

## **COCONUT-HONEY BLONDIE BARS – YIELD 12 2" BARS**

By Sally Fallon Morell

### **Ingredients for the Crust:**

- 2 cups shredded coconut
- ½ cup maple sugar
- 1 stick melted butter

Mix well and press into a 9x12 Pyrex pan. Bake at 325° for about ½ hour. Allow to cool completely.

### **Ingredients for the Filling:**

- 1 stick melted butter
- 1 T white cornmeal
- ½ t salt
- 1 t vanilla
- ¾ cup honey
- 3 eggs
- ½ cup heavy cream
- 2 t white vinegar

Mix well and pour onto cooled crust. Bake at 350° for about 35-45 minutes. Let cool slightly, and sprinkle with 1 tablespoon of coarse sea salt.

## CHEWY CAROB CHIP COOKIES – GLUTEN FREE – YIELD 1½ DOZEN

This recipe is a variation of Sally's Carob Chews on page 529 of [Nourishing Traditions](#), adapted by Yolanda Hawthorne

### Ingredients:

#### Dry

- 2 ¼ cup almond or coconut flour
- 1 cup gluten-free baking flour
- ½ cup carob powder
- 1 teaspoon baking soda
- 1 ½ teaspoon arrowroot
- ½ teaspoon sea salt

#### Wet

- ½ cup butter, softened or coconut oil
- ½ cup maple sugar crystals or raw honey
- 2 tablespoons coconut sugar
- 2 large pasture eggs
- 2 teaspoons vanilla extract
- 1 teaspoons chocolate extract
- 1 cup unsweetened carob chips

### Instructions:

1. Preheat oven to 325° F. Line large baking sheets with parchment paper and set aside.
2. In a large mixing bowl whisk the flour, carob powder, baking soda, arrowroot, and salt together. Set aside.
3. In a sperate bowl, whisk melted butter or coconut oil, coconut sugar, and egg together. Then whisk in the vanilla and chocolate extracts.
4. Add the wet ingredients in a few batches until fully incorporated with the dry ingredients. Fold in carob chips.
5. Cover the cookie dough tightly and chill cookie dough so dough can “set-up.” After dough has chilled (at least 2-3 hours or overnight), let set at room temperature for 10 minutes before scooping.
6. Using a large cookie dough scoop (1-2 Tbsp) onto cookie sheet. Bake at 325° F for 12-14 minutes or until edges are slightly brown.
7. Transfer to a wire rack and let cool.
8. Store in airtight container for a softer texture or store in fridge (up to 5 days) and/or freezer (up to 3 months) for a firmer texture. Cookies stay fresh covered at room temperature for up to 1 week.

## CHICKEN LIVER PÂTÉ – YIELD 1 PINT, SERVES 12-18 AS A DIP

This recipe is a variation of Sally's Chicken Liver Pâté on page 171 of [Nourishing Traditions](#), adapted by Yolanda Hawthorne

### Ingredients

- 3 tablespoons butter or duck fat
- 1.5-pounds chicken or duck livers, (soaked overnight in raw milk or lemon juice, drain and pat dry)
- 1-2 shallots, chopped
- 2/3 cup dry white wine or vermouth
- 1 clove garlic, mashed
- ½ teaspoon dry mustard
- ¼ teaspoon dried dill
- ¼ teaspoon dried rosemary
- ¼ teaspoon freshly ground black pepper
- 1 bay leaf
- ½ stick of butter, softened
- 2 teaspoons Sea Salt

### Instructions

1. Melt butter/duck fat in a heavy skillet over medium heat. Saute shallots until translucent, about 3 mins, add garlic & herbs and cook for another 3 minutes.
2. Add the livers, stirring until lightly browned. Add the wine or vermouth and let reduce. Remove the livers from heat, let the mixture cool, discard the bay leaf.
3. Once cool, process in a food processor and add the remaining butter and salt.
4. Place in a crock or mold and chill well.

