



## simple dinners} week of april 4

Celebrate spring this week with a slowcooker spring navarin of vegetables and grass-fed lab. Serve it with a simple green salad. We're also featuring a herb-roasted chicken served with parsleyed new potatoes (or turnips for those on GAPS/SCD diets) and roasted asparagus. Plus you'll enjoy this week's one-dish meal of salmon, bok choy and shiitake mushrooms. Bonus recipes include coconut custard, fermented garlic paste (it's great for a cold!) and sprouted lentil soup.

## tips & tricks} getting the most from this series

### recipes & to-do lists}

- recipes are located on pages 2 through 11.
- 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 12), 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 13)

### seasonal produce guide}

- check out the guide to seasonal produce and mark your notes on page 14.

### need help}

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

## week of april 4}

### menu #1} spring navarin

spring navarin  
green salad with herb vinaigrette

### menu #2} herb-wrapped roast chicken

herb-wrapped roast chicken  
parsleyed new potatoes\*  
roasted asparagus  
green salad with cider vinaigrette

### menu #3} one-dish meal

roasted salmon with bok choy, shiitake mushrooms and ginger  
green salad with ginger vinaigrette

### ferments, soups, desserts}

fermented garlic paste  
sprouted lentil soup  
coconut custard

### supplemental recipes}

roast chicken stock  
yogurt/fresh whey

\*Or parsleyed turnips for those on GAPS/SCD.

# simple dinners

from nourished kitchen

april 4



## menu #1} spring navarin, green salad with herbed vinaigrette

Lamb navarin, a sort of lamb stew with plentiful vegetables, is a dish popularly served in France during late winter and early spring. It combines some of the season's best foods together in one steaming pot: young turnips, fresh peas, lamb and herbs. If you don't have easy access to good quality, grass-fed lamb, simply substitute grass-fed beef for an equally nourishing alternative.

### food for thought}

how & why this meal nourishes

#### grass-fed lamb}

- is rich in conjugated linoleic acid, a fatty acid with potentially anticarcinogenic effects that is also found in abundance in butterfat and cheese.
- offers a favorable ratio of omega-3 to omega-6 fatty acids.
- is an excellent source of iron and zinc.

#### turnips}

- are rich in indole-3 carbinols, a nutrient found in many cruciferous vegetables that may prove beneficial for the female reproductive system.

#### stock}

- is rich in glucosamine chondroitin, thought to benefit joint health.
- is an excellent source of minerals like calcium and phosphorus.

### this meal is scheduled for}

### make this meal}

#### up to three days in advance}

- make vinaigrette, storing at room temperature until ready to serve.
- chop vegetables according to recipe requirements and store in individual airtight containers in the refrigerator.
- thaw meat, in refrigerator. Note that slightly frozen meat is easier to slice.

#### six to eight hours in advance}

- begin cooking lamb in broth with herbs.

#### about two hours in advance}

- add vegetables to the slowcooker.

#### twenty minutes in advance}

- stir peas into the slowcooker.

#### five minutes in advance}

- stir peas into the slowcooker.

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## recipes for menu #1} spring navarin, green salad with herb vinaigrette

spring navarin} difficulty: easy | serves:  
4+ leftovers | 5 mins (active), 10 mins (stovetop),  
6 to 8 hours (slowcooker)

### ingredients

- 2 tbsps butter\*
- 1 1/2 lbs lamb stew meat
- 3 cups chicken stock
- 1 bunch thyme
- 2 bay leaves
- 3 carrots, scraped and chopped
- 3 parsnips\*\*, scraped and chopped
- 2 medium turnips, peeled and cut into bite-sized pieces
- 8 to 12 pearl onions, peeled
- 1 cup fresh or frozen shelled peas
- unrefined sea salt, as needed
- ground black pepper, as needed

### equipment

- skillet
- 100% cotton cooking twine
- slowcooker

### method

1. Melt butter in a skillet over a moderate flame until it froths.
2. Brown stew meat on all sides then transfer to a slowcooker with chicken stock.
3. Tie thyme and bay leaves together with cooking twine and place in the slowcooker.
4. Allow the lamb to cook for four to six hours in your slowcooker on low, then add carrots, parsnips, turnips and onions allowing them to continue cooking for another two hours.
5. Stir in fresh or frozen peas and continue cooking for ten to twenty minutes.
6. Remove the thyme and bay leaves, then season as you like with unrefined sea salt and ground black pepper.

