



simple dinners} week of september 6

From a simple one-dish meal of shrimp veracruz to slowcooker kaluah pork with coconut sweet potatoes and Swiss steak, the menus this week feature simple, flavorful and nourishing foods. I hope you enjoy this late summer menu, and, as always - shoot an email to jenny@nourished-kitchen.com with any questions.

tips & tricks} getting the most from this series

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 17.

need help}

- Email me! Use the subject "SIMPLE DINNERS."

week of september 6}

menu #1} one-dish meal

shrimp veracruz
ensalada mixta

menu #2} polynesian-inspired supper

slowcooker kaluah pork
coconut sweet potatoes
avocado and pineapple salad

menu #3} swiss steak

swiss steak
steamed green beans
green salad with red wine vinaigrette

ferments, soups, desserts}

sour onion relish
plum sauce
watermelon gazpacho

supplemental recipes}

roast chicken stock
fresh whey/yogurt cheese
roasted tomatoes

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menu #1} shrimp veracruz, ensalada mixta

It's nearly the end of summer, and it's time to take advantage of all those wonderful summer crops, but tomatoes and peppers in particular which shine in this Mexican-inspired dish. Shrimp is extraordinarily rich in iodine, a nutrient that is essential to thyroid function; however, if you cannot find, cannot afford or do not wish to consume shrimp for personal or religious reasons, consider substituting any firm white fish.

food for thought} how & why this meal nourishes

oregon pink shrimp}

- are small shrimp sourced from clean, sustainable fisheries.
- are rich in vitamin D and iodine
- is a "best choice" sustainable seafood as ranked by the Monterey Bay Aquarium's Seafoodwatch.org.

tomatoes}

- are rich in lycopene, an antioxidant that accounts for their bright color and also known to protect against prostate cancer.
- are better served cooked which renders their nutrients more bioavailable.

make this meal}

up to two days in advance}

- thaw shrimp, if frozen, in the refrigerator.
- prepare vegetables, excluding tomatoes which must be prepared just prior to cooking

about twenty minutes in advance}

- prepare shrimp veracruz

about five to ten minutes in advance}

- plate salads and dress at the table.

this meal is scheduled for}



recipes for menu #1} shrimp veracruz, ensalada mixta

shrimp veracruz} skill level: easy
| serves: 4 | 5 minutes (active), 15 minutes
(stovetop)

ingredients

- 2 tbsps coconut oil
- 4 cloves garlic, peeled and chopped
- 1 bell pepper, any color, seeded and sliced thin
- 1 yellow onion, peeled and sliced thin
- 1 lb pink shrimp*
- 5 tomatoes, peeled, seeded and chopped
- 1 cup green olives, pitted and halved
- 1 bay leaf

equipment

- skillet

method

1. Melt coconut oil in a cast-iron or enameled cast-iron skillet. Stir in chopped garlic, sliced pepper and sliced onion, stirring until softened. Stir in pink shrimp and cover with chopped tomatoes, olives and bay leaf continue cooking until liquid is reduced to a thick syrup and serve.

***Don't do shrimp?** Prepare the sauce, excluding shrimp, and pour over grilled white fish.

ensalada mixta} skill level: super easy |
serves: 4 | 5 minutes (active)

ingredients

- 8 cups mixed greens
- 2 tomatoes, quartered
- 1 cucumber, peeled (if skin is tough), seeded and chopped
- 1 red bell pepper, seeded and sliced thin
- 1/2 cup olives, sliced thin
- 2 carrot, scraped and finely grated
- olive oil, to serve
- red wine vinegar, to serve
- unrefined sea salt, as needed

equipment

- mixing bowl

method

1. Plate greens with quartered tomato, cucumber bell pepper, olives and carrots. Then dress, as needed, with olive oil, vinegar and unrefined sea salt.

