

# simple dinners

from nourished kitchen

november 1



## simple dinners} week of november 1

The cold weather is finally settling in here in the high country. It's this time of year that I return to deeply nourishing, slowly cooked favorites like stews and soups. This week we're serving a simple chicken cassoulet, classic liver and onions with its impeccable nutrient profile as well as home-cured lox - filled with omega-3 fatty acids and B vitamins. Your kids will also love our ginger spice cookies which are prepared without any refined sweeteners - just dates!

## tips & tricks} getting the most from these meal plans

### recipes & to-do lists}

- recipes are located on pages 2 through 13.
- 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 14), 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 chicken stock and fresh whey (page 15)

### seasonal produce guide}

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

### did you know you can print selective pages?}

- just go to file>print and select the individual pages you'd like to print.

## week of november 1}

### menu #1} one-pot meal

chicken cassoulet  
green salad with balsamic-fig vinaigrette

### menu #2} liver and onions

liver and onions  
roasted root vegetables  
green salad with kefir-herb dressing

### menu #3} lox and latkes

home-cured lox  
root vegetable latkes  
sauteed apples

### ferments, soups, desserts}

spiced preserved lemons  
borscht  
ginger spice cookies

### supplemental recipes}

chicken stock  
milk kefir

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## menu #2} poor man's cassoulet, green salad with balsamic-fig vinaigrette

Cassoulet, a simple and nourishing stew of white beans, herbs and sausages or, typically, duck can satisfy the soul on a cold winter's day. In our version of cassoulet we substitute chicken for duck, going even lighter on the budget than is customary for this peasant's dish. A simple dish, it's typically served with a salad dressed with herbs, olive oil and vinegar. This recipe for cassoulet can feed an army, so serve it to guests, take it to a potluck or make room for leftovers.

### food for thought}

how & why this meal nourishes

#### pasture-raised chicken}

- is rich in beta carotene, vitamin A and offers a favorable ratio of omega-3 to omega-6 fatty acids.
- is less likely to be contaminated with salmonella than the meat of conventional chickens raised in battery cages.

#### white beans}

- are an excellent source of folate, a nutrient critical to human reproduction and fetal development.
- are also a good source of phosphorus, copper, magnesium and iron, when properly prepared through soaking or sprouting.

#### lettuce}

- was described as "the best of the raw vegetables" by Dr. Price in his letter to his nieces and nephews.
- is a good source of beta carotene and vitamin C.

### this meal is scheduled for}

### make this meal}

#### up to one week ahead}

- make balsamic-fig vinaigrette and store at room temperature until ready to use.

#### up to three days ahead}

- thaw chicken, if frozen, in the refrigerator.
- prepare vegetables according to recipe requirements and store in airtight containers in the fridge.

#### at least twenty-eight hours and up to three days before serving}

- soak white beans in baking soda and hot water in preparation for cassoulet (step #1).

#### ten hours before serving}

- prepare cassoulet according to recipe instructions (steps #2 - 7)

#### five to ten minutes before serving}

- finish the cassoulet and season it (step #8).
- toss greens, onions and almond together for salad, dressing at the table.



## recipes for menu #2} poor man's cassoulet

### poor man's cassoulet}

difficulty: easy | serves: 4+ leftovers | time: 20 mins (stovetop), 9 to 10 hrs (slowcooker)

### ingredients

- 2 cups dry white beans such as navy or cannellini, picked over
- 1/4 tsp baking soda
- 1 tsp butter\*
- 8 oz coarsely chopped bacon, optional\*\*
- 3 lbs skin-on, bone-in chicken pieces
- 2 yellow onions, peeled and diced, divided
- 2 parsnips, scraped and diced\*\*\*
- 4 ribs celery, diced
- 2 qts chicken stock
- 2 cups white wine\*\*\*\*
- 2 bay leaves
- 4 cloves garlic, peeled and crushed
- the leaves of 1 bunch of thyme, minced
- the leaves of 1 bunch of parsley, minced
- unrefined sea salt, as needed
- ground black pepper, as needed

### equipment

- mixing bowl
- kitchen towel
- collander
- skillet or frying pan
- slotted spoon
- tongs

### method

1. Pour white beans into a large mixing bowl and cover with very hot water by two inches. Stir in baking soda. Cover with a towel and allow the beans to soak at room temperature for eighteen to twenty-four hours.
2. After eighteen to twenty-four hours of soaking, drain the beans and rinse them well.

3. In a skillet or frying pan, melt butter over a moderate flame, then add bacon, if using. Fry the bacon until crisp then transfer the crisp bacon to a waiting slowcooker.
4. Season chicken pieces with unrefined sea salt and ground black pepper as needed, and gently place in the rendered bacon fat. Brown on all sides and transfer to the slowcooker.
5. Fry diced onion, celery and parsnips until they release their fragrance and transfer to a slowcooker.
6. Add soaked, drained and rinsed beans to the slowcooker with chicken stock, wine, bay leaves and crushed garlic.
7. Cook on low for nine to ten hours until the chicken is cooked through and pulls apart easily when pierced with a fork.
8. Stir in minced fresh herbs and season as needed with unrefined sea salt and ground black pepper.

