



Back to Basics

Cooking Traditional Foods

Back to Basics



By
KerryAnn Foster

Back to Basics

by KerryAnn Foster

Copyright © 2011 by KerryAnn Foster

All rights reserved.

No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage or retrieval system, without written permission from the author, except in the case of brief quotations embodied in critical articles and reviews.

Published in the United States of America by Lulu
www.lulu.com

Printed in the United States of America

Design by Jeff Foster

Author's Contact Information:

Cooking Traditional Foods, LLC
c/o KerryAnn Foster
P.O. Box 1556
Weaverville, NC 28787
www.CookingTF.com

American Menu Mailer

Back to Basics Week 1

Soup of the Week
Apple and Butternut Soup

Monday
Spaghetti Sauce
Salad
Bread

Tuesday
Kung Pao Chicken
Rice

Wednesday
Crock-Pot Curried Chicken and Kale
Cornbread

Thursday
Scrambled Eggs
Spicy Sausage
Fried Potatoes

Friday
Apple and Thyme Chicken
Green Beans

Saturday
Broiled Flank Steak
Roasted Potatoes
Sauteed Kale

Dessert
Popcorn Balls

In Season for September

Apple	Artichoke	Basil	Beans- shell/snap/green	
Bell peppers	Celery Root	Cucumber	Eggplant	
Figs	Garlic	Grapes	Kale	Kohlrabi
Melons	Okra	Onion	Oranges, Valencia	Pears
Persimmons	Plums	Pomegranate	Potatoes	Summer Squash
Tomatillos	Tomatoes	Watermelon	Winter squash	Zucchini

Need to know how to make chicken stock or lacto-fermented carrots? Not sure how to cook quinoa?
New to cooking and need some help? Our Menu Mailer help page will have the answers you need-
<http://www.cookingtf.com/maillerhelp.html>

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, flour, eggs, baking soda, baking powder and rapadura/sucanat. Optional staples are butter/ghee, lard, tallow, red palm oil, and cow's milk. MYO- make your own.

Produce

Apples [PF]	1 tart green + 4 sweet	Butternut squash [P]	2
Ginger, fresh [T]	1 Tbs grated	Green beans [F]	optional for one meal
Green onions [T]	optional	Kale [WS]	1 bunch + opt for one meal
Mushrooms [M]	1 cup	Potatoes [RS]	4 + opt for one meal
Shallot [F]	1, or use onion	Tomatoes [M]	5-8, or use canned
Zucchini [M]	1		

Spices

Basil [R]	2½ tsp	Cardamom [P]	2 tsp
Coriander [W]	1 tsp	Cumin [W]	½ tsp
Curry powder [PW]	2½ Tbs	Fennel seed [M]	½ tsp
Ginger, dry [WR]	1½ tsp	Italian seasoning [M]	2 tsp
Red pepper flakes [T]	¼ tsp or more	Thyme [RF]	1½ tsp

Meat

Beef, flank steak [S]	1-2 pounds
Beef, ground [M]	1-2 pounds
Beef, liver [M]	1-4 ounces
Chicken [T]	1 pound boneless, skinless breasts or thighs
Chicken [F]	1 whole, cut up, or pieces to feed 4-6 (with bone and skin)
Turkey, ground [R]	1 pound, or use ground pork

Pantry

Balsamic vinegar [F]	¼ cup
Chicken stock [PW]	12 cups
Chickpeas [W]	2/3 pound dry or 2 cans
Cornmeal [W]	2 cups
Peanuts [T]	½ cup crispy, or use cashews, optional
Popcorn [D]	¼ cup unpopped kernels GMO)
Tomato sauce [M]	2-3 cups
Tomato paste [M]	6 ounces
Vinegar, rice wine [T]	¼ cup
Water chestnuts [T]	1 can, optional

GFCF Brand Suggestions

Eden
Pacific
Eden canned
Arrowhead Mills, Bob's Red Mill
Eden (non-organic brands will be
Muir Glen, Bionaturae
Muir Glen, Bionaturae
Eden

Refrigerator or Freezer

Apple cider/juice [P]	2 cups
Milk [W]	1 cup unsweetened rice, almond or dairy

Other

Eggs [WR]	2 plus enough for one meal
-----------	----------------------------

Weekly Meal Preparation Schedule

Sunday

Morning Thaw ground beef for tomorrow.

Evening

Monday

Morning Thaw chicken for tomorrow.

Evening

Tuesday

Morning

Evening Soak chickpeas if you didn't prepare ahead.

Wednesday

Morning Cook chickpeas.

Evening

Thursday

Morning Thaw chicken for tomorrow.

Evening

Friday

Morning Thaw flank steak for tomorrow.

Evening

Saturday

Morning Marinate steak for tonight.

