

## **Traditional Bone Broth (Makes 8-10 cups)**

### **Ingredients:**

- 2-3 lbs grass-fed beef bones (or chicken/turkey bones)
- 2 tablespoons apple cider vinegar
- 1 onion, roughly chopped
- 2 carrots, roughly chopped
- 2 celery stalks, roughly chopped
- 2 bay leaves
- 1 tablespoon sea salt
- 12-16 cups filtered water

### **Instructions:**

1. Place bones in a slow cooker or large pot
2. Add vinegar and let sit for 30 minutes to draw out minerals
3. Add vegetables, salt, and cover with water
4. Cook on low for 12-24 hours (slow cooker) or simmer gently on stovetop
5. Strain and cool; refrigerate up to 5 days or freeze for later use

*Source: Traditional European cooking methods*

## **Lacto-Fermented Sauerkraut (Makes 1 quart)**

### **Ingredients:**

- 2 lbs fresh cabbage, finely shredded
- 1 tablespoon sea salt (non-iodized)
- 1 teaspoon caraway seeds (optional)

### **Instructions:**

1. Mix shredded cabbage with salt in a large bowl
2. Massage and squeeze cabbage until it releases liquid (10-15 minutes)
3. Pack tightly into a clean glass jar, leaving 1-2 inches headspace
4. Press down until brine covers cabbage completely
5. Weigh down with a clean stone or glass weight
6. Cover with cloth and secure with rubber band
7. Ferment at room temperature for 1-4 weeks, tasting weekly
8. Refrigerate when desired sourness is reached

*Source: Traditional German fermentation techniques*

## **Ancestral Morning Porridge (Serves 4)**

**Ingredients:**

- 1 cup steel-cut oats (soaked overnight)
- 2 cups filtered water
- 1 cup whole milk or coconut milk
- 2 tablespoons butter or coconut oil
- 1 tablespoon raw honey
- 1/2 teaspoon cinnamon
- Pinch of sea salt
- Fresh berries and nuts for topping

**Instructions:**

1. Drain and rinse soaked oats
2. Bring water to boil, add oats and salt
3. Simmer 20-30 minutes, stirring occasionally
4. Add milk, butter, honey, and cinnamon
5. Cook 5 more minutes until creamy
6. Top with seasonal fruits and nuts

*Source: Traditional Scottish and Irish breakfast preparations*

**Wild-Caught Salmon with Herbs (Serves 4)****Ingredients:**

- 1.5 lbs wild salmon fillet
- 2 tablespoons olive oil or coconut oil
- 2 cloves garlic, minced
- 1 lemon, sliced
- Fresh dill and parsley
- Sea salt and black pepper
- Seasonal vegetables for roasting

**Instructions:**

1. Preheat oven to 400°F
2. Place salmon on parchment-lined baking sheet
3. Brush with oil, season with salt and pepper
4. Top with garlic, herbs, and lemon slices
5. Surround with seasonal vegetables tossed in oil
6. Bake 12-15 minutes until fish flakes easily

*Source: Traditional Scandinavian cooking methods*