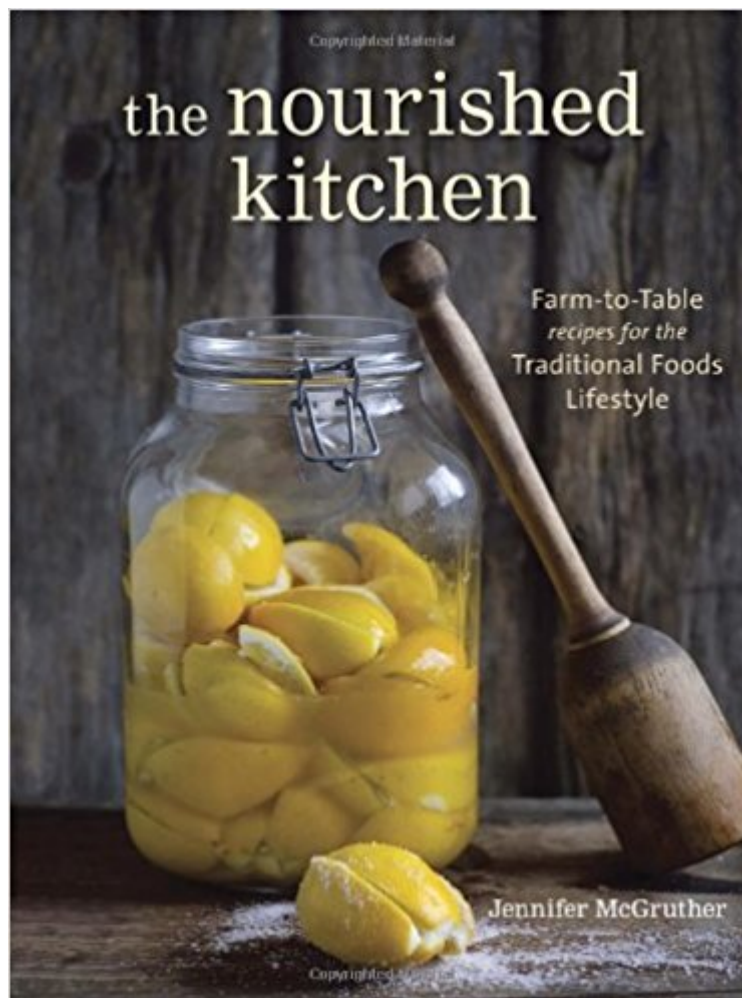


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# **The Nourished Kitchen: Farm-to-Table Recipes For The Traditional Foods Lifestyle Featuring Bone Broths, Fermented Vegetables, Grass-Fed Meats, Wholesome Fats, Raw Dairy, And Kombuchas**





## 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 fat-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

Following the precepts of dentist-nutritionist Weston Price, McGruther has developed a system for healthy eating based on lots of vegetables and grains as cooked and preserved on early twentieth-century American farms. What differentiates McGruther's approach from other regimens is her unabashed advocacy of animal fats. She is especially fond of cooking foods in lard, noting its fat-content profile's similarity to that of olive oil. When sweetness is an object, McGruther suggests replacing refined sugar with honey, molasses, sorghum, or maple syrup. Bread recipes specify ancient grains such as einkorn, and leavening comes from sourdough. She favors making one's own butter when possible, and she recommends drinking that by-product of churning: buttermilk. Her meat dishes will satisfy carnivores, whether with a rich rabbit pie studded with bacon and chanterelles or with a rare-roasted elk steak. McGruther advocates sustainable agriculture, and she enthusiastically preserves summer's bounty through fermentation for pickles, sauerkraut, and relishes. --Mark Knoblauch

"I love this book. It's gorgeous, informed, and filled with wisdom based on old ways and common sense—the wisdom that we crave. At the same time, it is filled with flavor and style. Jennifer's food is food that I already love, plus there's new food I am ready to try." —Deborah Madison, author of *Vegetable Literacy*