Evening

Veggie and Grain Prep Post-shopping prep for the week

Veggies

- Take 3 onions, 6 carrots and 6 celery ribs and dice in a food processor. In a stockpot over medium-high heat, combine some coconut oil or other fat and the veggies and cook until tender, about 5 minutes. Cool and place two-thirds of the vegetables into a glass storage container in your fridge. Take the remaining third of the veggies left in your stockpot and proceed with making this week's soup.

Grains

- Rice- cook enough for one meal and place in the fridge.
- Make bread for Monday, if desired.
- Make and freezer combread for Wednesday, if desired.

Beans

Cook or sprout 2/3 pound (1-1/3 cups) chickpeas and freeze.

- To sprout and cook beans, soak the beans in cold water overnight. Drain thoroughly, then spread out in a colander and set on the counter to dry. Rinse the beans 3-4 times a day for two to three days and drain thoroughly each time. Discard if mold or a sour smell develops. To cook, cover by one-inch of water and bring to a gentle simmer and cook until tender. Alternately, they can be cooked in your pressure cooker or your crock-pot.
- To soak and cook beans, cover with water on the keep warm setting on your crock-pot overnight. Drain and rinse thoroughly, then re-cover with water by at least one inch and cook on low or high until tender.

Apple and Butternut Soup Soup of the Week

Hands-on: 20 minutes
Hands-off: 20-45 minutes

I have started serving a teacup of soup before most dinners through the Fall and Winter as a way to get some veggies and bone broth into every family member every night. Make your soup prior to the week's beginning. Heat up a 1/2-1 cup portion for each person in a small pot on the stove and serve 15 minutes before dinner.

- 2 Tbs coconut oil
- 1 portion prepped veggies or 1 onion, 2 carrots and 2 celery, diced
- 2 butternut squash, peeled, gutted and cubed
- 4 apples, peeled, cored and cubed
- 8 cups unsalted chicken stock
- 1-2 cups apple cider, apple juice or stock
- 1 Tbs or more curry powder
- 2 tsp cardamom
- 1 tsp salt
- 1/4 tsp pepper

Heat a stockpot over medium-high heat. Add the prep veggies, squash and apples and saute until the onion is browned and the squash is starting to tender. Add the remaining ingredients and simmer until the vegetables are completely tender. Puree the soup with a blender or food processor and return it to the stockpot and return to medium heat. Cook until the soup is reduced and thickened to your liking. I reduced mine by about 2/3rds. Taste and adjust seasoning before serving.

Batch Cooking- Spaghetti Sauce
Monday

Hands-on: 20 minutes
Hands-off: 45 minutes

Freeze the extra sauce or use it for lunch during the week.

- 3-4 Tbs coconut oil
- 1 portion prepped veggies or 1 onion, 2 carrots and 2 celery, diced
- 1 cup fresh mushrooms, finely diced, optional
- 1 large zucchini, peeled and shredded, optional
- 1-2 lbs ground beef, optional
- 1-4 ounces grated beef liver, optional
- 4-6 tomatoes, diced
- 2-3 cups tomato sauce
- 1 (6 ounce) can tomato paste
- 3 cloves garlic, minced or 1 tsp garlic granules
- 1 tsp salt
- ½ tsp fennel seed, crushed
- 1/8 tsp pepper
- 2 tsp Italian seasoning

If you need to hide the veggies: Heat oil in a large pot over medium-high heat. Cook veggies in oil, stirring occasionally, until tender. Stir in tomato products, garlic and spices. Cover and cook on lowest heat 45 minutes, stirring occasionally, until the veggies are completely tender. Puree sauce in a food mill or food processor. Place some oil in a skillet and cook the ground beef and liver until no longer pink and add to the pureed sauce. Cook uncovered until desired consistency is reached. If you don't need to hide the veggies: Heat oil in a large pot over medium-high heat. Cook veggies in oil, stirring occasionally, until tender. Add ground beef and liver and cook until no longer pink; drain fat if needed. Stir in remaining ingredients. Cover and cook on lowest heat 45 minutes, stirring occasionally. Uncover and stir well. Cook uncovered on high heat, stirring often, until sauce is desired consistency.

Adjust seasonings before serving- you might like more Italian seasoning or salt. Serve over noodles, pasta or cooked spaghetti squash with a salad and bread on the side.

Kung Pao Chicken
Tuesday

Serves 4
Hands-on: 20 minutes
Hands-off: none

- 1 lb boneless skinless chicken breasts or thighs, cubed
- 1 Tbs cornstarch
- 2 garlic cloves, pressed
- ¼ tsp or more red pepper flakes, optional
- 1 Tbs fresh grated ginger
- ¼ cup rice wine vinegar
- ½ cup tamari
- 1 Tbs or more rapadura
- 2 Tbs sesame &/or coconut oil
- 1 carrot, cut in half length-wise and sliced
- 1 onion, thickly sliced or wedged
- 1 stalk celery, sliced
- 1 can water chestnuts, drained and sliced, optional
- 1 or more green onions, sliced, optional
- ½ cup crispy peanuts or cashews, optional

Combine the chicken and cornstarch in a bowl and toss to coat. Set aside. In a small bowl, combine the garlic, pepper flakes, ginger, vinegar, tamari and rapadura and whisk until smooth. Set aside.