## CLASSIC CONFERENCE ORGAN MEAT CHILI — YIELD 10 8OZ BOWLS

### Ingredients:

- ¼ cup tallow, or lard
- 1 ½ lbs ground beef and/or pork
- 1 ½ lbs organ meat (heart, kidney, liver,) soaked in lemon juice overnight, the drained and grounded
- 1 ½ cup onions, diced
- 4 garlic cloves, minced
- 1 cup red bell peppers, diced
- 1 cup carrots, peeled and diced
- ½ cup celery, diced
- 2 tablespoons chili powder
- 1 teaspoon cumin
- 1 teaspoon dried oregano
- ½ teaspoon cayenne
- ¼ teaspoon smoked paprika
- 1 cup tomato puree
- 2 cups Organic Dark Red Kidney Beans, soaked overnight drained and rinsed and pre-cooked
- ½ cup organic red wine
- 1 cup beef broth
- 2 teaspoons Sea Salt
- ½ teaspoon black pepper, grounded

### Instructions:

1. In your seasoned cast iron pot, sauté ground beef and organ meats with onions and garlic in tallow or lard, until meat is lightly browned.
2. Add remaining vegetables and seasonings and cook over medium, high-heat, about 10-12 minutes.
3. Add tomato puree, wine and broth into pot and stir well. Bring everything to a boil, stirring frequently, add the kidney beans and reduce heat and simmer for 25-30 minutes. Adjust seasonings, if needed and if too chunky add more beef broth until you reach desired consistency.

### Accoutrements:

Serve with crème fraiche, grated raw cheddar cheese, chopped scallions, tortillas fried in lard, and pico de gallo

## PICO DE GALLO – YIELD 1 QUART

- 4 medium tomatoes, diced
- ½ medium onion, chopped
- 1 jalapeño pepper, seeded and finely minced
- 1 cup cilantro, chopped
- Juice from 1 lime, about 2 tablespoons
- S&P, to taste

Combine all ingredients in a medium bowl and mix well. Refrigerate and chill for later.

# **BIG MAMA'S CHICKEN & VEGETABLE SOUP — YIELD 8-10 SERVINGS**

by Henrietta Hawthorne

## **Ingredients for the Stock: Yield – 4-6 quarts**

- 1 whole pasture-raised chicken about 4 pounds, (remove neck and gizzards) add chicken feet if you can find them
- 4 quarts of cold filtered water
- 2 tablespoons of your favorite vinegar, doesn't have to be raw as you are cooking it to help extract minerals from the bones and vegetables
- 1-2 large onion, coarsely chopped
- 4 large carrots, not peeled coarsely chopped
- 1 whole celery stalk, coarsely chopped
- Bouquet Garni: springs of fresh thyme, parsley and 4 bay leaves tied with kitchen twine
- 1 teaspoon whole peppercorns

## **Instructions for the Stock:**

1. Clean and cut the chicken cavity, neck can be used but save gizzards for another dish.
2. Place chicken or chicken pieces in a large stainless-steel pot with water, vinegar, vegetables and herbs.
3. Bring to a slow boil, and skim off foam that rises to the top. Reduce heat, and simmer for 6 to 24 hours uncovered. The longer you cook the stock the richer and more flavorful it will be.
4. Once cooled, strain all solids. Shred the meat and set aside for soup. You can save the skin to make chicken cracklings, if you so desire.

## **Ingredients for the Soup:**

- 6-8 cups of homemade chicken stock from above
- 2 tablespoons duck fat, or ghee
- 1 large onion, peeled, ¼ inch dice
- 2 large carrots, peeled, ¼ inch dice
- 1 ½ cup celery, ¼ inch dice
- Add shredded chicken meat
- 2 tablespoons parsley, finely chopped
- Salt and pepper to taste

## **Instructions for the Soup:**

1. In a large soup pot, heat the duck fat or ghee and sauté the onions until translucent, add carrots and celery and sauté for 5 more minutes before adding remaining ingredients. Add all other ingredients and the stock. Cook until all vegetables are tender about 20 minutes.
2. Add salt and pepper, to taste and chopped parsley