\***Dairy-free?** Substitute tallow or olive oil

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

## green salad with herbed vinaigrette}

difficulty: easy | serves: 4 | time: 5 mins (active), 1  
hour (oven)

### ingredients

- 1 clove garlic, peeled and finely minced
- 2 tbsps red wine vinegar
- 2 tbsps minced fresh herbs of choice (parsley, dill, marjoram, thyme, rosemary, basil etc.)
- 1/2 cup unrefined extra virgin olive oil
- unrefined sea salt, as needed
- ground black pepper, as needed
  
- 8 cups mixed salad greens
- 1 red onion, peeled and sliced thinly

### equipment

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

### method

1. Whisk garlic and vinegar together with olive oil and herbs, then season as needed with unrefined sea salt and ground black pepper. Transfer to a mason jar or salad dressing cruet and shake thoroughly before serving.
2. Toss greens together with onion and dress with vinaigrette at the table.

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**menu #2}** herb-wrapped roast chicken, parsleyed new potatoes, roasted asparagus, green salad with cider vinaigrette

**H**erb-wrapped roast chicken is so easy to prepare, but impressive enough for guests. In this recipe, we rely on slow-roasting the chicken, a technique which produces an exceptionally tender bird and is thus well-suited to pasture-raised chickens which have a tendency toward toughness. Pair it with other favorites of spring like parsleyed new potatoes and roasted asparagus.

## food for thought}

how & why this meal nourishes

### pastured-raised chicken}

- is a good source of protein and offers a favorable ratio of omega-3 to omega-6 fatty acids.
- is less likely to be contaminated by salmonella and other pathogens than the eggs of conventionally raised hens.

### parsley}

- may enhance the body's use of manganese, a nutrient critical to bone health.
- is traditionally used by Chinese herbologists as a treatment for high blood pressure.

### asparagus}

- is high in folate and potassium.
- is considered powerfully cleansing.

## this meal is scheduled for}

## make this meal}

### up to one week ahead}

- prepare vinaigrette and store at room temperature until ready to serve the salad.

### up to four days ahead}

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

### 3 hours before serving}

- begin roasting the chicken.

### about thirty minutes in advance}

- increase the oven temperature to 375 degrees Fahrenheit.
- begin cooking potatoes.

### about twenty minutes in advance}

- begin roasting asparagus.

### five minutes ahead}

- toss the greens and herbs for salad, dressing at the table.

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## recipes for menu #2} herb-wrapped roast chicken, parsleyed potatoes

### herb-wrapped roast chicken}

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

#### ingredients

- 1 whole chicken (3 to 4 lbs)
- unrefined sea salt, as needed
- ground black pepper, as needed
- 2 tbsps butter\*, softened
- 1/2 cup minced mixed fresh herbs of choice (parsley, chives, marjoram, rosemary, chervil, sage etc.)
- 1 lemon, quartered
- 1/2 cup white wine\*\*

#### equipment

- 100% cotton cooking twine
- mixing bowl
- spoon
- baking dish with foil or clay baker with lid

#### method

1. Preheat oven to 275 degrees Fahrenheit.
2. Rinse the chicken and pat it dry, then season it inside and out with salt and pepper as desired.
3. Mix butter and herbs in a mixing bowl until well-combined then spread the herbed butter over the chicken and in between the breast and the skin of the chicken.
4. Place quartered lemon in the chicken's cavity.
5. Place the chicken in a baking dish and cover with foil or place it in a clay baker with a lid, and pour in white wine.
6. Roast the chicken in an oven preheated to 275 degrees Fahrenheit for two and one-half hours.
7. Increase the temperature to 375 degrees Fahrenheit and continue roasting for an additional half hour.

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

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

**Waste-not/Want-not:** Save the chicken's frame to make roasted chicken stock.

### parsleyed potatoes} difficulty: easy | serves: 4 | time: twenty-five minutes (stovetop)

#### ingredients

- 1 1/2 lbs of very small new potatoes\*
- 2 tbsps butter\*\*
- 1/4 cup chopped fresh parsley
- unrefined sea salt, as needed
- ground black pepper, as needed

#### equipment

- saucepan
- collander

#### method

1. Place potatoes in a saucepan and cover with water. Bring to a boil and boil until potatoes are tender, about twenty minutes.
2. Drain the potatoes and return the saucepan to the stovetop.
3. Melt butter in the saucepan, then add potatoes, tossing them to coat with butter. Sprinkle parsley over the potatoes and season as needed with unrefined sea salt and black pepper.