In a large skillet or wok, heat the oil over medium heat. Add the carrot, onion and celery and sauté until soft. Add the chicken and cook 5-7 minutes or until the chicken is no longer pink. Stir in the water chestnuts, green onion and sauce and heat thoroughly. Taste and adjust amount of vinegar, up to an extra ¼ cup, if desired.

Serve over rice with crispy nuts sprinkled on top.

Back to Basics Index

* denotes a basics recipe that can be used with a variety of seasonings or made into multiple flavors.

Batch Cooking

Barbeque Sauce.....	Week 6
.....	Week 13
.....	Week 17
.....	Week 28
BBQ Chicken Wraps.....	Week 28
Basic Taco Meat.....	Week 3
Beef Roast.....	Week 13
Caramelized Onions.....	Week 28
Chicken Fajitas	Week 8
Crock-Pot Roast Chicken.....	Week 22
.....	Week 29
Hidden Veggies Spaghetti.....	Week 10
Meatballs*.....	Week 7
.....	Week 19
Mexican Roast.....	Week 15
Oven Pot Roast.....	Week 5
Quick Pizza Sauce	Week 9
.....	Week 20
Roast*	Week 2
Sloppy Joes.....	Week 21
Sloppy Joes (with cabbage).....	Week 26
Spaghetti Sauce.....	Week 1
Veggie-Heavy Chili.....	Week 4

Beef

Flank Steak

Broiled Flank Steak.....	Week 1
--------------------------	--------

Ground beef

Basic Taco Meat.....	Week 3
Chuck Wagon Meatballs.....	Week 19
Crock-Pot Swedish Meatballs.....	Week 25
Crock-Pot Taco Casserole	Week 29
Eggroll in a Bowl.....	Week 25
Greek Lamb Burgers (can sub beef).....	Week 20
Hidden Veggie Spaghetti	Week 10
Lasagna.....	Week 30
Marinara Sauce.....	Week 30
Meatballs*.....	Week 7
.....	Week 19
Meat Crust Pizza.....	Week 9
Mexican Skillet.....	Week 19
Mexican Tortilla Bake.....	Week 18
Pan-Fried Hamburgers*.....	Week 9
Pineapple Meatballs.....	Week 17
Pizza Meatloaf Cups.....	Week 20
Quick Meatloaf.....	Week 6
Shepherd's Meatloaf.....	Week 14

Beef, Ground beef (cont'd)

Shepherd's Pie.....	Week 8
Sloppy Joe Pot Pie.....	Week 13
Sloppy Joes.....	Week 21
Sloppy Joes (with cabbage).....	Week 26
Spaghetti and Meatballs.....	Week 7
Spaghetti Sauce.....	Week 1
Spiced Lentil Sloppy Joes	Week 29
Stuffed Chard in Marinara.....	Week 24
Sweet and Sour Meatloaf.....	Week 23
Tacos.....	Week 12
Tamale Pie.....	Week 3
Veggie Heavy Chili.....	Week 4

Roast

Beef Stroganoff.....	Week 3
Crock-Pot Italian Beef (rump roast).....	Week 7
Italian Braised Roast.....	Week 28
Italian Roast.....	Week 22
Prime Rib.....	Week 16
Roast*.....	Week 2
Roast Hash.....	Week 22
Standing Rib Roast.....	Week 16
Thai Beef with Carrots.....	Week 19
Mexican (or any flavor) Hash*.....	Week 5
.....	Week 15
Mexican Roast.....	Week 15
Oven Pot Roast*.....	Week 5
.....	Week 16

Steak

Asian Steak (grilling cut of your choice).....	Week 24
Basic Grilled Ribeye*.....	Week 3
Beef Kabobs (top sirloin).....	Week 27
Crispy Orange Beef Stir-fry (round steak).....	Week 6
Crock-Pot Beef Fajitas (flank).....	Week 23
Crock-Pot Swiss Stead (round steak).....	Week 21
Cube Steak and Vegetables.....	Week 11
.....	Week 18
Korean Beef (satay).....	Week 11
Orange Beef (round steak).....	Week 30
Steak with Cumin Aioli.....	Week 10

Stew Beef

Baked Beef Stew.....	Week 8
Beef and Sweet Potato Stew.....	Week 17
Beef Stew*.....	Week 4
Beef Stroganoff.....	Week 3
Beef Stroganoff.....	Week 20
Crock-Pot Beef Stew	Week 12

