

PRACTICAL PALEO

RECIPES FROM THE 1ST EDITION THAT DON'T APPEAR IN THE 2ND EDITION



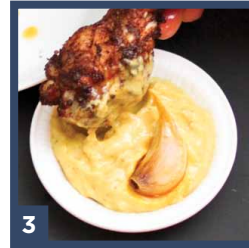
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Roasted Duck with Cherry Sauce



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Sage Roasted Turkey Legs



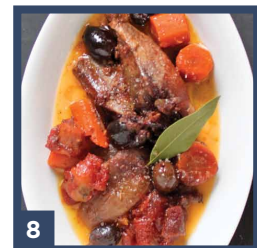
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Roasted Marrow Bones



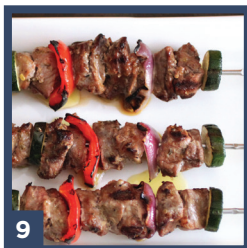
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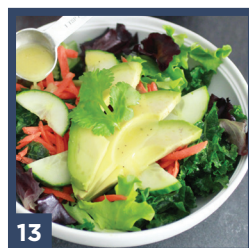
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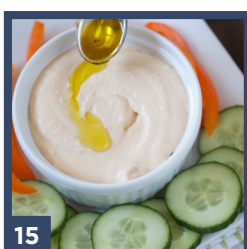
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Mixed Greens Salad with Beets & Blood Oranges



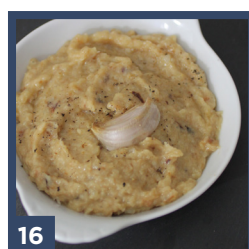
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INDIAN SPICE BLEND

- 2 tablespoons onion powder
- 2 teaspoons garam masala
- 2 teaspoons coriander
- 1 teaspoon sea salt
- 1 teaspoon black pepper
- 1/2 teaspoon cinnamon
- 1/2 teaspoon red pepper flakes

YIELD
4 1/2 tablespoons

ITALIAN SAUSAGE SPICE BLEND

- 1 teaspoon sea salt
- 1 tablespoon fennel seeds, ground
- 1 tablespoon ground sage
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1/4 teaspoon white pepper
(or 1 teaspoon black pepper)
- 2 teaspoons dried parsley (optional)

YIELD
~5 tablespoons

Use 2 tablespoons per pound of meat to make sausage

CURRY SPICE BLEND

- 1 tablespoon curry powder
- 1 tablespoon onion powder
- 1 tablespoon paprika
- 1/2 tablespoon cinnamon
- 1 tablespoon sea salt

YIELD
4 1/2 tablespoons

SAVORY SPICE BLEND

- 2 tablespoons Rosemary-Sage Salt
(recipe on page 230)
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1/2 tablespoon paprika
- 1 teaspoon black pepper

YIELD
5 1/2 tablespoons

GREEK SPICE BLEND

- 2 tablespoons Lemon Salt (recipe on page 230)
- 2 tablespoons dried oregano
- 1 tablespoon garlic powder
- 2 teaspoons black pepper

YIELD
5 tablespoons





vanilla-almond sponge bread

PREP TIME
10 minutes

COOKING TIME
40 minutes

YIELD
6 servings

If you're looking for a basic morning bread replacement, this might be for you! Eat it plain, fresh out of the oven, or toast it with some extra butter and cinnamon. You can also use it to make a grain-free French toast. This pan-bread can also be flavored easily with the juice and zest of a lemon or orange.

6 eggs
Seeds from 1/4 pod of vanilla bean
1 teaspoon vanilla extract
2 tablespoons butter, melted
2 tablespoons full-fat coconut milk

1/4 cup coconut flour
Pinch of nutmeg
Pinch of sea salt
1/2 teaspoon baking soda
2 tablespoons sliced almonds

SERVE IT UP

With berries, sliced bananas, or some almond butter smeared on top.

CHANGE IT UP

Try making this a more savory loaf by adding some Rosemary or Sage Salt to the mixture—about 1 teaspoon should do the trick!

Preheat oven to 350 °F.

Whisk eggs, vanilla bean, vanilla extract, butter, and coconut milk in a large mixing bowl. Sift coconut flour, nutmeg, salt, and baking soda into the egg mixture, and continue whisking until combined.

