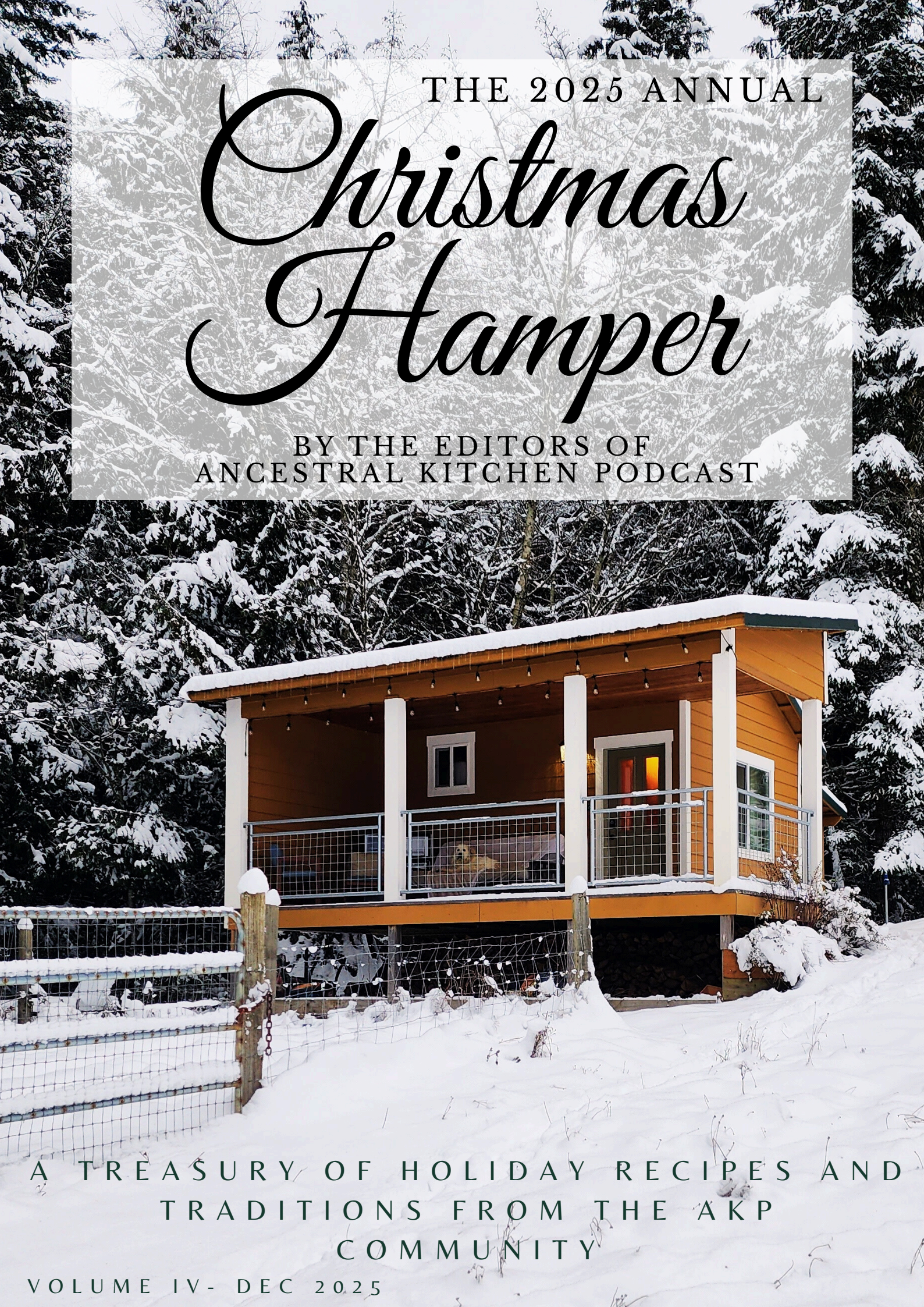


A photograph of a two-story wooden cabin with a porch, nestled in a snowy forest. The cabin has orange-brown siding and white trim. A dog is visible on the porch. The scene is covered in snow, with evergreen trees in the background.

THE 2025 ANNUAL

Christmas Flamper

BY THE EDITORS OF
ANCESTRAL KITCHEN PODCAST

A TREASURY OF HOLIDAY RECIPES AND
TRADITIONS FROM THE AKP
COMMUNITY

VOLUME IV - DEC 2025

ANCESTRAL KITCHEN PODCAST PRESENTS THE

2025 CHRISTMAS HAMPER

*Hail Earendel! Hail brightest of angels
and illumination of the soothfast sun
sent over middle-earth to all mankind,
more brilliant than the stars—always
you light up every season of your own self!*

– Advent Lyrics from *The Exeter Book**

2025 is drawing to a close and we reflect on our gratitude for your interest in bringing ancestral food to the podcast airwaves, and the joy we feel over the many connections we have made with you all. The collaborative, creative feeling that is growing from our discussions and gatherings is feeding many more inventive ideas and plans!

The world needs your sacred contributions to the tables and souls of those around you; the work you do in the kitchen, at the sink, at the table - it matters deeply. The collection you hold in your hands today is the collaborative work of many listeners and contributors from the past (almost!) five years of podcasting. The comfort and joy we have found in being able to support and encourage each other has been unparalleled.

Let us enter the holiday season looking forward to meaningful, not commodified, connections; and nourishing, not industrialised, meals. Above all, let us take time to reflect in this darkest time of the year on the meaning of holiday, rest, and feast for ourselves, and quiet our spirits in anticipation of the full and blossoming spring to come.

