

# MERRY Christmas

— AND —

HAPPY NEW YEAR

FROM

ANCESTRAL KITCHEN PODCAST



A HAMPER OF OUR FAVORITE  
HOLIDAY TRADITIONS AND PATRON  
CONTRIBUTIONS FROM THE LAST  
THREE YEARS

ANCESTRAL KITCHEN PODCAST PRESENTS

# THE 2024 CHRISTMAS HAMPER

As Aslan says in *The Last Battle*, by C.S. Lewis, "The term is over: the holidays have begun. The dream is ended: this is the morning."

Our dream is that everyone - even you, the chief organizer, chef and magic-maker of the holidays - gets to rest, restore their soul, nourish their mind and body with good literature and great food, and enjoy the holidays.

Thank you for an incredible 2024. You have brought ancestral food practices and traditions into many homes around the world with over 365,000 podcast downloads! Our patrons have downloaded over 4,400 private podcast episodes and send hundreds if not thousands of Discord messages back and forth. We are excited at the prospect of doubling our listenership this year, with your help!

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*This is the 3rd edition of the Christmas Hamper.  
It has been updated and revised from previous editions  
and re-released for patrons in 2024!*

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# CHRISTMAS EPISODES

podcast episodes that support your holiday season!

You can find all of these episodes in any podcast player app, or follow the links provided here to listen directly from our podcast website, [AncestralKitchenPodcast.com](https://AncestralKitchenPodcast.com).

Episode #98 - How to Have a Green and Christmas Pudding, December 17, 2024  
Alison and Andrea share some of the ways they have learned to have a green Christmas, and what inspires them to do so. *This episode will release after the hamper.*

Episode #95 - Let's Make a Christmas Pudding! November 5, 2024

Learn from Alison over in England and Francine, a podcast supporter in Australia, about the traditional Christmas pudding, how to make it, and several variations.

Podcast Download: Christmas Pudding e-Book with recipes, lore and history

Podcast Download: Christmas Pudding comparisons and additional research (website login required)

Episode #73 - Slow Christmas, December 19, 2023

What are some of the practical ways we slow our Christmas down - and why do we do it? This episode includes patron contributions, our favorite holiday breakfasts, and a whole load of Christmas tradition ideas!

Episode #47 - Christmas Survival Guide, December 20, 2022

Are you stressed about over-eating or over-indulging during the holidays? Alison and Andrea tackle this and more in this episode, centered around surviving the holidays, and walking into the New Year feeling nourished and healthy!

Episode #20 - Christmas Traditions and What Inspires Us at the Holidays, November 23, 2021

Alison and Andrea discuss some of their favorite dishes to serve at this time of year and the traditions they want to cultivate more of. Pro tip - there are LOTS of fantastic links in the show notes for this episode!

*You can find Alison at [www.ancestralkitchen.com](http://www.ancestralkitchen.com) | Andrea is at [www.farmandhearth.com](http://www.farmandhearth.com)*

# “A CHRISTMAS CAROL”

**by Christina Rossetti (1872)**

In the bleak mid-winter  
Frosty wind made moan  
Earth stood hard as iron,  
Water like a stone;  
Snow had fallen, snow on snow,  
Snow on snow,  
In the bleak mid-winter  
Long ago.

Our God, heaven cannot hold Him  
Nor earth sustain,  
Heaven and earth shall flee away  
When He comes to reign:  
In the bleak mid-winter  
A stable-place sufficed  
The Lord God Almighty —  
Jesus Christ.

Enough for Him, whom cherubim  
Worship night and day,  
A breastful of milk  
And a mangerful of hay;  
Enough for Him, whom Angels  
Fall down before,  
The ox and ass and camel  
Which adore.

Angels and Archangels  
May have gathered there,  
Cherubim and seraphim  
Thronged the air;  
But only His Mother  
In her maiden bliss  
Worshipped the Beloved  
With a kiss.

What can I give Him,  
Poor as I am? —  
If I were a Shepherd  
I would bring a lamb;  
If I were a Wise Man  
I would do my part, —  
Yet what I can I give Him, —  
Give my heart.



# “AN OLD TIME CHRISTMAS”

**From Marmion by Sir Walter Scott (1771-1832)**

Heap on more wood!--the wind is chill;  
But, let it whistle as it will,  
We'll keep our Christmas merry still.  
Each age has deemed the new-born year  
The fittest time for festal cheer:

And well our Christian sires of old  
Loved when the year its course had rolled  
And brought blithe Christmas back again  
With all his hospitable train.  
Domestic and religious rite  
Gave honor to the holy night:  
On Christmas eve the bells were rung;  
On Christmas eve the mass was sung;  
That only night, in all the year,  
Saw the stoled priest the chalice rear.  
The damsel donned her kirtle sheen;  
The hall was dressed with holly green;  
Forth to the wood did merry-men go,  
To gather in the mistletoe.

All hailed, with uncontrolled delight,  
And general voice, the happy night  
That to the cottage, as the crown,  
Brought tidings of salvation down.

The fire, with well-dried logs supplied,  
Went roaring up the chimney wide;  
The huge hall-table's oaken face,  
Scrubbed till it shone, the day to grace,  
Bore then upon its massive board  
No mark to part the squire and lord.

The wassail round, in good brown bowls,  
Garnished with ribbons, blithely trowls,  
There the huge sirloin reeked; hard by  
Plum-porridge stood, and Christmas pie;  
Nor failed old Scotland to produce,  
At such high tide, her savory goose.  
Then came the merry maskers in,  
And carols roared with blithesome din;  
If unmelodious was the song,  
It was a hearty note, and strong.