Pour the egg mixture into a 9 inch x 9 inch baking dish lined with parchment paper. Top with sliced almonds, and bake for approximately 40 minutes or until the edges are brown and a toothpick wipes clean when testing the center.

NUTS

EGGS

NIGHTSHADES

FODMAPS



chicken wings, two-ways

You can still have perfect party foods without rolling them in flour and frying them. Instead, bake your chicken wings! You can even make them just one at a time. They're great on their own, but even better with dipping sauces.

PREP TIME
10 minutes

COOKING TIME
30 minutes

YIELD
2 dozen wings

NIGHTSHADE FREE?

Make only the Pineapple Teriyaki version.

NUTS

EGGS

NIGHTSHADES

FODMAPS

SMOKY WINGS

1 dozen chicken wings
2 tablespoons melted coconut oil,
bacon fat, or palm oil
2 tablespoons Smoky Spice Blend
(recipe on page 232)

Preheat oven to 375 ° F.

Divide the wings into two mixing bowls. Toss half of them in coconut oil and Smoky Spice Blend. Toss the other half in the Pineapple Teriyaki, onion powder, salt, and black pepper.

Place the chicken in an oven-safe dish, and bake for approximately 30 minutes or until it reaches an internal temperature of 165 ° F

Serve the Smoky wings with Roasted Garlic Aioli, and serve the Pineapple Teriyaki with the remaining 1/4 cup of Teriyaki sauce.

FOR DIPPING

1/4 cup Roasted Garlic Aioli
(recipe below)

PINEAPPLE TERIYAKI WINGS

1 dozen chicken wings
1/2 cup Pineapple Teriyaki Sauce
divided, (recipe on page 390)
2 tablespoons onion powder
1/2 teaspoon sea salt
1/2 teaspoon black pepper

roasted garlic aioli

This is a combination of two recipes that makes a great dip or sauce.

PREP TIME
5 minutes

COOKING TIME
-

YIELD
1/2 cup

SIDE NOTE

Use this in place of plain mayonnaise in any recipe for a flavor-boost!

1/2 cup Baconnaisse
(recipe on page 390)
6 cloves of Red Roasted Garlic
(recipe on page 370)

Find
baconnaisse
on pg 438
PP2e!

Whisk the Baconnaisse and Red Roasted Garlic together in a small mixing bowl.

Serve at room temperature or chilled.

NUTS

EGGS

NIGHTSHADES

FODMAPS



roasted duck with cherry sauce

PREP TIME
5 minutes

COOKING TIME
60-80 minutes

YIELD
2 duck legs (2 servings)

DUCK, DUCK...

Consider duck the next time you're planning on chicken. It takes a bit longer to cook, and special consideration needs to be made in order to render out the fat that comes with the skin. But it's a delicious alternative to chicken and turkey, and you end up with a lot of rendered duck fat for later use! Bonus!

FODMAP FREE?

Leave off the cherry sauce.

NUTS
EGGS
NIGHTSHADES
FODMAPS

Fruit and poultry are a fantastic combination any time of year. Try this recipe with figs or peaches. Use duck breast instead of legs if you prefer. If you'd like to sear the skin of the duck first, heat the skillet over medium-high heat, and then place the duck legs skin-side down in the pan for a few minutes before flipping them over to roast.

2 duck legs
1 teaspoon Herb Salt Blend with half rosemary and half sage (recipe on page 230) or use 1/4 teaspoon each of dried rosemary and sage with 1/2 teaspoon of coarse sea salt

CHERRY SAUCE

3/4 cup frozen or fresh cherries or
1/2 cup dried cherries that have been reconstituted in warm water for an hour
1 sprig of fresh rosemary

Preheat oven to 320° F.

Season the duck legs generously with the Rosemary & Sage Herb Salt Blend. Place the duck legs in an oven-safe skillet or roasting dish and put in the oven. Roast for 60-80 minutes until the skin is brown and the internal temperature of the duck legs reach 165° F.

While the duck cooks, simmer the cherries with the sprig of rosemary in a small sauce pan over low heat until the shape of the fruit begins to break down. Once the cherries have a soft consistency with liquid around them, remove the rosemary sprig, and then mash the fruit with a fork for a thicker texture (as pictured), or blend for a smoother texture. Set the sauce aside.