"Jennifer McGruther brings a wealth of farmhouse wisdom to life in *The Nourished Kitchen*. Her northern European culinary perspective is a perfect match for her home in the mountains of Colorado, a beacon for how to eat seasonally and locally in a place where the snow flies six months of the year." —Hank Shaw, author of *Duck, Duck, Goose* and creator of the award-winning

blog Hunter Angler Gardener Cook

“Jennifer McGruther’s road map to culinary integrity delivers us from wandering through the bewilderment of industrial, nutrient-deficient, supermarket detours. The Nourished Kitchen is as essential in the modern kitchen as a slow cooker and electric mixer.”

• Joel Salatin, farmer, lecturer, and author of *Folks, This Ain’t Normal*

“What an inspirational book! Jennifer McGruther takes us from the local community and the garden to the kitchen and the table with a collection of delicious, nutritious, traditionally prepared recipes. The Nourished Kitchen deserves a place of honor on your kitchen counter.”

• Sally Fallon Morell, president, the Weston A. Price Foundation

“Jennifer McGruther is great at showing how healthy, nourishing food can be mouthwatering and delicious. This book is full of practical wisdom and inspired recipes (including lots of fermented foods and beverages). Jennifer makes you want to get into the kitchen.”

• Sandor Ellix Katz, author of *The Art of Fermentation* and *Wild Fermentation*

This is a beautifully done book. I love the guidelines used with reference to Dr. Weston Price. I’m glad to see old fashion is coming back into fashion. The pictures are beautifully and artfully done. It inspires you to try a little harder to make life better. We need this in our world today where everything is fast, easy and unhealthy. I preordered this book and am now ready to improve by life by starting to use it. Thank you for the time spent to produce this and offer it to the public.

This book is wonderful. Not just a cookbook, every chapter teaches you something new about dairy, meat, fish, fermenting etc. I can’t put it down. Every night my husband keeps asking why I’m reading recipes at night but I keep telling him it’s more than just recipes. I’m learning a lot. Love it!!!

It is nice to see a cookbook that takes us back to our roots. I tried the maple pears and they were great. I did the cultured lemons a while ago that is where I learned about this cookbook being published, and they were great also. I did the chicken recipe along with it. I made a living pie (nothing cooked, even the crust) and added some of the cultured lemons to give it that wonderful flavor and it was fabulous. I am looking forward to many wonderful recipes along with making some lifestyle changes. Thank you for all the effort it took to make this cookbook happen.

This is one of the better "homestead" kind of books. I’m new to fermenting and a lot of from scratch cooking, baking, canning, etc. So this book is a great starting place. Even if you have been doing

this kind of thing for a while the recipes are great staples. I have a friend who turned me on to this and she uses it all the time.

The Nourished Kitchen is a must have for anyone looking to discover food preparation as it was in the old world, as whole as it can get. This contains the recipes of our forefathers and gets back to wholesome basics that deliver the most delicious and nutrient-rich preparations of foods to our families. Love, love, love this collection!

Wow - if you ever wanted to know how to make those store-bought processed products from scratch and know EXACTLY what's in your food, this is the book to buy! Loads of explanations and beautiful photos

I really like this cookbook. It is a farm-to-table cookbook. I have a garden and keep it going all seasons. This is my favorite section of the book. I can plant my garden according to some of the recipes in the book. The recipes are easy to follow and are traditional foods. The picture and text are very easy to see and read. There are recipes for making your own sour cream, olive mayonnaise, sourdough starter for making breads and pastries, and yogurt. There are recipes for any meal; breakfast, lunch, dinner or supper. I also like the gluten free recipes. There are many recipes that are very interesting that I want to try. I never thought of putting some of the foods together. I can't wait to make my next meal.

Fantastic ! If you are a fan of the research of Weston A. Price you will want to add this book to your library... very valuable information and recipes

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