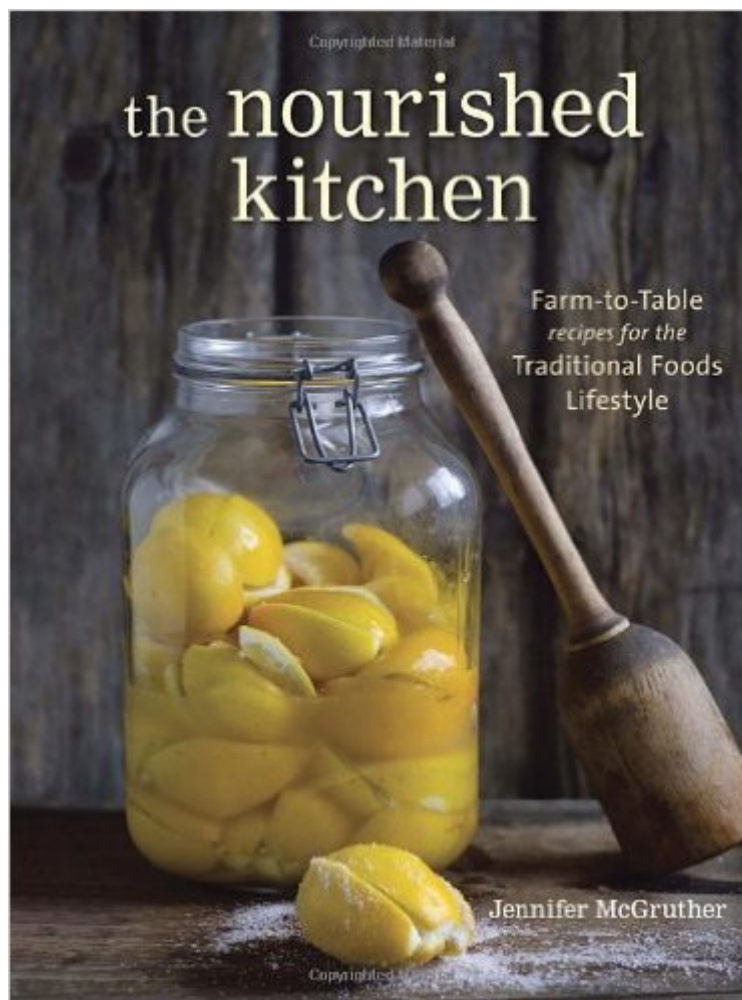


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# The Nourished Kitchen: Farm-to-Table Recipes For The Traditional Foods Lifestyle Featuring Bone Broths, Fermented Vegetables, Grass-Fed Meats, Wholesome Fats, Raw Dairy, And Kombuchas





## Synopsis

A cookbook from the author of the popular website Nourished Kitchen, featuring over 160 recipes based on the "traditional foods" philosophy of eating, which emphasizes whole grains, dairy, red meat, organ meats, and fermented foods. The traditional foods movement is a fad-free approach to cooking and eating that emphasizes nutrient-dense, real food, and values quality, environment, and community over the convenience of processed, additive-laden products that are the norm on grocery store shelves. Based on the research of Weston A. Price, who studied the diets of indigenous peoples to understand the relationship between nutrition and health, a traditional foods diet avoids processed ingredients, but allows meat, animal fat, and grains. It embraces cultured dairy, such as kefir and yogurt, that contain beneficial bacteria; fermented foods, such as sauerkraut and kombucha, that are rich in probiotics; and organ meats that are packed with vitamins and minerals. It also celebrates locally grown foods. By choosing ingredients from nearby sources, you create a stronger connection to your food, and have a better understanding what you're eating and how it was produced. In The Nourished Kitchen, Jennifer McGruther guides you through her traditional foods kitchen and offers more than 160 recipes inspired by the seasons, land, and waters around her. In the morning, fuel up with Eggs Poached in Fiery Tomato Sauce. On a hot summer day, Cucumber Salad with Dill and Kefir is a cooling side dish, and on a chilly fall evening, Barley in Broth with Bacon and Kale offers comfort and warmth. Old-Fashioned Meat Loaf with Gravy makes a hearty family meal, while Chicken in Riesling with Peas can be the centerpiece of an elegant supper. Satisfy your sweet tooth with Maple-Roasted Pears, and quench your thirst with naturally fermented Vanilla Mint Soda. With the benefit of Jennifer's experience, you can craft a loaf of Whole Wheat and Spelt Sourdough Bread and stock your kitchen with Spiced Sour Pickles with Garlic. The Nourished Kitchen not only teaches how to prepare wholesome, nourishing foods, but also encourages a mindful approach cooking and a celebration of old-world culinary traditions that have sustained healthy people for millennia. Whether you're already a practitioner of the traditional foods lifestyle or simply trying to incorporate more natural, highly nutritious foods into your routine, you will find plenty to savor in The Nourished Kitchen.

## Book Information

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## Customer Reviews

The Nourished Kitchen is based on the Farm to Table approach and Traditional Foods Lifestyle. Traditional foods are described as "...the foods of gardens and of farms. They represent a system of balance, emphasizing the value of meat and milk, grain and bean, vegetables and fruits." The Nourished Kitchen works with the "philosophy that combines sustainability, balance, tradition and community involvement." This cookbook won't work for everyone, especially if you are on a restrictive diet; but if you want to get back to basics and cook nutritiously and conscientiously, this book is for you. Since I enjoy cooking from my garden and using locally harvested meats, I enjoyed this book. However, I do disagree with using raw milk, which is discussed in more detail within the book. The book is organized into sections depending on where the ingredients come from, so there is From The Garden, Pasture, Range, Waters, Fields, Wild, Orchard, and Larder. Since I have a large garden, enjoy foraging and have some fruit trees, I got the most use out of the Garden, Wild and Orchard sections. I tried a few recipes from the Garden section with ingredients that I had handy. The Blistered Radishes with Parsley turned out well and I'm glad that I have another use for them other than garnish. I love anything with maple syrup, so the Maple Glazed Root Vegetables with Orange and Thyme was a winner for me. I'll be saving the Cider-Braised Kale with Apples and Sweet Cherries for the fall, it looks delicious. Every recipe in From the Orchard looked delicious, I'll be trying the Maple Roasted Pears when my tree fruits. I did not get as much use out of other sections, such as From the Pasture since I am not up to making my own butter, cheeses or yogurts yet.

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