Top the roasted duck with the cherry sauce to serve. A lot of fat will remain. Strain and save this fat for cooking later. It's ideal for roasting potatoes or other root vegetables.





sage roasted turkey legs

PREP TIME
5 minutes

COOKING TIME
45-60 minutes

YIELD
2 turkey legs

Sage is a classic herb combination with turkey, and the smell will likely remind you of the holidays. This is an easy way to make use of the inexpensive cuts of turkey you often find at the grocery store.

2 large turkey legs
1 tablespoon melted butter or
coconut oil

1-2 teaspoons Herb Salt Blend
made with sage (recipe on page
230)
Black pepper to taste

TURKEY TALK

High in tryptophan, selenium, vitamins B3 and B6, turkey is an excellent source of protein that is often overlooked outside of Thanksgiving. Keep an eye out for great deals on ground turkey, legs, or breast meat year-round. Opt for pasture-raised sources whenever possible (see page 31 for my Food Quality Guide). Fresh is always better than frozen.

Preheat oven to 375 ° F.

Brush the turkey legs with melted butter or coconut oil and season them generously with the Sage Salt Blend. Place the turkey legs in a shallow oven-safe roasting dish and cover with foil. Bake for 30 minutes.

Remove the foil and continue to bake until the internal temperature of the turkey reaches 165 ° F (another 15-30 minutes).

CHANGE IT UP

Substitute chicken legs if you prefer. Pair the turkey with Cranberry Sauce (recipe on page 388) and Mashed Faux-Tatoes (recipe on page 344) for an anytime feast.



NUTS
EGGS
NIGHTSHADES
FODMAPS



roasted marrow bones

PREP TIME
5 minutes

COOKING TIME
30 minutes

YIELD
3-4 servings

If you haven't made roasted marrow bones yet, stop what you're doing, find a local farmer who is pasture-raising cows on 100% grass, and get some bones. You won't believe how easy it is to enjoy this gourmet super-food at home. Your great grandmother would be proud. Use the bones to make broth (recipe on page 234) after you eat the marrow!

2 lbs beef marrow bones
Sea salt and black pepper to taste

Red Roasted Garlic
(recipe on page 370) (optional)

SIDE NOTE

What's so great about bone marrow? It is rich in glycine and gelatin, both of which are fantastic for healing. Eating roasted marrow bones or drinking bone broth is extremely desirable when you're sick or as a way to prevent illness.

FODMAP FREE?

Make this without the roasted garlic-topper.

Preheat oven to 450 ° F.

Place the marrow bones in a shallow roasting pan and sprinkle with sea salt and black pepper. Roast for 30 minutes or until the bones and marrow are golden brown.

Serve and eat immediately with a spoon.



NUTS
EGGS
NIGHTSHADES
FODMAPS



tomatillo shrimp cocktail

PREP TIME
40 minutes

COOKING TIME
5 minutes

YIELD
Approximately 1 cup of cocktail sauce. Servings of shrimp will vary by size/weight: 4-6 shrimp per person work well as an appetizer; 10-12 shrimp work well as an entree.

HOT, HOT, HOT

For a less spicy version, leave out the jalapeño and adjust the amount of horseradish.

NIGHTSHADE FREE?

Make the cocktail sauce from mangoes, peaches, or pineapple instead of tomatillos.

Shrimp cocktail is a classic favorite amongst my friends, and it makes an appearance at every party we throw. Enjoy this variation on the classic sauce that's typically made with red tomatoes.

2+ lbs wild jumbo or colossal shrimp
2 cups tomatillos, outer skin peeled and fruit quartered
1 teaspoon jalapeño pepper, minced
1/2 teaspoon garlic, minced or grated

1-2 teaspoon fresh horseradish, minced or grated (to taste, using more will yield a spicier sauce)
1 tablespoon apple cider vinegar or distilled vinegar
1 tablespoon extra-virgin olive oil

Peel, devein, and then steam the shrimp for approximately 2-3 minutes if fresh, 3-5 minutes if frozen. Note: You can either devein fresh shrimp before or after cooking. If they are frozen, you will need to cook them first. Set the cooked shrimp aside and allow them to chill before serving.

Combine the tomatillos, jalapeño, garlic, horseradish, vinegar, and extra-virgin olive oil in a food processor, and pulse until smooth.

Serve chilled.

CHANGE IT UP

If you can't find tomatillos, you can use regular red tomatoes.

Also, try tossing the shrimp in the sauce and eating over a salad.



