



meals at the ancestral hearth

ALISON KAY & ANDREA HUEHNERHOFF

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Photography

Alison Kay
Andrea Huehnerhoff

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Printing Tip: To make this easier to print at home, we have collected all the photos in two main areas, outside the main body of the book. To avoid printing these ink-heavy pages, print document pages 2 - 49. The cover (document page 1), and document pages 50 to 59 contain all the color photographs in this book. Note that page numbers do not correspond with document pages, since the cover and title pages are not included in pagination.

Ancestral Kitchen
Seattle, WA 98101
Florence, Italy 50056

www.ancestralkitchen.com
www.farmandhearth.com
www.robertmichaelkay.com
www.chuckanuthillsfarm.com
www.patreon.com/ancestralkitchenpodcast

Pictured on front cover: Lard Tomato Sauce (page 37)

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A note on metric and imperial measurements: Andrea typically uses imperial measurements in the US, and Alison uses metric measurements in Europe. We left most of our recipes in these measurements, included a few of both, and added a metric conversion table on page 46.

*Try to find what the land around you can provide and use that in your kitchen.
That is the absolutely central thing to making your kitchen sustainable.*

- Alison Kay

your kitchen table is a world heritage site

Welcome to the Ancestral Kitchen Podcast, with Alison, a European town-dweller in central Italy, and Andrea, living on a newly-created family farm in northwest Washington State, USA. Pull up a chair at the table and join us as we talk about eating, cooking and living with ancient ancestral food wisdom in a modern world kitchen.

So opens every episode of the Ancestral Kitchen Podcast, backed by Rob Kay's original, catchy music. Captured in this introduction is the heart behind Alison's work at Ancestral Kitchen, and Andrea's at Farm and Hearth.

Alison and Andrea believe your table is a world heritage site, and reclaiming the lost traditions, skills and wisdom of our collective ancestry is a right and a privilege. Very few of us live in regionally distinct clans or tribes anymore, our nations have traveled across the globe and merged with each other, and many of us live thousands of miles from where our ancestors once made their homes. We can borrow, adopt, adapt and discover shared traditions that can be passed around the world in a matter of seconds now.

Together, we can research and recreate much of the wisdom that humanity used through all its history on earth to survive, thrive, and make the most of what the planet offers.

Ancestral food wisdom includes harmonious growing and preparation techniques, harvesting and distribution methods, storage and preservation processes, the arts of preparing and serving, and even integral waste and disposal purposes.

In this short cookery book, Alison and Andrea collected a few of their favorite original recipes, meals that their families enjoy that follow ancestral food wisdom, as well as useful advice for pantry, storage, favorite tools, and sourcing ethical, integrity-bound food.

You can listen to Alison and Andrea every other week on the Ancestral Kitchen Podcast, which can be found anywhere you listen to your favorite podcasts. Listeners can join as patrons of the show and enjoy an additional, private podcast feed, as well as a discussion group, many printable downloads and more.

Now ... Let's scoot back that chair, get an apron on, and get in the kitchen!

20 small steps to an ancestral kitchen

These small steps are listed in no particular order! You can jump anywhere in the list and begin. Every small step we make is progress towards an ancestral kitchen.

"When people ask me, "What's the most important thing I can do to advance the food integrity movement?", I tell them, "Get in your kitchen." " - Joel Salatin

1. Choose raw or low heat pasteurized milk
2. Include fermented vegetables in your meals
3. Choose traditional fats over vegetable/seed oils
4. Soak your grains
5. Choose heritage or heirloom grains, especially those from local mills
6. Make or purchase sourdough breads
7. Eat nose to tail, using all of the animal including the organ meat
8. Make drinking home-fermented beverages a habit
9. Find and support local farmers, who farm regeneratively
10. Switch to pasture-raised eggs; look for soy-free fed chickens
11. Eat grassfed beef, pastured pork and pastured chicken
12. Ferment your dairy (into yogurt, cheese or kefir)
13. Eat fat fearlessly
14. Include bone broth in your diet
15. Buy untreated vegetables, fruit and greens
16. Read about ancestral foods or listen to podcasts
17. Start a garden
18. Include herbs in your food and drink
19. Remove chemical-based toiletries from your home
20. Choose reusable and non-toxic household cleaning supplies

At the end of the day, it starts with us. - Sir Patrick Holden

Listen to Ancestral Kitchen Podcast anywhere you find your podcasts! The Small Steps episode is #50 and, in this episode, Alison and Andrea go into detail about each of these twenty steps, as well as sharing where they each started.

20 small steps

the book list

These are some of the books and resources we relied on as we worked through the small steps in our own kitchens, numbered to match each step. Many of the books can be found on our affiliate bookshop link, bookshop.org/shop/AKP under the Small Steps Booklist. For readers in the UK, visit uk.bookshop.org/shop/AKP

1. Untold Story of Milk: The History, Politics and Science of Nature's Perfect Food: Raw Milk from Pasture-Fed Cows, by Ron Schmid
2. Kirsten Shockey's "Your 30-Day Fermentation Course" (FULL immersion into fermented foods, including beverages and condiments!) <https://tinyurl.com/4j2yefk9>
3. Nourishing Fats: Why We Need Animal Fats for Health and Happiness, Sally Fallon Morell
4. Nourishing Traditions: The Cookbook That Challenges Politically Correct Nutrition and the Diet Dictocrats, Sally Fallon
5. Nourishing Diets: How Paleo, Ancestral and Traditional Peoples Really Ate, Sally Fallon Morell; and Heirloom by Sarah Owens
6. www.ellyseveryday.com blog and YouTube
7. It Takes Guts: A Meat-Eater's Guide to Eating Offal with Over 75 Delicious Nose-To-Tail Recipes, Ashleigh Vanhouten
8. Wild Fermentation: The Flavor, Nutrition, and Craft of Live-Culture Foods, Sandor Ellix Katz
9. Holy Cows and Hog Heaven: The Food Buyer's Guide to Farm Friendly Food, Joel Salatin
10. Folks, This Ain't Normal: A Farmer's Advice for Happier Hens, Healthier People, and a Better World, Joel Salatin
11. Defending Beef, Nicolette Hahn Niman
12. The Art of Natural Cheesemaking: Using Traditional, Non-Industrial Methods and Raw Ingredients to Make the World's Best Cheeses, David Asher
13. How to Heal Your Metabolism by Kate Deering
14. Nourishing Broth: An Old-Fashioned Remedy for the Modern World, Sally Fallon Morell and Kaayla T. Daniel
15. Tomatoland, Third Edition: From Harvest of Shame to Harvest of Hope, Barry Estabrook
16. Ancestral Kitchen Podcast (on Spotify, Apple, and all other streaming platforms)
17. The Year-Round Vegetable Gardener: How to Grow Your Own Food 365 Days a Year, No Matter Where You Live, Nikki Jabbour
18. Sacred and Herbal Healing Beers: The Secrets of Ancient Fermentation, Stephen Harrod Buhner
19. Chemical-Free Home for Face & Body by Melissa Poepping
20. The Chemical-Free Home by Melissa Poepping (melissapoepping.com/chemical-free-home-books)

the ancestral kitchen challenge

The challenge topics are here to spark creative fire in you! How each of these challenge topics play out in your kitchen is all up to your own interpretation. We will be supporting your endeavors from the podcast with books, ideas and research!

Post your pictures on social media and tag @ancestralkitchenpodcast and use the hashtag #ancestralkitchenchallenge so we can savor and share your work! If you aren't using social media, email us at alison@ancestralkitchen.com.

1. Make a fermented or lacto-fermented beverage (if you already ferment beverages, try a new one!)
2. Read a book mentioned on the podcast
3. Find and make a bread that works for your family
4. Use some kitchen scraps that would normally be tossed
5. Use a new-to-you kitchen tool (double the adventure and go find a vintage tool, too!)
6. Cook with a spice you've never used before
7. Exchange a recipe with someone in another country (snail mail or electronic mail!)
8. Ask an elder for a recipe from the past, and listen to their memories about food and life
9. Make a broth! Vegetable broth, bone broth, meat stock, your choice!
10. Put together a few of your favorite recipes and gift to a friend (snail mail or electronic mail)
11. Make a ferment (if you ferment a lot, make something new to you!)
12. Prepare a dish or meal that would have been known to locals in your area in the past
13. Prepare a meal or dish using offal. If you are already using offal, use a new-to-you organ or method!
14. Use fat in a new way – make it extra special and use a fat you have never tried before!
15. Make a home remedy, herbal blend or supplement
16. Preserve something – such as canning, freezing, drying, long-fermenting, liming, pickling, cellaring ...
17. Make a recipe you've avoided or been intimidated by
18. Make a meal from ingredients sourced entirely from your region
19. Spend a day without using the internet/social media, or if at all possible, any screens at all. If at all feasible, try making it a periodic routine to stay off screens for 24 hours.
20. Introduce a new cookbook to your kitchen
21. Make something mentioned on the podcast
22. Make a dish or meal your genetic ancestors would have made

Taking notes? Use this sheet to jot down ideas, websites or inspiration for your challenge!

Share your accomplishments with us online! Tag us @ancestralkitchenpodcast and use the hashtag #ancestralkitchenchallenge or send it to us at alison@ancestralkitchen.com!

1. Fermented beverage _____
2. Book _____
3. Bread _____
4. Kitchen scraps _____
5. New-to-me tool _____
6. Spice _____
7. Recipe exchange with _____
Recipe _____
8. Ask an elder _____
9. Broth _____
10. Recipe gifting sent to _____
Recipe: 1. _____
2. _____
3. _____
11. Make a ferment _____
12. Historic, local dish _____
13. Offal _____
14. Fat in a new way _____
15. Home remedy _____
16. Preserve something _____
17. Recipe I avoided _____
18. Locally sourced meal _____
19. Screen Free _____
20. New cookbook _____
21. Something mentioned _____
22. Ancestral dish or meal _____

Listen to the Ancestral Kitchen Podcast anywhere you find podcasts
Find Alison at www.ancestralkitchen.com and Andrea at www.farmandhearth.com

five favourite kitchen tools

ALISON KAY

Have nothing in your house that you do not know to be useful, or believe to be beautiful. — William Morris

Kitchen tools are both very important and not at all important to me. I have, in the past, worked for months in kitchens with little more than a few bowls/containers, some sharp knives and a single electric hob. I still managed to make nutrient-dense food for my family. Having said that, it was sometimes a struggle, so I'm grateful these days to have space for some useful (and beautiful) tools in my ancestral kitchen.

The food preparation area in our current home in Italy is extremely small. On top of that, I do not have much storage space. Therefore, every tool I use has to count! Here are five of my favourite kitchen tools:

Wooden chopping board

I am nearly six-foot, and so is my husband, Rob. For most of our time together we have lived in rented accommodation, where kitchen surfaces always seem too low for our tall frames! Early on in our life together, I invested in a butcher block-style wooden chopping board that raises our chopping area three inches off the counter.

It's such a beautiful surface to work on – being made of many small blocks of wood fitted together like a mosaic. The colour and feel of it under my hands is soft and pleasing. It's really easy to keep clean and looks just as good today as it did a decade ago when I bought it. And, importantly, it means I can prepare food in comfort without having to stoop!

Cast Iron Pan

My Lodge cast-iron pan remains on my hob 24 hours a day. It is the first pan I turn to when cooking, and aside from boiling vegetables and making tomato-based sauces, it is the pan I use for most of my cooking. I make one-pot dishes like the Cast Iron Ground Meat (page 22) in it. I reheat leftovers for lunch using it. It fries eggs, toasts bread and crisps up cracklings (after rendering lard), along with dry-toasting spices and grains. It's my go-to pan for frying dark leafy greens with cured pork fat and onion, and it sees a lot of sausages!

I bought it over a decade ago, just after reading Sally Fallon's *Nourishing Traditions*. It was one of the best kitchen investments I've ever made.

Sieves

If you've watched any of the videos I make from my kitchen here in Italy, you've probably seen a selection of sieves hanging above my sink behind me. As I type, I can count seven - each of a different size, mesh and material.

I use sieves to strain tea and coffee, in the process of making sowans (the Scottish oat ferment), to drain vegetables, to rinse soaked nuts and seeds, when I prepare water kefir and when I make beer, to strain my bone broth, when rendering lard or tallow, when prepping ginger beer for its second fermentation... dozens of times a day! Sometimes I even use one to sieve flour!!

Slow Cooker

I love my slow cooker! It suits my kitchen mentality: one time preparation, hands-off cooking and many meals in one go. From autumn to spring, it's on overnight at least once a week, cooking up some local meat and dark greens into a stew. Year-round, I use it to render lard and tallow and make bone broth.

I regularly take the ceramic inner bowl out of the slow cooker and use as a container to ferment ancestral ale. I have also used it in the past to bake bread and steam puddings.