England was merry England, when  
Old Christmas brought his sports again.  
'Twas Christmas broached the mightiest  
ale;  
'Twas Christmas told the merriest tale;  
A Christmas gambol oft could cheer  
The poor man's heart through half the  
year.

# “AT CHRISTMAS”

After my Uncle Kevin passed away, I found a book of poems by Edgar Guest in his library. I loved the vivid, poignant poems within the book. I found Guest wrote the most touching mementos of hearth and home, featuring largely a sense of place and belonging - which I found even intriguing, given his last name.

**by Edgar Albert Guest (1881-1959)**

A man is at his finest towards the finish of the year;  
He is almost what he should be when the Christmas season is here;  
Then he's thinking more of others than he's thought the months before,  
And the laughter of his children is a joy worth toiling for.  
He is less a selfish creature than at any other time;  
When the Christmas spirit rules him he comes close to the sublime.

When it's Christmas, man is bigger and is better in his part;  
He is keener for the service that is prompted by the heart.  
All the petty thoughts and narrow seem to vanish for awhile  
And the true reward he's seeking is the glory of a smile.  
Then for others he is toiling, and somehow it seems to me  
That at Christmas he is almost what God wanted him to be.

If I had to paint a picture of a man, I think I'd wait  
Till he'd fought his selfish battles and had put aside his hate.  
I'd not catch him at his labors when his thoughts are all of self,  
On the long days and the dreary when he's striving for himself.  
I'd not take him when he's sneering, when he's scornful or depressed,  
But I'd look for him at Christmas when he's shining at his best.

Man is ever in a struggle and he's oft misunderstood;  
There are days the worst that's in him is the master of the good,  
But at Christmas, kindness rules him and he puts himself aside,  
And his petty hates are vanquished and his heart is opened wide.  
Oh, I don't know how to say it, but somehow it seems to me  
That at Christmas man is almost what God sent him here to be.



# CHRISTMAS TIBICOS

by Alison Kay

This is a fun, festive way to welcome in Christmas morning! *Tibicos*, which Andrea and I both called *water kefir* until Sandor Katz corrected us on using accurate terminology, is so receptive to whatever your favorite flavors are and makes an excellent background for showcasing your holiday spices!

## Equipment

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

## Ingredients for first fermentation

Tibicos grains (also called water kefir)

Sugar (I use a mix of golden and very dark brown sugars)

Non-chlorinated water

## Ingredients for second fermentation

Orange slices, dried or fresh

Fresh ginger

Cinnamon in stick form

Cardamon pods

Aniseed

Cloves

## In order to have your tibicos ready for Christmas Day

- If your house is relatively cold (northern hemisphere winter!), begin the first fermentation on the evening of December 22nd.
- If you're in a warmer environment (like the southern hemisphere!), you can probably get away with starting it on December 23rd.



### For the first fermentation

- 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.
- Mix together well until you can no longer see any granules of sugar.
- Add four heaped dessertspoons (five level American tablespoons) of water kefir grains.
- Close the jar lightly with a lid or cover with muslin and secure with an elastic band.
- Put the jar in a dark place and leave to ferment until Christmas Eve!

### For the second fermentation

- Your ferment should now taste substantially less sweet and also slightly fizzy.
- Sieve the grains out of the fermented liquid and pour the liquid into a swing-top bottle.
- Dice the orange and ginger into pieces small enough to fit easily through the neck of your bottle - I often use 2 thin slices of orange (this sugar is what will give your tibicos its fizz) and a piece of ginger that's 1cm.
- Add the orange and ginger to the bottle.
- Add the other spices - I often use a couple of inches of cinnamon, 3 or 4 cardamon pods, 2 cloves and 1/2 tsp of aniseed.
- Close the bottle well and leave overnight to ferment.
- This will keep for a few days but do check its fizziness - if your bottle has a good seal and your oranges are sugary, it could get quite active!





# SANTA CLAUS SALAD

## (Whipped Raspberry Panna Cotta)

By Andrea Huehnerhoff

One of our patrons, Diana, shared about her Christmas tradition of making a festive Santa Claus Salad. I realized an ancestral version of this delightful holiday treat is this delicious Whipped Raspberry Panna Cotta! This recipe comes directly from Anita, the genius behind [www.WestonAPriceRecipes.com](http://www.WestonAPriceRecipes.com). This site is a wealth of delicious, ancestral, and practical everyday recipes for your table! We are delighted to share this recipe with permission.

1 cup heavy cream (preferably raw)  
1/2 cup water  
3 tablespoons gelatin (preferably grass-fed)  
6 ounces raspberries (I use frozen in winter)  
2 - 3 tablespoons maple syrup

- Put water in a small saucepan and sprinkle gelatin over it. Set aside for 5 minutes. After 5 minutes, place saucepan on low heat and heat and stir until gelatin is fully dissolved, about 5 minutes. If some small lumps remain, just remove them and throw them out. Combine raspberries and maple syrup in a food processor and process until a smooth purée forms.
- Add the melted gelatin and stir to combine. Set aside to cool a little bit. Don't let it get cold or else it will set, and you will have to heat it again.
- Whip cream using a stand mixer, hand mixer, or immersion blender with the whisk attachment. Whip until stiff. Make sure the raspberry mixture has cooled, then fold it gently into the cream. Pour cream and raspberry mixture into a bowl, cover with a lid or plastic wrap, and place in the fridge for at least 3 hours.
- Once chilled, serve and enjoy!