NUTS
EGGS
NIGHTSHADES
FODMAPS



mediterranean lamb roast

PREP TIME
10 minutes

COOKING TIME
6-8 hours

YIELD
6-8 servings

When your days are busy and filled with activity, slow-cooker recipes make life really easy. Set up this lamb roast in the morning and come home to an amazingly flavorful roast after work!

4 lbs lamb roast
2 onions, cut into quarters
4 large carrots, chopped into
1-inch pieces
6-8 cloves of garlic, smashed

1/4 cup Kalamata olives
1/4 cup brine/liquid from olives
32-ounce can whole peeled plum
tomatoes

SIDE NOTE

I like Kalamata olives for this recipe, but you could also use green olives if you have them on-hand.

Place all ingredients in a slow-cooker, and cook on low for a minimum of 6 hours or overnight.

If you don't have a slow-cooker, use an enameled cast iron Dutch oven, and braise the ingredients at 275° F for six hours or overnight at 200° F.

Serve alone or over Mashed Faux-Tatoes (recipe on page 344).

NIGHTSHADE FREE?

Leave out the tomatoes and use 24 ounces of Bone Broth on page 234 instead as your braising liquid.

NUTS

EGGS

NIGHTSHADES

FODMAPS





greek-style lamb kabobs

Kabobs are an easy way to make a fantastic presentation out of an inexpensive cut (like stew meat). It's a perfect alternative to tired cookout burgers.

PREP TIME
30 minutes

COOKING TIME
15 minutes

YIELD
2-4 meal-sized portions

CHANGE IT UP

Use cilantro instead of oregano for a quick change of flavor profile!

NUTS

EGGS

NIGHTSHADES

FODMAPS

1 lb lamb stew meat, cubed
1 bell pepper, cut into 1-inch pieces
2 zucchini, cut into 1-inch pieces
1 red onion, cut into 1-inch pieces
Juice of 2 lemons or limes

1/2 teaspoon dried oregano
1/2 teaspoon sea salt
1/4-1/2 teaspoon black pepper to taste
1/4 cup extra-virgin olive oil

Preheat an outdoor or indoor grill to medium-high heat.

Arrange the cubes of lamb on heat-safe skewers, alternating with the bell peppers, zucchini, and onions (or other vegetables).

In a small mixing bowl, combine the lemon or lime juice with the oregano, sea salt, and black pepper. Brush the citrus mixture over the skewers and allow them to marinate for 10 minutes.

Place the skewers onto the grill or grill pan and cook for approximately 3-4 minutes per side or until done to your liking. Drizzle the skewers with the extra-virgin olive oil just prior to serving.

lamb chops with olive tapenade

Lamb and olives are a perfect combination. Enjoy these simple chops with the salty and delicious olive spread.

PREP TIME
10 minutes

COOKING TIME
5-10 minutes

YIELD
4 servings

CHANGE IT UP

Enjoy these with a green salad or Sautéed Spinach (recipe on page 366).

NUTS

EGGS

NIGHTSHADES

FODMAPS

2 tablespoons bacon fat
or coconut oil
2 lbs lamb chops
1 tablespoon Greek Spice Blend
(recipe on page 233)

OLIVE TAPENADE

1/2 cup Kalamata olives, pitted
1/2 teaspoon dried oregano
2 tablespoons extra-virgin olive oil
1 tablespoon capers
1/2 teaspoon anchovy paste
Juice of 1/2 lemon

Preheat oven to 400° F.

In an oven-safe pan over medium heat, melt the bacon fat. While the pan heats, sprinkle both sides of the lamb chops with the Greek Spice Blend. Sear the lamb chops for 2 minutes on each side, and place the entire pan in the hot oven for 2 minutes. Remove the lamb chops from the oven.

To make the tapenade: Combine all ingredients in a food processor or hand blender. Top each lamb chop with a dollop of the tapenade.



PREP TIME
10 minutes

COOKING TIME
20 minutes

YIELD
4 servings

CHANGE IT UP

If fennel is not in season, use shallots instead.

NUTS
EGGS
NIGHTSHADES
FODMAPS

brussels sprouts with fennel

The easiest way to make Brussels sprouts is also the best: simply roasted with bacon fat, sea salt, and pepper. It doesn't take more than that to make these tiny cabbage-head-looking vegetables taste fantastic.