Emile Henry Ceramic Loaf Tin

My Emile Henry ceramic loaf tin was a treat to myself about a year into my sourdough bread-baking journey. It wasn't necessary...bread can be baked in a very inexpensive loaf tin. But it's beautiful, and each time I bake bread in it, even now after using it for almost a decade, it makes the process very special.

When we're trying to feed ourselves and our family nutrient-dense food, often on a very tight budget (financially and timewise), it can be easy to feel like we're on a treadmill. Small moments of beauty and connection are vital to keep us going. Those can come to us through a friend, the light cast across our sliced cabbage, the podcast... or a gorgeous ceramic loaf tin!

For photographs of the crusty, split-top loaves produced by a closed ceramic tin, see page 53.

favorite preserving, butchering and long-term storage tools

ANDREA HUEHNERHOFF

You can do quite a lot of butchery and home preservations with just a good boning knife, a big soup kettle and some canning jars. I didn't have a true canning pot for a few years and I made do with a soup kettle and some twist-tied-together canning rings as a rack on the bottom of the pan. However, I second what Alison said in her favorite tools article above - having the right tools *really* can make the job easier, faster, more enjoyable, and more delightful.

The following list includes some of the preservation and butchery tools I have found most useful. I have *slowly* acquired my tools over many years (I was collecting and using them as a teenager long before I had my own home). Some came to me as birthday or Christmas gifts (the turkey roaster was a Christmas gift from my aunt when I was 13!); some were found at garage sales, estate sales, thrift stores, Craigslist ads, in piles on the side of the road. Some were given to me by elderly folks who were retiring their canning or preserving traditions and knew I would appreciate and use their gift. Make sure it is widely known in your community that YOU are the person who will take old jars, kettles, and tools - you might end up throwing some of it away, but you NEVER know what delightful vintage scores you'll find in the squishy, cobwebby old boxes!

A little side tip for the productive kitchen, the mother of many, or the homestead: if you ever get a chance, go peruse the aisles of a restaurant supply store. You will be struck by how many tools you could envision in your own home, because restaurants *produce* on an industrial scale, just like the productive and active home kitchen! Big sheet pans, rimmed pans, cooling racks that inset into said pans, rolls of butcher paper, bussing tubs, giant spoons, wall-mounting French fry cutters, proofing buckets, skimmers and more are just a few of the toys we have obtained from these dazzling displays.

Canning

Presto 23-qt Pressure Canner (doubles as Water-Bath Canner) - if you're buying a canning pot anyway, just get a pressure canner. You can leave the lid ajar and use it as a water-bath canner, or clamp the lid down and use it as a pressure canner. I have collected five or six of these over the years.

Graniteware Canning Pot - I'm not a huge fan of these, they eventually wear down and spring holes after years of use. Once I got my first Presto canner, I never used the graniteware pot again. Now we use the graniteware as a bucket for hauling feed. That being said, it worked well enough for me when it was all I had! If you have the choice, skip this and get a pressure canner to double as water bath.

Glass Jars - I'm in the USA and mostly use Ball brand canning jars. Even very old ones work quite well. I don't can in the old blue ones any more as those tend to break more easily. Cheap brands of jars made in China tend to fail and break quite a lot. Weck is available in the US, and a great option outside of the US.

Canning Lids and Rings and/or Reusable Lids, Gaskets and Rings - Tattler is my favorite for reusable lids and gaskets in the US. They have a lifetime guarantee; I've never had a seal fail, with pressure canning or water bath. Don't bulk buy single-use lids until you test a batch of them - there are many brands that are genuine trash and you'll lose a lot of your hard-won harvest by trying to save pennies on lids.

Canning funnel - get one, better yet get two. Also useful for pouring dry goods into jars, straining milk, pouring kefir and milk etc.

Steamer-juicer - You can get by quite well without this but once you have it, your life will change for the better. Fruit scraps can be dumped into the top, and the juice is steamed out of them down a little tube into your waiting jars or kettle. I typically make jelly this way, rather than hanging cheesecloth bags of fruit mash. Grapes and other seedy berries can be steamed as well. Chickens LOVE the leftover pulpy mash, or you can scoop it into compost or bokashi!

Magnetic jar lid lifter - you don't need this (jar lids used to need to be heated, they don't anymore, so you don't need to lift them out of a hot kettle of water).

Jar lifter - you DO need this. It is unbelievably difficult to remove jars from boiling water without one, but, go figure, I've done it and you could too if you had to.

Ladles, skimmers, strainers - I enjoy having a long-handled 4-oz ladle for easily filling smaller jars with one accurate scoop (with the funnel, of course!), and a larger ladle for filling bigger jars. Ladles with a hook on the end so they don't disappear into your pot are nice. I didn't get a skimmer until many years into my canning life, but it makes skimming jelly (and broth!) SO much easier, who knew? Various strainers are also nice for straining fruit through.

Squeezo or Food Mill - I always had to borrow one of these until I recently found one in an antique store - they make milling applesauce or tomatoes so easy and fun! I am not a huge fan of the pan-size ones that sit over a small bowl - they never work very well, and I get too irritated using them.

Apple peeler - I'm ambivalent. I have never been able to decide if they're worth the trouble or not. I always end up with such variously sized apples that most of them never fit! If you use the apple peeler, definitely get ahold of a steamer-juicer - those peels come off LOADED with fruit on them and you can make a lot of jelly (or apple cider vinegar) with them. We have use the peeler with a drill, and that is at the very least quite entertaining.

A good hand-held peeler - I like peeling by hand. Try peelers until you find one you like. It's worth it.

A blender or immersion blender - very useful for making ketchup, applesauce, jam, etc. Remember - if you blend HOT things in a blender without a venting led, the lid will BLAST off and burn you with scalding food :) I prefer Vitamix or Bosch equipment.

Sharpies or freezer labels - for labeling. Do not assume you will remember ANYTHING - you will not. That jar that looks so distinctive will just be one in a million a few months from now. These water-resistant labels peel off glass jars easily, but they can only be hand labeled: <https://amzn.to/3nuhzNi> For printing cute labels, I tear through a variety of Avery brand labels, and I use avery.com to design them.

Outdoor Propane Stove or crab cooker or turkey fryer burner - obviously you can survive without this. But we can also survive without ice cream, and nobody wants to do that, do they? I had a crab cooker in the beginning and then periodically borrowed other people's stoves at canning season, and eventually our neighbors gave us one when they moved away! It is SO much more pleasant to take all the steaming boiling hissing kettles outside.

Bussing tubs - now this is just extra goodness, but if you can get ahold of bussing tubs, you will never regret it. Washing fruit, hauling fruit, sorting fruit, peeling fruit, carrying jars, stacking dishes, washing dishes, and they'll take a beating because like all good restaurant equipment, *that's what they were made to do*.

Butchery or In-Home Animal Processing

This includes breaking down animals that you purchased whole and unwrapped, such as chickens, turkeys, lambs and pigs.

Boning knife - if you can have one knife, get a good boning knife! The Victorinox 6" boning knife is inexpensive and indispensable. <https://amzn.to/40r7Zcr>

Breaking knife - the Victorinox Fibrox Pro 10" curved breaking knife can seamlessly work through even a huge pig shoulder, but I'm just as quick to pull it out to halve a chicken just before dinner. <https://amzn.to/3FUl2e4>

Bone saw - You can break down almost an entire 800lb pig with one knife, but when it comes to that big, strong spine, you'll need a bone saw. LEM Products 638 25" Meat Saw can be had for under \$75 and it is irreplaceable - you can get *just* about everything done, but those big bones need a saw to separate! A few judiciously placed cuts with the saw are all it takes, but you can't get the pig in the oven without it. Also handy for cutting short ribs, and you can hang it on the kitchen wall as a power flex.

<https://amzn.to/3JNjhvW>

Cleaver - surprisingly, I don't have a good one of these yet, and I am sure once I get one, I won't know how I got by without it. I have a cheap one from a cheap set of knives and it works tolerably well.

Knife sharpening whetstone - keep those knives sharp! On a long butchering day you will sharpen the knives multiple times.

Butcher Paper - I prefer plastic coated paper - one side is coated with a thin sheet of plastic. I have used plain paper as well, but the meat tends to stick, and you waste a lot of time tediously picking paper off of your premium cuts of meat. We do not wrap our meat in any other plastic before paper wrapping. Note that our birds ARE vacuum sealed, although we have paper wrapped a few.

Twine or tape - for closing paper packages

Sharpies or freezer labels - for labeling. As stated above: Do not assume you will remember ANYTHING - you will not. These water-resistant labels peel off glass jars easily, but they can only be hand labeled: <https://amzn.to/3nuhzNi> For printing cute labels, I tear through a variety of Avery brand labels.

Disposable gloves - it's just nice. Anyone who has processed meat for twelve hours straight would agree.

Kitchen gloves - you'll have a lot of greasy pots to wash. Treat yourself to nice gloves. If You Care sells an ethical rubber, cotton-dusted pair that I buy from Azure (you can also find them on Amazon, if you care... Ha). But, these are luxurious and nice, and last longer than any others: <https://amzn.to/3nqTeYA>

Meat Grinder - we have a bunch of vintage cast-iron table-mounting grinders that we have never tried using yet. We have borrowed a meat grinder but now we own an industrial-scale grinder that Gary found on Marketplace for a mind-blowing price. This is our first year owning our own!

Vacuum-Sealer - this is useful for grains, cheese, meat, fruit and veg. We have burned through a few and the next one we buy will be this one: <https://amzn.to/3TNIOTw>

Chicken Processing

In addition to all those toys, when processing chickens you will also benefit from the following:

Large Scalding Pot - get a really big one if you plan to do turkeys. Or scald top first, then bottom, like we did. That was fun, boy oh boy.

Plucker (Optional) - we plucked everybody by hand for a few years and prior to owning our own flock as well. You can totally do it, it's just a giant waste of time once you start processing more than fifteen birds at a time. As of this writing we still don't have our own, so thanks, Dannie, if you're reading this, for lending us yours!

Labels and a scale - weigh it, date it, price it (even if it's going in your own freezer), and label it!

Poultry Shrink Wrap Bags - These work even without a vacuum sealer. <https://amzn.to/3JPUCFp>

Large Soup or Broth Kettles - because you will be making a lot of broth.

Lots of plastic folding tables, hoses, buckets, coolers for chilling chickens and meat in, and cut lengths of 1-1/2" dia PVC pipe to make your tables taller - you can also put a handy 2x4 under the legs of your table to tilt it so water runs down.

Dehydrating

Excalibur 9-Tray Dehydrator - I like this tool because it is versatile - you can lift the trays out of here and you have a giant box that you can line up half-gallon jars of yoghurt, gallons of yoghurt, large bowls of bread dough, etc. I have also used just a few of the racks to proof small boules on. There are other great dehydrators on the market, but I haven't tried them, so I can't compare them.

Parchment Paper - You can line the trays with parchment paper to pour fruit leather on - I like If You Care brand of parchment paper, which I get through Azure Standard. Excalibur makes tray liners, but I haven't gotten them yet. Maybe some day!

Milk

For thorough cheesemaking and milking/chilling supply lists, I refer you to the book Milk-Cow Kitchen by MaryJane Butters, or to the Homesteading Family YouTube Channel. The following list mostly enables you to manage raw milk on a moderate scale in your own home and make some fermented dairy.

Black Watertight Ball Caps - these are better than the white ones.

Masking Tape & Sharpie - for dating and labeling.

Half Gallon Jars - I prefer Ball, because they are tall and fit my fridge better. Azure Standard carries a short, squat half-gallon jar, and Uline carries a mediumly-squat half-gallon.

Gallon Jars - I get these from Azure, also.

3-1/2 Gallon Buckets - for holding a LOT of milk. Well, for holding 3-1/2 gallons, anyway.

Small Ladles - these fit in the mouths of the wide-mouth jars. <https://amzn.to/3zbNg0d>

Canning funnel, small plastic strainer for kefir, quarts for cream, blender, stand mixer or food processor or butter churn for making butter

Freezing

A freezer - shocking, I know. We have chest freezers. I like stand-up freezers, too.

Gallon Bags - we don't use these a lot, but they're nice when you need them.

Wide-Mouth Pints for Freezing - these are my favorite size for freezing.

Foil pans for freezing casseroles - restaurant supply stores - the kind that sell food - will usually carry these. The equipment stores don't always have these. Lids are separate.

Storage

I don't do a lot of long-long-long term storage, so I'm not a true prepper, ha! Mostly we have one- or two-year supplies that rotate. I have slowly acquired my buckets and lids over many years! Initially we just had buckets and I wrestled with the lids every time (every day). Later, I got a bucket hook. That helped! Then I started accumulating gamma seals. If you are an Azure customer, chip away at building your collection by adding something every time you place an order, even if it's just a \$5 spigot.