Breads

Cinnamon Rolls (from sourdough starter or yeast).....	Week 16
Cornbread.....	Week 1
.....	Week 4
.....	Week 9

Breads (cont'd)

.....	Week 12
.....	Week 17
Cornbread Dressing	Week 12
Cranberry Quinoa Pilaf (dressing replacement).....	Week 16
Flatbread.....	Week 28
Graham Crackers.....	Week 16
Masa Cornbread.....	Week 14
.....	Week 15
.....	Week 24
.....	Week 27
Sourdough Pizza Crust (hand-tossed style).....	Week 23
Sourdough Pancakes.....	Week 25
Sourdough Starter.....	Week 16
.....	Week 23
.....	Week 25
Sticky Buns.....	Week 16

Breakfast

Apple Kefir Pancakes.....	Week 30
Bacon Latkas.....	Week 18
Baked French Toast.....	Week 11
Baked Oatmeal	Week 28
Blender Batter Waffles.....	Week 24
Cinnamon Rolls.....	Week 16
Fried Oatmeal.....	Week 9
Fried Potatoes.....	Week 1
Frittata.....	Week 23
Latkas.....	Week 4
Maple Sausage.....	Week 3
.....	Week 11
Oven Bacon.....	Week 4
Oven Puff Pancake.....	Week 3
.....	Week 27
Sausage Frittata.....	Week 29
Slow Cooker Pear Oatmeal.....	Week 26
Soaked and Veggies Blender Waffles.....	Week 21
Spicy Sausage.....	Week 1
Sticky Buns.....	Week 16
Toad in the Hole.....	Week 10
Tomato Poached Eggs.....	Week 20

Chicken

Boneless and skinless breast/thigh or chicken tenders

Apple Cranberry Chicken.....	Week 14
Apple and Maple Chicken.....	Week 18
Baked Chicken Strips.....	Week 4
'Bourbon' Chicken (Chinese Mall Chicken).....	Week 5
.....	Week 16
Cashew Chicken Stir-Fry.....	Week 7
Chicken Adobo.....	Week 15
Chicken and Broccoli Dijon.....	Week 20

Chicken, Boneless and skinless breast/thigh or chicken tenders (cont'd)

Chicken and Broccoli Quinoa.....	Week 21
Chicken Chili.....	Week 24
Chicken Fajitas	Week 8
Chicken Mole	Week 21
Chicken Satay Salad.....	Week 28
Crock-Pot Apple-Dijon Pork Roast (and chicken substitute).....	Week 17
Crock-Pot Pork Curry (directions to sub with chicken).....	Week 16
French Chicken.....	Week 8
Fried Chicken Fingers.....	Week 11
Garlic Chicken Skewers.....	Week 17
Mexican White Bean Soup.....	Week 7
Kung Pao Chicken.....	Week 1
.....	Week 13
Pacific Chicken.....	Week 19
Pineapple Gingered Chicken.....	Week 16
Sweet and Sour Chicken.....	Week 9
Breast, with bone and skin	
BBQ Chicken.....	Week 17
BBQ Chicken Wraps.....	Week 28
Brined and Broiled Chicken.....	Week 11
Cashew Chicken Stir-Fry.....	Week 7
Chicken Adobo.....	Week 15
Chicken and Wild Rice.....	Week 27
Chicken Brine	Week 12
.....	Week 16
Chicken Salad Satay.....	Week 28
Chicken Soup.....	Week 30
Forbidden Chicken	Week 26
Quick Pan-Seared Chicken.....	Week 5
Cooked, Cubed/Shredded Meat	
BBQ Chicken Wraps.....	Week 28
Chicken and Broccoli Quinoa.....	Week 21
Chicken Pot Pie.....	Week 7
Turkey Pot Pie (instructions for chicken included).....	Week 14
Chicken and Dumplings	Week 30
Chicken Soup.....	Week 30
Creamy Pesto Chicken and Pasta.....	Week 3
Crock-Pot Chicken Tortilla Soup.....	Week 14
Mexican White Bean Soup.....	Week 7
Tamale Pie.....	Week 3
White Chicken Chili.....	Week 6
Liver	
Chicken Liver Risotto.....	Week 15
Rumaki.....	Week 17
Pieces of your choice	
Apple and Maple Chicken.....	Week 10
Apple and Thyme Chicken.....	Week 1
Brined and Broiled Chicken.....	Week 11
BBQ Chicken.....	Week 17
BBQ Chicken Wraps.....	Week 28
Chicken Adobo.....	Week 15

Chicken, Pieces of your choice (cont'd)

Chicken and Wild Rice.....	Week 27
Chicken Brine.....	Week 12
.....	Week 16
Chicken Cacciatore.....	Week 10
Chicken Tarragon.....	Week 14
Curried Chicken and Rice Bake.....	Week 9
Forbidden Chicken	Week 26
Smothered Chicken.....	Week 4

