



## simple dinners} week of september 20

Friday marks the autumnal equinox and you may have noticed that the season is already changing. I love the flavors of fall - apples and pears, winter squash and root vegetables. Food is plentiful and abundant - and in this week, we're celebrating the autumnal harvest with some of the season's best foods, prepared simply and with an eye for optimal nourishment.

## 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 16.

### need help}

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

## week of september 20}

### menu #1} bistro dinner

chicken liver pate with butternut squash and sage  
almond flour bread or whole-grain sour-dough bread  
autumn salad

### menu #2} one-dish meal

beef pot roast with fall roots  
simple salad with cider vinaigrette

### menu #3} kids favorites

chicken fingers  
oven fries  
cut up vegetables

### ferments, soups, desserts}

herbed mayonnaise  
cinnamon applesauce  
simple butternut squash soup

### supplemental recipes}

chicken stock  
fresh whey/yogurt cheese

# simple dinners

from nourished kitchen

september 20



**menu #1}** chicken liver pate with butternut squash and sage, almond flour bread or whole-grain sourdough bread, autumn salad

**L**iver, much loved and much loathed, is a nutrient-dense addition to any plate and is particularly rich in folate - a B vitamin that is essential to women of reproductive age. I like to pair this meal: pate, bread and salad with our soup of the week - a simple butternut squash puree.

## food for thought}

how & why this meal nourishes

### chicken liver}

- is rich in preformed vitamin A as well as B vitamins like folate which is essential to women of reproductive age.

### butternut squash}

- is rich in antioxidants like beta carotene.

## make this meal}

up to five days in advance}

- thaw chicken liver, if frozen.
- prepare vegetables according to recipe requirements and store in individual, airtight containers in the fridge until ready to use.
- prepare vinaigrette, storing at room temperature.

about a day in advance}

- marinate chicken livers.
- roast squash, reserving puree.
- proof sourdough starter, if making bread.

about ten hours in advance}

- begin prepare sourdough bread and allow it to rise.

about 1 1/2 hours in advance}

- prepare chicken liver pate with roasted squash puree and marinated chicken livers.
- bake bread (almond flour or sourdough) and allow to cool before serving.

about five minutes in advance}

- plate salad, dress at the table.

this meal is scheduled for}



## recipes for menu #1} chicken liver pate

### chicken liver and butternut

squash pate} skill level: moderate | yield:  
about 1 pint | 4 to 24 hours (marinade), 45 minutes (oven), 10 minutes (stovetop), 1 hour (refrigeration)

### ingredients

- 1 lb chicken livers
- 1 qt milk\*
- 1 butternut squash, about 1 1/2 lbs, split and seeded
- 2 cups butter\*, divided
- 2 shallots, peeled and sliced thin
- 2 tbsps chopped fresh sage
- 1/4 cup sherry\*\*

### equipment

- mixing bowl
- baking dish
- skillet
- food processor

### method

1. Place chicken livers in a mixing bowl and cover with milk, transfer to the refrigerator and allow the liver to soak in milk for at least for and up to twenty-four hours. After four to twenty-four hours, drain off the milk and rinse the livers well.
2. Preheat the oven to 425 degrees Fahrenheit. Place a split and seeded butternut squash in a baking dish, filling the dish with about 1 cup water. Roast the squash for 45 minutes or until it yields when pierced by a fork. Allow it to cool until it becomes comfortable enough to handle, then scoop out its flesh and set it aside.
3. Melt one-quarter cup butter in a skillet. When it froths, stir in shallots and fry until fragrant.

Stir in rinsed and drained chicken livers and fry until cooked through - about five minutes. Stir in sage and sherry and continue to fry an additional three to four minutes.

4. Transfer liver and shallots to a food processor and add reserved butternut squash and process until smooth.
5. Transfer to the fridge to chill for at least one hour before serving.