5-gallon buckets - my favorite for grains, flours, beans, etc. I buy all my buckets and lids from Azure Standard.

3-1/2-gallon buckets - handy for smaller things.

Gamma seals - the same seal fits on 5 gallons and 3-1/2-gallon buckets. I do not use gamma seals on any wet foods like honey, milk, ACV, etc. These twist-top lids make easy access to your goods! Food that is hard to get to is less likely to be used, and you can quote me on that.

2-Gallon buckets - you can also buy smaller gamma seals for these.

Spigots and Pumps - make all that food easy to get to! Azure sells these as well.

Other Goodies

Parchment Paper Sheets, Muffin Cups, loaf pans, lotus cups - handy dandy. If You Care brand is great, and nonstick, so you don't have to hate making muffins anymore.

Masking Tape, Scissors & Sharpie for Labeling - everyone knows my kitchen runs on sharpies and masking tape.

Stone Crocks - accumulate these if you can! You can ferment in any old pickle jar, but crocks are lovely.

Ice-Cream Churn - either the frozen insert kind, or the ice cube kind - we use the ice cube kind.

Plastic Food Containers - amazing for freezing soup and ice cream. Restaurant supply sometimes has these, otherwise, here is a variety set: <https://amzn.to/3IU6ZOV>

Pump Sprayer - get a continuous spray pump sprayer from a home improvement store - I use them for cleaning in the house, but also endlessly useful for cleaning up and sanitizing work spaces.

Thieves Cleaner - safe on all food surfaces, breaks down grease, our favorite for all projects and the only cleaner we use in our home.

a central italy pantry

ALISON RAY

Try to find what the land around you can provide and use that in your kitchen. That is the absolutely central thing to making your kitchen sustainable.

-Alison, Episode # 39, The Sustainable Kitchen: Practical Advice

Other than meat, vegetables and dairy, this is what I buy, usually in bulk, and what I use it for. "My boys" refers to my son, Gabriel, who's currently eight, and my husband, Rob, who's a lot older but still my boy!

Almonds & occasionally walnuts

I soak the nuts in ample water, plus a pinch of salt, for a day. Rinse and drain and keep in the fridge for a week. If I'm feeling time-rich or if I'm craving roasted nuts, I'll oven-roast them once soaked. My boys use these on breakfasts, and sometimes I do, too.

Linseed

I grind a week's supply and put in the fridge. Again, my boys use this on breakfast. I sometimes like it on porridge with miso and olive oil.

Miso

I have not yet made my own miso yet, but eat it most days. I look for unpasteurised miso (you'd be surprised how much is pastuerised!).

Salt

I buy Sicilian sea salt, coarse and fine. I use it every day in cooking, and we also sprinkle it on our foods.

Olive oil

As we do not process this fat ourselves (unlike lard and tallow), I buy it in from a local co-operative. It is from my own town! I use it on salads, to dress cooked grains, on bread, and I sometimes fry with it.

Ghee

My favourite fat! I buy this in and use sparingly as it feels like a luxury!

Cacao Butter & Coconut Oil

I buy these around once a year and use very small amounts to make chocolate, or as an addition to drinks. Check the courses section of my website to learn how to make bean-to-bar chocolate in your own kitchen.

Oats

I buy two different types of oats - *avena sativa* (standard oats) and *avena nuda* (naked oats). I use these whole (for long-cooked porridge or in stews as well as in my ancestral ale - see **Spelt** for more about beer and ale) and I also roll them in a Marcato Marga hand grain mill. I use oats in so many dishes - my current favourites are Sowans, the Scottish oat ferment, and sourdough oatcakes (check out the recipe on page 18 to have a go!)

Rye & Wholegrain Rye Flour

I buy these as both groats and as flour. I use the flour weekly to make sourdough rye bread and also to maintain my sourdough starter. I also use it for sourdough pancakes and spice bread. I use the whole rye groats for making ancestral beer and also occasionally for bread, milling them by hand in the Marcato Marga mill.

Spelt, Wholegrain Spelt Flour & Semi-Sieved Spelt Flour

Spelt is the grain I use most in my kitchen and, like rye, I buy it both as groats and flour. I use the flours for sourdough breads, pizza, focaccia, pancakes and every so often, cakes. I use the whole spelt groats for making ancestral beer (listen to episode # 54 on the Ancestral Kitchen Podcast to hear more of my thoughts on modern beer and the history of ancestral beers!), and also occasionally for bread, milling by hand as the rye above.

Barley

I buy these whole, as groats, and use occasionally in ancestral beer and sourdough bread. If you want to use your barley in beer, it's important to source grains that have not been overly processed and will sprout - talk to your supplier and ask them how they process their grains and if the grains will sprout - if they have been over-processed or irradiated, they won't sprout.

Millet

I buy this grain whole but hulled (the hulls are virtually impossible to digest!). We love it, as it's a grain that's easy to cook, and being gluten-free (and lectin-free) it's much lighter than a lot of other grains. We eat it virtually every day - usually cooked in stock. We serve it warm with meat and veg and as a warm breakfast/supper topped with an egg and butter. We also store cooked millet in the fridge. I will often warm it up with stock then poach an egg in the mix for breakfast. The boys eat it cold for breakfast and supper. It lasts 2/3 days in the fridge. I also often prepare sourdough polenta with millet, and use the leftovers to make a sourdough polenta bread. You can find video recipes for **Sourdough Porridge**, **Sourdough Polenta** and **Sourdough Millet Bread** at <https://ancestralkitchen.com/sourdough-porridge-series/>

Sorghum

This is also a gluten- and lectin-free grain and lighter on the digestion. I buy the grain whole and hulled and use it interchangeably with millet, cooking it in the same way - mostly with stock. We eat it in a similar manner. It holds its shape/crunch better than millet and is sweeter and not so dry. Because of this it holds up in the fridge better! I also make a sourdough bread with sorghum (plus a little millet).

Chestnut flour

I buy this when in season from local sellers. I use it to make *castagnaccio*, a Tuscan chestnut cake, and it is amazing made into pancakes (swap out 15-20% of the flour in your favourite pancake recipe for chestnut flour). If you manage to get hold of some chestnut flour, use it quickly as it doesn't last long. Patrons of the podcast can check the November 2021 Live Cook-Up, either in video format or in the bonus private podcast feed, to watch me prepare *castagnaccio* for the holidays and download a copy of my recipe.

Sugar

I buy golden sugar and also an unrefined deep brown sugar. I use it for water kefir and rye kvass (check my site for my rye kvass recipe).

Molasses

I buy black strap and use it for breads/cakes.

Honey

I buy this locally and use it for eating, to sweeten breads and also to make mead.

Capers

I love these! I buy the ones in salt and rinse well before use. I use them on salads and in fried vegetable and/or meat dishes.

Vinegar

I use apple cider vinegar and locally-made, imaginatively-flavoured beer vinegar. Both are unpasteurised. I use them to dress salads.

Cacao Beans

I buy cacao beans in 5kg bags and make chocolate with them myself by roasting, shelling and grinding with simple tools. I also use the roasted nibs to make ancestral cacao drinks. Because I am caffeine sensitive, I choose a bean that has lower caffeine content than a lot of other whole beans on the market. I buy the beans from www.cocoasupply.eu (who also have www.cocoasupply.com) and you can find my Bean-to-Bar Chocolate with No Special Equipment course at www.ancestralkitchen.com/shop/.

Green Coffee Beans

My husband roasts his own coffee beans in a cast iron pan. I sometimes drink a 'coffee' made by infusing ground green beans. After struggling for some time to locate a supplier we were happy with, we found Mount Elgon Coffee & Honey in Uganda and we buy directly, in bulk, from them.

Teas

I regularly drink three teas: cacao husk tea, rooibos tea and oat straw tea. I buy all three as loose tea, in bulk from specialist tea suppliers.

Herbs and spices and herbs on my shelf (or in the garden!)

Rosemary, thyme, wild thyme, sage, pineapple sage, oregano, marjoram, parsley, basil, bay, juniper berries, mint, chives, turmeric, pepper, cumin, coriander (seeds and ground), ginger (fresh and ground), cinnamon (sticks and ground), nutmeg, mace, star anise, anise seeds, saffron, sumac, nigella, caraway, all spice berries. These are used every day in my cooking, beverages, fermenting and breads.

Tomato Paste

I love having a tube of this in my refrigerator, and using a small bit of it to add depth of flavour to stews or one-pot cast iron dishes like my Cast Iron Ground Meat (page 22).

a northwest washington pantry

ANDREA HUEHNERHOFF

Never in my life have I had as much storage space as I do now. I have typically had to creep, crawl and slither to get my jars and buckets out from under their hiding spaces and had to move cases and cases of jars to find the one I want. It sure is nice having space, but it isn't strictly necessary. These are some of the bulky items we typically keep on hand.

What we keep in Dry Storage in 5-Gallon buckets with Gamma Seals

Wheat berries
Wheat flour
Bread flour
Kamut flour
Einkorn flour
Einkorn berries
Rolled oats
Steel cut oats
Rye flour
Rye flakes
Buttermilk pancake mix
Cornmeal
Whole dried corn
Beans
Pulses
Brown rice
White rice
Buckwheat groats
Gluten-free flour
Sugar - white sugar for the bees, darker sugar for us (sucanat)
Honey
Apple Cider Vinegar

What we keep in canning jars

Tomato sauce
Crushed tomatoes
Spaghetti sauce starter
Jalapenos, pickled jalapenos and escabeche
Cucumber pickles, Relish, piccalilli
Jam and jelly
Fruit syrup
Cider
Fruit of all kinds
Applesauce, apple pie filling, apple jam, apple jelly, apple syrup, my famous Sticky Caramel Apple Jam
Peaches, plums, pie cherries, cherries
Broth
Soup
Dry mixes such as cobbler, brownie, muffin mix, et cetera
Refried beans
Any other vegetable or fruit we can get abundance of - we don't always have the same things on hand, depends on the season

Cool Storage

Brined eggs
Sauerkraut
Fermented jalapenos
Fermented cucumber pickles
White vinegar
Whole fruits, potatoes, onions, carrots, squash
Sesame seeds (for making tahini for hummus)
Salt - Celtic salt, rock salt (for ice cream or baths), Epsom salt, Himalayan salt
Millet

Small Supply

Lemon juice
Lime juice
Maple syrup
Tomato paste
Dried pasta
Peanut butter
Cal-lime powder
Coconut oil, avocado oil
Toasted sesame oil

Dairy - refrigerated or frozen

Butter
Cheeses
Kefir
yoghurt
Whey
Milk
Cream

Freezers

Beef
Turkey
Chicken
Pork
Lamb
Organs
Berries
Tortillas
Bread dough, pizza dough, muffin dough, cookie dough
Small packs of homemade pet food (ground organs, necks, scraps of birds)
Lard and tallow, rendered and un-rendered
Ice cream obviously, as well as bags of ice for making ice cream

Legumes (also in 5-gallon buckets)

Black beans
Pinto beans
Mixed beans
Chickpeas
Lima beans
Red beans
Lentils (any color we are lucky enough to get, or all)
Split peas (yellow or green or both)
Lots of other beans ... depends on what is available!

naturally fermented staffordshire oatcakes

ALISON KAY

These oatcakes have been a staple way to start the day in the north of England for centuries and are traditionally made thin and pliable, like pancakes, and then stuffed with breakfast foods such as eggs, bacon and sausages.

When they became popular in the 1700s, women had cottage industries selling them to workers from their kitchen windows. And today they are still a regional staple, with dedicated shops opening their doors at 5am to feed locals.

These days, they are made with commercial yeast, but originally, they were fermented in wooden barrels that were used for the batter over and over again – their sides becoming impregnated with wild yeasts and bacteria.

This is a fun sourdough version that uses 100% oat grain.

Pictured on page 51.

Note: If metric measurements don't work in your kitchen, check our easy metric conversion table page 46. The method below is written for a cast iron pan that is 20cm/8inches across.

Makes 4 pancakes

200g very fine oatmeal or oat flour (you can make this by grinding oat flakes in a high-powered grinder)

250g water

Tbsp sourdough starter (you can substitute any active starter – milk kefir, apple cider vinegar etc.)

Pinch of salt

1. In a bowl, mix together the oats/oat flour, water and sourdough starter well.
2. Cover and leave on the counter to ferment. How long you leave is up to you – anything from a few hours to overnight. The longer you leave the mix, the more fermented and sour it will become.
3. When you are ready to cook, pre-heat your cast iron pan. Put it on medium/medium-high and allow it to get hot (for me this takes a good 10 minutes).
4. Add a pinch of salt to your batter and stir it well.
5. Add a generous knob of fat to the pan (I use lard).
6. Using a large spoon, ladle about a quarter of the batter into the pan, encouraging it to cover the pan by spreading it in a circular motion with the back of the spoon.
7. Cook until the upwards-facing surface looks dry (about 6-8 minutes) the flip the pancake and cook till golden brown on both sides.
8. Serve warm!