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menu #2} sour onion relish, plum sauce,

Perfect for a block party, potluck or home-cooked meal on the patio, this combination of dishes take their inspiration from the flavors of Hawaii with coconut, kaluah pork and avocado-pineapple salad.

food for thought}

how & why this meal nourishes

pasture-raised pork}

- is an excellent source of complete protein.
- is richer in vitamin D.
- is rich in monounsaturated fat, a healthy fat also found in avocados and olive oil.

avocado}

- is rich in monounsaturated fat, a healthy fat also found in olive oil and pork.

coconut oil}

- is rich in lauric acid, a fatty acid thought to support immune system health.

make this meal}

up to five days in advance}

- thaw pork in the refrigerator.
- prepare fruit and vegetables and store in airtight containers until ready to serve.

up to one day in advance}

- roast sweet potatoes.

about five minutes in advance}

- prepare avocado and pineapple salad.

this meal is scheduled for}

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recipes for menu #2} kaluah pork, coconut sweet potatoes

kaluah pork} skill level: easy | serves: 4+
leftovers | time: 5 minutes (active), 18 to 24
hours (slowcooker)

ingredients

- 4 lbs pork roast
- 1 tablespoon coarse unrefined sea salt
- 1 tbsp liquid smoke, optional

equipment

- slowcooker

method

1. Prick the roast all over with a fork.
2. Sprinkle with salt and drizzle with liquid smoke, if using. Place seasoned roast in a slowcooker and cook on low for eighteen to twenty-four hours, turning once during cooking. The meat should shred easily when pierced by a fork.

coconut sweet potatoes} skill level:
easy | serves: 4 | 5 minutes active, 95 minutes
(oven)

ingredients

- 1 1/2 lbs sweet potatoes*
- 1/4 cup coconut milk
- 1 1-inch knob ginger, peeled and grated
- 1/2 tsp unrefined sea salt
- 1/4 cup coconut oil
- 1/2 cup shredded unsweetened coconut

equipment

- parchment paper
- aluminum foil
- stand mixer or electric beaters
- baking dish

method

1. Preheat oven to 375 degrees Fahrenheit.
2. Prick each sweet potato with a fork, then wrap with parchment paper and aluminum foil. Bake the potatoes in a preheated oven for 1 1/2 hours until they're pierced easily by a fork. (This step can be completed up to a day in advance.)
3. Remove the sweet potatoes from the oven and allow them to cool enough handle. Scoop out their insides and puree them with coconut milk, ginger and coconut oil.
4. Spoon the potatoes into a baking dish. Sprinkle with coconut and place under broiler until the coconut is browned.

***On GAPS?** Substitute an equivalent amount of cooked winter squash and begin at step #3.



recipes for menu #2} avocado and pineapple salad

avocado & pineapple salad} skill

level: super easy | yield: about 4 servings | 5 mins
(active)

ingredients

- 8 cups mixed salad greens
- 1 pineapple, peeled, cored and chopped
- 2 red onion, sliced thin
- 2 medium avocados, peeled, pitted and sliced thin
- 1/2 tsp red pepper flakes
- unrefined sea salt, as needed
- lime juice, to serve

equipment

- salad plates

method

1. Plate greens, pineapple, red onion, avocades and sprinkle with red pepper flakes, unrefined sea salt and lime juice.

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menu #3} swiss steak, steamed green beans, green salad with red wine vinaigrette

Round steak, an otherwise tough cut, is excellent when served as Swiss steak. In this classic dish, we pair it with simple steamed green beans and a huge green salad with red wine vinaigrette.

food for thought}

how & why this meal nourishes
grass-fed beef}

- is an excellent source of complete protein.
- is rich in B vitamins and trace minerals like iron and zinc.
- is a good source of conjugated linoleic acid.
- offers a favorable ratio of omega-3 to omega-6 fatty acids.

raw apple cider vinegar}

- may help to lower blood sugar levels when eaten with meals.
- can be a source of beneficial bacteria.

make this meal}

up to one week in advance}

- prepare vinaigrette, storing at room temperature until ready to serve.

at least twelve and up to eighteen hours in advance}

- prepare cider-braised beef pot roast.

five minutes in advance}

- plate salad and dress with vinaigrette at the table.