**\*Dairy-free?** Substitute one quart salted water for milk and substitute chicken fat or coconut oil for butter.

**\*\*Alcohol-free?** Substitute chicken stock for sherry.

**NOTE:** Save yourself time and roast the squash up to one day in advance.

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## recipes for menu #1 } almond flour bread, sourdough herb bread

**almond flour bread }** skill level: easy |  
yield: 1 loaf | time: 45 mins (oven)

### ingredients

- 2 1/2 cups blanched almond meal
- 1/2 tsp unrefined sea salt
- 1/2 tsp baking soda
- 3 eggs, beaten
- 1 tbsp honey, optional
- 1/2 tsp apple cider vinegar
- coconut or butter, for greasing the pan

### equipment

- mixing bowl
- spoon
- baking dish or sheet

### method

1. Preheat oven to 300 degrees Fahrenheit. Grease a loaf pan.
2. Beat all ingredients together and spoon into a loaf pan.
3. Bake at 300 degrees Fahrenheit for forty-five minutes to one hour, or until a toothpick inserted into the bread's center comes out clean.
4. Cool completely before slicing.

**sourdough herb bread }** skill level:  
moderate | yield: 1 loaf | time: under 5 minutes  
(active), 8 hrs (rising), 45 mins (oven)

### ingredients

- 1 cup proofed and bubbly sourdough starter
- 2 cups whole white wheat or spelt flour
- 1 cup red wheat flour
- 1 tsp unrefined sea salt
- 2 tbsps mixed dried herbs (basil, parsley, marjoram, rosemary, chives, dill etc.)
- olive oil, for oiling bowl

### equipment

- mixing bowl
- kitchen towel
- wooden spoon
- baking sheet, preferably lined with parchment paper

### method

1. Place all ingredients into your mixer and combine using a dough hook. Slowly add enough water to make the dough soft and pliable without being liquidy or shaggy. Process about five minutes.
2. Turn dough out onto a lightly floured surface for five minutes. Form dough into a round ball and place it into an oiled bowl.
3. Allow dough to rise until doubled in bulk, about eight hours. Cut a cross into the top of the bread.
4. Preheat oven to 425 degrees Fahrenheit.
5. Place bread on a baking stone or sheet and bake at 425 degrees Fahrenheit for thirty minutes to forty-five minutes until cooked through.



## recipes for menu #1} autumn salad

autumn salad} skill level: easy | serves: 4 |  
5 minutes (active)

### ingredients

#### for the vinaigrette

- 1/4 cup apple cider vinegar
- 1 shallot, peeled and minced
- 1 tablespoon honey
- 1 tablespoon Dijon-style mustard
- 3/4 cup unrefined extra virgin olive oil

#### for the salad

- 8 cups mixed salad greens
- 2 apples, cored and sliced thin
- 2 pears, cored and sliced thin
- 1 cup grapes, seeded if necessary and halved
- 1 red onion, peeled and sliced into thin rounds

### equipment

- mixing bowl
- whisk
- mason jar or salad dressing cruet
- serving dish

### method

1. Whisk cider vinegar with shallot, honey and mustard. Whisk in olive oil and store in a salad dressing cruet or mason jar until ready to serve.
2. Plate greens, apples, pears, grapes and red onion, dress with vinaigrette at the table.

**NOTE:** This is the same vinaigrette recipe as called for in menu #2. Save yourself time and make a double batch for the week.

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## menu #2} simplest beef pot roast with fall roots, salad with cider vinaigrette

This time of year is always busy for me, so I rely on simple one-dish meals for days that I haven't time to think, let alone cook. It's simple, delicious and using the slowcooker affords the feeling of letting someone else cook for you - it's so easy. Pair this meal with a simple green salad, and you've a fully nourishing and filling supper.

### food for thought}

how & why this meal nourishes

#### grass-fed beef}

- is an excellent source of protein.
- offers a favorable ratio of omega-3 to omega-6 fatty acids.
- is rich in conjugated linoleic acid, a wholesome fat thought to offer protective effects against cancer and metabolic syndrome.

#### carrots}

- are rich in carotenoids - phytonutrients known as powerful antioxidants.
- are best served with a fat which enables their nutrients to be better absorbed.

### this meal is scheduled for}

### make this meal}

#### up to one week in advance}

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

#### about to five days in advance}

- thaw beef, if frozen, in the refrigerator.