In solidarity with you,

Alison & Andrea

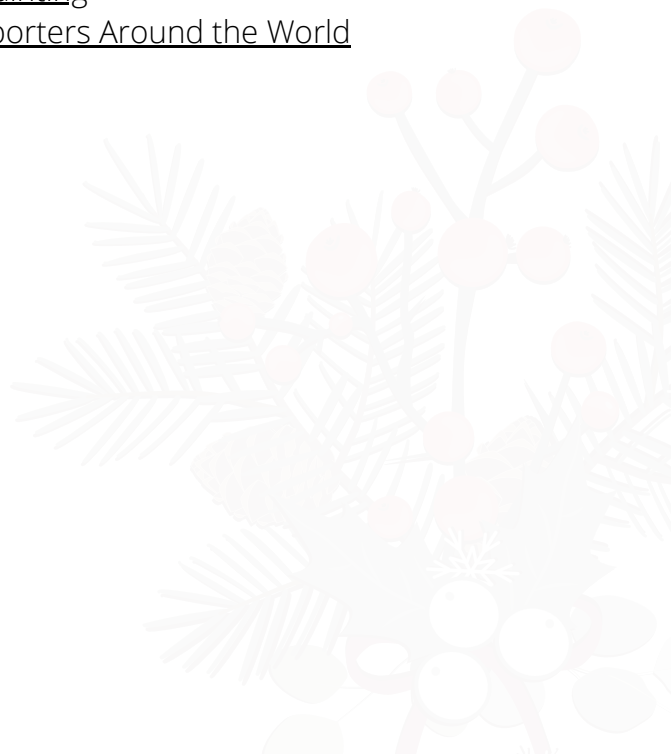
This is the 4th edition of the Ancestral Kitchen Podcast's Annual Christmas Hamper. It has been added to, updated and revised from previous editions and re-released as an annual gift to our supporters in 2025!

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*The Exeter Book is a fragmentary Anglo-Saxon collection of poetry. Advent Lyrics or Christ I, as the piece this excerpt comes from is titled today, was perhaps written or transcribed by Cynewulf (debated), and Exeter is presumed dated late 700s to early 800s. Earendel is an Anglo-Saxon word of unknown precise definition or origin and is sometimes translated as Shining Ray or Morning Star, and is translated it back into the Anglo-Saxon for this passage because the mysterious appellation transmits such a brilliant image. [The entire poem can be read here](#). It is based on the O Jerusalem antiphon.

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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.

Episode #118 - At Least a Dozen Treats for the Ancestral Kitchen, October 21, 2025

This episode brings forward a variety of delicious treats, desserts and hot beverages to make - some of which may be able to replace formerly-industrialized versions!

Episode #98 - How to Have a Green and Peaceful Christmas, 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 supporter 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!

On the **Kitchen Table Chats** podcast for supporters at Companionship or above:

Episode #49 - 'Twas the Night Before Christmas, Dec 21, 2022

If you don't yet have access to this podcast, but you are a supporting member at Companionship or above - check your email (and spam!) for a note from us including a unique RSS feed link. This link does not work in Spotify. To find out how to paste RSS feeds into your podcast player, Google the podcast app you use and "how to listen to private RSS feed link".

“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 more intriguing, given his last name. - Andrea

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.

THE SHEPHERDS' DINNER

By Hannah L.

Two years ago, my family began our most favorite Christmas tradition: The Shepherds' Dinner. Upon returning home from our Christmas Eve church service we keep all of the lights off, save for the Christmas tree. My husband and I go around lighting candles and setting up blankets to have our picnic on the floor in front of the lit tree, twinkling in its brilliance. Our children gather 'round to hear the story of our Precious Savior born as a baby and lain in a manger. I remember last year my husband held a candle stick up to my Bible so I could see the words, candle wax unknowingly dripping onto one of our favorite blankets. To this day, the candle wax remains on it, and it serves as a reminder of that quiet, slow evening -- lounging together with delicious food, much like Jesus probably did with His disciples.

Our sample Shepherds' Dinner menu

Sourdough bread (baked earlier that day)

Pretzel crisps or sourdough crackers (baked ahead of time)

Various cheeses

Cured meats

My grandmother's Swedish meatballs (cooked ahead of time and keeping warm in the crockpot)

Green olives

Sauerkraut and other fermented condiments of choice

Dates

Oranges

Apples

Nuts

Ginger molasses cookies

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

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.

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! They can be gluten-free when ground millet is used in place of flour, or any gluten-free all-purpose flour subbed in - I will freely admit that the millet quiche crust is the BEST of any I have ever had, and I don't see any reason to try anything else!

Yield: 2 dozen

1/2 cup butter, softened
4 ounces cream cheese, softened
1 cup all-purpose flour, millet flour (my favorite!!), or a gluten-free flour blend (I used Bob's Red Mill)
1 cup (4 oz) shredded or crumbled cheese
1 can (4 oz) chopped green chilies, drained or home-canned pickled peppers, diced (optional)
2 eggs
1/2 cup cream, milk, whole milk, half-and-half, whatever you have handy
1/4 teaspoon salt
1/8 teaspoon pepper

Other filling ideas: bacon, sausage, chicken, leftover turkey or beef, ham etc cooked and minced small. Chopped bell peppers, tomatoes, various cheeses, olives - black or stuffed; lard cracklins, minced nuts, herbs ... obviously, the possibilities are endless.