Holiday Extras: Just before serving, garnish with sprigs of mint, small sprigs or garlands of dried fruit and pine twigs, dried berries, or slices of apple.

For a super-festive dessert experience, instead of pouring into a large serving bowl, pour into 4-ounce mason jars or small trifle bowls for individual servings, and garnish.

# GRASSMERE GINGERBREAD

by Alison Kay

This recipe makes a light, crispy gingerbread cookie. More recent versions of Grassmere Gingerbread use wheat, but here you'll find a oat-only version. You can make it as sweet or not-sweet as you like. The original recipe I found had substantially more sugar in - I've adjusted it here for my family's taste. Play with it to suit you! The oatmeal in this gingerbread should be very fine. If your oats are too large, whizz them in a coffee/seed grinder for a few seconds to get a chunky flour consistency.

200g very fine oatmeal

A pinch of salt

c. 75g lard

50g brown sugar

1 tbsp molasses

1 tbsp ground ginger

1 tsp ground cinnamon

Few grinds of fresh nutmeg

- Preheat your oven to 175C/345F
- Grease a medium baking tray/cookie sheet (or line in with greaseproof/parchment paper)
- Put the oatmeal into a heatproof bowl. Add the salt and spices and mix well.
- Gently heat the lard until melted. Measure the molasses into the lard and stir the two together.
- Make a well in the centre of the oat mixture and pour in the fat/molasses.
- Working reasonably swiftly, stir the fat/molasses into the oats until all the oats are covered and the mixture starts to clump together.
- Press the mixture onto the baking tray/cookie sheet, making a tidy rectangle roughly 17x22cm
- Bake for 20-25 minutes, watching carefully towards the end as the edges easily burn.
- When freshly out of the oven, cut the gingerbread into twelve pieces and leave to cool before removing from the tray.



# EINKORN MOLASSES COOKIES

by Andrea Huehnerhoff

I typically just adjust all my childhood cookie recipes by subbing in einkorn for flour, and butter for shortening. This works surprisingly well!

Makes two-dozen cookies

1 cup packed brown sugar (or coconut sugar)  
3/4 cup butter  
1/4 cup blackstrap molasses  
1 egg  
2 teaspoons baking soda  
1 teaspoon ground cinnamon  
1 teaspoon ground ginger  
1/2 teaspoon ground cloves  
1/4 teaspoon salt  
2-1/4 cups whole grain einkorn flour  
3 tablespoons granulated sugar (optional)

- Preheat your oven to 160C/325F
- Line a cookie sheet with parchment paper
- Beat brown sugar and butter together. Beat in egg; beat in molasses, salt and spice.
- Stir in einkorn flour.
- Roll into 1-1/2-inch balls (you should have approximately 24 dough balls).
- Roll in the granulated sugar, if desired.
- Arrange on the cookie sheet.
- Bake for 12 - 16 minutes, watching carefully, and pull out when the dough in the cracks still looks damp.
- Remove the cookie sheet and drop it on the counter so the cookies slam (this will help flatten them).
- Remove cookies to a cooling rack.
- Be sure to leave a few out on December 24th, Santa loves molasses cookies for all that rich iron, protein-rich einkorn and eggs, saturated fat in the butter and tasty-sweet sugar!

# MISTLETOE SALAD

by Andrea Huehnerhoff

My grandma always made this salad for Thanksgiving, and now I've shifted it to a holiday slightly farther down the line, so we have this for Christmas! This salad is best made a day or two ahead (but it is outstanding fresh, as well), so it lends itself well to parties or holiday dinners where you don't want to be cooking in the moment, but you want to enjoy time with family.

4 heads broccoli  
2 large tomatoes, cut into wedges  
2 tablespoons finely chopped red onion  
2 hard cooked eggs, chopped  
1/2 cup unsalted cashews  
Handful of black olives

1-1/4 cup mayonnaise  
1 tablespoon soy sauce or coconut aminos  
2 teaspoons fresh lemon juice  
2 teaspoons salt or to taste (this might be too much for some)  
Freshly ground pepper

- Prepare the vegetables: Trim broccoli. Peel stems, cutting into 3/4-inch pieces. Steam flowerettes and peeled stems for 3 to 4 minutes until crisp-tender. Drain. Rinse in cold water to cool. Drain. Place broccoli in large bowl with tomatoes and onion. Toss. Set aside in the refrigerator or on a cold deck safe from dogs and cats.
- Make the dressing: Combine mayonnaise, soy sauce, lemon juice and salt. Toss dressing with broccoli mixture. Salt and pepper to taste.
- Assemble the salad: Sprinkle with chopped eggs and cashews. Garnish with olive slices.

# MINI QUICHES

by Andrea Huehnerhoff

These mini quiches are outstanding for serving as hors d'oeuvres or for bringing to a party. They can be made ahead and refrigerated and served cold, or served hot and fresh. I used a 24-cup mini-muffin pan for these and once made over a hundred for a large baby shower! IMPORTANT NOTE - the dough needs to chill for an hour once it has been mixed. If you're like me, you too often get neck-deep in a recipe before realizing there is some huge chunk of time like this in the recipe.

Yield: 2 dozen

1/2 cup butter, softened

3 ounces cream cheese, softened

1 cup flour

1 cup (4 oz) shredded Monterey Jack cheese (or any cheese, really)

1 can (4 oz) chopped green chilies, drained (*I opened 1 pint of halved poblano chilies that I canned in vinegar and minced them for filling. You can use any chilies or peppers you like, but for large crowds I keep the filling mild since in general crowds won't eat spicy foods.*)

2 eggs

1/2 cup whipping cream

1/4 teaspoon salt

1/8 teaspoon pepper

Other filling ideas: bacon, sausage, chicken, ham etc cooked and minced small.

