



Cooking Traditional Foods

Menu Mailer Volume One Favorites

By

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Introduction

The idea for Cooking Traditional Foods came to me after a search to find a family-friendly, traditional food resource with gluten- and dairy-optional recipes that children would actually eat. We had been eating traditional foods for almost 4 years and I was trying to recover from celiac disease, mercury poisoning and adrenal fatigue. My ability to stand in the kitchen and cook was very limited; I wasn't even able to do housework or leave the house to shop for groceries because I was so sick and exhausted. Finding recipes that were quick, easy and within our food limitations were rare. Finding ones my kids would touch were practically non-existent other than my 10 stand-by meals of which we were all sick of eating and some of which took too long to fix.

I looked long and hard, but found no easily-accessible and affordable help. I've met lots of other mothers in the same boat, some of whom were struggling with the added burden of trying to eliminate allergens from the family table to improve a child's failing health. The ringing complaint I heard was that other traditional foods books weren't family-friendly and their children wouldn't touch the food. There were a few kid-friendly, traditional food recipes out there, but kid-friendly recipes that meet food allergy restrictions while being nutrient dense were extremely tough to find. I decided to launch my own menu mailer that any mother, with or without food restrictions, could use with her family while minimizing the time she would spend in the kitchen.

I chose a menu mailer over doing a cookbook, since so many busy moms complained about how long it took every week to put together a menu and shopping list then struggle to remember to do everything in advance. I realized a cookbook would be of less use to a busy mom if she still has to assemble a menu, shopping list and preparation schedule, then actually try to remember to get it all done. Still, a book of menu mailers would be of no use if her children won't eat the food. So my goal from the beginning was to provide gluten- and casein-optional, nutrient-dense, kid-friendly, easy-to-fix, traditional food meals that didn't eat up large amounts of time in the kitchen. I created a 'no-brainer' format so a mother doesn't have to think. She just has to follow directions on those days she is too tired to think, the kids are sick, or life is getting in the way since those are the days that nutritional goals and ideals often fall by the wayside. So I set about creating what I knew I and so many other mothers need to be able to incorporate this lifestyle into every day no matter what life brings, since other traditional foods books are heavy on theory and light on execution. Surely, if I have been doing traditional foods for 4 years and was struggling to meet all the tenets on a daily basis with my time and energy limitations and our food allergies, others were, too.

To this end, in June, 2007 we launched with 150 subscribers to the weekly menu mailer. In January 2008, we followed with a Recipe Archive, a forum, and an expanded website. The forum provides a location for support and helps people find local resources.

I am very proud of what Cooking Traditional Foods has become and the support it provides. I hope you enjoy the mailers as much as we enjoyed writing them.

Menu Mailer Summer Week 1

Monday

Crock-Pot Pork Tenderloin with Apples
Amaranth
Steamed Broccoli
Lacto-Fermented Carrots

Tuesday

Spaghetti
Spaghetti Squash, Green Beans, Pasta or Polenta
Side Salad

Wednesday

Forbidden Chicken
Rice
Sautéed Kale
Cauliflower
Lacto-Fermented Carrots

Thursday

Turkey Hash

Friday

Dijon Garlic Salmon
Quinoa Pilaf
Sauerkraut or Kimchi
Stir-Fried or Roasted Veggies

Saturday

Crock-pot Mushroom Beef
Rice
Yellow Squash or Zucchini
Salad

This Week's Dessert

Quinoa Pudding

One cannot think well, love well, sleep well, if one has not dined well. Virginia Woolf

Shopping List

Keep the following staples on hand: onion, garlic, carrots, celery, lemons/bottled lemon juice, salt, pepper, garlic powder, onion powder, cinnamon, vanilla extract, coconut oil, olive oil, sesame oil, rice, honey, cornstarch/arrowroot, soy sauce/tamari, eggs, baking soda, baking powder and rapadura/sucanat. Optional staples are xanthan gum, butter/ghee, lard, tallow, red palm oil, and cow's milk.