Thighs

Braised Chicken with Pears.....	Week 20
Brined and Broiled Chicken.....	Week 11
BBQ Chicken.....	Week 17
BBQ Chicken Wraps.....	Week 28
Chicken Adobo.....	Week 15
Chicken and Wild Rice.....	Week 27
Chicken Brine.....	Week 12
Chili Maple Chicken.....	Week 24
Curried Honey Mustard Chicken	Week 29
Forbidden Chicken	Week 26
Honey Mustard Chicken Thighs.....	Week 18
Pan-seared Chicken Thighs*.....	Week 2
.....	Week 12

Whole Chicken

Brined and Broiled Chicken.....	Week 11
BBQ Chicken.....	Week 17
BBQ Chicken Wraps.....	Week 28
Butterflied Roast Chicken.....	Week 26
Chicken Brine	Week 12
.....	Week 16
Crock-Pot Roast Chicken.....	Week 22
.....	Week 29
Roast Chicken (crock-pot).....	Week 2
Rubber Chicken (one chicken, three meals).....	Week 6
Whole Roasted Chicken.....	Week 13
Whole Roast Chicken	Week 25

Whole Chicken, cut up

Apple and Maple Chicken.....	Week 10
Apple and Thyme Chicken.....	Week 1
BBQ Chicken Wraps.....	Week 28
Chicken Cacciatore.....	Week 10
Chicken Tarragon.....	Week 14
Curried Chicken and Rice Bake.....	Week 9
Smothered Chicken.....	Week 4

Wings

Honey Garlic Chicken Wings.....	Week 23
Teriyaki Chicken Wings.....	Week 27

Condiments

Aioli.....	Week 10
Coconut Milk Yogurt.....	Week 23
Caramelized Onions.....	Week 28

Condiments (cont'd)

Dairy Yogurt.....	Week 21
Dairy-Free Ricotta Cheese Substitute.....	Week 30
Mayonnaise.....	Week 25
Sauerkraut.....	Week 5

Crock-Pot

Baked Beef Stew (crock-pot instructions given as alternate).....	Week 8
BBQ Chicken.....	Week 17
BBQ Chicken Wraps.....	Week 28
Beef Roast*.....	Week 2
Beef Roast*.....	Week 13
Beef Stew*.....	Week 4
Black Bean Soup.....	Week 5
Chicken Cacciatore.....	Week 10
Chuck Wagon Meatballs.....	Week 19
Crock-Pot Beef Fajitas.....	Week 23
Crock-Pot Beef Stew.....	Week 12
Crock-Pot Chocolate Tapioca Pudding.....	Week 11
Crock-Pot Chicken Casserole.....	Week 29
Crock-Pot Chicken Tortilla Soup.....	Week 14
Crock-Pot Curried Chickpeas and Kale.....	Week 1
Crock-Pot Italian Beef.....	Week 7
Crock-Pot Pork Curry.....	Week 16
Crock-Pot Pumpkin Pudding.....	Week 8
Crock-Pot Roast Chicken.....	Week 22
Crock-Pot Sugared Nuts.....	Week 17
Crock-Pot Swedish Meatballs.....	Week 25
Crock-Pot Swiss Steak.....	Week 21
Crock-Pot Tapioca Pudding.....	Week 23
Cooking dry beans in a crock-pot.....	Week 3
Italian Roast.....	Week 22
Mexican White Bean Soup.....	Week 7
Pineapple Gingered Chicken.....	Week 16
Pineapple Meatballs.....	Week 17
Pizza Potatoes.....	Week 22
Potato Soup.....	Week 2
Potato Wedges.....	Week 18
Red Lentil Soup.....	Week 3
Roast Chicken *.....	Week 2
Slow Cooker Pear Oatmeal.....	Week 26
Spinach Lentil Soup.....	Week 17
Thai Beef with Carrots.....	Week 19
Veggie Heavy Chili.....	Week 4
White Chicken Chili.....	Week 6

Desserts

Apple and Pear Cobbler.....	Week 25
Apple Spice Cake.....	Week 3
Basic Custard.....	Week 2
Basic Custard (version II).....	Week 27
Black Bean Brownies.....	Week 18
Butternut Squash and Pears.....	Week 13

Desserts (cont'd)