1. In a mixing bowl, cream butter and cream cheese (I use a stand mixer for easier mixing; a pie crust cutter and fork works well, too). Add flour; beat until well blended. Use a flexible dough scraper and your hands to shape the dough into a firm ball.
2. Shape into 24 balls (each ball will weigh 13 - 16 grams).
3. Press dough balls onto the bottom and up the sides of paper-lined or GREASED mini muffin tins. Using a scrunch of parchment paper to mash it down helps a bit with this tedious task.
4. Beat together eggs, cream, salt and pepper and set aside
5. Sprinkle a generous pinch of cheese and 1/2 teaspoon of chilies/meat or various fillings into each shell. There ain't room for much.
6. Spoon or carefully pour beaten egg mixture into shells.
7. Bake at 350F/175C for 30 - 35 minutes or until golden brown.
8. Let stand for 5 minutes before removing from tins. Serve hot or cold. Refrigerate leftovers. Accept compliments.

BACON-WRAPPED DATES

by Andrea Huehnerhoff

This is our favorite party treat to bring to events - it is dairy-free, egg-free and gluten-free, so many of our friends with special diets are able to enjoy it! Since one of my kids does not care for dates, I also lay a few pieces of bacon in the end of the pan to cook just for them. And if you have a kid who picks off all the bacon and leaves the date (what!?), you can chop the stuffed date and throw it on your kale salad. It sure is good.

Large, pitted dates

Sliced bacon

Pecans

1. Slice or break dates open and stuff in a pecan or two.
2. Wrap the date in a piece of bacon - if using American, traditionally-sized bacon, it usually takes about half a slice (about 5 inches).
3. Set the wrapped date seam-side down (so the bacon doesn't unroll) in a glass pan.
4. Bake at about 425F/220C until they look crispy and cooked on top, 20 to 30 minutes.
5. Remove the pan carefully - there will be liquid fat in the bottom! Remove dates to a platter and serve.

Variations

Dates can be stuffed with blue cheese or goat cheese instead of pecans! Or anything you want, who's gonna stop you? (I won't)

You can cook the little rolled dates on a wire rack on a sheet pan, but I will admit that washing a greasy wire rack is very low on my list of holiday cheer, so I do not usually bother with that.

GREAT-GRANDMA'S SWEDISH MEATBALLS

Shared by Hannah L.

This is a recipe my grandmother made every Christmas, becoming a household tradition. Now our family will carry on the third-generation recipe.

1 pound ground chuck/beef
½ pound ground sausage
1-½ cups breadcrumbs
1 cup milk or cream
2 eggs
1 yellow onion, chopped
2 tsp salt
⅛ tsp black pepper
1 tsp dill weed
¼ tsp allspice
⅛ tsp nutmeg
10 oz beef or bone broth
1 ½ cup cream

1. Soak breadcrumbs in 1 cup milk or cream for 5 minutes.
2. Combine ground meats, eggs, onion, and seasonings then refrigerate 1 hour to allow flavors to meld. This is a good chance to sneak a little ground organ meat into your family's diet, if you so choose (no more than ½ pound).
3. Shape meat mixture into 1-inch balls then brown in a cast iron skillet over medium heat.
4. Place meatballs in the crockpot.
5. Add beef broth, cream, pan drippings, salt, pepper, and more dill weed.
6. Cover and cook on low 4 hours.

MILLET-CORN JOHNNYCAKE

By Andrea Huehnerhoff

This decadent corn cake is naturally gluten-free, and crumbles most remarkably into a sausage stuffing if you are into making that. It also is most delightful served with butter and honey; I have to make a double batch, because half of the cake disappears the minute it comes out of the oven and my children smell it!

1 cup milk (Sour milk is best), or kefir

1 Egg

1/2 teaspoon salt

2 teaspoons baking powder

110 grams (3/4 cup) cornmeal (can be ground in the Vitamix)

1-1/4 cups millet flour (can be ground in the Vitamix)

85 grams (1/4 cup) honey

1/2 cup butter or lard, melted (for decadence and aromatics, melt butter at a very low bubble until browned)

Additional 1/4 cup butter melted in the baking pan

Additional Butter and honey for serving

1. Set a 9 square pan in the oven and throw a quarter cup of butter in the pan. Turn the oven on to heat to 350F/175C.
2. Combine all ingredients. Pull the hot pan from the oven and tilt it to let the butter cover the bottom and sides; pour the batter into the pan and return it to the oven.
3. Bake 20 - 25 minutes - it browns quickly so keep a close eye! It is ready when a toothpick comes out clean.
4. Serve hot with honey and butter, if desired.

Variations

Popular mix-ins we enjoy include chopped honey-fermented jalapenos or cowboy candy, dried or fresh blueberries, jarred diced peppers, or canned corn. Okay, I enjoy the mix-ins, my children prefer it pure as the driven corn and undefiled by extra flavor or texture. To each his own.

ROWENA'S VEGETABLE STUFFING

Shared by Bridget D.

This is a vegetable stuffing my grandmother used to make. My mom loved it so much, she switched to this over traditional stuffing. Personally, it's my favorite part of the Thanksgiving or Christmas meal (if we are eating turkey), and since it's naturally gluten-free, when we switched to eating that way a decade ago there was no need to make adjustments.

3 cups finely chopped celery

6 cups grated carrots

3/4 cup finely diced onion

3/4 cup finely cut parsley

1 cup chopped walnuts

1 cup broken pieces raw cashews

1 1/2 teaspoons sage

Salt

Olive oil (you can substitute melted lard, butter, etc. instead)

Directions:

Mix and stuff a 12-15lb turkey.



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
Dressing:
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

1. 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.
2. Make the dressing: Combine mayonnaise, soy sauce, lemon juice and salt. Toss dressing with broccoli mixture. Salt and pepper to taste.
3. Assemble the salad: Sprinkle with chopped eggs and cashews. Garnish with olive slices.