Chopped bell peppers, tomatoes, various cheeses, olives - black or stuffed ...

obviously, the possibilities are endless.

- In a mixing bowl, cream butter and cream cheese (I use a stand mixer for easier mixing). Add flour; beat until well blended.
- Shape into 24 balls (each ball will weigh 13 grams); cover and refrigerate for at least 1 hour.
- While dough chills: Beat together eat eggs, cream, salt and pepper.
- Press chilled dough balls onto the bottom and up the sides of GREASED mini muffin tins.
- Sprinkle a rounded teaspoonful (a generous pinch) or cheese and 1/2 teaspoon of chilies/various fillings into each shell.
- Spoon beaten egg mixture into shells.
- Bake at 350F for 30 - 35 minutes or until golden brown.
- Let stand for 5 minutes before removing from tins. Serve hot or cold. Refrigerate leftovers.

# SAUSAGE AND EGG BREAKFAST CASSEROLE

by Andrea Huehnerhoff

This casserole originally came to me from a Williams-Sonoma catalog. I made some adjustments to it over the years; it has appeared on our Christmas breakfast table almost every year since 2010! You can find my cringey old pictures of this casserole on my antiquated first blog, [dotalanecdotes.blogspot.com](http://dotalanecdotes.blogspot.com)

3/4 cup milk  
3 eggs  
2 teaspoons ground mustard or whole-grain mustard  
3/4 cup all-purpose flour  
1 teaspoon salt, plus more to taste  
3 tablespoons plus 2 teaspoons olive oil  
1 pound pork breakfast sausage links  
1 red bell pepper, seeded and cut into 1/2-inch strips  
Optional: 1 small to medium mild onion, minced  
4 - 12 oz spinach, washed, dried, and chopped into bite-size pieces  
Freshly ground pepper, to taste  
1/2 cup grated Gruyere, white cheddar, or sharp cheddar cheese  
Optional: Extra cheese for sprinkling  
Optional: 2 tablespoons chopped fresh chives

In a bowl, combine milk, eggs, and mustard. Whisk or blend until incorporated, about 1 minute. Add the flour and the 1 teaspoon salt, and blend for 30 to 60 seconds, scraping down sides of bowl as needed. Cover bowl with plastic wrap and refrigerate for 2 hours or overnight (I find the second option more realistic for a "breakfast" casserole!).

Preheat oven to 220C/425F. Lightly grease an 8x8 or 11x7 glass casserole dish (if doubling, use a 9x13 dish). (If you have an oven-safe 12-inch skillet, don't grease a casserole but see note in italics below.)

Heat 1 teaspoon oil in a frying pan (if you are going to bake it in the skillet, use a 12-inch skillet here); add the sausages and brown on all sides, 8 to 10 minutes. Transfer to the casserole dish. Return the pan to the stove and add another teaspoon of oil; saute bell pepper and onion if using, stirring occasionally, until tender, 8 to 10 minutes. Spread over the sausages in the casserole dish. Heat 1 tablespoon oil. Add spinach, season with salt and pepper, and cook briefly until wilted, 1 to 2 minutes. Spread over bell peppers in the casserole dish. *(If you have a 12-inch skillet appropriate for baking, just set the cooked ingredients aside on a plate as they finish. Once the skillet is empty, grease it appropriately and layer in the vegetables and sausage. Continue following the directions below.)*

Remove batter from the refrigerator and stir in cheese. Pour over the sausage and vegetables in the casserole dish. If desired, sprinkle top of casserole with additional cheese.

Bake until the batter is puffy and golden brown, 25 to 30 minutes. Do not open the oven door early. Garnish with chives if desired and serve piping hot!

Serves 4 to six.