\***Lactose-/casein-free?** Substitute pasture-raised lard, grass-fed tallow or olive oil.

\*\***On GAPS or avoiding pork?** Omit bacon entirely, and using an additional two to three tablespoons butter or other suitable fat (see above) for browning chicken and frying vegetables.

\*\*\***On GAPS?** Substitute carrots for parsnips.

\*\*\*\***Alcohol-free?** Substitute an equivalent amount of additional chicken stock.



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## menu #2} liver and onions, mashed root vegetables, green salad with kefir-herb dressing

**L**iver is powerfully rich in trace minerals and B complex vitamins as well as vitamin A. Liver and onions is a classic way to prepare liver, but take care to purchase calve's liver or lamb liver, if you're unaccustomed to the flavor of liver as both calve's and lamb's liver tend to be milder than beef liver.

### food for thought}

how & why this meal nourishes

#### liver}

- is rich in vitamins including preformed vitamin A, food folate, niacin, vitamin B6, vitamin B12 and pantothenic acid.
- is also a good source of minerals including iron, phosphorus and selenium.

#### kefir}

- is an excellent source of food folate, a nutrient critical to women of reproductive age for the prevention of neural tube defects.
- is a good source of beneficial bacteria which help to fight off pathogens, bolster the immune system and improve digestion.

### make this meal}

#### up to 1 week in advance}

- make kefir, using supplemental recipes, if not purchasing ready-made.

#### up to three days ahead}

- prepare vegetables according to recipe requirements and store in the refrigerator until ready to use.
- thaw liver, if frozen, in the refrigerator.
- make salad dressing.

#### twelve to twenty-four hours in advance}

- marinate the liver in milk or in lemon water, as needed.

#### twenty-five minutes in advance}

- pan-fry liver and onions.
- prepare root vegetable mash.

#### five minutes ahead}

- toss salad, dressing at the table.

### this meal is scheduled for}



## recipes for menu #2} liver and onions, root vegetable mash

### liver and onions}

difficulty: easy | serves: 4 | time: 15 to 20 mins  
(stovetop), 12 to 24 hrs (marinade)

#### ingredients

- 1 1/2 lbs liver, thinly sliced
- 1 qt milk\*
- sprouted flour or blanched almond meal, for dredging (about 1 cup)
- unrefined sea salt, as needed
- ground black pepper, as needed
- 2 tbsps bacon fat\*\*
- 2 yellow onions, peeled and thinly sliced

#### equipment

- mixing bowl
- skillet

#### method

1. Marinate liver in milk overnight, then drain it and rinse it well.
2. Dredge marinated liver in flour or almond meal and season with salt and black pepper as needed.
3. Melt bacon fat in a cast iron skillet over a moderate flame, then sautee the onions in fat until fragrant and translucent. Add sliced liver and, working in batches, cook the liver through, turning as needed.
4. Serve hot, with onions.

\***Dairy-free?** Substitute 1/4 cup lemon juice dissolved in 1 qt water.

\*\***Don't eat pork?** Substitute butter, olive oil or grass-fed tallow.

### root vegetable mash}

difficulty: easy | serves: 4 | time: 20 minutes

#### ingredients

- 4 carrots, peeled and chopped
- 3 parsnips, peeled and chopped\*
- 1 large rutabaga, peeled and chopped
- 1 bay leaf
- 1/4 cup clarified butter\*\*
- unrefined sea salt, to taste

#### equipment

- saucepan with lid
- mixing bowl
- potato masher

#### method

1. Set carrots, parsnips, rutabaga and bay leaf in a saucepan and cover with water. Sim-
2. mer, covered, over medium-high heat until tender when pierced by a fork, about fifteen
3. minutes.
4. Drain the the vegetables, then return them to the saucepan and return the heat to me-
5. dium high to dry them out a bit, about one or two minutes. Remove from heat, pick out
6. the bay leaf, stir in one-quarter cup clarified butter and mash well, seasoning with salt
7. and pepper as it suits you.

\***On GAPS?** Substitute additional carrots for parsnips.

\*\***Dairy-free?** Substitute olive oil, coconut oil, beef tallow, pastured lard or bacon fat.





## menu #3} home-cured lox, root vegetable latkes, sauteed apples

**H**ome-cured lox is easy to make, and wonderfully nutritious. It's rich in heat-sensitive food enzymes, a good source of beneficial bacteria and is an excellent source of omega-3 fatty acids. In this meal, we serve it paired with root vegetable latkes and sauteed apples that are gently sweet of their own accord.