HOLIDAY KALE SALAD

by **Andrea Huehnerhoff**

I attended an event at a restaurant out of my price range and the kale salad was so ridiculously good I found myself questioning my reality. I set about working to recreate it and this is IT.

Note: To roast squash seeds - separate as much of the pulp as you reasonably can. Spread seeds on a parchment-lined rimmed sheet, drizzle with butter or lard, and sprinkle carelessly with salt. Roast at 350 for about 20 minutes - they might even start popping like popcorn! Try to save some for the salad, but they make righteous snacking.

Salad base:

Kale or other winter greens, chopped to the size you want to find on your fork (Curly kale works exceptionally well as its scrunchy nature holds up well under the weight of all the decorations)

Optional: Thinly sliced shallots

Salad decorations:

Roasted delicata or acorn squash [or another winter squash] slices (do not over-roast - slightly crunchy works!)

Roasted delicata or acorn squash seeds (see Note)

Dried wolfberries, cranberries, or cherries

Thinly sliced apples

Crumbled or chunks of goat cheese, or shredded Parmesan

Dates, diced (see [Bacon Wrapped Dates](#) if you have bacon-loving toddlers)

Dressing:

Garlic clove (honey-fermented or fresh is fine!)

Generous, large spoonful of miso (maybe two tablespoons?)

$\frac{1}{3}$ to $\frac{1}{2}$ cup fat - lard works well, schmaltz would also work excellently

$\frac{1}{3}$ cup rice wine vinegar and apple cider vinegar or another vinegar you enjoy

Some honey (I used honey from a jar of fermented garlic)

1. Put the prepared greens and optional shallots in a salad bowl.
2. Put salad dressing ingredients in a quart jar and use an immersion blender to quickly mix it all. Taste and adjust seasonings; the honey helps mellow the sharpness of the vinegar.
3. Drizzle some over the salad greens - use a LIGHT TOUCH and taste as you go. A little goes a long way. Remember, we have lots of decorations to add.
4. Scatter decorations over the top. Balance the fruits carefully.
5. Eat any leftover roasted seeds, you deserve this treat.

SANTA CLAUS SALAD

(Whipped Raspberry Panna Cotta)

By Andrea Huehnerhoff

One of our supporters, 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. 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. If you have those vintage glass Mason jar lids, you can cover the jars with these and a ring and set them out on the table.

BEST CHEESECAKE EVER

Shared by Anita of westonapricerecipes.com

"This is the best cheesecake ever!" are the words that came out of my husband's mouth when he took the first bite of this cheesecake. All credit goes to the one and only Gordon Ramsay, I got this recipe from his wonderful book Gordon Ramsey's Home Cooking. I made some slight modifications - I replaced sugar with maple syrup and increased the raspberries. You won't believe how easy this delicious cheesecake is to make! [You can view the recipe as well as a photo of the cheesecake here.](#)

20 oz cream cheese, at room temperature
1/2 cup maple syrup
2 cups raspberries (I used frozen)
2 tbsp all-purpose flour
3 eggs
zest of 1 lemon (optional)

1. Preheat oven to 350°F and butter a 9-inch springform pan.
2. Using a stand mixer or hand mixer, beat cream cheese, maple syrup, and lemon zest together until smooth. Add eggs one at a time and beat well. Add flour and beat until smooth.
3. Fold in raspberries, then spoon batter into pan.
4. Bake for 35 minutes, or until edges are set and middle is wobbly.
5. Let cake cool at room temperature, then chill in the fridge for at least 3 hours. Remove springform ring.
6. Serve and enjoy!

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)

1. Preheat your oven to 160C/325F
2. Line a cookie sheet with parchment paper
3. Beat brown sugar and butter together. Beat in egg; beat in molasses, salt and spice.
4. Stir in einkorn flour.
5. Roll into 1-1/2-inch balls (you should have approximately 24 dough balls).
6. Roll in the granulated sugar, if desired.
7. Arrange on the cookie sheet.
8. Bake for 12 - 16 minutes, watching carefully, and pull out when the dough in the cracks still looks damp.
9. Remove the cookie sheet and drop it on the counter so the cookies slam (this will help flatten them).
10. Remove cookies to a cooling rack.
11. 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!



GINGER MOLASSES COOKIES

Shared by Hannah L.

Yield: 12-13 giant cookies, or 18-24 regular cookies.

5.5 oz butter, room temperature
8.75 oz brown sugar, sucanat, or coconut sugar
1 small to medium size egg, room temperature
1 tsp vanilla
3.4 oz molasses
1 oz sourdough starter (active or discard)
12.4 oz flour (All-purpose or freshly milled spelt work well)
2 tsp baking soda
1 tsp salt
½ tsp cloves
½ tsp cinnamon
½ tsp ginger
¼ tsp nutmeg
⅛ tsp allspice

1. Cream butter and sugar in the bowl of your stand mixer on medium-high speed.
2. Stop and scrape mixture down. Add eggs, vanilla, molasses, and sourdough. Mix on medium speed until well-incorporated.
3. Add dry ingredients and mix on low speed just until combined.
4. Bake straight away or ferment in the fridge overnight.
5. Preheat oven to 375° F. 6. Line a baking sheet with parchment paper. Using an ice cream scoop (for giant cookies), scoop cookie dough onto baking sheet, keeping dough balls about 2 inches apart. For regular cookies, eyeball about 1 tablespoon.
7. For giant cookies, bake for about 10-12 minutes. For regular cookies, bake for about 8-9 minutes. Bake for a few minutes longer if the dough is cold from the fridge.

