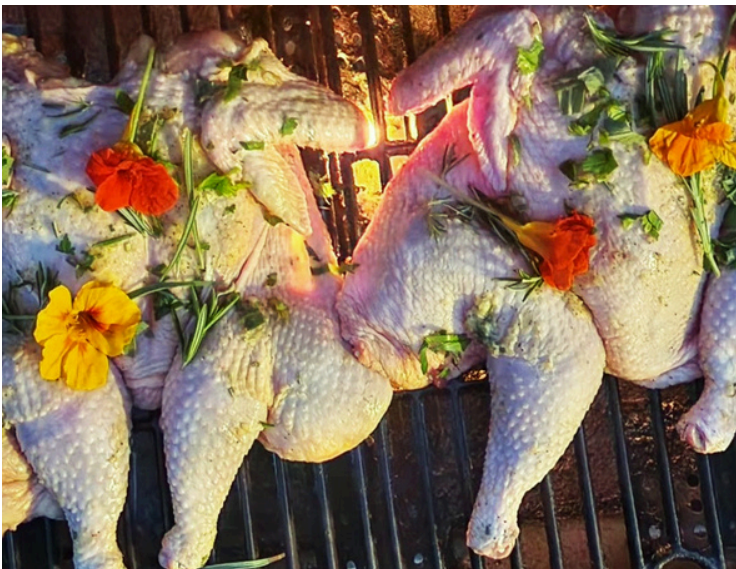




Ancestral Kitchen

# Meals For a Week

Alison Ray  
& Andrea  
Huehnerhoff





# how can I make 7 meals in one day?

BY ALISON KAY AND ANDREA HUEHNERHOFF

This booklet is the companion to episode # 92 of the Ancestral Kitchen Podcast, a collaborative effort between Alison and Andrea, recording and creating from two different countries on opposite sides of the globe!

Cooking three meals a day, seven days a week, is challenging. One of the tricks is \*not\* to cook everyday! Preparing in bulk means you don't have to start everything from scratch every time. This is how we survive!

You asked for real world examples, so here we are! Two week's worth of main meals, the bulk of which comes from two cooking sessions:

## **Slow-Cooked Beef Heart for 5 Days from Alison**

and

## **Roast Chicken for 7 Days from Andrea**

Both of these base recipes are in our first podcast cookbook, Meals at the Ancestral Hearth (<https://ancestralkitchenpodcast.com/shop/books/meals-at-the-ancestral-hearth/>).

**So if you've ever wondered how to increase your efficiency in the kitchen while still providing your family with nourishing foods, this episode is for you!**

A huge thank you to our Patrons who make this show possible! You bring the podcast to the airwaves worldwide every two weeks, and you are making the podcast cookbooks and additional creative endeavors possible!

Listen to the podcast at [www.ancestralkitchenpodcast.com](http://www.ancestralkitchenpodcast.com)

Become a Patron at [www.patreon.com/ancestralkitchenpodcast](http://www.patreon.com/ancestralkitchenpodcast).



# slow cooked beef heart for 5 days

BY ALISON KAY

The recipe for **Slow Cooked Beef Heart** is in our first podcast cookbook, *Meals at the Ancestral Hearth*. I'm going to give you details on how to store and use as leftovers plus two new leftover recipes!

## The Basics:

Keep in mind, hearts vary in size. A heart weighing 1.5 kg (3.3 lbs) feeds us for five days (and gives us 2.5L of beef stock!! plus some fat for eating/rendering). There are three of us (and one of us is a nine year old). If you have a bigger family, or want your heart to last longer, ask your farmer/butcher for a larger heart. My slow cooker can easily handle a heart up to around 2.5 kg in weight.

## Freezing & Storing Tips:

The heart lasts at least five days for us in the fridge, often seven. It freezes extremely well though, so if you have a larger heart (that you won't get to or you don't want to leave it in your fridge for that long) feel free to cut off a huge chunk and freeze it. The heart can be frozen whole, frozen in chunks or frozen in slices. One of the patrons cuts it into slices, then freezes those for a short time on a tray until they are hard and then collects them into a freezer bag and leaves them in the freezer to be pulled out and reheated really quickly on the stove.

It is possible to leave the heart in your fridge and make up any of these recipes (some simple, some more complex; choose the right thing for the right day).

## How we ate our Slow Cooked Beef Heart (this could be a week's worth of meals):

- 1:** We ate the heart still warm from the slow cooker, sliced with broccoli, bread and lard
- 2:** We had the heart in sourdough bread sandwiches with mustard (this could also be horseradish and it would be very nice)
- 3:** I cooked heart with a creamy mushroom and mustard sauce (recipe on page 3)
- 4:** I fried the sliced heart in crushed garlic and lard (you could use butter) and served in Staffordshire oat pancakes (recipe for the oatcakes from *Meals At The Ancestral Hearth*)
- 5:** I made a beef heart bolognese (recipe on page 4)



# leftover beef heart with creamy mushroom & mustard sauce

BY ALISON KAY

When I eat beef heart I very often have some wholegrain mustard on the side. This recipe, which combines the heart with mustard, mushroom and cream is a development of that idea. When you're eating the same food every day for a week, monotony can kick in. If you make this luxurious dish you'll never feel that!