Chocolate Banana Clafouti.....	Week 14
Chocolate Chickpea Cake.....	Week 17
Chocolate Chip Nut Butter Impossible Pie.....	Week 4
Chocolate Euphoria.....	Week 24
Chocolate Pudding.....	Week 26
Cinnamon Rolls.....	Week 16
Coconut Milk Yogurt.....	Week 23
Crock-Pot Apple Dijon Pork Roast.....	Week 17
Crock-Pot Chocolate Tapioca Pudding.....	Week 11
Crock-Pot Pumpkin Pudding.....	Week 8
Crock-Pot Sugared Nuts.....	Week 17
Crock-Pot Tapioca Pudding.....	Week 23
Crustless Coconut Custard Pie	Week 30
Crustless Pumpkin Pie.....	Week 12
Dairy Yogurt.....	Week 21
Eggless Chia Chocolate Pudding.....	Week 26
Graham Crackers.....	Week 16
Grandma Coffey's Icebox Fruitcake.....	Week 16
Homemade Caramels.....	Week 16
Lemon Ginger Bean Brownies.....	Week 7
Nog Pops.....	Week 13
Nut Butter Cookies	Week 29
Nut Butter Cups.....	Week 9
Peanut Butter (or Other Nut Butter) Squash Blondies.....	Week 21
Peppermint Patties.....	Week 22
Pie Crust (gingersnaps).....	Week 12
Popcorn Balls.....	Week 1
Pumpkin Blondies.....	Week 19
Pumpkin Pie.....	Week 12
Rich Chocolate Pudding*.....	Week 6
Sticky Buns.....	Week 16
Sweet Potato Bread Pudding.....	Week 15
Vanilla Ice Cream*.....	Week 5
Vanilla Pudding.....	Week 28
Vanilla Snow Cream.....	Week 20
Whole Grain Blondie Bars.....	Week 10
Whoopie Pies (and Frosting).....	Week 24

Dips

Bean Dip.....	Week 17
Hummus.....	Week 17

Drinks

Cold Eggnog.....	Week 16
Cranberry Punch.....	Week 16
Hot Chocolate	Week 16
Mulled Cider.....	Week 12

Fish

Baked Fish Sticks.....	Week 5
Baked Fish with Mushrooms.....	Week 24

Fish (cont'd)

Fish Cacciatore.....	Week 28
Fish Sticks.....	Week 21
Garlic Lemon Salmon Packets.....	Week 26
Ginger Lime Salmon.....	Week 12
Ginger Mustard Mahi Mahi.....	Week 4
Glazed 'Mafi' Mahi.....	Week 8
.....	Week 16
.....	Week 27
Herbed Salmon.....	Week 14
Herb Salmon.....	Week 23
Honey Grilled Salmon.....	Week 2
Pecan Crusted Salmon.....	Week 13
Rich Salmon	Week 29
Roasted Cod and Potatoes.....	Week 10
Salmon Chowder.....	Week 9
Salmon Packets.....	Week 11
Salmon Patties.....	Week 15
Salmon Patties.....	Week 19
Salmon with Bok Choy.....	Week 25
Salmon with Fruit Salsa.....	Week 3
Teriyaki Salmon (or Tuna).....	Week 22

Grains

Asian Pilaf.....	Week 24
Basic Rice Pilaf*.....	Week 2
Basic Piaf- any grain*.....	Week 2
Basic Quinoa*.....	Week 5
Chicken and Broccoli Quinoa.....	Week 21
Cranberry Quinoa Pilaf.....	Week 16

Hidden Veggies

Apple Spice Cake.....	Week 3
Bean Dip.....	Week 17
Black Bean Brownies	Week 18
Chocolate Chickpea Cake.....	Week 17
Chocolate Chip Nut Cookies.....	Week 17
Hidden Veggie Spaghetti.....	Week 10
Hummus.....	Week 17
Lemon Ginger Brownies.....	Week 7
Peanut Butter (or Other Nut Butter) Squash Blondies.....	Week 21
Pizza Meatloaf Cups.....	Week 20
Pumpkin Blondies.....	Week 19
Roasted Cauliflower Soup.....	Week 9
Spaghetti Sauce.....	Week 1
Veggie Heavy Chili.....	Week 4

Holidays

Christmas.....	Week 16
Halloween.....	Week 8
New Years.....	Week 17
Thanksgiving.....	Week 12

Holidays (cont'd)