this meal is scheduled for}



recipes for menu #3} swiss steak

swiss steak}

skill level: easy | serves: 4+ leftovers | 5 minutes (active), 15 minutes (stovetop)

ingredients

- 2 lbs round steak
- 1 tsp unrefined sea salt
- 1/2 tsp ground black pepper
- 2 tbsps butter*
- 1 onion, peeled and thinly sliced
- 2 cloves garlic, peeled and minced
- 4 ribs celery, chopped
- 2 cups roasted pureed tomatoes
- 1 1/2 cups chicken stock
- 2 tbsps chopped fresh oregano

equipment

- dutch oven

method

1. Cut the meat into 1/2-inch thick slices and season with salt and pepper.
2. Melt butter in a dutch oven. Sear steaks on each side, about two minutes per side. Remove steaks from the pan and set aside.
3. Stir in onion, garlic, and celery and fry until fragrant, about five minutes.
4. Return steaks to the pan, covered with tomatoes and chicken stock. Simmer, covered over medium-low heat, for two hours or until meat is tender. Stir in chopped fresh oregano.

***Dairy-free?** Substitute olive oil.

greens with red wine vinaigrette}

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

ingredients

- 1/4 cup red wine vinegar
- 1 clove garlic, peeled and minced
- 1 shallot, peeled and minced
- 1/4 tsp unrefined sea salt
- 1/4 tsp powdered mustard
- 3/4 cup unrefined extra virgin olive oil

- 8 cups mixed salad greens
- 1 red onion, peeled and sliced thin

equipment

- mixing bowl

method

1. Whisk vinegar with shallot, garlic and salt. Whisk in olive oil.
2. Plate salad greens and onion, dress at the table with vinaigrette.



recipes for menu #3} steamed green beans steamed green beans}

skill level: easy | serves: 4 | 10 minutes (active)

ingredients

- 1 1/2 lbs green beans, trimmed
- butter or olive oil, to serve

equipment

- mixing bowl

method

1. Bring two quarts water to a boil.
2. Place trimmed green beans in a mixing bowl and cover with boiling water. Cover with a kitchen towel and allow the green beans to cook in the residual heat of the water for ten minutes. Drain and serve with butter or olive oil.

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bonus recipes} sour onion relish, plum sauce, watermelon gazpacho

This sour onion relish pairs well with the kaluah pork in this week's menu #2. The plum sauce is lovely on its own or as an accompaniment to yogurt where its sweetness marries well with the yogurt's tartness.

make ahead tips}

sour onion relish}

- prepare fresh whey up to a week in advance.

plum sauce}

- freezes well and can be stored in the freezer for up to 6 months with no loss of flavor.

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bonus recipes} sour onion relish, plum sauce, watermelon gazpacho

sour onion relish}

difficulty: easy | yield: 1 qt | time: about 5 mins
(active), 48 to 72 hrs (fermentation)

ingredients

- 6 large onions, peeled and shredded
- 2 red bell peppers, seeded and sliced thinly
- 1/2 tsp crushed red pepper flakes
- 2 tsps unrefined sea salt
- 1/4 cup fresh whey*

equipment

- lidded mason jar or vegetable fermenter
- strainer

method

1. Toss shredded onion, sliced and chopped bell pepper, crushed red pepper flakes, sea salt and fresh whey in a mixing bowl until well-combined.
2. Spoon mixture into a mason jar or vegetable fermenter and mash down with a wooden spoon until the liquid created by the onion juice, salt and whey covers the solids. Cover loosely and ferment at room temperature for two to three days, transfer to the refrigerator and use within two months.

***Dairy-free?** Substitute 1 package vegetable starter culture dissolved in one-quarter cup water or the brine of a previous batch of fermented vegetables for fresh whey.