You can refrigerate the uncooked batter for a few days if you are not ready to use straight away. You can also reheat leftover oatcakes in a warm pan and enjoy later!

bone marrow risotto alla milanese

ALISON KAY

When I first read that Milan's traditional risotto was historically made with bone marrow, I knew I had to give it a go! This is a delicious, creamy dish and a great way to use previously-roasted bone marrow or get 'hidden' bone marrow into a diet. My method uses the traditional ingredients but, because I value practicality over 'rules' it does not necessarily mimic all the lengths that purists would go to when creating risotto. Rules are made to be broken and it's a wonderful dish that my family loves!

Notes: I use canaroli rice, but arborio would work, too. If your beef stock has a thick fat layer, remove some of it, or the finished dish may be fat-saturated. For the saffron - yes, it is expensive, so use what you feel comfortable with. I use powdered saffron, but you can use threads. This is a great dish to get kids involved in. They can grate the cheese, wash the parsley, help spoon the stock into the pan and wonder over the colour change that the saffron imparts.

Pictured on page 48.

Makes 4 generous portions

325g of rice suited to risotto-making, uncooked
40g butter, separated
40g bone marrow, separated, previously roasted
One small white onion
Roughly 1.5 litres (roughly 1-1/2 quart) good beef stock
80g dry white wine (optional, but recommended)
50g grated Parmesan cheese
About 1 - 2g saffron
Optional, to dress: chopped parsley and more Parmesan

1. Melt 20g of the butter and 20g of the bone marrow in a heavy-bottomed saucepan.
2. Chop onion finely and add to the butter-marrow mixture, and fry on medium heat until it softens.
3. Gently warm your stock in a separate pan - it must be warm when you add it to the rice, later. If using saffron stems, add them to this warming stock.
4. Add the rice, dry, to the fat & onion and cook, stirring every minute for 5 - 6 minutes, until the rice releases a toasted aroma.
5. Turn the pan up to medium-high and pour in the optional wine, stirring and cooking until reduced, and the alcohol burnt off.
6. Turn the pan back to medium and put 3/4 ladles of the warm stock into the rice mixture. Stir well.
7. Watch the pan, adjusting the heat so that it is very gently bubbling. Stir every 2/3 minutes. The liquid will be absorbed. If using powdered saffron, add it now.
8. When the liquid has almost been absorbed, add another 2 ladles of the warm stock. Continue to watch, stirring every 2/3 minutes.
9. Repeat the liquid-adding of the 2 steps above until all of the stock has been used and your rice is cooked.
10. Add the remaining butter and bone marrow, stirring through.
11. Add the grated parmesan, stirring through.
12. Serve immediately. I like dressing with more parmesan and chopped parsley.

spicy lentils

ALISON RAY

This is an easy-to-cook, super-delicious, staple. It's great fresh and warm but cook a lot of it and it'll sit in the fridge for five days for you to have quick meals during the week.

Pictured on page 48.

Lentils (or any pulse) that have had the shells removed. I most often use red split lentils.

Fat of your choice

Onion

Cooking liquid of your choice (water, stock; I've even used swats, the fermented liquid from my Scottish oat fermentation, or discarded ginger bug)

Spices of your choice, whole or ground (my regulars include turmeric, cumin, coriander, nigella, ginger, garlic, pepper and anise)

1. Soak the lentils overnight in ample water and an acidic medium (vinegar, whey, lemon juice etc).
2. Drain and rinse well (if you are not ready to cook them, they will keep like this in the fridge for 2/3 days, remember to rinse them again before cooking)
3. Heat your pan and add the fat of your choice.
4. Dice the onion and add to the fat, stirring occasionally until softened.
5. Add the spices to the onion and fat mixture, stirring attentively for a few minutes whilst they bloom (you may need to add more fat (and why not?!) if you use ground spices).
6. Add the lentils to the pot, stir briefly and then add enough cooking liquid to cover them plus a finger's depth extra.
7. Put a lid on the pan and turn it up to bring to the boil (stay and watch it - it will boil over when you least expect it!). You can choose to skim some or all (or none) of the scum that forms on the top. Most of the time, I skim about half of it, but if I've used ground spices I tend to skim less, as I often lose the spice this way.
8. Turn the heat down to very low and cook for a good 2 hours or more. Depending on how liquidy you like your lentils, you can leave the pan lid on all the time, or crack it to allow some of the steam to escape. Come back and check the pot very half hour or so to stir and assess the water level.

These are great every which way - on bread, in pancakes, with a hard-boiled egg. We've even had them on pasta! See page 25 for a sourdough pasta recipe.

slow-cooked beef heart

ALISON RAY

Slow-cooked beef heart is a staple in our house. It's simple, economical and can feed my family all week. Those three things in one dish feels like the holy grail to me!

A lot of people feel intimidated by organ meats, especially a heart, which, for a cow at least, is very big! But that's the joy of it: 2-3kg of solid muscle meat (the heart is a muscle) that you can cook with only minutes-worth of work.

Pictured on page 51.

Note: If you don't have a slow cooker, you could replicate by cooking in a large pan on a very low heat. It's great served warm; it slices so easily. Sometimes I reduce some of the stock from the pot and make a gravy. Once cooked, you can keep it in the fridge for up to 5 days and it also freezes really well.

1 whole beef heart
Ample non-chlorinated water
A carrot and an onion
Optional: fresh herbs

1. Hold the heart under running water, cleaning it of any blood and allowing the water to pass through its cavities.
2. Place the heart, whole, into your slow cooker.
3. Add the whole carrot, the whole, unpeeled onion and optional herbs then fill the slow-cooker with unchlorinated water. If possible, cover the heart, if not get the water level as high as you safely can.
4. Turn the slow cooker onto low and leave overnight. It can cook for anything from 12 to 24+ hours.
5. The next day, when cooked, lift the heart out of the slow cooker and place it on a plate. Carve off slices to enjoy the meat warm.
6. Store the remaining heart in the fridge (for up to 5 days) – it will give you ready-to-slice meat for lunches and dinners. You can also freeze portions of the cooked heart – I double wrap mine in baking paper and tie tightly with string.
7. Meanwhile, discard the carrot and onion and then pour the liquid remaining in the slow cooker through a sieve into a bowl. This meat stock can be used as cooking liquid for grains and pulses, reduced and made into gravy, or you can make it the basis for a stew. Just like the cooked meat, it also freezes very well.

cast iron ground meat

ALISON KAY

This is the structure for a dish that I make very often. It has been made so many ways in my kitchen and is open to whatever you have around and whatever flavours you want to add! The basis is a cast iron pan, some ground meat and some basic flavours like onion and garlic. From there you can go wherever your creativity leads!

This is great with bread, to fill pancakes, alongside rice or another grain. I also love it as a lunch-box filler the next day and always make a huge pan, so we'll have leftovers.

Pictured on page 48.

Note: This is what I use for my 20cm/8-inch cast iron pan and 3-person family. Your pan size and family size may differ!

Equipment:

Cast iron pan (ideally with a lid)

3-4 tbsp fat of your choice (plus extra if needed during cooking)

Ground meat - around 500g (about one pound)

Onions - 1 large or 2 small

Cabbage - 1/2 a large one

Any other veg that you need to use up, like, or have around!

Garlic - 2/3 cloves

Any herbs or spices you wish you use. I have often used ginger, cumin and tumeric together, sometimes sage and basil, sometimes oregano or marjoram, sometimes nigella seeds, sometimes caraway.

Optional: wine and/or tomato paste

1. Heat up your cast iron pan on medium and melt the fat into it.
2. Dice the onion and fry lightly, stirring occasionally. If using spices, add them now if you want to bloom them in the fat.
3. When the onion is light brown, break up the ground mince and add to the pan. Cook till sealed.
4. If using wine, pour in and cook until most of it has evaporated off.
5. If using tomato paste, loosen it up with a little water and then stir in.
6. Chop the cabbage finely and add to the meat and onion. Add in any other finely chopped vegetables you like. The more finely you chop the vegetables, the easier you'll find it to get more into the pan!
7. Crush the garlic and add.
8. If you haven't previously added spices, add them now, or add herbs if using. Stir mixture to distribute.
9. If you have a lid, put it on now. Turn the heat down slightly and cook until you are ready (for me this is usually between 30 and 40 minutes). Keep an eye on the dish as it's cooking - you'll probably need to stir it every day 10/15 minutes and it may need more fat or to have the lid removed for a period of time if it becomes too liquidy.

chuckanut hills roast bird & gravy

ANDREA HUEHNERHOFF

*Living on a poultry farm, I have gotten in the habit of roasting birds every week - and roasting turkey, which was a yearly holiday event in my childhood, has become a normal weekly task! I have two favorite ways of roasting birds based on size, and they are very similar, and both included here. Credit for these methods goes to Anita Hirth, creator of the www.WestonAPriceRecipes.com website (a decadent wealth of goodness, immediately go to her site and try every recipe!), and *The New Best Recipe* by Cook's Illustrated, my ride-or-die technique companion.*

Pictured on page 51 and 52.

One whole bird, turkey or chicken, dressed
Two coarsely chopped onions
Quartered or coarsely chopped or sliced apples
Whole garlic cloves
Carrots and celery if you have them, coarsely chopped
Butter or lard, a few tablespoons for a chicken or a generous cup for a turkey
Your favorite herbs - we use sage, rosemary, thyme, oregano, whatever we have handy. (Once I accidentally used peppermint. Oops.)
Salt and pepper
A quart of water

Set the butter or lard to melt on the stove while you prepare your bird. Heat oven to 450 F or about 230 C.

Toss the chopped vegetables and fruit with some butter and lard and herbs.

Stuff the bird with some of the onions, garlic, apples, carrots and celery and tie the feet together. Dump the rest of your chopped goods into the roasting pan.

Set a roasting V-rack in the pan. Don't panic if you don't have one - it helps get a crispy skin, but you can roast chicken without a rack just fine! You can also ball up foil and set the bird on that.

Brush the bird front, back and sides with butter, sprinkling with salt and pepper and herbs as you turn it.

If you are roasting a bird under 10 pounds:

Lay bird in the rack or on vegetables, breast side up.

Place the pan in the oven and pour a quart of water into the pan.

After 45 minutes, turn the oven down to 350 F or 175 C. Roast for another 30 minutes and check internal temperature (165 F or 74 C), in leg joint and breast.

Remove bird from the oven and let rest 10 minutes before cutting.

If you are roasting a bird over 10 pounds:

After stuffing and brushing, lay the bird on the rack, or wedge in foil or vegetables, breast-side up.

Place the bird in the oven and pour the quart of water into the pan. Turn oven down to 400 F or 205 C.

Roast for 45 minutes, then pull the pan out of the oven. Rotate the bird so one wing side is up. Roast for 15 minutes, then pull the bird out and flip the other wing side up. Roast for 15 minutes again. Pull the bird out and rotate breast side up. Roast for another 30 to 45 minutes or until internal temperature reads 165 F or 75 C in the breast and 170 F or 77 C in the thigh.

Remove from the oven, let rest ten minutes before cutting.

Apple Gravy

This gravy was fully Anita's idea, and now my family cannot live without it!

Scoop the vegetables and drippings from the bottom of the pan and empty any vegetables from the bird's cavity as well. Blend, adding some broth or cream or hot water if you need to thin it out, into a rich gravy.

Leftover gravy can be used to thicken and flavor soup or turkey and chicken pot pie.

Serve gravy and fragrant, roasted bird alongside fluffy soaked cream biscuits, a pile of Alison's sauerkraut, and with a tall glass of sparkling water kefir. You'll never want to leave the farm again.

A note on roasting birds: If you think you are bad at roasting chicken or turkey, the truth is you probably have just been given poor birds to work with. Our tender birds, raised on a soy-free diet on grassy pasture, cook up juicy every time - even for the most novice, beginner cooks! Find quality meat and become an instant kitchen genius.

sourdough egg pasta and creamy garlic sauce

ANDREA HUEHNERHOFF

If you don't have a food processor or a pasta roller, you can't make pasta. I'm kidding! I don't have either of those things and we make an awful lot of pasta. In this pasta, I typically use an all-purpose wheat flour, but you can adjust to use whatever flour you prefer and add more flour or water if needed.

Pictured on page 52.

2 cups or 10 ounces flour
3 eggs
1 tablespoon sourdough starter

Whisk flour in a bowl so there are no clumps. Crack eggs into the middle and add a blob of sourdough starter (blob is a technical term).