4 cups Brussels sprouts
1/2 cup fennel, thinly sliced
(about 1 bulb)
2 tablespoons melted bacon fat,
butter, or coconut oil

2 tablespoons chopped fennel
fronds (the tops that look
like dill)
Sea salt and black pepper to taste

Preheat oven to 375° F.

Slice the Brussels sprouts into 1/8-inch pieces, removing the ends and outer-most leaves. Place the sliced Brussels sprouts onto a large baking sheet, and top with the fennel fronds.

Toss all of the vegetables with the melted bacon fat, butter, or coconut oil, and top with sea salt and black pepper.

Roast for 20 minutes.

PREP TIME
15 minutes

COOKING TIME
30-40 minutes

YIELD
4 servings

FODMAP FREE?

Substitute carrots for the sunchokes, and omit the garlic.

NUTS
EGGS
NIGHTSHADES
FODMAPS

roasted rosemary roots

This recipe calls for sunchokes and parsnips, but this simple roasting method and flavor combination is perfect for any root vegetable. Try it with carrots or sweet potatoes, or combine one white and one orange-colored vegetable for a more colorful presentation.

8 sunchokes, rinsed
4 parsnips, peeled
3 tablespoons melted butter, ghee,
or coconut oil

1 teaspoon fresh rosemary,
finely chopped
1 clove garlic, grated or finely
chopped (optional)

Preheat oven to 425° F.

Chop the sunchokes and parsnips into roughly 1/4-inch sticks that are 2-3 inches long.

Toss the chopped vegetables with the melted butter, ghee, or coconut oil and rosemary. If you are using garlic, add it while tossing the vegetables together.

Spread the vegetables on a baking sheet, and roast for 30-40 minutes or until fork-tender and golden brown on the edges.

CHANGE IT UP

Use any other savory herb you like instead of rosemary; try sage, parsley or thyme.



butternut squash & kumquats

PREP TIME
10 minutes

COOKING TIME
40 minutes

YIELD
6 servings

Looking for a way to use those cute, little, not-quite-oranges citrus fruits you've seen at the grocery store or farmers market? Well, here's something I whipped up to make use of kumquats. The bitter, citrus-y bite of the kumquats pairs nicely with the sweetness of the butternut squash.

1 butternut squash
1/2 cup kumquats, sliced
1 small shallot, finely sliced

2 tablespoons coconut oil, butter,
or ghee, melted
Sea salt and black pepper to taste

SIDE NOTE

Kumquats are quite bitter, so pairing them with a sweet, starchy vegetable works nicely!

FODMAP FREE?

Leave out the shallots.

Preheat oven to 400° F.

Peel and chop the butternut squash, and place it in a roasting dish with the kumquats, shallots, and melted coconut oil, butter, or ghee.

Toss the ingredients to combine, and sprinkle with sea salt and black pepper to taste.

Bake for approximately 40 minutes or until the squash is fork-tender and the edges are browned.

CHANGE IT UP

This dish can also be made with sweet potatoes, yams, delicata squash, or kabocha squash.

NUTS
EGGS
NIGHTSHADES
FODMAPS





PREP TIME
5 minutes

COOKING TIME
45 minutes

YIELD
1 bulb (approx. 12 cloves)

SIDE NOTE

Use any cooking fat you like (page 45) in place of the red palm oil.

NUTS
EGGS
NIGHTSHADES
FODMAPS

red roasted garlic

Roasted garlic adds a richness and depth of flavor to any dish. To replace fresh garlic with roasted garlic in recipes, use 2-3 cloves of roasted garlic per 1 clove of fresh garlic, as the taste of roasted garlic is very mild.

1 bulb of garlic
1 tablespoon + 1 teaspoon
red palm oil

Preheat oven to 350 °F.

Slice off the top and bottom of the garlic, peeling the outer skin off but leaving most of the skin otherwise intact. Set the garlic on a large sheet of foil, and top it with 1 tablespoon of red palm oil. Wrap the foil around the garlic so that the oil does not drip out while baking.

Bake for 45 minutes. Remove the garlic from the oven and foil, and top it with the remaining 1 teaspoon of red palm oil.

To eat or use the roasted garlic in recipes, allow the garlic to cool slightly before you simply slide the cloves out of the skin.

roasted pearl onions

Roasted onions are a lovely side dish to pair with any meat or to use as a base for a sauce or dressing. Check out the Roasted Allium Spread (recipe on page 388) for one way to turn this simple side into a burger-friendly spread.