NOTE: Consider shredding your onions in a food processor.

plum sauce} skill level: easy | yield: 12 to 18 cookies | time: about 30 minutes

ingredients

- 3 lbs plums, peeled and pitted
- 1 1-inch knob ginger, peeled and grated
- 1/2 tsp cinnamon
- 1 cup apple juice or cider

equipment

- saucepan
- immersion blender or foodmill

method

1. Combine all ingredients in a saucepan over moderately low heat and simmer until the plums are fall-apart tender, about thirty minutes.
2. Puree with an immersion blender and serve or freeze to store.



bonus recipes} watermelon gazpacho

watermelon gazpacho} difficulty: easy

| yield: about 4 servings | time: about 5 minutes

ingredients

- chopped and seeded flesh of a 5- to 6-lb watermelon
- 1 medium cucumber, peeled, seeded and diced
- 1/4 cup chopped fresh basil
- 1/4 cup chopped flat-leaf parsley
- 1 shallot, minced
- 2 tbsps red wine vinegar
- 2 tbsps extra virgin olive oil
- unrefined sea salt

equipment

- mixing bowl
- blender

method

1. Toss watermelon, cucumber, basil, parsley and shallot together. Puree half the mixture in a blender, then stir in the blended portion into the unblended portion.
2. Season with vinegar, olive oil and sea salt, as needed.

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shopping list}

dairy & eggs}

- butter (2 tbsps)SA
- fresh whey (1/4 cup)SA

meat, fish and fowl}

- pink shrimp (1 lb)SA
- pork roast (4 lbs)
- round steak (2 lbs)
- beef stock (1 1/2 cups)

fresh produce}

- garlic (1 head)
- bell pepper (4)
- onion (8)
- tomatoes (5)
- mixed greens (24 cups, loosely packed)
- cucumber (2)
- carrot (2)
- sweet potato (1 1/2 lbs)
- ginger (2 1-inch knobs)
- pineapple (1)
- red onion (3)
- avocado (2)
- limes (as needed)
- celery (4 ribs)
- fresh oregano (2 tbsps, chopped)
- shallot (2)
- green beans (1 1/2 lbs)
- plums (3 lbs)
- watermelon (6-lb melon)
- basil (1/4 cup, chopped)
- flat-leaf parsley (1/4 cup, chopped)

pantry & dried goods}

- coconut oil (1/4 cup, 2 tbsps)
- coconut milk (1/4 cup)
- shredded unsweetened coconut (1/2 cup)
- red wine vinegar (1/4 cup, 2 tbsps)

- unrefined olive oil (3/4 cup, 2 tbsps)

spices}

- unrefined sea salt
- ground black pepper
- bay leaf (1)
- red pepper flakes (1 tsp)
- powdered mustard (1/4 tsp)
- powdered cinnamon (1/2 tsp)

misc.}

- green olives (1 1/2 cup)
- liquid smoke (1 tbsps)SA
- roasted pureed tomatoes (2 cups)
- apple juice or cider (1 cup)

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.

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shopping list/supplemental recipes} chicken stock

roast chicken stock}

skill level: 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.

fresh whey/yogurt cheese}

skill level: easy

ingredients

- 1 quart yogurt

equipment

- fine mesh sieve
- cheesecloth
- mixing bowl

method

1. Line a fine mesh sieve with cheesecloth and place over a mixing bowl. Empty 1 quart yogurt into the lined sieve and allow the yogurt to strain overnight. Transfer the thickened yogurt to the refrigerator and use as yogurt or as cream cheese. Transfer the fresh whey to a bottle and use as a starter culture for fermented foods.



supplemental recipes} fresh whey/yogurt cheese, mayonnaise roast tomatoes}

skill level: easy | time: 5 mins (active), 2 1/2 hrs

(oven)

ingredients

- 2 lbs roma tomatoes, halved
- 2 tbsps olive oil
- 1/2 tsp unrefined sea salt

equipment

- baking sheet
- parchment paper
-

method

1. Preheat the oven to 225 degrees Fahrenheit. Line a baking sheet with parchment paper.
2. Layer tomatoes on the parchment paper-lined baking sheet, drizzle with olive oil and sprinkle with unrefined sea salt. Roast the tomatoes in an oven preheated to 225 degrees Fahrenheit for two and a half to three hours.
3. Use immediately or store in the refrigerator, covered with olive oil, for up to one week.