#### up to three days in advance}

- prepare vegetables according to recipe requirements and store in airtight containers in the refrigerator.

#### about nine and at least fourteen hours in advance}

- begin slowcooking beef.

#### at least one and up to two hours in advance}

- add vegetables to slowcooker.

#### about five minutes in advance}

- plate salad and dress at the table.
- sprinkle roast with fresh parsley and serve.



## recipes for menu #2} beef pot roast with fall roots, salad

**simplest beef pot roast with fall roots}** skill level: easy | serves: 4+ leftovers  
| time: 5 minutes (active), 9 to 14 hours (slow-cooker)

### ingredients

- 4 to 5 lbs beef rump roast
- 1/2 tsp unrefined sea salt
- 1 tsp ground black pepper
- 6 large carrots, scraped and chopped
- 8 ribs celery, chopped
- 1 large yellow onion, peeled and sliced thin
- 2 turnips, peeled and chopped
- 1/2 cup chopped flat-leaf parsley

### equipment

- skillet
- slowcooker

### method

1. Season roast with salt and pepper. Transfer to a slowcooker, cover with water by one inch and cook on low for about eight to twelve hours, stir in carrots, celery, onion and turnips and continue cooking on low for one to two hours before serving. Sprinkle with parsley just before serving.

**salad with cider vinaigrette}** skill level: easy | serves: 4 | 5 minutes (active)

### ingredients

#### for the vinaigrette

- 1/4 cup apple cider vinegar
- 1 shallot, peeled and minced
- 1 tablespoon honey
- 1 tablespoon Dijon-style mustard
- 3/4 cup unrefined extra virgin olive oil

#### for the salad

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

### equipment

- mixing bowl
- whisk
- mason jar or salad dressing cruet
- serving dish

### method

1. Whisk cider vinegar with shallot, honey and mustard. Whisk in olive oil and store in a salad dressing cruet or mason jar until ready to serve.
2. Plate greens and red onion, dress with vinaigrette at the table.

**NOTE:** This is the same vinaigrette recipe as called for in menu #1. Save yourself time and make a double batch for the week.



## menu #3} chicken fingers, cut up vegetables

**M**y little boy loves these simple and beautifully seasoned chicken fingers which are dredged in almond flour and baked in the oven. I like to serve them with oven-fried potatoes, cut up of vegetables and herbed mayonnaise (our ferment of the week).

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

#### pasture-raised chicken}

- is an excellent source of complete protein.
- is richer in vitamins A, D and E and the antioxidant beta carotene than conventionally raised chicken.
- offers a favorable ratio of omega-3 to omega-6 fatty acids.

### make this meal}

#### up to a week in advance}

- prepare herbed mayonnaise.

#### up to three days in advance}

- thaw chicken, if frozen.
- prepare vegetables and store in individual airtight containers in the refrigerator until ready to serve.

#### about fifty minutes in advance}

- prepare oven-fried potatoes.

#### about thirty minutes in advance}

- prepare chicken fingers.

### this meal is scheduled for}

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## recipes for menu #3} chicken fingers, oven-fried potatoes

chicken fingers} skill level: easy | serves: 4 | time: 5 minutes (active), 20 minutes (oven)

### ingredients

- 3/4 cup blanched almond flour\*
- 1/2 tsp unrefined sea salt
- 1/2 tsp ground black pepper
- zest of 1 lemon
- 1 1/2 lbs boneless, skinless chicken breasts, chopped into bite-sized pieces

### equipment

- mixing bowls
- whisk
- baking sheet
- parchment paper

### method

1. Preheat the oven to 425 degrees Fahrenheit and line a baking sheet with parchment paper.
2. Whisk almond flour, unrefined sea salt and ground black pepper together in a small bowl with the zest of one lemon.
3. Dredge the chicken in seasoned almond flour.
4. Transfer the chicken to a baking sheet lined with parchment paper and bake for twenty minutes in an oven preheated to 425 degrees Fahrenheit, turning once.