2 cups pearl onions
2 teaspoons melted duck fat, bacon
fat, butter, or coconut oil

Sea salt and black pepper to taste
1 teaspoon of your favorite spice
blend (optional)

Preheat oven to 375 °F.

In a medium-sized mixing bowl, toss the onions with the melted duck fat, bacon fat, butter, or coconut oil. Spread the onions evenly on a baking sheet or in a large cast iron skillet.

Sprinkle them with sea salt and black pepper (and additional spices if you like).

Roast for 30 minutes or until the onions appear translucent and have browned a bit on the edges.

PREP TIME
5 minutes
COOKING TIME
30 minutes

YIELD
4 servings

SIDE NOTE

You can also make this recipe with large onions chopped into 1/2 inch pieces.

NUTS
EGGS
NIGHTSHADES
FODMAPS



kale & carrot salad with lemon-tahini dressing

PREP TIME
10 minutes

COOKING TIME
-

YIELD
2 salads

FODMAP FREE?

Leave off the avocado and the garlic from the dressing.

NUTS
EGGS
NIGHTSHADES
FODMAPS

Raw kale can be tough to handle on its own, but by bruising it and combining it with lettuce, you can tastily add the nutrient-dense green to salads.

2 cups kale, chopped
2 cups mixed greens
1 cup carrot, shredded/grated
1 cup cucumber slices
1/2 avocado, sliced

LEMON TAHINI DRESSING

1 tablespoon tahini
1 tablespoon extra-virgin olive oil
Juice of 1 lemon
Pinch of garlic powder
Sea salt and black pepper to taste

Place the kale in a large mixing bowl, and massage it with your hands, squeezing and “bruising” it until the color changes from a dull green to a brighter shade. Add the mixed greens and shredded carrots, and gently toss to combine.

In a small mixing bowl, make the dressing by whisking together the tahini, extra-virgin olive oil, lemon juice, garlic powder, sea salt, and black pepper.

Pour the dressing over the lettuce, kale, and carrots, and toss together to evenly disperse the dressing. Top with sliced cucumber and avocado, and serve.

mixed greens salad with beets & blood oranges

PREP TIME
10 minutes

COOKING TIME
-

YIELD
2 salads

FODMAP FREE?

Leave out the mushrooms and onions.

NUTS
EGGS
NIGHTSHADES
FODMAPS

The combination of the fresh citrus with the bite of the red onion makes this salad a delicious accompaniment to any fish or poultry dish. Try it alongside the Citrus Macadamia Nut Sole (recipe on page 314) or Savory Baked Chicken Legs (recipe on page 264).

4 cups mixed greens
1/2 cup cooked beets, sliced into matchstick-sized pieces
1/2 of a blood orange, segmented, or other citrus
4 mushrooms, sliced

2 thin slices of red onion
2 tablespoons sliced almonds (optional)
Juice of 1 orange
2 tablespoons extra-virgin olive oil
Sea salt and black pepper to taste

Place mixed greens on a large salad plate.

Top the mixed greens with the beets, blood orange segments, white button mushrooms, red onion, and sliced almonds.

Squeeze the orange over the salad, and top with extra-virgin olive oil, sea salt, and black pepper to taste.

CHANGE IT UP

Use any kind of fruit to pair with this salad. Blood oranges were in season when I created it, but apples or berries would work well too!



spinach salad with walnuts & artichokes

PREP TIME
10 minutes

COOKING TIME
-

YIELD
2 servings

The combination of the crunchy walnuts and the creamy artichoke hearts pairs well with the crisp spinach.

4 cups of baby spinach
1/2 cup raw beets, sliced into
matchstick-sized pieces
(optional)

1/2 of an orange, segmented
1/2 cup artichoke hearts
16 walnut halves

SIDE NOTE

Top this with grilled chicken or steak for a complete meal.

Place the baby spinach on a large salad plate. Top the spinach with the beets, orange segments, artichoke hearts, and walnut halves.

Dress with 2 tablespoons per serving of Balsamic Vinaigrette (recipe on page 378).

NUTS

EGGS

NIGHTSHADES

FODMAPS

mixed greens salad with persimmons, asparagus & fennel

PREP TIME
10 minutes

COOKING TIME
-

YIELD
2 servings

Persimmons are one of my favorite fall and winter fruits. While seasonally available only for a short time, their flavor is worth the wait. Replace persimmons with apples other times of year.

