



## **Bonus Recipes**

**Jessa Greenfield**

### **Bone Broth and Tallow**

2 carrots, chopped medium  
2 celery stalks, chopped medium  
1 medium onion, chopped medium  
7 garlic cloves, smashed  
3.5 lb of beef bones  
2 bay leaves  
Kosher salt  
2 tablespoons of apple cider vinegar  
enough water to cover everything

#### **Note:**

Some people like to roast the bones before to give it better flavor but I haven't noticed if there is that much difference.

You will need a 6 quart stock pot. Peel and chop the carrots. Chop the celery stalk and onions. Don't bother peeling the onions because the skin will add a nice color to your stock. Combine carrots, celery, onion, garlic, bones and bay leaves into the pot. Sprinkle salt and apple cider vinegar all over. Next, pour in enough water so that it covers all the ingredients by an inch. Place the stock pot on the stove. Cover it with a lid and set the stove top temp to low. For a beef stock, I cook mine for 48 hours largely unattended. Occasionally check on the water level to make sure it remains an inch over the ingredients.

After the 48 hours have passed, pour your broth through a strainer into a bowl that you can cover for storage. Discard the veggies and bones (don't feed the bones to your dogs as they splinter very easily).

Next, set your stock in the fridge for 24 hours to cool. When you come back after 24 hrs you will see a white thick layer. This is Tallow. You can save this to use for cooking. Just use a slotted spoon and spoon it out. Try to get most of the liquids out and store in your fridge or freezer.

Once the tallow is removed, pour your broth into quart jars leaving an inch from the top. Then freeze or use right away.

### **Coconut Flour Crepes**

1 cup coconut flour  
2 eggs (free range)  
1 1/4 cup of whole milk or kefir (grass feed)  
pinch of salt

Mix milk and eggs together until well combined. In another bowl mix coconut flour and salt. Slowly pour milk and egg mixture into the dry ingredients making sure that there are no lumps. Warm your skillet on medium and lightly butter pan. If you are using a 6-8 in. skillet, ladle in 1/4 cup of the batter. Swirl the batter to coat the bottom of the pan. You literally can see the crepe cook before your eyes. The first side takes about 2-3 min to cook and the second side may be a min.

### **Kale Chips**

1 bunch of kale  
2 Tbl coconut oil  
Salt to taste

Preheat oven to 350. De-vein the kale (that is the large stalk running up the middle). Rip kale into chip size pieces (they will shrink in size) and place into a large bowl. Melt coconut oil on the stove. Pour the oil onto the kale and massage the oil into the leaves. Sprinkle with salt. Place kale onto a cookie sheet. Do not overcrowd the kale because the moisture in the kale will steam.

### **Kefir Ranch Dip**

½ cup Kefir  
½ cup Olive oil mayonnaise  
1 teaspoon Dill  
2 teaspoons Parsley  
¼ teaspoon Garlic Salt  
¼ teaspoon Onion Salt  
¼ teaspoon Pepper, freshly ground

Mix together the strained kefir and mayonnaise. Combine with the other ingredients and mix well. Cover and refrigerate for several hours prior to serving to allow the flavors to meld.

### **Dill Honey Mustard Vinaigrette**

1/2 cup Apple Cider vinegar  
2 Tbl dill  
1 Tbl poppy seeds  
3 Tbl Dijon mustard  
2 tsp raw honey  
1 1/4 cups olive oil  
salt and pepper to taste

Whisk together vinegar, fresh dill, Dijon mustard, garlic, and sugar. Add olive oil in a slow, steady stream, whisking constantly until thoroughly combined. Whisk in kosher salt and pepper to taste.

### **Sauerkraut with Bacon and Apples Recipe**

1/4 pound sliced apple-wood smoked bacon  
2 tart apples, such as Granny Smith, peeled, cored, and grated  
1 yellow onion, diced  
2 cloves garlic, minced  
1 teaspoon caraway seeds, ground  
2 Tbl raw honey  
1/2 cups of water  
1/4 cup apple cider vinegar  
1 quart of lacto fermented sauerkraut

Put bacon in a large, high-sided oven-proof sauté pan with a lid and place over medium heat. Cook for about 5 minutes, or until most of the fat has been rendered out, turning as needed. Drain excess fat from pan (leave in about a

tablespoon). Remove bacon from the pan and let cool on a plate lined with a paper towel. Roughly chop the bacon and set aside.

Add the apples, onion, garlic, and caraway and decrease the heat to low. Cover partially and cook for 10 minutes, until the onion is tender.

Remove the lid, stir in the honey, water and vinegar, increase the heat to high, and bring to a boil. Cook for about 5 minutes, or until the liquid is reduced.

Reduce the heat to low. Stir in the sauerkraut and bacon, cover, and cook 10 minutes, or until sauerkraut is heated through and tender. Season to taste with salt and pepper.