**\*Avoiding nuts?** Substitute ground pumpkin seeds and ground sunflower seeds or any whole-grain flour.

oven-fried potatoes} skill level: easy | serves: 4 | time: under 5 minutes (active), 45 mins (oven)

### ingredients

- 2 1/2 lbs russet potatoes\* cut into strips no thicker than 1/4 inch
- 1 tbsp butter\*\*, melted
- unrefined sea salt, as needed
- ground black pepper, as needed

### equipment

- mixing bowl
- kitchen towel
- wooden spoon
- baking sheet, preferably lined with parchment paper

### method

1. Preheat oven to 425 degrees Fahrenheit.
2. Place fries in cold water while the oven preheats, then drain, rinse and pat dry with a kitchen towel.
3. Toss fries back into the mixing bowl with melted butter, salt and pepper to coat, then spread in a single layer on a parchment-lined baking sheet.
4. Bake in an oven preheated to 425 degrees Fahrenheit for forty to forty-five minutes, stirring once, until cooked through and crisped.

**\*On Gaps?** Substitute butternut squash for potatoes.

**\*\*Dairy-free?** Substitute grass-fed tallow, sustainably harvested palm kernel oil or olive oil.



## recipes for menu #3} vegetables crudites

vegetable crudites} skill level: easy |

serves: 4 | time: 10 minutes (active)

### ingredients

- 1/2 lb carrots, scraped and cut into strips
- 1/2 lb radishes, trimmed and quartered
- 1/2 lb sugar snap peas, trimmed
- ice water

### equipment

- mixing bowl
- kitchen towel

### method

1. Ten minutes before dinner, prepare the vegetables and plunge them into a mixing bowl filled with ice water until ready to serve, then drain them and pat them dry with a towel.



## bonus recipes} herbed mayonnaise, cinnamon applesauce, butternut squash soup

**B**utternut squash soup is one of my favorite soups - and I love preparing this deeply nourishing dish every autumn. With the equinox looming, it's perfect time to revive the dish for another year. This week's ferment of the week is herbed mayonnaise which I love slathered on bread for sandwiches or served as a dip for fresh vegetables. And your kids will love our cinnamon applesauce.

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

### chicken stock}

- is rich in gelatin, which soothes the stomach and promotes good digestive health.
- is rich in glucosamin-chondroitin, thought to promote joint health.
- is rich in trace minerals and represents an excellent dairy-free source of calcium.

### butternut squash}

- is rich in antioxidants like beta carotene.

## make ahead tips}

### butternut squash soup}

- prepare chicken stock up to a week in advance.
- roast the squash up to one day in advance.

### mayonnaise}

- prepare fresh whey up to one week in advance.



## bonus recipes} herbed mayonnaise

### herbed mayonnaise}

difficulty: easy | yield: about 1 1/2 cups | time:  
about 10 minutes (active), 6 to 8 hours (fermen-  
tation)

mayonnaise should keep for several weeks in  
the refrigerator.

**NOTE:** Lactofermented mayonnaise is typically  
thinner than storebought mayonnaise.

### ingredients

- 3 egg yolks
- 1 tbsp lemon juice or vinegar
- 1/2 tsp unrefined sea salt
- 1 1/2 cups unrefined extra virgin olive oil
- 1/4 cup fresh whey
- 2 tbsps snipped fresh herbs (dill, chives,  
mint, parsley, flat-leaf parsley, chervil etc.)

### equipment

- food processor or blender
- mason jar

### method

1. Whisk egg yolks, lemon juice or vinegar to-  
gether with sea salt and powdered mustard.
2. In a separate bowl whisk melted coconut oil  
with olive oil.
3. Pour the egg yolk mixture into a food proces-  
sor and process. In a smooth and steady  
stream, no more than a few drops at a time in  
the beginning, drip olive and coconut oil mix-  
ture into the food processor and continue do-  
ing so until the mayonnaise is well-emulsified  
and the oils are exhausted.
4. Remove the mayonnaise from the food proces-  
sor and whisk in starter culture and snipped  
fresh herbs.
5. Leave the mayonnaise on the counter, well-  
covered, at room temperature for about six to  
eight hours. Transfer to the refrigerator. The