CREAMY MAPLE EGGNOG

By Andrea Huehnerhoff

This decadent, rich beverage is a top request from both our kids and our guests. It can be served with some rum or brandy, if you like; it is top-notch hot, or cold. It is as excellent in the springtime as it is in the winter! While I prefer the flavor, smoothness and “infused” sensation of essential oils, it works excellently with dry spices added to taste.

3 cups whole raw milk
1 cup raw heavy cream
2 drops Clove Vitality Oil (or to taste)
1 drop Cinnamon Bark Vitality Oil (or to taste)
1 drop Nutmeg Vitality Oil (or to taste)
1 drop Ginger Vitality Oil (or to taste)
¼ teaspoon cinnamon powder
¼ teaspoon ground nutmeg
½ teaspoon vanilla extract or vanilla powder
6 pastured, organic egg yolks
½ - ¾ cup organic maple syrup
Pinch salt

1. Combine milk, cream, cinnamon, nutmeg, and pinch of salt in a saucepan and heat until almost simmering. Stir almost constantly to avoid scalding.
2. While the milk heats, whisk together the egg yolks and 1/2 cup maple syrup until frothy and golden.
3. Ladle 1 scoop of the hot milk into the egg mixture, while whisking it quickly to avoid curdling. Do this two more times to temper the eggs and then pour the egg mixture into sauce pan with milk, whisking while you pour. Cook for 3-5 minutes while whisking constantly. Do not allow it to simmer or boil, as this will cause the eggs to curdle.
4. Once eggnog begins to thicken, remove from heat. Whisk in vanilla and essential oils. At this point, you may add extra maple syrup if you would like, just taste it and adjust, stirring between each addition.
5. Pour the eggnog through a fine mesh sieve to ensure a silky smoothy eggnog. Serve topped with freshly ground nutmeg. Store leftovers in the fridge (as if you'll even have leftovers, dream on!).

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 1 cm.
- 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!



GRASMERE GINGERBREAD OR RUSHBEARER'S GINGERBREAD

by Alison Kay

This recipe makes a light, crispy gingerbread cookie. More recent versions of Grasmere 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.

You can hear an update about this incredible recipe and [the history of its name in Episode 118](#), where I describe the rushbearer boys being given treats of gingerbread after strewing fresh rushes in the church.

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

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

A GRASMERE ENCOUNTER

By Rachael Duke, author at [Ring of Endless Light](#)

Ever since my amazing English Literature class in college, I've loved the Romantic Poets, with William Wordsworth being my favorite. Who wouldn't shiver with delight at:

*When the stars threw down their spears,
And watered heaven with their tears.*

And this passage from *The Prelude*:

*One summer evening (led by her) I found
A little boat tied to a willow tree
Within a rocky cove, its usual home.
Straight I unloosed her chain, and stepping in
Pushed from the shore. It was an act of stealth
And troubled pleasure, nor without the voice
Of mountain-echoes did my boat move on;
Leaving behind her still, on either side,
Small circles glittering idly in the moon,
Until they melted all into one track
Of sparkling light. But now, like one who rows,
Proud of his skill, to reach a chosen point
With an unswerving line, I fixed my view
Upon the summit of a craggy ridge,
The horizon's utmost boundary; far above
Was nothing but the stars and the grey sky.
She was an elfin pinnace; lustily
I dipped my oars into the silent lake,
And, as I rose upon the stroke, my boat
Went heaving through the water like a swan;
When, from behind that craggy steep till then
The horizon's bound, a huge peak, black and huge,
As if with voluntary power instinct,
Upreared its head. I struck and struck again,
And growing still in stature the grim shape
Towered up between me and the stars, and still,
For so it seemed, with purpose of its own
And measured motion like a living thing,
Strode after me. With trembling oars I turned,
And through the silent water stole my way
Back to the covert of the willow tree; ...*

What I would give to see that craggy steep...

College eventually ends; time passes, my first child is born, and our family wants an adventure, being the adventurous sort of people. We book a literary adventure to England, Wales, and Scotland. Time does not permit me to tell of all the literary adventures we followed, nor of wood or dell or mountains climbed, but I will tell of one brief adventure in the humble village of Grasmere in the Lake District. The Lake District has long been known for its beauty and many famous literary personages that dwelt there. The beauty of nature does tend to bestow many gifts on poets and writers alike.

With the memory of that trip in my heart, imagine my delight when recently listening to the inspiring desserts episode, to hear my beloved Grasmere mentioned. More than mentioned, talked about at length. Rushbread! I had *been* to the famous gingerbread store! I had eaten that bread! I had seen the church! I had walked with the Prelude on my lips in the hills where Wordsworth walked.

In a beautiful two-story stone house, like many of the houses in the area, my family resided for several days. This beautiful inn overlooked Grasmere Lake and had private access to the shore. We walked down to the shore several times, to throw pebbles and gaze at the hills and the stillness of the water. The inn was in town, and so we strolled the cobbled streets with the stone houses and shops with delight, looking around with joy and wonder. We visited the famous gingerbread store, despite the fact that it was obviously a tourist trap, and I indulged myself with thoughts of Wordsworth eating the same gingerbread, or perhaps Beatrix Potter. We weren't particularly enamored with the gingerbread, or much of the food we had in England, but that was before my crunchy days had really begun. At this time we were only just getting started on our journey into ancestral foods and I only ate about 30 foods, non-American gingerbread not being on the approved list.