Use a fork or a hand mixer to briskly mix until the mixture is crumbly and pebbly - you can do this in a food processor but as aforementioned I do not have one, so I can't give directions for that. See manufacturer's instructions, I guess.

Press the dough firmly together with your hands to make a tight ball. You may need to sprinkle in the barest amount of water, sometimes even wetting your hands first is sufficient. It all depends on how large your eggs are, how humid the weather, how dry your humor is, etc.

Once the dough is clumped together, knead it very firmly for about three to four minutes until it makes a smooth ball of very, very dense dough.

Place this in a zipper bag or sealed container and leave on the counter overnight or refrigerate for a few days until you plan to use it.

To prepare and cook pasta

Cut the dough into four equal pieces and work with one piece at a time. You can flour or oil your counter first depending on preference - flour helps it cling and stretch farther. Oil helps it peel off easily. Do whatever floats your boat.

Cut into desired shapes (we like wide, long noodles!) and drop into boiling broth or salted, oiled water to cook. Cook until al dente, just a few minutes.

Creamy Garlic Sauce

To make the creamy garlic sauce, and my poor-man's Alfredo sauce option (we call this Fred Sauce):

Peeled bulb of garlic, or about 10 cloves
1-1/2 cups cream
5 tablespoons butter
1 cup grated Parmesan *or* 2 tbsp flour for Fred Sauce
Pinch of salt, pinch of pepper, pinch of nutmeg

Drop butter in a skillet and melt; press (with a garlic press) garlic into the melted, hot butter, and toast until fragrant. Pour in cream and whisk until mixture is simmering. Add in grated parmesan *or* sprinkled in flour (I sprinkled it through a small sieve to avoid clumps) and whisk briskly to combine.

Whisk in salt, pepper and nutmeg.

If using cheese, whisk until cheese melts. Add in your hot, cooked noodles and stir to combine. Top with slices of roasted chicken from the Chuckanut Hills Roast Bird recipe!

If using flour for Fred Sauce, whisk until sauce thickens. Whisk in a little more milk or cream if it gets too thick (einkorn flour usually bulks up sauce quickly!). Add noodles, top with roasted chicken, and enjoy!!

turkey noodle soup with fresh pasta

ANDREA HUEHNERHOFF

Turkey Noodle Soup is just glorified leftovers, and glorious it is indeed. We have made this with as few as one vegetable addition and as many as all of the ones listed here and more - every iteration is wonderful.

Pictured on page 52.

Rich Broth

After you enjoy your Chuckanut Hills Farm Roasted Bird (see page 23), shred the meat off the bones and place all the bones in a large stockpot. Add in any leftover roasted vegetables that didn't make it into the gravy, as well as the butts, cores, peels and stems from preparing the vegetables and herbs. Cover the entire mess with water and set it on a low simmer on the stove overnight. The next day, strain it out. Chill the broth and remove your rendered turkey fat or chicken schmaltz and store in a separate jar.

Soup

Leftover roasted bird

A ball of pasta dough (page 25)

Bone broth

Diced onion, carrots, potatoes, celery, peeled cubed winter squash, or whatever you have in season to work with

Garlic, peeled

Fresh or frozen peas, corn, green beans, zucchini, summer squash, if you have them, all diced or otherwise prepared to quickly add all at once

Dried or fresh herbs to your preference - Italian herbs or poultry seasoning work well

Salt and pepper

Turkey or chicken schmaltz, lard, or butter

Heat fat in a large Dutch oven over medium heat and add in onions, carrots, potatoes, celery, winter squash, other hard vegetables, herbs if using, and pressed garlic. Let the vegetables and herbs soften in the fat while you work on the meat.

Dice or shred roasted meat and add to softened vegetables.

Pour in broth to cover with generous allowance - you'll need room in the broth to cook your pasta. Throw in salt and pepper.

Bring the mixture to a simmer while you roll out and cut your pasta (see page 25).

Scoop the cut pasta into the hot broth and add in tender vegetables like peas, corn, green beans, zucchini or summer squash. Bring to a simmer, stirring, for about 5 - 7 minutes. Test pasta and tender vegetables, turn off heat, and serve hot to a delighted audience.

sourdough discard soup

ALISON KAY

This sourdough soup is so good, I literally make discard for it when I don't have any. And I'm not alone in believing it's worth the effort. Traditionally, all over Slavic and Baltic regions, cereals have been purposely fermented into a sourdough 'starter' in order to make soups. An example of one of these soups is the Polish Żurek. I first heard about Żurek (a sourdough rye soup) from a Polish friend here in Florence and I immediately wanted to know more. I was then beautifully gifted a recipe by an Instagram friend, whose Stepdad is Polish. I love how this soup came to me through friends; it feels like how it should be.

With that spirit, I've adapted Żurek to suit my kitchen. Sometimes I use bacon, sometimes sausage. Sometimes I use my gluten/lectin-free starter instead of a rye/spelt one. This is use-what-you-have territory, so take my template and choose to follow it... or not! Make the soup work for you - and use up that discard!

Makes 4 generous portions

2 medium trimmed leeks, sliced
1/2 large celeriac
3 good size carrots
12-16 mushrooms, quartered
3 fresh sausages (or equivalent in bacon/smoked sausage/mix of all three)
Lard (or other fat of your choice) for frying
1 litre stock (about one quart) - can be substituted with water
210g sourdough starter (rye is traditional, but not essential - you could make this gluten/lectin free)
2 cloves garlic
1 generous teaspoon dried marjoram
2 bay leaves
4 whole black pepper cloves
4 allspice berries (or you can substitute 1 clove, a small piece of nutmeg and some cinnamon bark)

1. Heat lard (or other frying fat) in a large saucepan. Add the leeks and mushrooms and fry on medium/low heat, stirring occasionally.
2. Peel and dice the celeriac and dice the carrots. Add the celeriac and carrots to the leeks and mushrooms.
3. Slice the meat into bite-sized pieces and add to the vegetables, cooking until browned.
4. Make up a bouquet garni by placing the bay leaves, peppercorns and allspice berries (or alternative spices) into a small square of clean food-safe cotton and tying tightly.
5. Add the stock to the vegetables and pop the bouquet garni under the liquid.
6. Bring to the boil, turn down to medium-low, cover and leave to cook for 45 minutes.
7. Remove the bouquet garni.
8. Temper your sourdough discard in preparation for adding it to the soup:
 - Stir the discard to remove the bubbles
 - Add 1 tbsp of the soup liquid from your pot to the discard and stir well
 - Repeat step 2 until you have a liquidy discard that is very warm to the touch
 - Add this discard/stock mixture to the soup, stirring continuously as you do
9. Your soup now needs to cook for another 10 minutes. Stir it regularly as it will thicken and may stick to the bottom of your pan.
10. 5 minutes before you want to serve, add the crushed garlic and marjoram and stir through.

Traditionally, Żurek is served with hard-boiled eggs. As my son doesn't eat eggs, I haven't tried this. I like to garnish with fresh chopped herbs or crushed red peppercorns.

farmhand lunch sliders

ANDREA HUEHNERHOFF

On busy butchering days or just heavy outside chore days, this is a fantastic, easy lunch that I can throw together without a lot of effort in the moment. "In the moment" is key, because this meal does still take effort - but you can frontload it all before the busy day by making the dough or the rolls in advance, roasting or cooking meat ahead (you can pop open your pressure canned meat for this, too!), and even slicing cheese before the big day. I really pile in the meat, too, because my family can make an entire pan of these vanish with astonishing rapidity and the more protein I stuff into each roll, the longer it will stick to their ribs!

Makes about 30 sliders

One batch sourdough dinner rolls (see page 30)

Cooked meat of choice - shredded, sliced, ground, or sliced headcheese or meatloaf

Cheese of choice - shredded or sliced

Mayonnaise, lard, mustard, butter, or sandwich spread of choice

Optional: Seasonal vegetables, fermented vegetables

1. Leaving the rolls in the rimmed baking sheet, use a long bread knife to slice them in half crossways, carefully remove the top as one piece.
2. Spread your desired condiments on the freshly cut rolls on both sides, and then layer with meat and cheese.
3. Carefully replace the top as one sheet, then put the pan in a warm oven until the cheese melts - watch it closely, I have burned the tops more than once!
4. After removing the pan, you can layer in drained fermented vegetables or sliced cucumbers or tomatoes, fresh basil or greens like lettuce, arugula or mustard. Then slice down each row of rolls and slice off the little sliders. My family likes it if I leave them in pairs of two, so they have "big" sliders.
5. If you are taking lunch out to a far field, wrap each pair of sliders in parchment paper and tie with a rubber band or piece of twine. Don't forget to bring a dozen 8-ounce mason jars of homemade lemonade to the thirsty workers!

sourdough kamut dinner rolls

ANDREA HUEHNERHOFF

These rolls started out as the dinner roll recipe in Joanna Gaines' cookbook. I just kept modifying the recipe based on our needs, preferences and what we had on hand, and now, this is our favorite way to enjoy them!

A note on flour: we have used MANY variations - all wheat, all kamut, whole wheat, einkorn, etc. This is our current favorite. If you don't have kamut flour, don't even hesitate - throw another flour in place of the kamut or just use all wheat flour. Honestly, they're delicious every which way. We can't get enough of them no matter how we do it.

Pictured on page 50.

Makes about 30 rolls

1/2 cup warm water
1/4 cup sourdough starter *or* 3 teaspoons instant yeast
1/3 cup sugar *or* 1/4 cup honey
1-1/2 cups whole milk, warmed
2 eggs
3 cups unbleached all-purpose flour (see: Note)
2-1/2 to 3 cups kamut flour
1-1/2 teaspoons salt
1/2 cup lard, soft
Additional lard for brush rolls
Coarse or flaky salt for sprinkling

1. Combine, water, sourdough or yeast, sugar or honey, stir to combine. Beat in eggs, then mix in flour, salt and softened lard. You can't really go wrong, once I forgot the lard and added it after the dough was fully formed. It was a challenge to get it fully combined. The rolls were great. Knead the dough together. It should be slightly tacky, but not wet.
2. Let the dough rise, greased, under a wet towel, overnight or until doubled in size.
3. On a clean greased (not floured) surface, cut the dough in half, then in half again until you have thirty pieces. I use a kitchen scale to get them exact, because that is entertaining to me. You don't have to.
4. Pull the bottoms of each roll down and pinch them together, then set seam side down on the counter and pull towards you to create surface tension, just like shaping a boule (check YouTube if you want to see somebody doing it, this handy little technique will make your rolls picture perfect and bubbly inside!).
5. Set on a parchment paper-lined rimmed baking sheet (mine is 10x16"), and let rise for about 45 minutes, until puffy.
6. Bake at 375 degrees Fahrenheit for about 20 - 25 minutes, or until golden brown, or a thermometer reads 180 degrees inside the center roll.
7. Remove from oven and immediately brush lard over the rolls with one hand and sprinkle salt over the lard brushed rolls with the other!

sourdough wholegrain spelt loaf

ALISON KAY

You will need a 1kg loaf tin and an active sourdough starter. I build my sourdough levain for this bread the night before I want to bake. I then make the scald and mix the dough the next morning, ferment during the day and bake that afternoon. These timings can be played with depending on your schedule and the temperature of your house.

Pictured on page 53.

The night before: build your sourdough levain

45g wholegrain spelt flour
32g non-chlorinated water
13.5g active sourdough starter

Mix these well and leave them in a warm place overnight.

The next morning: make the scald

48g wholegrain spelt flour
192g non-chlorinated water

Put both of these ingredients in a saucepan on medium to high heat and stir the mixture continuously, with a whisk or wooden spoon, until it starts to really thicken. Turn the heat down to low and continue to stir well for another few minutes – you are looking for a thick mixture that is not lumpy. Protocol suggests this mixture should reach 65C/150F. In practice I have found that cooking for 4 - 5 minutes will do this. Once done, leave this to cool.

Then: make the dough

507g wholegrain spelt flour
11g salt
196g non-chlorinated water
Optional: 1 tablespoon honey

Mix the salt into the flour in a large bowl. Add your sourdough levain (which should be peaking or have just peaked), the water, the optional honey and the cooled scald. Mix until well combined using your hands.

Cover and leave to bulk ferment in a warm place. The dough should increase in size by sixty to seventy percent. In the summer, for me, this takes three hours, in the winter, five.

At the end of the bulk ferment period, grease and flour your baking tin. Gently tip the loaf out on to a floured board and shape it to fit your tin. Place into the tin, cover and leave to prove in a warm place until visibly risen. In my warm house this usually takes between an hour and an hour and a half.

After the rise: baking

If baking in a metal loaf tin:

Preheat your oven to 230C/445F.