30 g butter  
two cloves of garlic  
1/3 cup of stock  
450 g of mushrooms  
250 ml thick cream  
2 to 3 teaspoons of wholegrain mustard  
leftover beef heart, chopped (I used 120 g)

1. Melt the butter in a large skillet and finely chop the garlic. Put the garlic in with the butter and gently cook it.
2. Add the stock and boil gently until it is reduced to half the size.
3. Add the cream and the mustard, stir really well, then add the mushrooms, sliced, and leave on a medium heat, stirring occasionally, until it's thickened slightly.
4. Once the mushrooms are cooked and the sauce has thickened, add the chopped heart and stir through until warm.

Notes:

This could be served with rice cooked in 1L of the beef heart stock. It would also be really good on pasta, like an eccentric carbonara. I served it on sourdough toast, and we used 1L of the beef heart stock to cook millet in for supper. One of our patrons even puts the mix into pastry and creates a pie with it [my spelt sourdough pastry recipe is available in the second podcast cookbook, *Sourdough Spelt Every Day* (<http://ancestralkitchenpodcast.com/shop/books/spelt-sourdough-every-day-cookbook/>)].

*"This meal is absolutely delicious! Decadent, flavorful, nourishing - my family of 3 cleaned our plates. My almost 9 year old is an organ meat skeptic but he liked this." □— Megan, patron of the podcast*



# leftover beef heart bolognese

BY ALISON KAY

Bolognese is always a winner in our house, and making it with leftover beef heart is so economical, easy and tasty! My son, Gabriel cannot tell that I'm using heart, not ground beef - that's thanks to heart's wonderfully meaty flavour. My recipe below is a guide, but make your bolognese however you and your family love it - more garlic, with leeks and/or carrots, adding peas or even with some 'hidden' liver too!

half an onion, diced  
50 g diced bacon  
3 cloves of garlic, crushed  
1 carrot, chopped small  
450 g of mushrooms, sliced  
1 red pepper, diced  
fresh oregano  
1/3 cup of stock  
sufficient tomato paste to make a really nice tomatoey mix  
leftover beef heart, diced

1. Cook the diced bacon in a large cooking pan, adding extra lard (or other fat) as necessary.
2. Add in the diced onions and cook until translucent and then add the crushed garlic, stirring through and taking care not to burn.
3. Add the carrots and leave to cook for 10 minutes before adding the mushrooms, the stock and the tomato paste. Cook on a medium/low heat, stirring occasionally until the mushrooms have reduced in size.
4. Add the pepper, the oregano or whatever other herbs you want to use season to taste.
5. Once the pepper is cooked, dice your leftover heart and mix it in, warming thoroughly.

Notes:

This could be served on pasta, on rice or any other cooked grain, with potatoes, with sourdough bread and is great topped - as all bolognese are - with tasty cheese!

*"So, so good! We are definitely heart converts, thanks for giving me the push/courage to cook it!"* —  
Amelia, patron of the podcast



# roast chicken for 7 days

BY ANDREA HUEHNERHOFF

The recipe used here is based off of the **Chuckanut Hills Roast Bird & Gravy** from our first podcast cookbook, *Meals at the Ancestral Hearth*.

## The Basics:

Instead of stuffing and roasting the whole chicken like it states in our cookbook, I spatchcocked (cut out the backbone and flattened) two smaller 3 pound chickens and grilled them until fully cooked (you can cook these on a rimmed baking sheet in the oven as well). Note that the cooking time will be reduced if the chickens are spatchcocked versus cooked whole. Be sure to reserve the backbones! I'm going to give you details on how stretch two chickens out into 7 days worth of food.

## How we ate our Roast/Spatchcocked Chickens:

**1:** Chicken with Roasted Potatoes — for our first meal, we ate some of the chicken right after it finished cooking with **Roasted Potatoes** (recipe below):

For the potatoes, peel (if you like) and chop potatoes. Toss with some melted lard or butter. Spread on a rimmed baking sheet and sprinkle with salt and pepper, or if you like also some italian herbs, herbs de provence, cloves of garlic, or just rosemary. Bake at 350F for 45 minutes to an hour (depending on how large you cut them and how full the pan is), until potatoes are soft when pricked with a fork.

**2:** Backbone Broth (recipe on page 6)

**3: Schmaltz Breakfast** (recipe below):

Heat some schmaltz in your pan. Add a piece of thinly sliced bread and crack an egg alongside (or cut a hole in the middle of the bread if you like!). Flip it all together and get it nice and toasty, juicy and schmaltzy. Sprinkle with salt and serve with cold raw milk to drink.