4 cups mixed greens
1/2 cup raw asparagus, chopped

1 persimmon, thinly sliced
1/4 cup fennel, thinly sliced

SIDE NOTE

Top this with grilled chicken or fish for a complete meal.

Place the mixed greens on a large salad plate. Top the mixed greens with the asparagus, persimmon, and fennel.

Dress with 2 tablespoons per serving of Orange Vinaigrette (recipe on page 382).

NUTS

EGGS

NIGHTSHADES

FODMAPS



PREP TIME
10 minutes

COOKING TIME
30 minutes

YIELD
8 servings

SIDE NOTE

This dip is traditionally made using bread as the thickener—be aware of this fact if you see it on a restaurant menu and are interested in trying it.

Since carp roe tends to be naturally quite salty, this recipe does not call for adding any salt, but adjust to your taste if you use a less-salty roe.

NUTS

EGGS

NIGHTSHADES

FODMAPS

PREP TIME
10 minutes

COOKING TIME
-

YIELD
3/4 cup,
approximately 6 servings

CHANGE IT UP

Substitute fresh garlic for the roasted garlic. Simply use 1 finely grated clove, adding it little by little to taste.

NUTS

EGGS

NIGHTSHADES

FODMAPS

taramasalata

If you are a very active person, this salty, traditional Greek dip is a perfect way to replenish your body with sodium and starch. Taramasalata pairs nicely with Lemony Lamb Dolmas (recipe on page 318).

1 1/2 cups white potatoes, peeled
4 ounces carp roe (fish eggs)
(it may be labeled as Tarama)

Juice of 2 lemons
1/4 onion, minced
1/2 cup extra-virgin olive oil

Boil the potatoes in a large pot of water for approximately 30 minutes or until tender.

Place the potato, carp roe, lemon juice, onion, and extra-virgin olive oil in a food processor, and blend until smooth. Add more extra-virgin olive oil if you like. Add sea salt and black pepper to taste.

Tastes great with cucumbers, carrot slices, or any other vegetables you like.

WHITE POTATOES?

This recipe incorporates the flesh of white potatoes, which is not traditionally a “Paleo” ingredient, but once the skin is removed, potatoes are nearly pure starch and okay to eat on occasion.

roasted garlic tahini sauce

This simple sauce is delicious for dipping Lemony Lamb Dolmas (recipe on page 318), and it makes a nice burger topping or fresh vegetable dip.

1/4 cup tahini
1/2 cup extra-virgin olive oil
4 cloves roasted garlic (recipe on page 370)

Juice of 1 lemon
Sea salt and black pepper to taste

Whisk all ingredients together, or combine them in a small blender.



simple cranberry sauce

Pair this sauce with *Thanksgiving Stuffing Meatballs* (recipe on page 334), use it in *Mom's Stuffed Cabbage* recipe (recipe on page 290), or simply add it to your own holiday recipes list.

PREP TIME
5 minutes

COOKING TIME
15 minutes

YIELD
2 cups

15-16 ounces fresh cranberries
Organic honey or maple syrup to
taste (about 1-4 tablespoons)

Juice + zest of one orange (optional; do not include if you are adding this recipe to Mom's Stuffed Cabbage)

SIDE NOTE

Spread this sauce over the *Pumpkin Cranberry Muffins* on page 246.

In a medium-sized sauce pot, simmer the cranberries with the water/juice until all berries have "popped" open, and the texture is gelatinous. Add the honey or maple syrup to taste.

Remove the mixture from the heat, and allow it to come to room temperature before refrigerating for later use.

CHANGE IT UP

To make a chunky cranberry sauce, add 1 cup mandarin orange segments, drained; 1 cup pineapple (fresh is ideal; check canned for additives, and get one without added sugar); 1/2 cup raw walnuts, chopped (soaked/dehydrated raw nuts are ideal).

NUTS
EGGS
NIGHTSHADES
FODMAPS

roasted allium spread

Spread this on any kind of meat, or mix a spoon-full into any salad dressing to add depth and flavor.