# CHRISTMAS COOKIE ALCHEMY

## Making Your Favorites More "Ancestral"

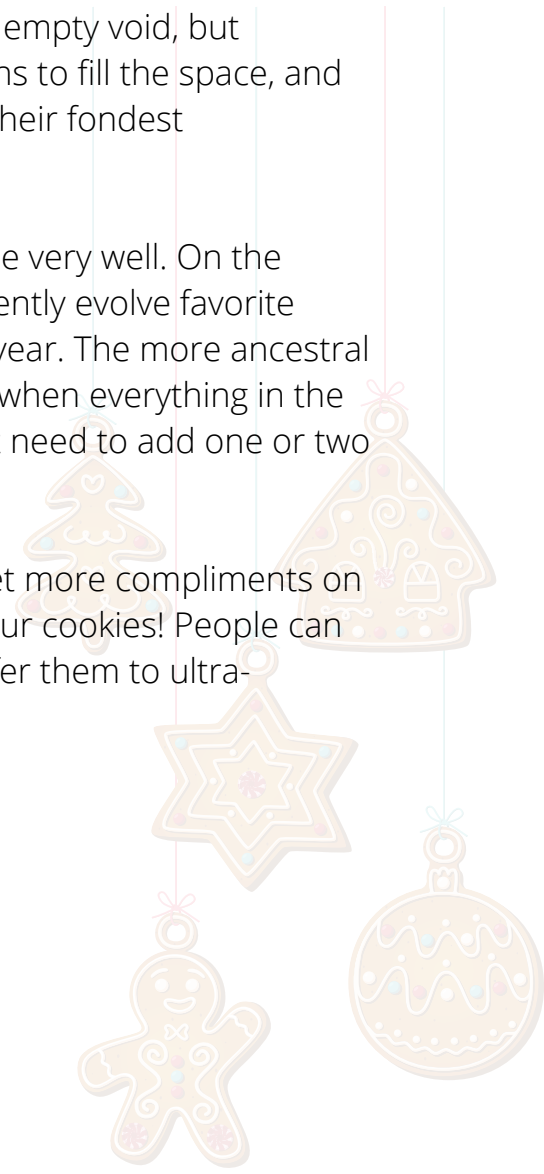
by Andrea Huehnerhoff

Changing traditions is a risky business. Family culture, tribal legend, and some of our happiest memories hinge on traditions that feel as inevitable as a sunrise. Crafting traditions like this is an art and a skill to be desired and mastered. I believe traditions are an important part of our human experience, and when it comes to the table, I believe some food traditions - while they may be rooted in a nourishing history - have been co-opted by manufacturing companies and evolved, through the years, into traditions that no longer serve our ultimate good.

As creative individuals, we have a right and a duty to examine our traditions and shape them into something that serves our family and our goals. It is crucial, when changing or even removing a tradition that has propped up many magical memories for years, that we speak softly and carry a butter stick. We do our best not to rip out the beating heart of a memory and leave an empty void, but intentionally and artfully design beautiful and new traditions to fill the space, and make a magical, glittering fabric for our families to attach their fondest recollections to for generations to come.

Christmas cookies lend themselves to the ancestral lifestyle very well. On the following page, I have listed some of my favorite ways to gently evolve favorite family recipes. You can take one, or all of these steps in a year. The more ancestral your pantry is, the easier it becomes to change favorites - when everything in the pantry follows ancestral food *ingredient* principles, you just need to add one or two extra *process* steps to make every recipe (more) ancestral!

The best part? These make an objectively *better cookie*! I get more compliments on these cookies than I EVER did on ultra-processed white flour cookies! People can recognize the nuance of flavor in rich ingredients and prefer them to ultra-processed foods faster than they think!



**Take your favorite holiday cookie recipe, and make any or all of the following shifts:**

**Swap the flour for all or 50% ancient grains** (einkorn or kamut are EASY to swap to if you are accustomed to wheat flour, even white wheat flour, and in my opinion make way better cookies than wheat - chewier and tastier), or just use freshly ground wheat, or locally milled flour! The more aware and awake you are as you bake, the easier this is for you, because you will be more attentive to how the dough feels/should feel. In other words, the more skill you develop in the kitchen vs blindly following instructions, the easier it is to adapt every recipe, because you aren't waiting for someone to give you exact measurements.

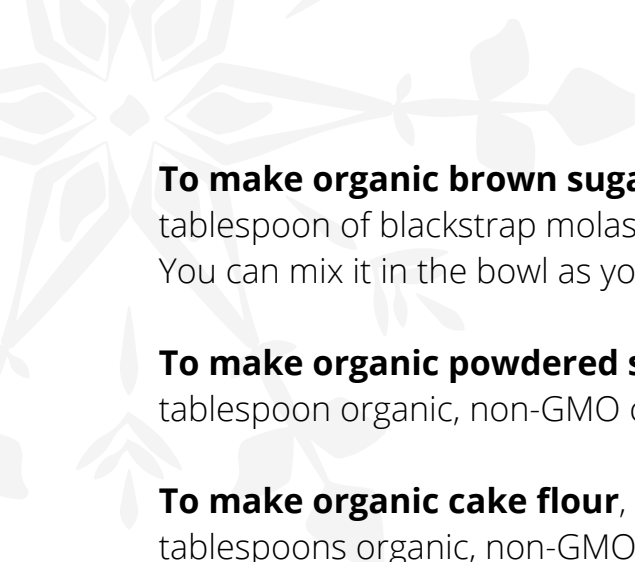
Make it sourdough! Add some sourdough starter when you are mixing your cookie dough and let the dough ferment in the refrigerator or on a cold back porch for a day or three before preparing. This also feeds well into a busy season or life in general, because it breaks up the project and the mess over a few days.

**Use real grassfed butter and real pasture raised eggs.** These ingredients will carry more nutrient density into your recipe than their factory counterparts.

**If a recipe calls for shortening** you can either replace the shortening with butter (I know, it isn't exactly the same! Viscosity and moisture retention *does* change, but in most instances like most drop cookies, bar cookies and almost any roll-out cookie, this can be done seamlessly). Alternately, use ethical palm shortening to replace shortening in recipes! This can be purchased from Healthy Traditions and Azure Standard in economical sizes, and can usually be found in grocery stores as well (although I can't vouch for the ethics of every brand, or the economy of price). *I have used palm shortening to replace butter in most drop cookie recipes for dairy-free versions, with stellar success.*

*Organic sugars are expensive in the grocery store. If you live in the US, look for Azure Standard ([tinyurl.com/andreasazure](https://tinyurl.com/andreasazure)) as an option or check for other bulk buying clubs around you. This is pretty much the only reasonable route to go. With organic cane sugar and organic blackstrap molasses, you can make just about all the sugar variations you need.*

**Use coconut sugar or organic cane sugar, Sucanat, Rapadura or raw sugar.** This will contribute more minerals to your cookie! Coconut sugar should be whipped with the butter until it turns a lighter, brighter color (it will start out quite brown). Organic cane sugar is sometimes more coarse than conventional sugar - you can grind it in a Vitamix if a recipe calls for a finer sugar. Sucanat and Rapadura will create a chewier cookie (like brown sugar).