**\*On GAPS?** Substitute peeled and chopped turnips.

**\*\*Dairy-free?** Substitute olive oil or pastured bacon fat.

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## recipes for menu #2} roasted asparagus, cider vinaigrette

### roasted asparagus}

difficulty: easy | serves: 4 | time: 5 mins (active),  
15 minutes (oven)

#### ingredients

- 1 lb asparagus, trimmed of woody stems
- 2 tbsps butter\*, melted
- 2 cloves garlic, peeled and minced
- unrefined sea salt, as needed
- ground black pepper, as needed
- juice of 1 lemon

#### equipment

- baking sheet
- serving dish

#### method

1. Preheat oven to 375 degrees Fahrenheit.
2. Spread trimmed asparagus on a baking sheet.
3. Pour melted butter over asparagus and sprinkle with minced garlic, salt and pepper.
4. Roast asparagus in an oven preheated to 375 degrees Fahrenheit for fifteen minutes.
5. Remove asparagus from the oven, transfer to a serving dish and sprinkle with the juice of one lemon.

### green salad with cider vinaigrette}

difficulty: easy | serves: 4 | time: 5 mins (active), 1  
hour (oven)

#### ingredients

- 1 shallot, peeled and finely minced
  - 2 tbsps apple cider vinegar
  - 1/2 cup unrefined extra virgin olive oil
  - unrefined sea salt, as needed
  - ground black pepper, as needed
- 
- 8 cups mixed salad greens
  - 1 red onion, peeled and sliced thinly

#### equipment

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

#### method

1. Whisk minced shallot and vinegar together with olive oil then season as needed with unrefined sea salt and ground black pepper. Transfer to a mason jar or salad dressing cruet and shake thoroughly before serving.
2. Toss greens together with onion and dress with vinaigrette at the table.



## menu #3} roasted salmon with bok choy, shiitake mushrooms and ginger, green salad with ginger vinaigrette

Sometimes, at the end of the day, you're wiped out. For days like that I rely on simple one-dish meals that can be made in under five minutes of active time and that require minimal clean-up. This dish of roasted salmon with bok choy, shiitake mushrooms and ginger is just that: simple, effortless and wonderfully flavorful. Need a little extra? Serve it with a green salad.

### food for thought}

how & why this meal nourishes

#### wild-caught salmon}

- is an excellent source of DHA and EPA which are needed for cognitive function and have a beneficial effect on cardiovascular health.
- is a strongly anti-inflammatory food.
- is exceptionally rich in niacin, vitamin B6 and vitamin B12.
- is also a good source of trace minerals including phosphorus and selenium.

#### shiitake mushrooms}

- are considered a food of longevity in Asian cultures.
- are rich in pantothenic acid, copper, manganese and selenium.
- contain a compound called lentinan which can boost the immune system.
- are rich in antioxidants.

### make this meal}

#### up to 1 week in advance}

- make vinaigrette, storing at room temperature until ready to use.

#### twenty-five minutes in advance}

- prepare salmon with bok choy, shiitake mushrooms and ginger.

#### about five minutes in advance}

- toss salad, dressing with vinaigrette at the table.

### this meal is scheduled for}

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## recipes for menu #3} roasted salmon with bok choy and shiitakes

### roasted salmon with bok choy

and shiitakes} difficulty: easy | serves: 4 |

time: 5 mins (active), 20 to 25 minutes (oven)

### ingredients

- 2 lbs bok choy, sliced thin
- 8 ounces shiitake mushrooms, stems removed, and sliced thin
- 1 1-inch knob ginger, peeled and cut into matchsticks
- 4 4- to 6-oz salmon filets
- 1/4 cup mirin\*
- 2 tbsps naturally fermented soy sauce\*\*
- 2 tbsps sesame seeds

### equipment

- oven-proof skillet or baking dish

### method

1. Preheat oven to 375 degrees Fahrenheit.
2. Arrange bok choy, shiitake mushrooms and ginger in a large oven-proof skillet or baking dish.
3. Place salmon over vegetables.
4. Pour mirin and soy sauce over the salmon and dress with sesame seeds.
5. Roast in an oven preheated to 375 degrees Fahrenheit for twenty to twenty-five minutes or until the salmon flakes when pierced by a fork.