Brush the loaf with water and cook at 230C/445F for fifteen minutes, then reduce the temperature to 210C/410F for another fifteen minutes.

Finally, turn the temperature to 190C/375F for a further thirty minutes.

After this time, remove the loaf from the oven, and take it from the pan and check whether it is done by either tapping the bottom and listening for a hollow sound or using a probe thermometer and looking for a temperature of about 90-95C/194-203F.

If baking in a ceramic loaf tin with a lid:

Preheat your oven to 210C/410F.

Brush the loaf with the water and cook at 210C/410F for fifteen minutes, then reduce the temperature to 190C/375C for the remaining cooking time of about 45 minutes.

After this time, take the loaf out of the oven and remove from the pan and check whether it is done by either tapping the bottom and listening for a hollow sound or using a probe thermometer and looking for a temperature of about 90-95C/194-203F.

Serving

If you can resist immediately eating it, leave the bread to cool completely before slicing - it's still forming its crumb during this period. Once cool, slice with a good bread knife and serve with lots of good fat and your favourite topping!

Store the bread in a bread bin or paper bag. If you'd like to freeze it, wrap well (I reuse plastic freezer bags for this), removing excess air. It will keep for at least a fortnight this way.

soaked cream biscuits

ANDREA HUEHNERHOFF

This is the only biscuit recipe I've kept making since about 2009! I've tried others and cast them aside. For biscuits OR scones this is the only way to go. This dough can be made ahead and you can even freeze the shaped biscuits for easy baking. I like to make a week's worth of fresh dough at a time and just pull handfuls from the fridge for dinner. The dough should stay in the fridge about ten days maximum. These biscuits are the ONLY recipe we use for dessert scones as well - you can make glazes, frosting and more, or sprinkle with coarse sugar and then mound with strawberries and whipped cream - see Variations. Pictured on pages 52 and 57.

Makes about 12 biscuits

- 2 cups flour (gluten free, all purpose, Einkorn, wheat, mixture of any)
- 2 tsp baking powder (aluminum free, or homemade)
- 2 tsp sugar or coconut sugar
- 1/2 tsp salt
- 1 to 1-1/2 cups cream or soured old cream (use raw cream for the HIGHEST rise - pour it right off your jar of fresh milk. Doesn't have to be meticulously separated)
- 1 tablespoon kefir or sourdough discard, if your cream is not soured

Mix

1. Whisk together dry ingredients.
2. If using kefir or sourdough discard, whisk it into your cream. Make a well and pour in 1 cup of cream + kefir/discard, use a fork to stir dough together. Depending on the flour you choose, pay attention to how much cream you need. You may need more or less. The dough should pull together into a shaggy ball with just one cup, and you can use the additional half-cup to collect the scrappy floury bits in the bottom of the bowl.
3. Lift the shaggy, messy dough out and set on a floured board or cloth. (I also sometimes keep it in the bowl and pull it back with my hand or a wooden spoon for Step 4, and knead in the bowl. Usually, I do this if my counter is so messy that I don't have room to roll it out.)
4. Use more cream if needed to scrape together last bits of flour/dough. If it's so sticky you can't hold it without your hand being coated, add more flour. It will still be tacky, just like Live Laugh Love signs.
5. Briefly knead together until it takes shape. You can do this in the bowl, or on the counter.

Soak

1. Place in a covered container or bag on the counter overnight, or in the fridge up to one week. Remove at your convenience and proceed with baking.

Bake

1. Shape into a disc and cut wedges (like pizza) or rounds (cutter) or squares. Arrange on a sheet pan - they can be close, what could be cozier than a pan of biscuits you have to tear apart?!
2. To freeze: Stick the sheet pan in the freezer overnight. Remove frozen biscuits to a container for freezer storage. When you're ready to eat them, follow Step 4.
3. Bake at 450 about 12 - 15 minutes.
4. To bake frozen biscuits: Do NOT thaw; bake at 350 for about 18 - 20 minutes.

Variations

This dough is great for kids to practice rolling & cutting! My kids like to cut into doughnut shapes. Avoid overworking (yourself, the kids, AND the dough).

Mix-In: Cubed (NOT shredded) cheese for cheesy biscuits. Mix in herbs, fresh or dried!

Sweet Topping: Before baking, glaze with milk or butter and sprinkle with coarse sugar. Perfect for strawberry shortcake or scones.

jumbo chewy sourdough oatmeal cookies

ANDREA HUEHNERHOFF

Chewy cookies are my one weakness, I confess. Making them sourdough, chewy and dense is a favorite pastime. I have used einkorn flour, palm shortening instead of butter, and coconut sugar instead of sugar in these. All variations work well.

3/4 cup butter
1 cup packed brown sugar
1/2 cup sugar
1 large egg
1 teaspoon vanilla
1/4 cup sourdough starter
1 cup flour
1 teaspoon cinnamon
1/2 teaspoon baking soda
1/4 teaspoon salt
1 tablespoon organic cornstarch
3 cups quick or rolled oats
1 cup raisins, dried cherries, dried cranberries or another dried fruit
1 cup mini or small chocolate chips or chopped chocolate chunks

1. Heat oven to 350 F or 175 C. Beat butter, sugars, egg and vanilla until light colored and fluffy. Beat in sourdough starter.
2. Combine flour, cinnamon, baking soda, salt and cornstarch and add to butter mixture, beating until fully combined.
3. Mix in oats, dried fruit and chocolate. Place in a closed, sealed container and leave on the counter or in the refrigerator overnight. After a night of fermenting, you can transfer your sealed container to the freezer to bake another day, if you like!
4. Shape into large balls a little bigger than a jumbo egg. Break the dough balls in half and place, smooth side down and rough side up, up a baking sheet, about 3 inches apart.
5. Bake 12 minutes, checking neurotically for the last few minutes so you do not overbake them - they should look barely underdone.
6. Remove pan from the oven and let the cookies bake on the sheet (a hot baking sheet will keep cooking them!) for another minute, then carefully remove to wire racks and cool. Good luck keeping them from disappearing as soon as the family sees them!
7. Store in a sealed container or in a hidden secret pantry where no one will find them!

lacto-fermented ice cream

ANDREA HUEHNERHOFF

OK, I lied on the last recipe. Ice cream is my other one weakness. Ice cream is not really an ancestral dish, which is why I probably wouldn't survive in ye olden tymes, black plague aside. The beauty of ice-cream is it's a blank slate, and you can turn it into whatever mood you're in, whatever is seasonal. There are so many variations on this recipe, and so many RIGHT ways to make it perfect, that I had trouble choosing just one for the cookbook - but I put a blank slate here for you to create magic with to the fullest extent of your local provender, and I invite you to test as many versions as it takes to find the perfect fit for your family. We do what we must for the ones we love, right?

Pictured on page 50

A note on cream: I ladle my raw cream off gallons of raw milk and I'm not too precise about it, so my cream isn't three cups of "heavy" cream, it's really more like a half-and-half. However, do note that when you are making non-custard ice cream (without egg yolks), it takes a higher ratio of cream to milk to get that ideal thick, fatty texture.

A note on sweeteners: you don't have to sweeten ice cream because milk has its own sugars, but you sure can if you want to. Milk sugars are more pronounced when they are heated, and this milk is going to remain raw. If your ice cream is going into ice cream sandwiches or being served with brownies or a topping, make it minimally sweet.

Traditional Cream: This recipe is a perfect dupe for the *Coldstone Creamery cheesecake ice cream*, which was always my favorite flavor at that shop. Follow my train of thought here: Cheesecake is made from cream cheese. Cream cheese is made from sour cream, strained until thick and cheese-like. This recipe is fermented (soured) cream, churned with sugar! So, it's cheesecake, minus the hassle of straining sour cream. Plain and simple.

3 cups raw cream, or 2 cups heavy cream & 1 cup milk, or 3 cups half-and-half, or some other combination (see Note before you mix too much milk in)

1/4 to 1/2 cup sugar, raw sugar, brown sugar, or 1/4 cup maple syrup, or a different sweetener (see Note again)

1/2 cup milk kefir

Pinch of sugar

1/2 teaspoon vanilla extract, or vanilla bean powder to taste

1. Combine cream, milk, sugar, kefir, salt and vanilla extract and stir thoroughly to dissolve sugar.
2. Pour the combined liquid into a quart jar and put a cap on it. Place the jar in a cooler with a hot water bottle, or in a dehydrator set to about 100 degrees, or whatever other method you prefer to keep your ferments warm, overnight.
3. About twelve hours later, remove the lacto-fermented mixture and put it in the refrigerator until you have time to churn it.
4. Stir the mixture to get it nice and liquid and churn in your ice cream maker according to manufacturer's directions. We use a churn with ice and salt.

Sweet Cream Variation

This is the perfect dupe for the ice cream by the same name at Coldstone! Sweet cream is just ancestral lingo for fresh cream that hadn't soured yet.

1. Do everything as above, except do not add the kefir, and do not ferment overnight. Mix your ingredients and immediately churn and serve. Or, mix the kefir in just to make it a probiotic ice cream.

Frozen Yoghurt Variation

I've done this with yoghurt instead of kefir, and that works great, too!

Sourdough Oatmeal and Lacto-Fermented Cream Sandwiches

Impress your friends with your fermentation prowess with this treat!!!

If you plan to make ice cream sandwiches, you can mix your cookie dough the day before, mix your ice cream mixture the day before, and let them both ferment overnight. Bake the cookies while the ice cream churns.

If your family is like my family, they'll steal a hot cookie and put it in a cereal bowl, then scoop fresh churned ice cream on top. It's hard to think of a better way to end a long day of dressing poultry!

Cool the cookies on a wire rack and scoop freshly churned ice cream onto the cookies. Stack another one on top (or leave them open faced) and pop the sandwich in the freezer for a future date with bliss.

ancestral italian tomato sauce: lard tomato sauce

ALISON KAY

Lard, not olive oil, was the fat that dominated the cuisine of Italy until the 1960s. Up until then, the famous Italian tomato-based sauces would, outside of the very restricted areas that grew olives, have been made with pig fat. This recipe is adapted from 'Military Tomato Sauce' in Chewing the Fat (check our podcast episode #29 interviewing the author Karima Moyer-Nocchi). Traditionally it would have been sprinkled with a hard cheese such as parmesan or pecorino.

Pictured on page 48 and on the cover.

Serves 4

75g lardo (about 3 ounces) - lardo is cured backfat. If not available, fresh backfat. If you are using fresh backfat, add a generous pinch of salt to the final sauce

100g onions (3-1/2 ounces)

75g tomato concentrate (2-1/2 ounces, or about 1/2 can of tomato paste)

200ml water

1/2 g pepper

Optional: additional flavourings such as garlic, rosemary or basil

1. Chop the backfat and onions into a small dice and pound together for several minutes in a mortar and pestle to soften.
2. Fry on a medium heat, stirring often, until the fat is golden and the onions are starting to brown.
3. Stir the tomato concentrate into the water and add to the fat/onion mix. Add the optional herbs/garlic. Allow to boil gently for 20 minutes, stirring every now and then.
4. Stir in the pepper (and, if you are using it, salt).
5. Mix into or top your dish with the sauce.

This sauce is not just for pasta! Top rice, buckwheat, millet or sorghum with it, pour it over sausages or use it in oven bakes! To find the video for my Sourdough Millet Polenta, go to page 14.

For Alison's Italian Cured Pig Fat (Lardo) recipe and lardo photos, visit her website at <https://ancestralkitchen.com/how-to-make-lardo-italian-cured-pig-fat-at-home/>

sauerkraut the easy way

ALISON KAY

I love sauerkraut and we enjoy it every day. It's a staple ferment in our house! I've worked to find a way to get it made and fermenting as quickly as I can, leaving me time to get on with other things. Pictured on page 49.

Equipment and Ingredients

Food-processor

Large bowl

Object to mash with - a mallet, pestle, end of a rolling pin or even your fists!

Glass jar with lid to pack the sauerkraut into for fermentation (mine is 2-litre/quart)

Scales

Optional: Fermentation weight to help keep the cabbage under the brine

Cabbage (for my 2-litre/quart jar, I use around 1.6kg)

Salt (at 1.375% of the weight of the cabbage)

Optional: Spices (such as caraway seed) to flavour the ferment

Process

1. Carefully remove the outer-most leaf of the cabbage without letting it break. Once your chopped cabbage is in the jar, you can use this to cover it, helping to keep the small pieces under the brine.
2. Roughly chop the cabbage into pieces around 4/5 cms square. You want them small enough to be broken down by your food processor blade.
3. Fill your food processor with cabbage squares and then turn on, allowing the blade to chop the cabbage into very small pieces.
4. Empty these pieces into bowl that is set on kitchen scales. Note the weight, in grams, of the cabbage. (If you have more cabbage, repeat the processing until all of it is chopped and in the bowl.)
5. To calculate the weight of salt needed multiply the weight of the cabbage, in grams, by 1.375%. Weigh out this amount of salt and, using a fork, mix it into the cabbage, distributing it well.
6. Put a lid on the bowl and put it in your fridge. Forget about it until the next day.