### food for thought} how & why this meal nourishes

#### wild-caught salmon}

- is a rich source of B vitamins and omega-3 fatty acids.
- is a sustainable "best choice" seafood according to Seafoodwatch.org

#### apples}

- are an excellent source of quercetin, an antioxidant thought to reduce the risk of cancer, cardiovascular disease and macular degeneration.

#### beets}

- are a good source of food folate, a nutrient critical to women of reproductive age.
- are a good source of anthocyanins, pigments that account for beets' red color and are thought to be protective against cancer.

### make this meal}

#### up to one week in advance}

- prepare fresh whey (optional) if using.
- thaw salmon, if frozen.

#### three days in advance}

- begin curing salmon.
- prepare vegetables according to recipe requirements and store in airtight containers in the fridge until ready to use.

#### thirty minutes in advance}

- fry root vegetable latkes.

#### twenty minutes in advance}

- prepare sauteed apples.

#### five minutes in advance}

- slice salmon and serve over root vegetable latkes.

### this meal is scheduled for}

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## recipes for menu #3} home-cured lox, root vegetable latkes

### home-cured lox} difficulty: easy | yeild: 2

filets | time: 5 mins (active), 3 days (marinating)

#### ingredients

- 1 cup coarse, unrefined sea salt
- 2 tbsps black peppercorns, cracked
- 1/2 cup fresh dill, minced
- 1/4 cup fresh whey, optional
- 2 filets wild-caught salmon

#### equipment

- mixing bowl
- spoon
- plastic wrap or cheesecloth
- resealable plastic bag
- two plates

#### method

1. Stir coarse sea salt with pepper, dill and fresh whey, if using, until the spices are evenly distributed in the salt.
2. Lay one salmon filet flesh side up and pour half the salt and spice mixture over the fish, sandwiching the other filet on top of the first.
3. Season the outside of the salmon filets with the remaining mixture, and wrap the sandwiched filets of salmon in plastic wrap or cheesecloth as tightly as you can.
4. Place the wrapped salmon in a resealable plastic bag on a plate. Place a second plate over the first to weight down the fish. Turn the fish once a day for three days.
5. Brush off excess salt and spice, slice fish as thinly as possible and serve.

**NOTE:** Home-cured lox will keep about a week in the fridge or up to three months in the freezer. Whey is not necessary to properly cure the fish; however, some newcomers feel more comfortable with using a starter culture such as whey.

### root vegetable latkes} difficulty: easy | yield: 4 (3 latkes each) | time: 5

minutes (active), 20 minutes (frying)

#### ingredients

- 3 beets, peeled and shredded
- 3 carrots, peeled and shredded
- 1 yellow onion, peeled and shredded
- 1 pastured egg, beaten
- clarified butter\* (about 3/4 cup), for frying

#### equipment

- mixing bowl
- wooden spoon
- cast iron or stainless steel skillet

#### method

1. Toss shredded beets, carrots and onions together with one-half teaspoon unrefined sea salt and one-quarter teaspoon freshly ground black pepper.
2. Stir one beaten egg into the season vegetables until well-combined.
3. Meanwhile heat about one-quarter cup clarified butter in a skillet
4. Form the beet and carrot mixture into patties about two and one-half inches to three inches in diameter and fry them in the hot butter until browned, turning once. Continue frying, adding clarified butter to the skillet as necessary, until the latke mixture is exhausted.
5. Serve with spiced applesauce or herbed sour cream.

**\*Dairy-free?** Substitute coconut oil, palm kernel oil.





## bonus recipes} spiced preserved lemons, winter borscht, ginger spice cookies

**P**reserved lemons are a fermented fruit popular in North Africa where their tart and salty flavor pairs beautifully with the region's flavors. While many lemons are fermented with salt alone, others add spices - cloves, anise, chilies, ginger, cardamom and cinnamon - for unsurpassably rich condiment. We're also preparing a simple beet soup this week.

## food for thought} how & why this meal nourishes

### wild-caught salmon}

- is a rich source of B vitamins and omega-3 fatty acids.
- is a sustainable "best choice" seafood according to Seafoodwatch.org

### apples}

- are an excellent source of quercetin, an antioxidant thought to reduce the risk of cancer, cardiovascular disease and macular degeneration.

### beets}

- are a good source of food folate, a nutrient critical to women of reproductive age.
- are a good source of anthocyanins, pigments that account for beets' red color and are thought to be protective against cancer.

## planning ahead}

### borscht}

- prepare vegetables according to recipe directions, storing in airtight containers in the fridge, up to three days in advance.
- prepare chicken stock, using supplemental recipes, up to one week in advance.