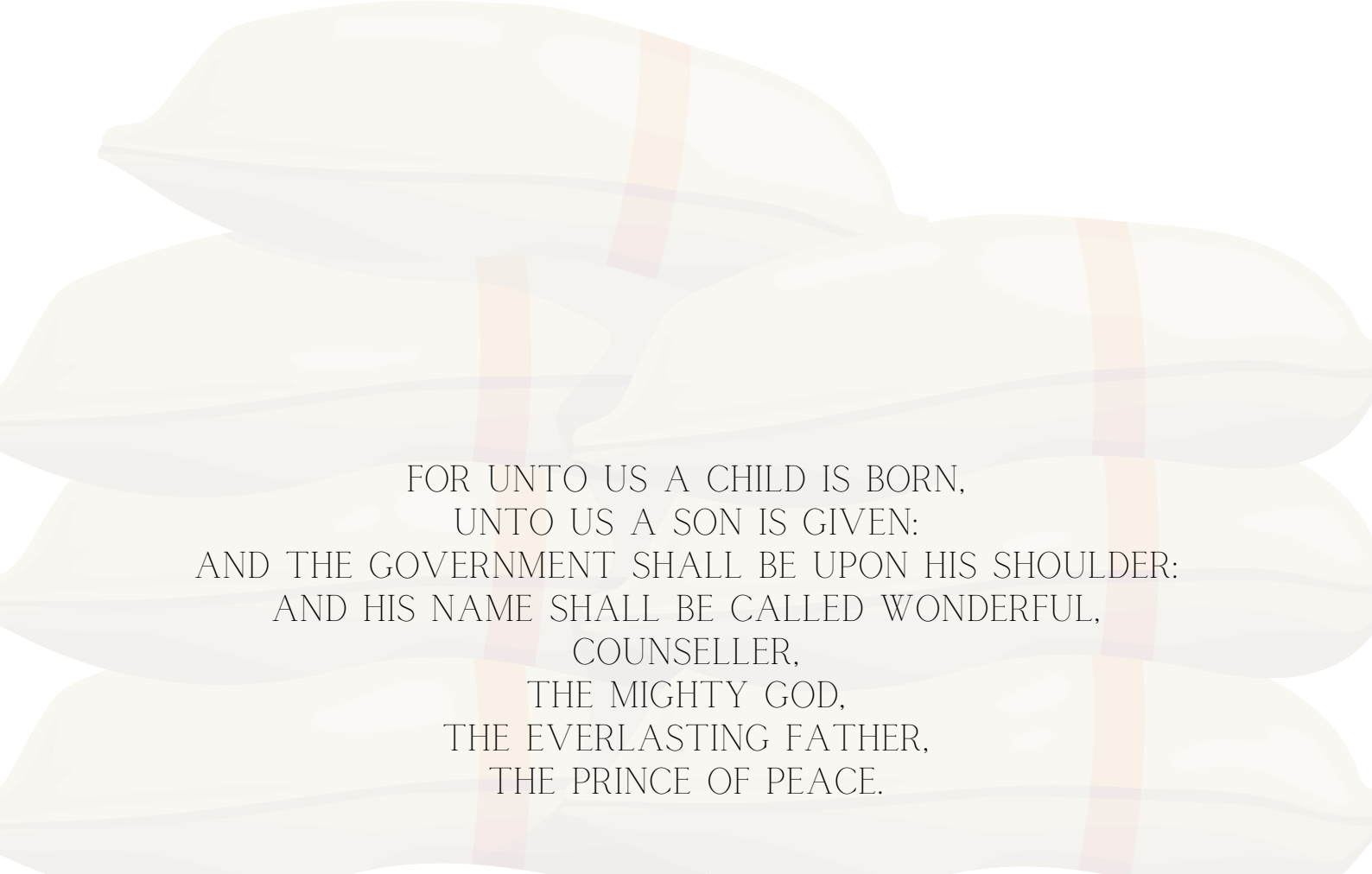
**To make organic brown sugar**, mix 1 cup of organic cane sugar with 1 tablespoon of blackstrap molasses (or however much you like, I like mine dark). You can mix it in the bowl as you go or make it ahead for baking days.

**To make organic powdered sugar**, blend 1 cup of organic sugar with 1 tablespoon organic, non-GMO cornstarch, in a blender, on HIGH until superfine.

**To make organic cake flour**, blend 1 cup sifted (no bran) all-purpose flour and 2 tablespoons organic, non-GMO cornstarch, in a blender, on HIGH until superfine.

**Use premium mix-ins** like real, ethical, organic chocolate chips (we get these from Azure Standard as well).

All of these treats will be more expensive, so guess what? We eat less of them! We waste less. Having valuable ingredients automatically causes us to value food more. We are more thoughtful when we enjoy them. You have generations to refine each treasured family recipe in to the perfect, traditional treat for your family. There are so many wins here!



FOR UNTO US A CHILD IS BORN,  
UNTO US A SON IS GIVEN:  
AND THE GOVERNMENT SHALL BE UPON HIS SHOULDER:  
AND HIS NAME SHALL BE CALLED WONDERFUL,  
COUNSELLER,  
THE MIGHTY GOD,  
THE EVERLASTING FATHER,  
THE PRINCE OF PEACE.