The church also figured strongly in our journey. Wordsworth is buried there and we wandered the graveyard reading the names on the graves, hunting for Wordsworth and finding him, his sister Dorothy, and his wife Mary. We are always on the hunt for churches built before 1054, and the church was originally built by St Osmond, a 7th century English saint. The current church was rebuilt after a fire if I recall correctly, in the 14th century. It has the lovely wooden beams in the ceiling, and you can imagine the rushes being strewn over the floor.

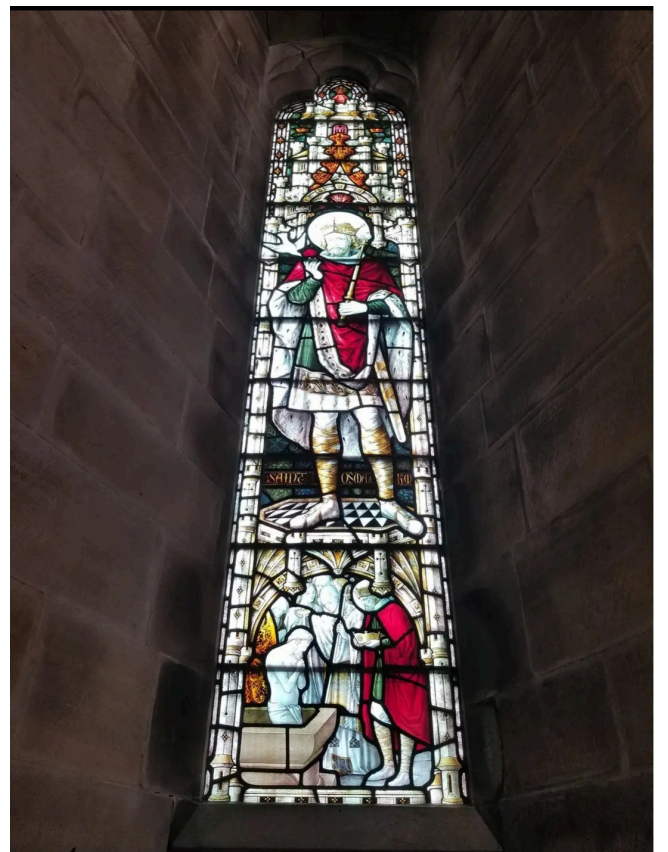
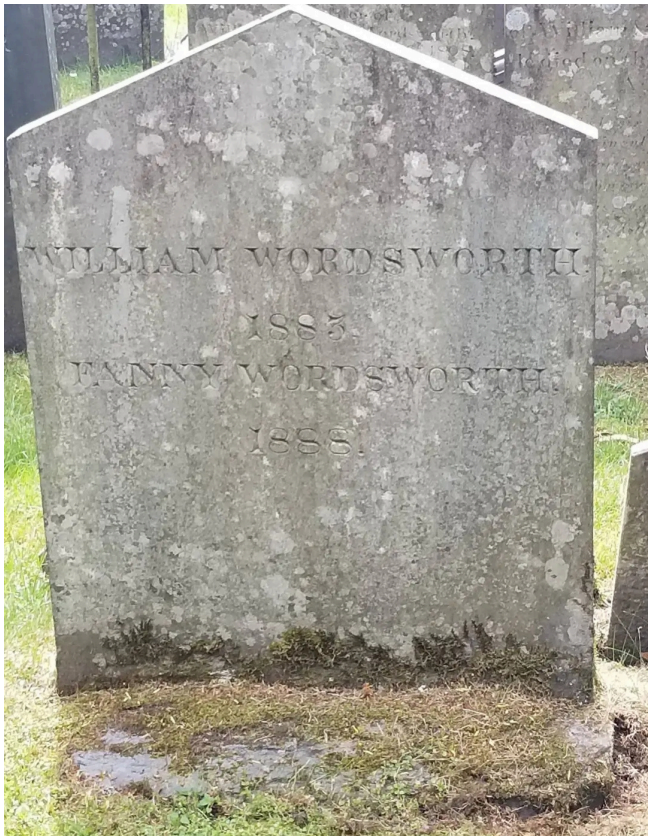
A fervent desire to hike and walk and ponder like the great poets was upon me. We took to the hills, walking above the low, gathered clouds of the valley. Past stone walls erected to keep sheep and cattle in. Up to a tarn, a little pond up in the mountains, to reflect upon. There I read Wordsworth to my longsuffering husband and my not quite comprehending 10-month-old. The birds crying lonely on the hillside. The sun playing peekaboo with the clouds. The cold wind wrapping itself around the pages of my book.

*I wandered lonely as a cloud
That floats on high o'er vales and hills,
When all at once I saw a crowd,
A host, of golden daffodils;
Beside the lake, beneath the trees,
Fluttering and dancing in the breeze.*

Dove Cottage, one of Wordsworth's homes, was not far away. It's a lovely museum, full of interesting things and many of his sister Dorothy's diaries. My favorite part was the "*prettyish kind of a little wilderness*" behind the house. It was a fairly steep little fairy garden that rose behind the stone cottage, the top providing an excellent view of Dove Cottage and the village beyond. Strewn about the garden, on slate the region is famous for, were quotes from Wordsworth's extensive poetry; it was a bit like hunting for fairies, you never knew where you might find another one.

All was green when we were there, no flowers to be seen, but it was lovely. A wonderful visit full of nature, beauty, literary delight, and adventure. If you're in the Lake District, and like the quiet life of reflection and poetry and of course gingerbread, stop in at Grasmere for a look around this charming town.







MINSTRELS

by William Wordsworth

The minstrels played their Christmas tune
To-night beneath my cottage-eaves;
While, smitten by a lofty moon,
The encircling laurels, thick with leaves,
Gave back a rich and dazzling sheen,
That overpowered their natural green.