Valentine's Day..... Week 24

Lamb

Greek Lamb Burgers..... Week 20

Lamb Loaf..... Week 25

Lamb Stir-Fry Week 18

Liver

Basic Taco Meat..... Week 3

Chicken Liver Risotto..... Week 15

Crock-Pot Swedish Meatballs..... Week 25

Eggroll in a Bowl..... Week 25

Hidden Veggie Spaghetti..... Week 10

Lasagna..... Week 30

Marinara Sauce..... Week 30

Mexican Tortilla Bake..... Week 18

Mexican Skillet..... Week 19

Pizza Meatloaf Cups..... Week 20

Quick Meatloaf..... Week 6

Rumaki..... Week 17

Shepherd's Meatloaf..... Week 14

Shepherd's Pie Week 8

Sloppy Joe Pot Pie..... Week 13

Sloppy Joes..... Week 21

Spaghetti Sauce..... Week 1

Stuffed Chard in Marinara..... Week 24

Sweet and Sour Meatloaf..... Week 23

Tacos..... Week 12

Tamale Pie (using filling as written)..... Week 3

Veggie Heavy Chili..... Week 4

Meatless Main Dish

Burrito Beans..... Week 10

Crock-Pot Curried Chickpeas and Kale..... Week 1

Falafel..... Week 7

Greek Cauliflower..... Week 21

Lentil Chili..... Week 15

Lentil Dahl..... Week 7

Meatless Toastadas..... Week 2

Mexican Beans..... Week 14

Pizza Potatoes..... Week 22

Potato and Kale Enchiladas..... Week 28

Quinoa and Black Beans..... Week 26

..... Week 30

Quinoa and Black Bean Burritos..... Week 17

Ranch Beans..... Week 9

Red Beans and Rice..... Week 19

Sweet Potato Burritos..... Week 13

Tomato Poached Eggs..... Week 20

White Bean and Broccoli Pasta..... Week 22

Packaged Product Replacements

Corn syrup replacement.....	Week 16
Cream of Mushroom Soup.....	Week 2
Homemade Caramels	Week 16
Marinara Sauce.....	Week 30
Ricotta Cheese (dairy-free substitute).....	Week 30

Pasta

Creamy Pesto Chicken and Pasta.....	Week 3
White Bean and Broccoli Pasta.....	Week 22

Pork

Bacon Latkas.....	Week 18
Crock-Pot Apple-Dijon Pork Roast.....	Week 17
Crock-Pot Pork Curry.....	Week 16
Eggroll in a Bowl.....	Week 25
Hoppin' John.....	Week 17
Maple Sausage.....	Week 3
.....	Week 11
Oven Bacon.....	Week 4
Potato Soup (ham or bacon).....	Week 20
Red Beans and Rice.....	Week 19
Rumaki (bacon).....	Week 17
Sausage Frittata.....	Week 29
Spicy Sausage	Week 1

Sauces

Aioli.....	Week 10
Barbeque Sauce.....	Week 6
Cranberry Sauce.....	Week 12
Cream of ___ Soup/White Sauce.....	Week 7
Enchilada Sauce	Week 29
Fajita Marinade.....	Week 8
Fruit Salsa.....	Week 3
Giblet Gravy.....	Week 12
Honey Mustard Dipping Sauce.....	Week 4
Horseradish Sauce for the Prime Rib	Week 16
Marinara Sauce.....	Week 24
Pesto.....	Week 3
Pizza Sauce.....	Week 9
Pizza Sauce.....	Week 23
Quick Pizza Sauce.....	Week 20
Satay Sauce.....	Week 11
Spaghetti Sauce (meatless).....	Week 7
Spaghetti Sauce (ground beef and liver).....	Week 1
Tahini Dressing.....	Week 7

Soup

Apple and Butternut Soup.....	Week 1
Asparagus Soup.....	Week 25
Bacon, Tomato and Kale Soup.....	Week 27
Black Bean Soup.....	Week 5
Chicken and Dumplings.....	Week 30
Chicken Soup.....	Week 30

Soup (cont'd)

Chickpea Soup.....	Week 4
.....	Week 18
Chickpea and Leek Soup.....	Week 26
Cream of Mushroom Soup.....	Week 2
Cream of Hidden Veggie Soup.....	Week 29
Creamy Broccoli Soup.....	Week 15
Curried Pumpkin Soup.....	Week 12
Eggdrop Soup	Week 23
Enchilada Soup.....	Week 11
Immune-Boosting Herbal Chicken Soup.....	Week 24
Leek and Sweet Potato Soup.....	Week 10
Mexican White Bean Soup.....	Week 7
Peanut and Pumpkin Soup.....	Week 16
Potato Soup	Week 2
.....	Week 20
Pumpkin Soup (baked in a whole pumpkin).....	Week 8
Quick Veggie Soup.....	Week 19
Red Lentil Soup.....	Week 3
Roasted Cauliflower Soup.....	Week 9
Salmon Chowder.....	Week 9
Spinach Lentil Soup.....	Week 17
Squash and White Bean Soup.....	Week 21
Sweet Potato Chili Lime Soup.....	Week 8
Sweet Potato Chowder.....	Week 13
.....	Week 28
Taco Soup.....	Week 22
Vegetable Soup.....	Week 6
Veggie Heavy Chili.....	Week 4

Spice Mixes

Garam Marsala.....	Week 7
Lemon Pepper Seasoning Mix.....	Week 5
Poultry Seasoning Mix.....	Week 6
Taco Seasoning Mix.....	Week 3
.....	Week 12
.....	Week 18