## bonus recipes} spiced preserved lemons, winter borscht

### spiced preserved lemons}

difficulty: easy | yield: 1 qt | time: under 5 mins (active), 1 week to 10 days (fermentation)

#### ingredients

- 2 lbs lemons, preferably Meyer lemons
- 2 cinnamon sticks
- 4 whole cloves
- 1 star anise pod
- 1 1-inch knob ginger, peeled and cut into match sticks
- 2 tbsps unrefined sea salt

#### equipment

- sharp knife
- mason jar with lid
- wooden spoon

#### method

1. Cut the lemons as though to quarter them, without splitting them completely through.
2. Sprinkle the flesh of each lemon with unrefined sea salt and place in a mason jar.
3. Mash the lemons with a wooden spoon until they release their juice. Their juice should combine with salt to create a rich brine.
4. Continue layering lemons with spices and sliced ginger, salting and mashing until your lemons are exhausted and the brine covers the lemons.
5. Place a lid loosely on the jar and ferment at room temperature for one week before removing to cold storage.

### winter borscht}

difficulty: easy | yield: 2 qts | time: 5 mins (active), 1 hr (simmering)

#### ingredients

- 2 tbsps butter\*
- 1 yellow onion, peeled and sliced thin
- 6 medium beets, peeled and chopped
- 2 qts chicken stock
- 1/2 cup minced dill
- kefir, optional, to serve

#### equipment

- heavy-bottomed stock pot

#### method

1. Melt butter in a skillet until it froths, then toss in onion, frying until fragrant.
2. Add chopped beets and chicken stock to the pot and simmer until beets are tender, about one hour.
3. Stir in chopped fresh dill.
4. Serve with kefir, if desired.



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## shopping list}

### dairy & eggs}

- butter or clarified butter (1 1/4 cup, 1 tbsp, 1 tsp)SA
- milk (1 qt)SA
- eggs (2 whole)
- kefir (1/4 cup)SA
- fresh whey (1/4 cup)O

### meat, fish and fowl}

- nitrate-/nitrite-free bacon (8 oz)O
- skin-on, bone-in chicken pieces (3 lbs)
- chicken stock (4 quarts)HM
- liver (1 1/2 lbs)
- bacon fat (2 tbsps)
- salmon (2 filets)

### fresh produce}

- yellow onions (6)
- beets (9)
- parsnips (5)SA
- garlic (4 cloves)
- thyme (1 bunch)
- parsley (1 bunch)
- shallot (1)
- salad greens (16 cups)
- red onion (2)
- carrots (7)
- rutabaga (1)
- minced fresh herbs of choice (1/4 cup)
- dill (1 cup, chopped)
- apples (4)
- lemons (2 lbs)
- ginger (1 1-inch knob)

### pantry & dried goods}

- white beans (2 cups)
- balsamic vinegar (1 tbsp)SA
- red wine vinegar (1 tbsp)
- cider vinegar (1 tbsp)
- dried mission figs (2)
- unrefined extra virgin olive oil (1 cup)
- almonds (1/4 cup)
- flour (sprouted or nut) (1 cup)

- blanched almond flour (1 1/2 cups)
- date sugar (1 cup)SA

### spices}

- unrefined sea salt
- ground black pepper
- coarse unrefined sea salt (1 cup)
- black peppercorns (2 tbsps)
- baking soda (1/4 tsp)
- bay leaves (3)
- powdered cinnamon (2 tsps)
- cinnamon sticks (2)
- whole cloves (4)
- star anise pod (1)
- vanilla extract (1 tsp)
- powdered ginger (1 tsp)
- powdered cloves (1/4 tsp)

### miscellaneous}

- white wine (2 cups)SA

### 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} chicken stock, milk kefir

### roast chicken stock}

difficulty: easy | time: 5 mins (active), 24 hrs

(slowcooker)

### ingredients

- 1 chicken frame
- 1 gallon vegetable scraps (onion tops, carrot peels, celery leaves, leek, parsley, etc.)
- 2 bay leaves
- 1 tbsp apple cider vinegar

### equipment

- slowcooker

### 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.
4. Add cider vinegar.
5. Cook in your slow cooker on low heat for 24-hrs or longer.
6. By adding water to the cooker, you can continue to cook the broth until the chicken bones become flexible and rubbery.
7. Strain the broth through a fine mesh sieve and pour into mason jars.
8. The broth should gel, but it is not necessary.

### kefir from active kefir grains}

difficulty: easy

### ingredients

- 1 quart milk or coconut water
- 1 heaping tbsp active kefir grains

### equipment

- Mason jar with lid and band
- Small, nonmetal sieve or tea strainer
- Wooden Chopstick or Small Wooden Whisk

### method

1. Place milk kefir grains in the bottom of a clean mason jar.
2. Cover with 1 quart fresh milk.
3. 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.
4. Culture for 24 – 48 hours at room temperature (68 to 78 degrees Fahrenheit). For a thin, mild kefir you can culture for 12 hours.