Through hill and valley every breeze
Had sunk to rest with folded wings:
Keen was the air, but could not freeze,
Nor check, the music of the strings;
So stout and hardy were the band
That scraped the chords with strenuous hand.

And who but listened?—till was paid
Respect to every inmate's claim,
The greeting given, the music played
In honour of each household name,
Duly pronounced with lusty call,
And "Merry Christmas" wished to all.



Engraving of English Minstrels, Published by H. Woods, 1829,
Harry Beard Collection

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.

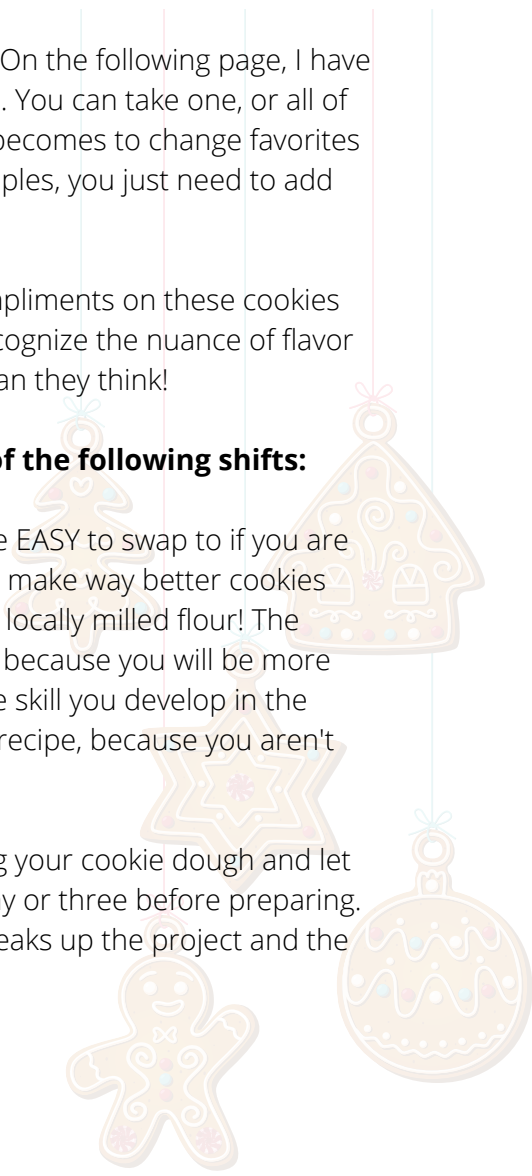
Christmas cookies lend themselves to the ancestral lifestyle very well. On the following page, I have listed some of my favorite ways to gently evolve favorite family recipes. You can take one, or all of these steps in a year. The more ancestral your pantry is, the easier it becomes to change favorites - 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) 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!

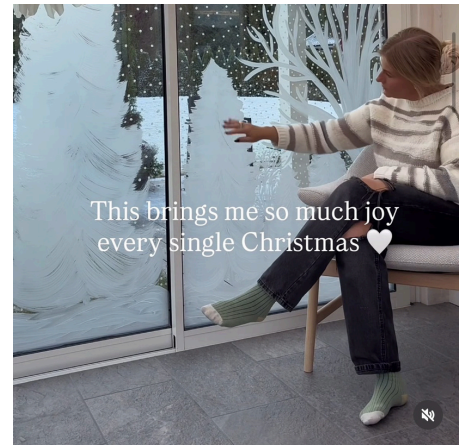
KEFIR AND BUTTERMILK HOLIDAY WINDOW PAINTING

By Andrea Huehnerhoff, idea shared by Rachel N.

When I sent a note out to supporters asking for contributions for the 2025 Christmas Hamper, Rachel responded with an amazing idea - window painting with kefir or buttermilk! She shared an Instagram reel on the topic. One glance at the picture and we knew we had to try!

Camille immediately got a bowl of kefir and her paintbrushes and started painting a Christmas scene. As the day wore on she started mixing some small jars of kefir with paint and adding colors! This was a fun project and has such delightful possibility - and it is simple, nontoxic - even edible! - can be done with paintbrushes or by hand. Scenes or snowflakes, branches, full trees - sometimes done for privacy and sometimes just for decoration.

Who knew you could have probiotic window-paint!?



29.8K 785 268 23.5K

annes.universe I'm in Norway painting Christmas windows at my mom's house - a little family tradition I've carried on from my grandmother. She used to paint the windows to create privacy, and ever since I was a child, I've done the same.

In Norway we use kefir.
In Denmark I use buttermilk.
But honestly... you can use almost any cultured milk. It doesn't smell, it doesn't mold, and it comes off with warm water.

There's something magical about watching the winter landscape appear on the glass... and it makes me happy every single Christmas.

Want the technique? I can share it next.



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)

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

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

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**

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.

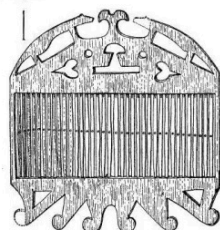


FIG. 1.
COTTAGE HEDDLE FRAME, TAKEN FROM A SINGLE THREAD OF WOOL.