**\*Can't find mirin?** Mirin is a naturally fermented rice wine usually found in the Asian section of any grocery store. You can substitute a sweet white wine or even chicken stock.

**\*\*Soy-free?** Substitute fish sauce or omit.

### green salad with ginger vinaigrette}

difficulty: easy | serves: 4 | time: 5 mins (active), 1 hour (oven)

### ingredients

- 1 shallot, peeled and finely minced
- 1 1-inch knob ginger, peeled and grated
- 2 tbsps brown rice vinegar
- 1/2 cup unrefined extra virgin olive oil
- unrefined sea salt, as needed
- ground black pepper, as needed
  
- 8 cups mixed salad greens
- 1 red onion, peeled and sliced thinly

### equipment

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

### method

1. Whisk shallot, ginger and vinegar together with olive oil, then season as needed with unrefined sea salt and ground black pepper. Transfer to a mason jar or salad dressing cruet and shake thoroughly before serving.
2. Toss greens together with onion and dress with vinaigrette at the table.



## bonus recipes} sprouted lentil soup, coconut custard, fermented garlic paste

Lentil soup was recommended by pioneering nutritional researcher of the early 20th century - Dr. Weston Price - who encouraged its use in a letter to his nieces and nephews. It is rich in folate and made exceptionally better through sprouting. And if you love coconut, try this week's coconut custard it's wonderful sweet flavor pairs beautifully with tropical fruits.

## food for thought}

how & why this meal nourishes

### fresh whey}

- is rich in beneficial bacteria which makes it an excellent starter culture for fermented vegetables, fruits, chutneys and other dishes.

### sprouted lentils}

- are exceptionally rich in folate.
- among the vegetable foods most prized and recommended by nutrition researcher and pioneer Dr. Weston Price.

### chicken stock}

- is a good source of easy to assimilate minerals.
- is an excellent source of glucosamine chondroitin.

### coconut}

- is rich in lauric acid, a nourishing fat that is thought to support thyroid health and boost the immune system.

## make ahead tips}

### sprouted lentil soup}

- prepare chicken stock up to one week in advance.
- 3 1/2 days in advance begin soaking and sprouting lentils and chop vegetables according to recipe requirements, storing in the fridge until ready to assemble the soup.

### fermented garlic paste}

- prepare fresh whey, if using, up to one week in advance using supplemental recipe instructions.



## bonus recipes} sprouted lentil soup

### sprouted lentil soup}

difficulty: easy | yield: about 1 1/2 qts | time: 12 to 18 hours (soaking), 2 to 3 days (sprouting), 30 minutes (stovetop)

#### ingredients

- 3 cups lentils
- 2 tablespoons butter\*
- 1 yellow onion, peeled and finely minced
- 2 cloves garlic, peeled and finely minced
- 1 leek, white and light-green parts only, sliced thin
- 4 celery ribs, chopped fine
- 4 carrots, scraped and chopped fine
- 1 1/2 qts chicken stock
- 2 bay leafs
- 1 bunch fresh thyme
- 2 tbsps apple cider vinegar
- unrefined sea salt, as needed
- ground black pepper, as needed
- olive oil, to serve

#### equipment

- mixing bowl
- fine-mesh sieve
- heavy-bottomed stock pot
- 100% cotton cooking twine

#### method

1. Pour lentils into a mixing bowl and cover with warm, filtered water by two inches. Allow them to soak for twelve to eighteen hours. Drain them well and rinse.
2. Transfer the lentils to a fine-mesh sieve. Rinse them with water and stir them at least twice a day for two to three days until sprouts appear. Set aside.
3. Melt butter in a heavy-bottomed stock pot until it foams, then stir in onion, garlic, leek,

- celery and carrots, frying in butter until fragrant and tender, about eight to ten minutes.
4. Tie bay leafs and thyme together in kitchen twine then place the tied herbs into the pot of sauteed vegetables along with chicken stock.
5. Allow the soup to simmer for thirty to forty-five minutes until the lentils are cooked through.
6. Remove the thyme and bay leafs.
7. Stir in apple cider vinegar and season as needed with sea salt, ground black pepper and olive oil.