**4:** Chicken Broth Risotto (recipe on page 7)

**5:** Chicken Tacos (recipe on page 8)

**6:** Leftover Broth Protein Snack (recipe on page 8)

**7:** Leftover Taco Meat Breakfast Scramble (recipe on page 9)



# backbone broth

BY ANDREA HUEHNERHOFF

2 backbones, reserved from your spatchcocked chickens  
1/2 to 1 onion, coarsely chopped  
2-3 cloves of garlic, smashed  
2 stalks celery, coarsely chopped  
fresh herbs, optional  
salt and pepper, as preferred

1. Toast reserved backbones in a pan or large soup pot with some fat.
2. Add remaining ingredients and cover with water.
3. Add lid and simmer on low overnight.
4. In the morning, strain the broth and let the schmaltz separate to the top.
5. Once it has cooled (or even gelled, in the fridge), scrape the schmaltz off the top and store in a small jar near the stove for easy use. If you are going to keep it very long, store in the fridge - we always use it within a few days.

Notes:

This made ½ gallon broth, plus a few oz schmaltz



# chicken broth risotto

BY ANDREA HUEHNERHOFF

This recipe is adapted from Alison's **Bone Marrow Risotto** from *Meals At The Ancestral Hearth*.

1 1/2 quarts backbone chicken broth  
1-2 tablespoons schmaltz  
1/2 onion, diced  
2-3 cloves garlic, flattened  
325g risotto rice  
1/3 cup dry white wine  
Grated cheese, optional

1. Place 1 1/2 quarts of chicken broth in a small saucepan to warm.
2. Meanwhile, place a generous spoonful of schmaltz in a heavy pan and heat it, adding the onion and toasting until it softens; then the garlic and toast until fragrant, just a minute or so.
3. Add risotto rice and toast, stirring every minute for 5 minutes, until rice releases a toasted aroma. Turn heat to medium-high and add the white wine, stirring and cooking until reduced.
4. Turn heat down to medium and put 3 to 4 ladles of warm broth in with the rice, stirring well. Adjust heat so the broth is bubbling gently. Stir every 2 to 3 minutes. Liquid will absorb fairly quickly. Once liquid has absorbed, add another 2 to 3 ladles of warm broth. Stir every 2 to 3 minutes. Repeat adding liquid and stirring until absorbed, until all stock has been used and your rice is cooked.
5. Add another generous spoonful of schmaltz (or butter), and stir through.
6. Add 1/2 cup or more of grated cheese - we use whatever we have on hand, which is usually raw cheddar, but parmesan is probably the best in risotto.
7. Serve hot!





# spatchcock chicken tacos

BY ANDREA HUEHNERHOFF

Leftover spatchcock chicken, shredded off the bones and diced finely

1-2 tablespoons butter, for the corn

Corn on the cob

1-2 tablespoons lard, for the tortillas

Corn tortillas

Toppings of choice (think chopped cilantro, diced raw onion, hot sauce, lime juice, diced tomatoes or pico de gallo, avocado or whatever else needs to come out of your fridge)

1. Heat a cast iron griddle and toast the shredded meat until hot.
2. On one side of the griddle, heat corn on the cob with butter and salt, and toast corn tortillas in lard.
3. Serve shredded chicken in corn tortillas with your preferred toppings. Just a pinch of meat in each taco goes a long way!

# leftover broth protein snack

BY ANDREA HUEHNERHOFF

Pile all the leftover bones from both eating and shredding meat from spatchcocked chickens, plus wing tips (not meaty on these small birds) into a small stock pot. Cover with water. I don't add herbs to this round because the bones already carry plenty of seasoning with them. Cover the pot and simmer overnight; the next morning, strain out the broth. If there is any schmaltz (not likely), you can skim it to use separately. Taste the broth, salt if necessary, and serve cups for an afternoon protein snack.



# leftover taco meat breakfast scramble

BY ANDREA HUEHNERHOFF

When there is just a little bit of shredded meat left from the tacos, it's time to make a breakfast scramble.

1 tablespoon lard  
1/2 medium sized potatoes, peeled (if you like) and diced  
4-6 eggs  
Leftover taco meat  
Leftover corn on the cob  
Any toppings you like

1. Heat the lard and add the potatoes. Cover, ensuring the heat is not high enough to burn, until the potatoes are browned and toasted on the bottom. Remove the cover and flip the potatoes.
2. In another pan, cook scrambled eggs to your preference.
3. Take any leftovers from taco night - the shredded chicken, pico, avocado, cilantro, onions, as well as any leftover corn sliced off the cob - and throw them all together into the cooked potatoes, adding the scrambled eggs.
4. Mix it all thoroughly and serve on plates, or roll up in burritos.

Notes:

If making burritos, we like to add a spoonful of thick, strained kefir (kefir cheese) or sour cream, and a sprinkle of shredded cheddar, before rolling them up.