PREP TIME
10 minutes

COOKING TIME
-

YIELD
1 cup of spread

1 cup Roasted Pearl Onions
(recipe on page 370)
1 head of Red Roasted Garlic
(recipe on page 370)

1-2 tablespoons extra-virgin olive
oil
Sea salt and black pepper to taste

CHANGE IT UP

Add roasted peppers or olives to give this spread more of a kick.

Blend onions and garlic in a food processor, adding the olive oil until you have reached your preferred consistency.

NUTS
EGGS
NIGHTSHADES
FODMAPS



baconnaise

If you make a lot of *Perfectly Baked Bacon* (recipe on page 236), you have plenty of bacon fat sitting in the refrigerator. When you make the effort to procure pasture-raised pork, you should absolutely save the fat that drips off during the baking process.

PREP TIME
15 minutes

COOKING TIME
-

YIELD
3/4 cup

2 egg yolks
1 tablespoon lemon juice
1 teaspoon Dijon mustard (gluten-free)

3/4 cup bacon fat, melted and cooled to room temperature

SIDE NOTE

Use this Baconnaise to make *Bacon & Egg Salad* (recipe on page 248).

In a medium-sized mixing bowl, whisk together the egg yolk, lemon juice, and mustard until blended and bright yellow (about 30 seconds). Add 1/4 cup bacon fat to the yolk mixture a few drops at a time, whisking constantly. Gradually add the remaining bacon fat in a slow, thin stream, whisking constantly, until the mayonnaise is thick and lighter in color.

CHANGE IT UP

You can also make Baconnaise in a small blender, and you can double the recipe to make blending easier. Use the opening at the top of your blender to slowly stream in the bacon fat.

Store in a glass jar in the refrigerator for up to a week.

NUTS

EGGS

NIGHTSHADES

FODMAPS

pineapple (or mango) teriyaki

This is a delicious, soy-free sauce to use as a dip or to top meats with while grilling.

PREP TIME
15 minutes

COOKING TIME
15 minutes

YIELD
1 cup

1/2 cup water
1 cup chopped pineapple
(or mango)
1/4 teaspoon ground ginger
1/4 teaspoon garlic powder

1 tablespoon coconut aminos
1 tablespoon cold-pressed sesame oil
1 teaspoon white and/or black sesame seeds as garnish

SIDE NOTE

This sauce is perfect for dipping with *Chicken Wings*, page 258.

In a small sauce pan, simmer the water, pineapple, ginger, garlic powder, and coconut aminos over medium-low heat for about 10 minutes or until the liquid reduces a bit and the pineapple is cooked through.

Place the cooked pineapple mixture in a blender, and blend until smooth. Add the sesame oil at the very end, and pulse the blender a couple of times to incorporate it.

Garnish with sesame seeds.

NUTS

EGGS

NIGHTSHADES

FODMAPS



pumpkin-pie custard

PREP TIME
10 minutes

COOKING TIME
45-60 minutes

YIELD
4 servings

CHANGE IT UP

You can make this into a savory side dish by leaving out the cinnamon, maple syrup, and vanilla and substituting onion powder. Garnish with fresh sage leaves pan-fried in butter (instructions accompany the Butternut Sage Soup recipe on page 348).

If you have a nut allergy, and a grain-free pumpkin pie is out of the question, try this custard. It's delicious enough that everyone will enjoy it and not miss the crust one bit.

1 teaspoon cinnamon
1/4 teaspoon ground ginger
2 pinches of grated nutmeg
Pinch of sea salt
1 cup canned pumpkin puree (or made from fresh pumpkin and strained)

2 eggs, beaten
1/4 cup maple syrup
1 teaspoon vanilla extract
1 cup full-fat coconut milk

Preheat oven to 350 ° F.

Boil a pot of water (enough water to fill the baking pan as directed below).

In a small mixing bowl, combine the cinnamon, ginger, nutmeg, and sea salt. In a medium-sized mixing bowl, combine the pumpkin puree, eggs, maple syrup, vanilla extract, and coconut milk. Whisk the dry ingredients into the liquid mixture until well combined.

Pour the custard into small ramekins (oven-safe ceramic or glass dishes). Place the ramekins in a baking pan and add enough boiling water to the dish to come up halfway to the top of the ramekins. Carefully place the dish with the ramekins and water in the oven.

Bake for 45-60 minutes or until a knife inserted into the center of the custard comes out clean.

Serve warm or chilled.

NUTS

EGGS

NIGHTSHADES

FODMAPS