Turkey

Barbeque Glazed Turkey Meatballs.....	Week 6
.....	Week 17
Hoppin' John.....	Week 17
How to thaw a whole turkey.....	Week 12
.....	Week 16
Italian Dressing Mix.....	Week 7
Maple Sausage.....	Week 3
.....	Week 11
Mexican Skillet.....	Week 19
Roast Turkey.....	Week 12
.....	Week 16
Sausage Frittata.....	Week 29
Shepherd's Pie.....	Week 8
Spiced Lentil Sloppy Joes	Week 29

Turkey (cont'd)

Spicy Sausage	Week 1
Turkey Brine.....	Week 12
.....	Week 16
Turkey Burgers.....	Week 30
Turkey Chili	Week 27
Turkey Meat Loaf.....	Week 5
Turkey Pot Pie.....	Week 14

Vegetables

Asian Broccoli.....	Week 24
Bacon Latkas.....	Week 18
Butternut Squash Fries.....	Week 4
Candied Sweet Potatoes.....	Week 12
Cauliflower Rice.....	Week 20
Coleslaw.....	Week 9
Baked Potatoes.....	Week 24
Beans- soak or sprout and cook.....	every issue with beans
Beans in a Crock-pot.....	Week 3
Beans with other ingredients	Week 6
.....	Week 9
Beans- summary of all methods.....	Week 15
Broccoli Salad.....	Week 25
Brussels Sprouts.....	Week 16
Butternut Squash and Pears.....	Week 13
Fried Potatoes.....	Week 1
Greek Cauliflower.....	Week 21
Kale and Parsnips.....	Week 25
Latkas.....	Week 4
Mashed Potatoes.....	Week 3
.....	Week 4
.....	Week 8
.....	Week 14
.....	Week 25
Potato Wedges.....	Week 18
.....	Week 20
Refried Beans	Week 8
.....	Week 12
.....	Week 15
Roasted Asparagus.....	Week 28
Sauteed Greens.....	Week 3
Sauteed Kale.....	Week 4
.....	Week 8
.....	Week 12
Savory Black Beans.....	Week 6
Spiced Lentil Sloppy Joes	Week 29
Sprouting Dry Beans.....	every issue with beans
Sweet Potato Fries.....	Week 21
.....	Week 30
Sweet Potato Souffle.....	Week 16
The Recipe With No Name.....	Week 16



KerryAnn Foster runs Cooking Traditional Foods, the longest running Traditional Foods Menu Mailer on the internet. KerryAnn has over nine years of traditional foods experience and is a former Weston A. Price Foundation chapter leader. Founded in 2005, CTF helps you feed your family nourishing foods they will love.

Do you like the concept of Traditional Foods, but you're not sure how to pull it together into a workable menu plan? Need to learn techniques to cook from scratch? Not sure where to start with incorporating Traditional Foods into your everyday life? This series is for you!

In this Back to Basics book, we cover:

- How to produce a moist, tasty roast beef in the crock-pot and the oven.
- How to pick cheaper cuts of meat.
- How to roast a whole chicken in the crock-pot and the oven.
- How to pan-sear chicken without drying it out.
- How to brine meat.
- How to stir-fry.
- How to roast vegetables.
- How to make soup.
- How to make 'cream of mushroom soup' replacement.
- How to use your broiler
- Homemade mayonnaise
- Homemade spice mixes
- How to reduce sugar and additives in your diet if you are new to Traditional Foods.
- Homemade dressings
- Homemade sauces and gravies
- Homemade gluten-free breads- quick breads, flat breads and sourdough.
- How to soak and cook grains.
- KerryAnn's formula for great hamburgers, meatballs, meatloaf and more.
- Nourishing breakfasts, snacks and desserts.
- What to do with leftover, cooked meats.
- How to make stock.
- How to make yogurt.
- How to take a technique and change it into multiple different recipes.
- How to stretch meals and save on your grocery budget.
- How to decrease your time in the kitchen.
- A Traditional Foods Thanksgiving and Christmas.
- How to hide vegetables and liver in your meals.
- And much, much more.

Once you master these lessons, you can make a wide variety of meals. Your family will never realize you are using the same basic techniques, again and again, to turn out a wide selection of dishes!

A Testimonial concerning this series:

I certainly did not expect my kids to go from being picky to eating EVERYTHING I serve them. WITHOUT complaining! I can't believe it! I was hoping that by the end of 30 weeks, they would reach that goal. But already? I haven't heard a "yuck" out of them in over a week, maybe even two. I guess their taste buds are happily accepting these (previously) new flavors and recipes.

As for myself, I find myself reaching far less for snacks. I don't want that between-meal sugar snack. I guess my body is getting enough nutrients now that I feel satisfied longer. I didn't expect this!

Lea, <http://www.naturalfamilyawareness.com/>

ID: 10829039
www.lulu.com