## bonus recipes} coconut custard, fermented garlic paste

**coconut custard}** difficulty: moderate | serves: about 4 | 5 mins (active), 40 to 50 minutes (oven)

### ingredients

- 4 eggs, beaten
- 1/2 cup unrefined cane sugar\*
- 1 cup full-fat coconut milk
- 1 tsp vanilla extract
- steaming hot water

### equipment

- mixing bowl
- whisk
- custard dish or ramekins
- baking dish

### method

1. Preheat oven to 300 degrees Fahrenheit.
2. In a mixing bowl, beat eggs and unrefined cane sugar together until well-blended.
3. Stir in coconut milk and vanilla extract, stirring until well-blended.
4. Pour mixture into a custard dish or individual ramekins until 3/4 full.
5. Place ramekins or custard dish into the baking dish and pour steaming hot water into the baking dish until it fills the pan half way to the top of the custard dishes.
6. Bake the custard in an oven preheated to 300 degrees Fahrenheit for 40 to 50 minutes, until the custard is set.

**\*On GAPS/SCD?** Substitute honey for cane sugar but note that your custard may be thin.

## **fermented garlic paste}**

difficulty: easy | yield: about 1 cup | time: about 5 minutes (active), 3 to 5 days (fermentation)

### ingredients

- 6 to 8 heads garlic, peeled with cloves crushed
- 1 tsp unrefined sea salt
- 2 tbsps fresh whey\*

### equipment

- food processor or mortar and pestle
- mason jar

### method

1. In a food processor or with a mortar and pestle, combine peeled and crushed garlic cloves with unrefined sea salt and starter culture until it forms a smooth paste.
2. Spoon into a mason jar and allow to ferment at room temperature for three to five days before transferring to cold storage or the refrigerator.
3. Consume within three months.

**\*Dairy-free?** Substitute 1/2 package vegetable starter culture dissolved in 2 tablespoons water.

**Wondering how to serve this dish?** Substitute garlic called for in any recipe with fermented garlic paste. Use it as a base for salad dressings or as a seasoning agent for stirfries.

Note that garlic may take on a slightly blue hue during fermentation. It is normal, though not common.



## shopping list}

### dairy & eggs}

- butter (1/2 cup, 2 tbsps) SA
- eggs (4 whole)
- fresh whey (2 tbsps)SA, HM

### meat, fish and fowl}

- lamb stew meat (1 1/2 lbs)
- chicken stock (2 qts, 1 cup)HM
- whole chicken (3 to 4 lbs)
- salmon filets (4, 4- to 6-oz)

### fresh produce}

- thyme (2 bunches)
- bay leaves (4)
- carrots (7)
- parsnips (3)SA
- turnips (2)
- pearl onions (8 to 12)
- fresh or frozen peas (1 cup)
- garlic (7 to 9 heads)
- minced fresh herbs of choice (1/2 cup, 2 tbsps)
- salad greens (24 loosely packed cups)
- red onion (13)
- lemon (2)
- very small new potatoes (1 1/2 lbs)
- chopped fresh parsley (1/4 cup)
- asparagus (1 lb)
- shallot (2)
- bok choy (2 lbs)
- shiitake mushrooms (8 oz)
- ginger (2 1-inch knobs)
- yellow onion (1)
- leek (1)
- celery (4 ribs)
- 

### pantry & dried goods}

- red wine vinegar (2 tbsps)
- unrefined olive oil (1 1/2 cups)
- naturally fermented soy sauce (2 tbsps)SA
- sesame seeds (2 tbsps)
- brown rice vinegar (2 tbsps)
- lentils (3 cups)
- apple cider vinegar (1/4 cup)
- coconut milk (1 cup)
- unrefined cane sugar (1/2 cup)SA

### spices}

- unrefined sea salt
- black pepper
- vanilla extract (1 tsp)

### miscellaneous}

- mirin (1/2 cup)SA
- white wine (1/2 cup)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} fresh whey/yogurt cheese, chicken stock

### fresh whey/yogurt cheese}

difficulty: easy

#### ingredients

- 1 quart raw milk
- 1/4 cup fresh plain yogurt

#### equipment

- saucepan
- thermometer
- yogurt maker

#### method

1. Heat milk in a saucepan over a medium-low-flame until it reaches 110 degrees Fahrenheit. Remove the milk from the heat and whisk in one-quarter cup fresh plain yogurt.
2. Pour milk and starter into a yogurt maker and allow it to culture according to your yogurt maker's instructions for eight to twelve hours.
3. Once the yogurt has finished culturing, place it in the fridge to chill for several hours before serving

### 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.