# HANDMADE CHRISTMAS

## Ideas from podcast supporters around the world

I'm working on trying to carve some heddles for the ladies in the family. If you make building shaped ones (like Kerstin Neumuller in Sweden, check out her books and Instagram) they could double as functional ornaments or even the little display villages people set up! I'm curing some oak and plan to carve a heddle for my aunt in the shape of the Lutheran church they got married in as an anniversary gift next year. I want to get into weaving camera straps/trad viking apron dress belts this winter. I'm working on a polar bear heddle based off of dalahäster and the East of the Sun West of the Moon fairy tale for our first baby. -

**FriendOwl (Jen)**

This year I'm making Dulce de leche for gifts. Hard to find in America but Argentina where my husband is from it is a daily staple. Very easy to make but does require at least 3 hours to cook down. Not much to do but wait and then make sure you don't overcook it at the end. -

**Bridget**



I love making chocolate for gifts. With that thought, I made a channel for chocolate in the Ancestral Kitchen courses section below. If anyone wants to give it a try, my course link is there. It's staying at 15GBP (about 19USD) until the New Year. Planning a 'loads of things you didn't know about chocolate' episode for next year - **Alison**

488 REPORT OF NATIONAL MUSEUM, 1890.  
In the modern power loom the parts by which these operations are performed are very intricate and rapid in their composition and action; but in the simplest form of apparatus, from which the power loom was originally derived, a few sticks and strings and the cunning hand of the operator take the place of machinery, and time is no object. A careful examination of any power loom will demonstrate the oft-repeated fact that most of the machinery, after all, is a substitute for the human fingers.

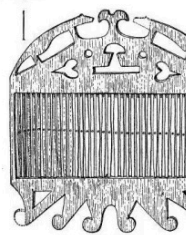


FIG. 1.  
CHIPPENHA, HEDDLE FRAME, CARVED FROM A HEDDLE FRAME

DEFINITION OF HEDDLE FRAME  
There are in the U. S. National Museum a collection of heddle frames, and photographs of others from different parts of America, each one of which was designed to form a part of a loom, each one of which was designed to raise or lower warp threads in the manner to be now described. They are attached to or form parts of a heddle frame, hang free on the warp threads, as in the frontispiece is attached solidly to a frame or box, or to the body of the loom. (Compare fig. 16 with Plate 3.) In the former of "sheds" are opened by the weaver, who lifts or lowers the hand. In the second class, the "sheds" are for lowering the inner ends of the warp itself, half of



I am going to have another crack at making nougat...this year I will plan ahead and get the rice paper!! - **Francine**

We always give some home canned jellies and jars of my Granny's season salt. When our kids were younger I'd made matching cousin pj's for them and the cousins. Over the years, my kids have made various wooden games to give - pick up sticks (probably the easiest), Aggravation board, cribbage board, 3D tic tac toe, tower of Hanoi, are some that come to mind. - **Angi**

My grandma started a few years back that during our American Thanksgiving we give out thank you baskets. It's a basket of any random things we think the person would like. We pass them out to people who helped us out or are good friends. The traditional things we do add is a GOOOOOD coffee, a local made candy or chocolate, some homemade jelly but then we wing the rest. This year I hope I can make tiny fun breads (like banana, cinnamon swirl, tomato savory, etc). I want to make them small so the person has a chance to eat it before it goes bad. I'll pass them out pre-frozen. I hope the bread also becomes a tradition. - **Tilsha**



# CHRISTMAS LINKS AND VIDEOS

"Christmas is a togethery sort of holiday," said Pooh.  
"That's my favorite kind," said Piglet, "Togethery and Remembery."  
-- AA Milne

Andrea's church holds a live Christmas Eve service with choral, organ, bell and piano music at 3PM PST on December 24th; and a live service on December 25th at 10AM PST. The live videos are posted on the home page of the church. Andrea will be in the choir, her sister on piano and organ and directing bells, and her brother-in-law conducting as well as playing bells and organ. <https://www.trinitybellingham.org/>

[Alison's Fermented Gingerbread on YouTube \(http://tinyurl.com/fermentedgingerbread\)](http://tinyurl.com/fermentedgingerbread)

[The Angel Gabriel \(Old Basque Carol\) \(http://tinyurl.com/angelgabrielcarol\)](http://tinyurl.com/angelgabrielcarol)

[In Dulci Jubilo \(http://tinyurl.com/indulcijubilo\)](http://tinyurl.com/indulcijubilo)

[The Great Advent Antiphons \(http://tinyurl.com/greatadventantiphons\)](http://tinyurl.com/greatadventantiphons)

[Veni Veni Emmanuel \(http://tinyurl.com/venivenicarol\)](http://tinyurl.com/venivenicarol)

[A Festival of Nine Lessons and Carols at King's College, December 24, 2023, 3PM UTC/9AM CST on BBC World Service, and 9AM CST on YourClassical \(http://tinyurl.com/lessonsandcarols2023\)](http://tinyurl.com/lessonsandcarols2023) This link includes a program guide for the Nine Lessons, which can not only be used to follow along with King's but could be printed and used at home for your own family-led lessons and carols. It is many pages long and constitutes a small book!