## bonus recipes} simplest butternut squash soup, cinnamon applesauce

### simplest butternut squash soup}

skill level: easy | yield: about 2 quarts | time: 45 minute (oven), 30 minutes (stovetop)

#### ingredients

- 1 butternut squash (1 1/2 lbs), split and seeded
- 1/4 cup butter\*
- 2 shallots, peeled and sliced thin
- 2 quarts chicken stock
- 1 tbsp cider vinegar

#### equipment

- baking dish
- heavy-bottomed stock pot
- immersion blender

#### method

1. Preheat the oven to 425 degrees Fahrenheit. Place a split and seeded butternut squash in a baking dish, filling the dish with about 1 cup water. Roast the squash for 45 minutes or until it yields when pierced by a fork. Allow it to cool until it becomes comfortable enough to handle, then scoop out its flesh and set it aside.
2. Melt butter in a heavy-bottomed stock pot, when it begins to froth, stir in sliced shallots and fry until fragrant. Stir in stock and roasted squash. Simmer, covered, for about twenty minutes. Just before serving, blend with an immersion blender, stir in cider vinegar and season as needed with salt and pepper.

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

**NOTE:** Save yourself time and roast the squash up to one day in advance.

### cinnamon applesauce}

skill level: easy | yield: about 1 quart | time: 35 minutes (stovetop)

#### ingredients

- 3 lbs apples, peeled, cored and chopped
- 2 cups apple juice
- 2 tablespoons cinnamon

#### equipment

- heavy-bottomed stock pot
- immersion blender

#### method

1. Combine all ingredients in a heavy-bottomed saucepot and bring to a slow simmer over moderate heat, cover, and continue to simmer until the apples fall apart easily when pierced by a fork - about thirty minutes.
2. Puree the apples with an immersion blender and serve warm.

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## shopping list}

### dairy & eggs}

- milk (1 quart)SA
- butter (2 cups, 1/4 cup, 1 tbsp)SA
- eggs (3 whole, 3 yolks)
- fresh whey (1/4 cup)

### meat, fish and fowl}

- chicken livers (1 lb)
- beef rump roast (4 to 5 lbs)
- bonless, skinless chicken breasts (1 1/2 lbs)
- chicken stock (2 quarts)

### fresh produce}

- butternut squash (2 whole, about 1 1/2 lbs each)
- shallots (6)
- fresh sage (2 tbsps)
- salad greens (16 cups, loosely packed)
- apples (3 lbs+ 2)
- pears (2)
- grapes (1 cup)
- red onion (2)
- carrots (1/2 lb + 6)
- celery ribs (8)
- yellow onion (1)
- turnips (2)
- flat-leaf parsley (1/2 cup)
- lemon (1)
- russet potatoes (2 1/2 lbs)SA
- radishes (1/2 lb)
- sugar snap peas (1/2 lb)
- snipped fresh herbs (2 tbsps)

### pantry & dried goods}

- blanched almond meal (3 1/4 cups)SA
- honey (3 tbsps)
- Dijon-style mustard (2 tbsps)
- unrefined extra virgin olive oil (3 cups)
- cider vinegar (1/2 cup, 2 tbsps, 1/2 tsp)
- hard red wheat flour (1 cup)
- whole white wheat or spelt flour (2 cups)
- 

### spices}

- unrefined sea salt
- ground black pepper
- mixed dried herbs (2 tbsps)
- ground cinnamon (2 tbsps)

### misc.}

- sherry (1/4 cup)
- proofed and bubbly sourdough starter (1 cup)
- apple juice (2 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.

### **If preparing sourdough bread for menu #1:**

You may omit 2 1/2 cups almond flour, 1/2 tsp baking soda, 3 whole eggs, 1 tbsp honey and 1/2 tsp apple cider vinegar.

### **If preparing almond flour bread for menu**

**#1:** You may omit proofed and bubbly starter, 2 cups whole wheat flour, 1 cup red wheat flour, 2 tbsps mixed dried herbs.

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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.

