 head)
- mixed greens (16 cups)
- red onion (2)
- spinach (2 lbs)
- butternut squash (1 large)
- bay leaves (2)
- parsley (1 bunch)
- shallot (1)
- celery (4 ribs)
- pomegranate (1)

- cabbage (1)

pantry & dried goods}

- unrefined extra virgin olive oil (1 cup, 1 tbsp)
- coconut oil (1 tbsp)
- cider vinegar (1/4 cup, 1 tbsp, 1/2 tsp)
- blanched almond flour (1 1/2 cups)
- ground flax (1/4 cup)
- whole flax seeds (2 tbsps)
- baking soda (1/2 tsp)
- honey (1/2 cup))
- active dry yeast (1/2 tsp)
- molasses (2 tbsps)

- sunflower seeds (2 tbsps)
- pumpkin seeds (2 tbsps)
- whole black peppercorns (1 tbsp)
- brown lentils (3 cups)

spices}

- unrefined sea salt
- ground black pepper
- cinnamon (1/2 tsp)
- nutmeg (1/4 tsp)

miscellaneous}

- dark beer (2 cups)SA

- pomegranate juice (3 cups)

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, see supplemental recipes.

O: Optional ingredient.



supplemental recipes} fresh chicken broth, beef stock

fresh chicken broth} skill level: easy |
yield: 2 qts plus cooked chicken meat | time: un-
der 5 mins (active), 6 hrs (stovetop)

ingredients

- 1 whole pasture-raised chicken, rinsed, cleaned with organs removed
- 1 gallon miscellaneous vegetable scraps (onions, carrots, celery, fresh parsley, leeks)
- 2 – 3 dried bay leaves
- 1 tbsp whole peppercorns
- 2 tsps apple cider vinegar
- filtered water to cover

equipment

- heavy-bottomed stock pot
- fine-mesh sieve or strainer

method

1. Add the whole chicken to a heavy-bottomed stock pot, cover with vegetable scraps, bay leaves and peppercorns.
2. Cover with very cold filtered water into which you've stirred two tablespoons apple cider vinegar.
3. Bring to a boil over medium-high heat.
4. Reduce the heat, cover and simmer gently for four to six hours – skimming off any scum or foam that appears at the surface.
5. After four to six hours of slow, gentle simmering, remove the pot from heat and strain it through a fine mesh sieve. Pick chicken meat off the bones and reserve for recipes calling for cooked shredded chicken.
6. Refrigerate and cool until the broth sets into a firm gel.

beef stock} skill level: easy | yield: 2 qts |
time: under 5 mins (active), 20 mins (roasting), 6
hrs (stovetop)

ingredients

- 2 lbs beef soup bones
- 1 gallon miscellaneous vegetable scraps (onions, carrots, celery, fresh parsley, leeks)
- 2 – 3 dried bay leaves
- 1 tbsp whole peppercorns
- 2 tsps apple cider vinegar
- filtered water to cover

equipment

- roasting pan
- stockpot

method

1. Preheat oven to 400 degrees Fahrenheit.
2. Place bones and vegetable scraps in a roasting pan and roast at 400 degrees Fahrenheit for twenty minutes.
3. Transfer roasted vegetables and bones to a stock pot, cover with filtered water and stir in bay leaves, peppercorns and cider vinegar.
4. Bring to a boil, reduce the heat and simmer, covered, for at least six hours. Skim any scum from the surface as it rises.



supplemental recipes} fresh whey / yogurt cheese

fresh whey / yogurt cheese}

skill level: easy | yield: varies | time: 5 mins (active time), about 8 hrs (straining)

ingredients

- 1 quart full-fat yogurt, preferably raw

equipment

- cheesecloth or butter muslin
- fine-mesh sieve large
- mixing bowl

method

1. Line a fine-mesh sieve with two layers of cheesecloth or a butter muslin and place the sieve over a mixing bowl. Pour one quart yogurt into the sieve. The yogurt solids will remain in the cheesecloth while the whey will drip into the bowl.
2. After about eight hours, remove the strained yogurt from the sieve and store in an airtight container in the refrigerator. Pour the whey into an airtight container and store it in the refrigerator. Fresh whey can keep up to six months, unopened, in the refrigerator.