The next day ...

1. The next day, remove the bowl from the fridge. The cabbage contents will have reduced in size and will be soggy. Use a mallet, pestle or your fist briefly push down hard on the cabbage, releasing any extra liquid that is still in the cabbage.
2. Move the cabbage into your fermenting jar and push it down creating an even surface. Ensure you leave at least 4/5 cms between the top of the vegetable and the top of the jar.
3. Cut the outer cabbage leaf that you saved into a shape that fits the surface of your ferment and place it into the jar covering the vegetable.
4. If you have them, place some fermentation weights into the jar.
5. If your cabbage has not produced enough liquid to be amply covered, make up a brine by putting 5g of salt into a cup of non-chlorinated water. Pour this over the ferment until the liquid is at least 2cm above the line of the cabbage.
6. Close jar and leave to ferment for at least 4 - 5 days (I actually leave for 6 weeks). During the first few days of the ferment, check jar daily. Depending on air-tightness of your jar, it will probably need 'burping' to allow active fermentation gasses to escape. You can do this by gently removing the jar lid (ideally in the sink or over a bowl) and allowing gas to escape before re-closing. Ensure cabbage is still under the brine (and top up if necessary, with plain water), before setting the jar back to ferment.

water kefir 101

ALISON RAY

Water kefir is a fun, tasty drink and a great way to get more probiotics into your and your kids' bodies. Once you have some water kefir grains, all you need is some basic equipment and sugar!

In our house, we get through 1 litre/1 quart of water kefir every day. It takes me just five to ten minutes each day to create that.

Pictured on page 54.

Here's my method, followed by some frequently asked questions:

What you will need

- 1 litre/1 quart glass jar, with a cover (this can be a loosely fitting lid or a piece of muslin/gauze with an elastic band to secure)
- 1 litre/1 quart swing-top bottle
- Small funnel that will fit inside your swing-top bottle
- Sieve (preferably with a plastic mesh) that will sit on top of your funnel
- Water kefir grains (also called Tibicos)
- Sugar (I use a mix of golden and very dark brown sugars)
- Non-chlorinated water
- Fresh ginger
- Fresh or dried fruit

To prepare the first fermentation

1. Put three heaped dessertspoons (four level American tablespoons) of sugar into your glass jar and then fill the jar almost to the top with non-chlorinated water.
2. Mix together well until you can no longer see any granules of sugar.
3. Add four heaped dessertspoons (five level American tablespoons) of water kefir grains.
4. Close the jar lightly with a lid or cover with muslin and secure with an elastic band.
5. Put the jar in a dark place and leave to ferment for 24 to 48 hours. If you prefer your water kefir sweeter you'll probably only need 24 hours but if you like it less sugary, ferment it for 48 hours.

To prepare the second fermentation

It's fine to drink your water kefir at this point; all you need to do is strain the liquid, through a sieve (to catch the grains), into a glass or bottle. But with a second fermentation, you can get a more potent and fizzier drink. Prepare the second fermentation like this:

1. Put the funnel into your swing-top bottle and place your sieve on top of it. Slowly pour the kefir into the sieve. The liquid will be caught in your bottle and the grains will remain in the sieve.
2. The kefir grains are now ready to use in another first fermentation. If you have too many you can eat them or give them away!
3. Cut your fresh ginger and fresh or dried fruit into very small pieces and place them into the swing-top bottle. Close the top well and set aside, at room temperature, for 12 to 24 hours. Pay attention during this period because gas can accumulate in the bottle!

Your kefir is ready!

Frequently Asked Questions

My water kefir isn't fizzy. What can I do?

Check the bottle that you are doing the second fermentation in. Swing-top bottles vary in their seals - some let a lot of air out which means you will lose fizz! Try a different swing-top bottle (but be very attentive, because if too much gas builds up in the bottle it could explode) or switch to a plastic screw top bottle.

Put more sugar into the second fermentation. Make sure you are using enough fruit and cut it up small so the bacteria and yeasts can access the sugars. Try adding fruit purée, some honey, or even a little bit of extra sugar.

I have found that using ginger in the second fermentation makes a huge difference to the fizziness of my kefir. Try to get organic ginger and leave the skin on - it's a haven for wild yeasts!

My water kefir grains aren't multiplying. What's wrong?

Not necessarily anything! If your grains are turning your sugar water into kefir, they are doing their job. Still, there are ways to encourage them to multiply so you can make more or give grains to friends:

Experiment with the sugars you are using. Buy different brands, try white instead of dark, or dark instead of white. Mix different types of sugar together. Try using small amount of molasses in addition to your sugar. In my experience, grains can be fickle, doing best on a very particular type of sugar. Experimenting is the way to find out what sugar your grains like!

Check your water. If you have chlorine or chloramine in your supply it will inhibit fermentation. I have also found that grains react differently to mineral profiles in water. Experiment with a different water supply to see if it makes the difference.

Can I use honey or alternative sweeteners in my water kefir?

I don't recommend it; water kefir grains work best with sugar. If you are worried about consuming sugar, remember that the fermentation process changes that sugar into carbon dioxide and small amounts of alcohol meaning you won't be drinking sugar in the finished product. This is especially true if you leave your water kefir to ferment until it is no longer sweet.

I have heard of people using sweeteners other than sugar with their water kefir grains, but often the grains won't multiply and the drink won't have the fun, fizzy nature. If you would like to use alternative sweeteners for their flavour I would suggest you start by trying them as a portion of the total sweeteners in the kefir fermentation and see what happens.

I've heard that water kefir is alcoholic and I'm sensitive to alcohol. What can I do?

Water kefir is mildly alcoholic, usually coming in under 1% alcohol. If you are sensitive, however, go slowly, starting with a few tablespoons of water kefir a day and see how you get on.

Can I use my water kefir grains in other drinks?

Yes. I have had some success using water kefir grains in fruit juices such as grape and watermelon. Your grains may take on the colour of the juice, that doesn't matter - they will return to their normal colour after being used with water a few times. Do make sure your fruit juice isn't fibrous or you will struggle to take the water kefir grains out at the end!

Are water kefir grains interchangeable with milk kefir grains?

No. Water kefir grains and milk kefir grains are separate cultures and feed on different things. Therefore they aren't interchangeable.

How do I know when my original ferment is finished?

As your kefir ferments, you may start to see an increase in the amount of grains. You may also see bubbles when you agitate it. In addition, the flavour will change; it will no longer taste like sugar water, it will taste fermented and may feel slightly bubbly in your mouth.

There is no real 'finished'. Continue the first fermentation until the mix is done to your liking. In my house, the first fermentation usually goes for 24 hours, but sometimes I will leave it 48 hours. Taste it, try it out, get used to it. You will find a routine that works for you best with time.

Should I move my water kefir away from my other ferments (like my sauerkraut and sourdough)?

I have never found this necessary. I keep my water kefir very close to my sauerkraut and various other ferments and I've never had a problem.

Do I need to add molasses?

Molasses is not necessary, but it can bring interesting flavours to your water kefir and give minerals that your water kefir grains may like. Experiment with it!

Should I add some dried fruit to the first fermentation?

You can do. The idea behind this is to introduce some wild yeasts (that will be on the fruit skin) and a little bit of extra sugar to the first fermentation, plus give flavour. I haven't found I've needed dried fruit to make the first fermentation successful, and prefer to keep flavouring to my second fermentation.

What else can I use my water kefir for?

Water kefir is a wonderful drink, but you don't only have to use it as a beverage! Remember it is a live probiotic, and as such can be used to 'start' other ferments - try adding some to oatmeal and leaving overnight before cooking up, or using water kefir to ferment your flour for pancakes!

pacific northwest krautchi

ANDREA HUEHNERHOFF

We love kimchi and we love sauerkraut, and for some reason we started calling this hybrid version "krautchi". The name stuck and now we can't undo what has been done. This is a kraut we make early summer with native Pacific Northwest goods. The version you make where you live will look different!

Pictured on page 50

Cabbage, any variety, shredded or finely chopped - reserve outer leaves whole
Garlic scapes, thinly sliced into rounds, or peeled, chopped garlic cloves
Dried peppers, whole
Fresh ginger, shredded
Carrots, sliced into rounds
Radishes, thinly sliced
Green onions, thinly sliced into rounds
Non-iodized salt

1. Combine thoroughly by hand in a large bowl.
2. Sprinkle in approximately 1/2 tablespoon of salt per pound of vegetables. Pound and squeeze the vegetables to bruise and massage them and release juices. (See Sauerkraut the Easy Way, page 38, if you want more detail on the kraut-making process!)
3. Pack the kraut into jars or crocks. Add clean filtered water to cover. Press vegetables down below the water and cover with outer cabbage leaves or a crock stone.
4. If using jars, add caps and leave jars on the counter, in a rimmed baking sheet (because brine may bubble out), for a few days, burping every day to release gasses. Keep tasting until it's as you like it (just another Shakespeare cliché), then transfer to the refrigerator.
5. If using a crock, leave the crock for a few days and then taste test. Leave the ferment until it's as you like it, then transfer to containers in the refrigerator.

How long does my sauerkraut last?

As of this writing in 2023, I have a half-gallon of Virginia Commonwealth Krautchi that I made back when we lived in Virginia, in 2015. It's delicious, crispy, and loaded with sunshine and farm memories. Perfectly lacto-fermentedly stable, it has never molded. I HAVE molded krauts before, but this one has never molded.

easy preserved eggs

ANDREA HUEHNERHOFF

I first learned about preserving eggs when I was a kid, reading Carla Emery's Old Fashioned Recipe Book at my grandma's house (1977 edition - the newer ones aren't as good! Look for a vintage used copy). My grandma recently gifted me this treasured old copy, and it has been a useful guide out here on the farm. In this book, Emery describes a number of methods of egg preservation, including water-glassing in sodium silicate and water, and brining in calcium hydroxide, which is a white powdery substance also known as quicklime, cal-lime, hydrated lime, slack lime or pickling lime.

Brining is the most popular method I see being used today, but it is often mistakenly called water glassing (I have mistakenly used this term myself!). *Water-glassing in sodium silicate* suspends eggs in a clear, jelly-like substance and will preserve them for about one year - I haven't tried this method yet, but I probably will one day. However, I really love *brining*, or the *cal-lime preservation method*, and its current rise in popularity is probably partially because it is the cheapest method of preserving, it doesn't take any power (like freezing eggs does), no expensive equipment (like freeze drying eggs does), it's foolproof, the eggs emerge PERFECT and fresh, and it's easy to get your hands on cal-lime. I really can't find anything NOT to love about brined eggs.

Despite the term "brining," your preserved eggs will not taste like a salty brine at all - they are stored whole and raw in the shell, and come out of the shell fresh and looking perfectly new! I use brined eggs to make scrambled eggs, quiches, baked goods, fried eggs, casseroles, pasta, and I have even used them to make mayonnaise, although I truly don't know if that's recommended or not.

Emery provides measurements for a 3-gallon batch of cal-lime solution in her book, but the following measurements for a one-gallon batch of cal-lime solution come from Carolyn Thomas of Homesteading Family. She is a legend in the homesteading world and I thoroughly recommend her videos, courses and recipes to anyone inspired by living off the land.

Pictured on page 56.

Preserving Your Eggs

1 ounce by weight calcium hydroxide
1/2 ounce by weight non-iodized salt
1 quart water, plus three more quarts water

Arrange clean, UNWASHED, fresh eggs in your container (see "Tips on Preserving Eggs" on the next page). Combine cal-lime, salt, and one quart water in a jar and shake vigorously. Pour over eggs; add three more quarts of water or just enough to cover eggs if you are using a gallon container.

Cover and date your jars and store in a cool, dark place. Use within ten years ... but really, just use them up before the next spring egg laying bonanza!

To use eggs

Remove an egg from the container and rinse it before use. Use as a normal, fresh egg! I like to remove an entire jar at a time and wash them, put them in an egg box, mark the date I washed them and write "washed preserved eggs" on the box, and store them in my refrigerator for speedy use.

tips on preserving eggs

Why Preserve Eggs?

We live at the 52nd parallel, which is far enough north that our winters have as few as eight hours of daylight (while in the summer our days will get as long as almost fifteen hours!). A hen needs at least twelve hours of daylight to lay an egg, and performs at her peak when the days are fourteen to sixteen hours long, so this means it can take her a few days to lay an egg in winter. Colder days also mean more of her energy is going into keeping warm, and much of the food she eats is being burned up in heating her body. Emery, who also lived in the northern US, recommends keeping hens feet warm (such as with nice fluffy litter like straw), to help them keep laying eggs in the winter. Like many regenerative farmers, we choose not to artificially light our coop to force more eggs out of the hens.