DEFINITION OF HEDDLE FRAMES.
There are in the U. S. National Museum a collection of heddle frames, and photographs of others from different parts of Europe and America, each one of which was designed to form the "sheds" in weaving belts and garters—that is, to raise or lower different sets of warp filaments in the manner to be now described. A series of beads are attached to or form parts of a heddle frame, which sometimes hang free on the warp threads, as in the frontispiece, and sometimes is attached solidly to a frame or box, or to the body of the operator. (Compare fig. 16 with Plate 3.) In the former of these classes the "sheds" are opened by the weaver, who lifts or lowers the heddle with the hand. In the second class, the "sheds" are formed by raising or lowering the inner ends of the warp itself, half of its filaments being



CHRISTMAS CHOCOLATE

"Christmas won't be Christmas without any chocolates!" grumbled Jo. Isn't that how Little Women starts out? Well, perhaps we paraphrase!

Let's welcome chocolate back into our homes with an understanding of the ancestral value once placed upon it - a value not dependent upon milk OR sugar for enjoyment and pleasure.

In Episode # 119, Why (& How) You Should Be Eating Chocolate, Alison visited with herbalist Marcos Patchett to talk about chocolate, and return it to its worthy place of honor in the ancestral kitchen.

To start preparing chocolates for your own stocking, or to make a box of gift chocolates for your family, you can begin with Alison's course, Bean to Bar Chocolate (with no special equipment!).



To supply your cacao beans (and maybe a few things to try along the way), Alison has put together this list of potential resources:

Where to buy raw cacao beans

In the USA: <https://mountainroseherbs.com/cacao-beans-whole><https://shop.chocolatealchemy.com/collections/cocoa-beans> (big choice here!)
<https://www.terrasoul.com/products/cacao-beans-unpeeled><https://xocolatlchocolate.com/products/raw-organic-cacao-beans>

In the UK :<https://www.cocoahub.co.uk/collections/whole-cacao-beans> (for a large choice!)
<https://www.buywholefoodsonline.co.uk/organic-cacao-beans-1kg.html>

In Australia: <https://www.charleys.com.au/cocoa-beans-australian-grown/> Auz-grown, how cool!
<https://thecocoaprovider.com.au/>

In the EU: <https://cocoasupply.eu/> (Note from Alison: At the moment (in the UK at least) they only have 10kg bags. That's a bit too much even for me. They've told me they'll have 3kg bags back at the end of this month.)

*What will you be topping and layering your home-made chocolates with?
Are they a gift to someone else? - or to yourself, who is also a deserving person!*

DELIGHTFUL CHRISTMAS BOOKS AND FILMS

"I will honour Christmas in my heart, and try to keep it all the year. I will live in the Past, the Present, and the Future. The Spirits of all Three shall strive within me. I will not shut out the lessons that they teach!"

-- Ebenezer Scrooge in *A Christmas Carol*, by Charles Dickens

Books

Letters from Father Christmas by J.R.R. Tolkien
The Best Christmas Pageant Ever by Barbara Robinson
The Christmas Pig by J.K. Rowling
A Christmas Carol by Charles Dickens
A Winter Place by Ruth Yaffe Radin
Angela and the Baby Jesus by Frank McCourt
Apple Tree Christmas by Trinka Hakes Noble
Mary, the Mother of Jesus by Tomie de Paola
The Family Christmas Read-Aloud Treasury.

Audio Books (we purchased these through Audible)

J.R.R. Tolkien's Letters from Father Christmas read by Derek Jacobi and cast
The Christmas Pig by J.K. Rowling read by Amaka Okafor and full cast
The Cricket on the Hearth by Charles Dickens, read by Jim Dale
The Chimes by Charles Dickens, read by Richard Armitage
The Man Born to Be King BBC Radio 4 Drama, by Dorothy Sayers, read by full cast

Films

The Best Christmas Pageant Ever (2024)
Angela's Christmas (2018)
The Star (2017)
The Man Who Invented Christmas (2017)
Arthur Christmas (2011)
Christmas With the Kranks (2004)
A Charlie Brown Christmas (1965)
White Christmas (1954)
It's A Wonderful Life (1947)
The Nutcracker Ballet (various)

CHRISTMAS LINKS AND VIDEOS

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

[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, 24 December, 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 ANCESTRAL WISDOM

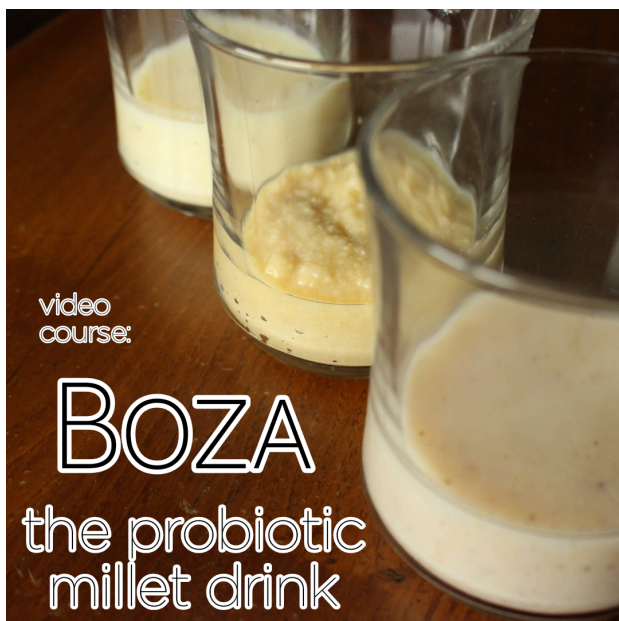
How much "stuff" do we really need? Will the gift you give be part of someone's decluttering binge in just a few months? Give the gift of timeless wisdom and knowledge in the kitchen. Your loved ones will relish learning how to make their own sourdough rye, decadent bean-to-bar chocolates, or enjoy dipping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



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



video course:
BOZA
the probiotic millet drink



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



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 LISTENERS

resources from supporters 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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