[Carols from King's, broadcast on BBC Two Christmas Eve, December 24, 2023, at 18:55UTC/12:55PM CST \(http://tinyurl.com/BBC2023Christmas\)](http://tinyurl.com/BBC2023Christmas)

[Replay the 2016 Carols from King's on YouTube \(https://youtu.be/RVguSWYwSsA\)](https://youtu.be/RVguSWYwSsA)

Bulk Grocery Supply for US Customers - this is [Andrea's affiliate link to Azure Standard \(tinyurl.com/andreasazure\)](http://tinyurl.com/andreasazure)

Give the gift of a healthy gut microbiome, and a lifetime of fermenting in the kitchen! (Yes, you can gift it to yourself!) An interview with Kirsten will go live on the podcast on January 3rd, 2023. [Kirsten Shockey's 30-Day Fermentation Course \(https://tinyurl.com/4j2yefk9\)](https://tinyurl.com/4j2yefk9)

# GIVE THE GIFT OF ANCESTRAL WISDOM

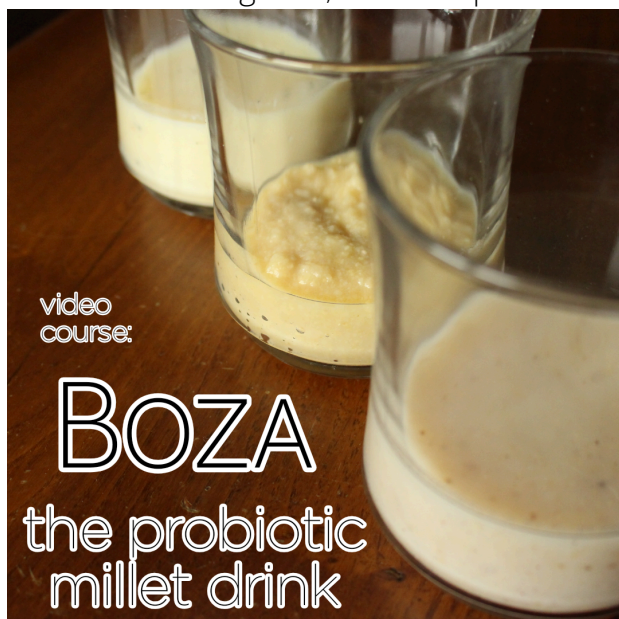
How much "stuff" do we really need? Will the gift you give be part of someone's decluttering binge in just a few months? Give the gift of timeless wisdom and knowledge in the kitchen. Your loved ones will relish learning how to make their own sourdough rye, decadent bean-to-bar chocolates, or enjoy dipping their toe into ancestral food with an e-cookbook. You can also find the following items by visiting [ancestralkitchenpodcast.com/shop](http://ancestralkitchenpodcast.com/shop)



NEW! Gift one or both of our cookbooks - Meals at the Ancestral Hearth, and Alison's Spelt Sourdough Everyday cookbook. Suggested pairing: sourdough starter or tibicos grains, cast iron pan



NEW! Nothing says "Christmas" quite like chocolate! Give the gift of Alison's Chocolate Course  
Suggested pairing: 1kg/2lb raw, fermented cacao beans and a chocolate mold



NEW! Gift Ancestral Turkish drink, Boza - the thousands-year-old gluten-free, dairy-free, probiotic beverage that can be enjoyed year-round  
Suggested Pairing: 1kg/2lb bag of millet





The following courses by Alison are available through The Fermentation School. Check the "This is a gift" option at checkout.



Sowans - the Scottish oat ferment that produces both a creamy porridge a tangy probiotic beverage! Give the gift of the archaic Scottish table this year  
Suggested pairing: 1 ltr/quart mason jars



Learn to bake traditional loaves with the ancient, historic rye grain! Give the gift of Alison's wholegrain rye sourdough bread course.

Suggested pairing: a Pullman bread pan, sourdough starter, rye flour or rye berries



These tasty images come from the Spelt Sourdough Everyday cookbook. When you buy this book for your loved one and they start learning the recipes, is it a gift for them ... or a gift for you!?



# LINKS FROM PATRONS

## resources from listeners around the world!

From Marisa in Florida, USA: The Yule Pot - six hours of vintage Italian-American Christmas music with a pot of red sauce bubbling in the background!

<http://tinyurl.com/theyulepot>

From Justine in Washington State, USA: Spicy Norwegian Pepperkaker used for annual gingerbread houses: <http://tinyurl.com/spicynorwegian>

Justine's favorite Enchilada Sauce: <http://tinyurl.com/redenchiladasauce>

Jenn at Yellow Brick Road Farm in Nova Scotia, Canada: Maple Fudge Cookies  
<http://tinyurl.com/maplefudgecookies>

Jenn's free Holiday Planner download - lists and ideas!  
<http://tinyurl.com/holidayplannerpdf>

From Francine in Australia: Christmas Pudding from the 1845 Modern Cooking book

### THE AUTHOR'S CHRISTMAS PUDDING.

To three ounces of flour. and the same weight of fine, lightly-grated bread-crumbs, add six of beef kidney-suet, chopped small, six of raisins weighed after they are stoned, six of well-cleaned currants, four ounces of minced apples, five of sugar, two of candied orange-rind, half a teaspoonful of nutmeg mixed with pounded mace, a very little salt, a small glass of brandy, and three whole eggs. Mix and beat these ingredients well together, tie them tightly in a thickly-floured cloth, and boil them for three hours and a half. We can recommend this as a remarkably light small rich pudding: it may be served with German, wine, or punch sauce.

Flour, 3 oz.; bread-crumbs, 3 oz.; suet, stoned raisins, and currants, each, 6 oz.; minced apples, 4 oz.; sugar, 5 oz.: candied peel, 2 oz.; spice,  $\frac{1}{2}$  teaspoonful; salt, few grains; brandy, small wine-glassful; eggs, 3:  $3\frac{1}{2}$  hours.



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