Fun fact: did you know human females are also less fertile in the winter?

Much of the hen's energy is going to keep her warm, so we do our best to help them stay warm without artificial heat, such as by providing coarse cracked corn in the morning and evening as well as dry litter to stand on and a draft-free house. If we purchased eggs in town, even good eggs, our concern is that they would come from hens who were in lighted coops, and those birds wouldn't be getting a natural rest, either. Keeping animals stress-free is the first step in avoiding disease - in livestock, stress always precedes disease. Is this true of humans, too?

A few tips on selecting eggs and preserving them with the cal-lime brining method:

- Eggs must be fresh, within 24 hours to 4 days old. Gather frequently.
- Eggs must be clean, but unwashed. We diligently change nesting box bedding (and if it's muddy out, sometimes twice a day) when we are working to collect eggs for preserving.
- Do not use cracked eggs.
- An egg that cracks in the jar doesn't spoil the whole jar - carefully remove it, if you can. Often when I open a gallon, I find one or two damaged eggs inside.
- Unfertilized eggs keep the best, or so I am told. So far, we have preserved only fertilized eggs.
- Putting them in the container pointy end down helps them stay intact inside longer, I have found. Good luck getting the bottom layer pointy end down, but once you have that layer in it's not hard to arrange the rest in this manner.
- If using fertilized eggs, and if eggs aren't stored pointy end down, I have found the yolk is more likely to stick to the inside of the shell and break when you crack the egg. This isn't necessarily a problem if you are baking a cake, but if you want a fried egg, it's annoying.
- I prefer storing in transparent containers so I can see if there is a cracked egg. However, we have used crocks, plastic buckets, and pretty much any container I can lay my hands on in the spring.
- Cal-Lime may leave a hard, calcified ring around the top of your chosen receptacle, especially if you keep a container on your counter and slowly pull from it a few eggs a day. If you pull out ALL the eggs at once, wash them and store in the refrigerator for immediate use, that helps reduce the concrete rings in the jar. However, I have chosen just to designate my egg containers as permanently sacrificed to egg storage, and so they all have concrete rings decorating them up and down.
- When I was a kid, I thought "lime" meant limes. I thought eggs were preserved in some combination of lime juice and whole limes, packed into a barrel. This is useless information for this book, but the mental image of eggs packed in green limes has never left me, and now hopefully it never leaves you, either.
- You can purchase calcium hydroxide in a number of places including the hardware store, but there are a variety of grades of cleanliness of the lime. I prefer to use food-grade cal-lime from Azure Standard. It is about \$10 for five pounds. See my Azure affiliate link in resources on page 47.

four ancestral menus

Winter: Hearty Brunch

Staffordshire Oatcakes, Stuffed with Spicy Lentils
Hard-Boiled Eggs or Pickled Eggs
Garlic Toasted Kale (below)
Glass of Water Kefir

Garlic Toasted Kale

Heat cast iron pan and melt some lard. Wash and roughly chop kale then add to the pan and cook till wilted. Thinly slice garlic and add to the kale a few minutes before serving; stir through.

Stuffing Oatcakes

Put the oatcake on your serving plate and spoon lentils onto one half. Slice the egg and arrange on top of the lentils before topping with the warm kale. Fold the pancake over like a half-moon crepe. If using previously-made oatcakes, reheat them gently in a pan before plating the dish - otherwise, the cakes will crack when you fold them.

Summer: Lunch for a Busy Farm Day

Day-Old Kamut Dinner Rolls
Sliced Cheese
Cold Leftover Roasted Chicken
Tomato Salad (below)
Sauerkraut
Punch (below)

Tomato Salad

Thinly slice cucumbers, onions and tomatoes. Arrange in a thin layer. Sprinkle with coarse salt, pepper, oregano and cumin.

Punch

Mix 1/2 cup lemon juice (not from concentrate), 1/2 cup dark cane sugar, 1/2 cup whey, 1/2 teaspoon grated nutmeg, and 2 quarts of water in a half-gallon jar. Ferment 3 days. chill, serve.

From Nourishing Traditions

Preparation is the ancestral version of fast food!

Spring: Company Supper

Spicy Lentils
Slow-Cooked Beef Heart, Shredded
Yoghurt
Sauerkraut
Soaked Cream Biscuits
Shredded Lettuce and Carrot Salad (below)
Lacto-Fermented Ice Cream Sandwiches
Water Kefir

Salad

Shred lettuce with a sharp knife. Shred carrots on a grater. Toss together; sprinkle with salt and pepper, and then dash with vinegar and oil. Toss and serve.

Fill bowls with beef heart, ladle lentils on top. Add a dollop of yoghurt

Make everything ahead, so you can enjoy time with your guests!

Fall: Sunday Supper

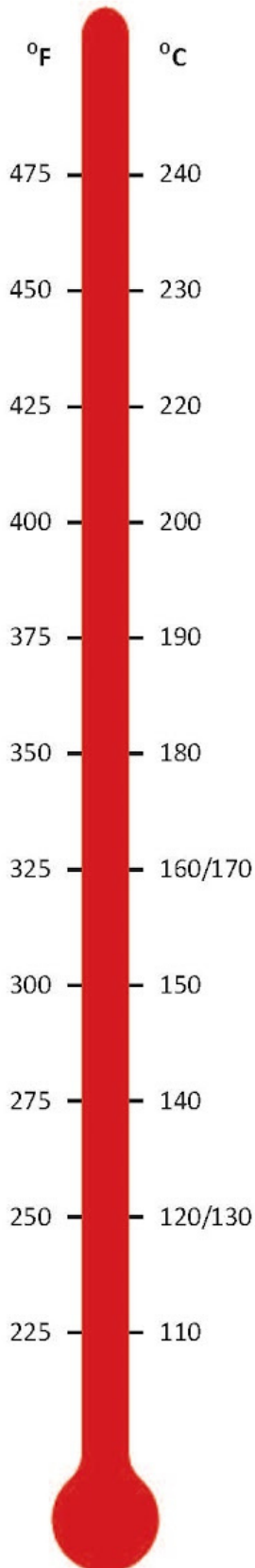
Chuckanut Hills Roast Bird with Apple Gravy
Sourdough Wholegrain Spelt Bread
Pacific Northwest Krautchi
Fresh Butter
Lacto-Fermented Ice-Cream
Cooked Apple Topping

Baked Apple Topping

Core and slice apples. Heap apples into a small baking dish and dot with butter, lightly drizzle with honey, and sprinkle with sugar. Toss chopped pecans or walnuts on top if desired. Bake at 350 F (170 C) until soft, scoop onto ice cream in bowls.

metric conversion table

Oven Temperatures



Liquid or Volume Measures (approx)

| | |
|---------|--------|
| 1 tsp | 5 ml |
| 1 tblsp | 15 ml |
| 2 tblsp | 30 ml |
| 1/4 cup | 59 ml |
| 1/3 cup | 79 ml |
| 1/2 cup | 118 ml |
| 2/3 cup | 158 ml |
| 3/4 cup | 177 ml |
| 7/8 cup | 207 ml |
| 1 cup | 237 ml |
| 2 cups | 473 ml |
| 4 cups | 946 ml |
| 1 pint | 473 ml |
| 2 pints | 946 ml |

DRY WEIGHT Measurements (approx)

| | |
|-------|----------------|
| 1 oz | 30 g (28.35 g) |
| 2 oz | 55 g |
| 3 oz | 85 g |
| 4 oz | 125 g |
| 8 oz | 240 g |
| 12 oz | 375 g |
| 16 oz | 454 g |
| 32 oz | 907 g |

resources

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Alison's Courses - www.ancestralkitchen.com/shop

Alison's courses include the following:

- **Bean-to-Bar Chocolate (with no special equipment!)**
- **Make & Maintain a Rye Sourdough Starter**
- **Sowans: The Scottish Oat Ferment**
- **Boza: The Probiotic Millet Drink**
- **Wholegrain Rye Sourdough: Mastering the Basics**

Andrea's Azure Standard shopping link - tinyurl.com/Andreasazure

When you place your first Azure order using this link, if you spend at least \$100, we will get a referral credit of \$25. For customers in the USA only!

Alison's website - www.ancestralkitchen.com

Alison's Instagram - instagram.com/ancestral_kitchen

Andrea's website - www.farmandhearth.com

Andrea's Instagram - instagram.com/farmandhearth

Ancestral Kitchen Podcast Instagram - instagram.com/ancestralkitchenpodcast

Chuckanut Hills Farm - chuckanuthillsfarm.com

Gary and Andrea's family farm in northwest Washington, USA

Our bookshops - our favorite reads and cookbooks!

USA Shoppers: bookshop.org/shop/AKP

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Bokashi composting systems and "EM" - tinyurl.com/teraganix

Shop our affiliate link at Teraganix for 10% off your bokashi system and get to composting that kitchen waste right in your own home - with *no* smell!

color photographs



Lard Tomato Sauce, page 37
Photo by Alison Kay



Spicy Lentils, page 20
Photo by Alison Kay



Bone Marrow Risotto alla Milanese, page 19
Photo by Alison Kay



Cast Iron Ground Meat, page 22
Photo by Alison Kay



Hammering sauerkraut, page 38
Photo by Alison Kay



Fermenting sauerkraut, page 38
Photo by Alison Kay



Fermenting sauerkraut, page 38
Photo by Alison Kay



Alison and Andrea's first podcast promotion picture, summer 2021
Photos by Alison Kay and Andrea Huehnerhoff



*Sourdough Kamut Dinner Rolls, page 30
Photo by Andrea Huehnerhoff*



*Mixing Pacific Northwest Krautchi, page 42
Photo by Andrea Huehnerhoff*



*Lacto-Fermented Ice Cream, page 35
Photo by Andrea Huehnerhoff*



*Chewy Sourdough Oatmeal Cookies made
into ice-cream sandwiches, pages 34 and 35
Photo by Andrea Huehnerhoff*



Naturally Fermented Staffordshire Oatcakes, page 18
Photo by Alison Kay



Slow-Cooked Beef Heart, page 21
Photo by Alison Kay



Chuckanut Hills Roast Bird, page 23
Photo by Andrea Huehnerhoff



Birds are roasted every week on the farm!
Photo by Andrea Huehnerhoff



After roasting a bird (page 23) or making broth, ladle the pooled liquid fat into a jar - flavorful sediment will sink to the bottom, and you can scoop fat off the top for making Sourdough Kamut Dinner Rolls (page 31), spreading on Sourdough Wholegrain Spelt Bread (page 31), or any other use in the kitchen!

Photo by Andrea Huehnerhoff



*Backyard Turkey Noodle Soup, page 27
Made with Sourdough Egg Pasta, page 25.
Photo by Andrea Huehnerhoff*



*Soaked Cream Biscuits (left), page 33. Chuckanut Hills Roasted Bird, page 23.
Photo by Andrea Huehnerhoff*



The many faces of Sourdough Wholegrain Spelt Loaf, page 31. Alison uses a ceramic loaf tin with a lid to get super bursty, crusty tops on un-scored loaves. See the article Five Favourite Kitchen Tools on page 7 to read more about her favorite pan. Photos by Alison Kay





Diverse flavors of water kefir! Recipe and FAQ on pages 39 - 41. Clockwise from top left: watermelon (blended and strained through a sieve) and pear in a second ferment. Strawberries and ginger. Christmas Kefir: dried orange slices (they add more fizz than fresh), ginger, anise, cardamom, cloves and cinnamon. Photos by Alison Kay.





*A turkey hunts for forage at Chuckanut Hills Farm
Photo by Andrea Huehnerhoff*



*Trees in the gloaming at Chuckanut Hills Farm
Photo by Gary Huehnerhoff*



*The famous lardy bread from the Ancestral Kitchen Podcast logo
Photo by Alison Kay*



*A sign in the woods points to Chuckanut Hills Farm!
Photo by Gary Huehnerhoff*



Left: Easy Preserved Eggs, page 43
Above: Roasting a pig on the farm
Photos by Andrea Huehnerhoff



A farm cat indulges in raw soured milk
Photo by Andrea Huehnerhoff



Chicks in the brooder at Chuckanut Hills Farm
Photo by Andrea Huehnerhoff



Soaked cream biscuits made with einkorn and whole wheat, the dough patted out and coarsely cut. These biscuits can be made a hundred different ways, and all are delightful! Recipe on page 33.

Photo by Andrea Huehnerhoff



Elsie the Jersey dairy queen, and her yearling steer calf, Chuck, grazing at the winter fodder trough at Chuckanut Hills Farm.

Photo by Andrea Huehnerhoff