Produce

Apples, granny smith [M]	2 large	Bell pepper [TR]	2
Broccoli [M]	optional for 1 meal	Cauliflower [W]	opt for one meal
Chard- Swiss/rainbow [F]	1 bunch	Green onions [T]	opt for one meal
Kale [W]	1 bunch	Lemon [D]	1, for rind
Mushrooms [TFS]	2 pounds	Onion, red [F]	1
Potatoes, baking [RF]	3, plus optional for one meal	Salad [TS]	opt for two meals
Yellow squash [S]	optional for one meal	Zucchini [TS]	1+opt for one meal

Spices

Cumin [R]	1 tsp	Curry powder [W]	1 Tbs
Fennel seed [T]	½ tsp	Ginger [W]	1 tsp
Italian Seasoning [T]	2 tsp	Tarragon [F]	1½ tsp

Meat

Beef, ground [T]	up to 1 pound
Beef, liver [T]	¼ pound or less, optional
Beef, stew meat [S]	1 pound
Chicken [W]	4 breasts, 4 thighs or 8 drumsticks
Pork tenderloin [M]	1½ -2 pounds
Salmon fillets [F]	2-4
Turkey, ground [R]	1 pound

Pantry

Amaranth [M]	optional for 1 meal
Apple cider vinegar [M]	2 Tbs
Applesauce [M]	½ cup
Beef stock [S]	2 cups
Chicken stock [RF]	6 cups
Coconut milk [D]	1½ cups or use cow's milk
Coconut, shredded [D]	¼ cup
Dijon mustard [F]	½ cup
Hot sauce [W]	optional
Lentils [F]	1 cup (approx ½ pound)
Nuts, crispy ground [D]	¼ cup
Quinoa [FD]	2½ cups
Raisins [D]	¼ cup
Salsa [R]	½ cup
Sesame seeds [W]	¼ cup
Tomatoes, diced [T]	2 (14-ounce) cans
Tomatoes, paste [T]	1 (6-ounce) can
Tomatoes, sauce [T]	1 (15-ounce) can

Refrigerator or Freezer

Cheese [R]	optional, for one meal
Sour cream [R]	optional, for one meal

Other

Spaghetti squash, frozen French-cut green beans, brown rice pasta, polenta, other pasta [T]	pick one for one meal
Tortillas- corn, flour or gluten-free [R]	optional, pick one for one meal

Forbidden Chicken**Wednesday Serves 4-8**

Hands-on: 10 minutes

Hands-off: 30-50 minutes

My little girl, who doesn't like chicken, loves this recipe. It's the sesame seeds. I fixed this for lunch and accidentally left off the seeds, and that was the first thing she asked for when I brought her plate to the table.

- 4 chicken breasts, 4 chicken thighs or 8 drumsticks, with bone and skin
- $\frac{3}{4}$ cup tamari
- 2 Tbs coconut oil, ghee or butter, melted
- 1 Tbs curry powder
- 1 tsp ground cinnamon
- 1 tsp ground ginger
- 1 garlic clove, pressed
- 2 dashes hot sauce, optional
- $\frac{1}{4}$ cup sesame seeds

Preheat oven to 350 degrees.

Arrange chicken skin side up in one layer in a baking pan. In a small bowl, whisk together everything but the sesame seeds. Spread the mixture over the chicken and chill for a few hours if desired. Sprinkle sesame seeds over the chicken and bake uncovered for 30-40 minutes for breasts, 35-45 minutes for drumsticks or 40-50 minutes for thighs, until chicken is golden and a thermometer registers 165 in the thickest part of the meat.

Serve with rice, cauliflower and sautéed kale (see page 8). To stretch this meal, serve less meat per person and add an extra side dish.

What's the difference between a sauté and a sweat? A sweat is done at a low heat using salt to draw out moisture, and does not brown the vegetables. Sautés are done at a higher heat with no salt and browns the edges of vegetables.

Turkey Hash**Thursday Serves 4**

Hands-on: 15 minutes

Hands-off: 1 hour

- 3 potatoes
- 4 Tbs coconut oil
- Sea salt
- 1 onion, diced
- 1 bell pepper, diced
- 2 cloves garlic, pressed
- 1 tsp cumin
- $\frac{1}{2}$ cup salsa
- 1 pound ground turkey
- 1 tsp salt
- $\frac{1}{2}$ tsp pepper
- 2 cups chicken or turkey stock
- Tortillas, optional

Wash and dry the potatoes thoroughly. Prick each potato with a fork several times, rub with 1 Tbs coconut oil and sprinkle with salt. Bake at 350 until done, about one hour. Cube into a small dice and set aside.

In a skillet, combine the remaining oil and vegetables and cook over medium-high heat until the vegetables are translucent. Add salsa, potatoes and ground turkey. Cook, breaking up the meat, until the turkey is no longer pink. Add stock and simmer until desired consistency.

Serve on optional corn, rice or flour tortillas with extra salsa, sour cream, cheese, cortido, green onions, or other toppings.

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