

RECIPES FROM WISE TRADITIONS CONFERENCE 2024

Bourbon Maple Pecan GF Bread Pudding – Yield 8 servings

By Yolanda Hawthorne

Ingredients:

6 eggs
¾ cup maple sugar or coconut sugar or Rapadura
½ tsp ground cinnamon
2 Tbs pure vanilla extract
½ cup maple syrup
Dash of bourbon
2 cups milk
1 1/2 cups heavy cream
12 oz bread (gluten-free or not as you prefer), cut into 1" pieces, toasted
2 tsp butter, softened
1 cup pecans, toasted and chopped
Dash of sea salt

Instructions:

A classic southern bread pudding, the only difference is if using gluten-free bread, you must pre-toast gluten-free bread or it will fall apart when baking.

1. Whisk the eggs, sugar, cinnamon and vanilla in a large bowl, add the bourbon, maple syrup, milk, cream, butter and mix with a dash of sea salt. Gently add the bread cubes to the custard and let soak for 30 minutes.
2. Meanwhile, pre-heat oven to 325°. After the soaking above, add the toasted pecans to the custard. Pour custard into a 9x13" baking dish and bake pudding until no liquid remains in the center of the pan.

Fresh Vanilla Whipped Cream – Yield 6 servings

1 ½ cup heavy cream, organic, pasture-raised
2 Tbs maple sugar, panela or coconut sugar
1 tsp pure vanilla extract

Mix heavy cream in a mixing bowl until it thickens then gradually add sugar and vanilla extract until peaks are formed.

Coconut-Honey Blondie Bars – Yield 12 2" bars

By Sally Fallon Morell

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.

For the Filling:

- 1 stick melted butter
- 1 Tbs white cornmeal
- ½ tsp salt
- 1 tsp vanilla
- ¾ cup honey
- 3 eggs
- ½ cup heavy cream
- 2 tsp 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.

Rustic Cowboy Organ Meat Loaf with Brown Gravy – Yield 8 servings

This recipe is a variation of Sally's Spicy Meat Loaf on page 356 of [Nourishing Traditions](#), adapted by Yolanda Hawthorne.

Ingredients:

- 2 Tbs butter or beef tallow
- 1 onion, finely chopped
- 1 garlic clove, minced
- 2 tsp anchovy paste
- 1 Tbs thyme, chopped
- 2 Tbs Tamari Soy Sauce
- 2 tsp capers, minced
- 2 tsp ground mustard
- 2 lbs ground beef
- 0.5 lb organ meat (heart, kidney, liver)
- 2 eggs, beaten
- ½ cup aged parmesan cheese
- ½ tsp honey
- 1 tsp sea salt
- ¼ tsp freshly ground black pepper
- 1 ½ cup sourdough or gluten-free day-old bread made into crumbs
- 1 cup cream

Instructions:

Sauté onions and garlic in butter or beef tallow until tender and let cool. Soak the breadcrumbs in the cream. In a mixing bowl gently mix all the remaining ingredients until well incorporated and add the onions, garlic and soaked bread crumbs.

Put mixture in Pyrex loaf pan and bake at 350° until meatloaf reaches internal temperature of 160°. (about 1 ½ hours). Once meatloaf has reached desired internal temperature, remove it from the oven and let it rest. Be sure to save all the pan drippings to make the gravy below.

Brown Gravy

Ingredients:

Meatloaf pan drippings
1 lb mushrooms, sliced
1/3 cup red wine
6 Tbs arrowroot, or flour of choice
3 cups beef stock
Salt and pepper, to taste
1 tsp fresh thyme

Instructions:

In a medium skillet, over medium heat, sear mushrooms in the pan drippings until they release their water and it evaporates. Add red wine and cook until it reduces by half around 4-5 minutes. Lower heat and add the arrowroot, or flour, stirring constantly until it is all incorporated. Gently add the beef stock and thyme and bring to a boil while whisking. Once it has boiled, lower temperature and simmer. Season with salt and pepper, to taste.

Serve with garlicky mashed potatoes, ferments, sourdough bread and butter, butter and more butter
Enjoy!

Chicken Liver Pâté – Yield 1 pint, serves 12-18 as a dip

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

Ingredients

3 Tbs 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 tsp dry mustard
¼ tsp dried dill
¼ tsp dried rosemary
¼ tsp freshly ground black pepper
1 bay leaf
½ stick of butter, softened
2 tsp sea salt

Instructions

1. Melt butter/duck fat in a heavy skillet over medium heat. Sauté shallots until translucent, about 3 minutes, add garlic and 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.

Rich and Savory Beef Bone Broth – Yield 4-5 quarts (24 6 oz servings)

This recipe is a variation of Sally's Classic Beef Stock on page 168 of [Nourishing Broth](#), adapted by Yolanda Hawthorne.

Ingredients

4 lbs beef marrow* and knucklebones
1 calf's foot, cut into pieces (optional)
½ cup vinegar
4-5 quarts of cold filtered water
3 lbs meaty bones (such as short ribs and beef shanks)
1 6 oz jar of tomato paste, optional
3 onions, coarsely chopped
3 carrots, coarsely chopped
3 celery sticks, coarsely chopped
1 bouquet garni, several sprigs of fresh parsley, thyme and bay leaves, tied together with kitchen string
1 Tbsp dried green peppercorns, crushed
1 bunch parsley

Instructions

Preheat oven to 350° F. Place the beef marrow, knucklebones and foot in a stockpot. Add the vinegar and enough filtered water to cover the bones. Let stand for 30-60 minutes.

Meanwhile, place the meaty bones in a roasting pan, for a particularly aromatic broth, brush the bones with tomato paste. Place in the oven and roast, turning them once or twice, for about 30 minutes, until well browned. Remove bones and add them to the pot.

Pour the fat out of the roasting pan, add a little cold filtered water to the pan, set the pan over a high heat and bring to a boil stirring with a wooden spoon to loosen up any brown bits, and add this liquid to the pot. Add additional water to cover the bones if necessary.

Place over medium heat, uncovered, bring to a simmer and carefully spoon off any scum that rises to the top. Add the onions, carrots, celery, bouquet garni and peppercorns, return to a simmer, then lower the heat to low. Cook at a bare simmer with the lid off or slightly askew for at least 12 hours or as long as 24 hours, occasionally skimming scum from the top as needed and checking to ensure that the bones remain covered with water adding more water as needed.

Remove the bones and meat with tongs and a slotted spoon. Strain the stock through a fine-mesh strainer.

*Note: Remove the marrow bones a couple of hours into the cooking and spread the marrow on sourdough bread.

FARM DAY LUNCH RECIPES

Hearty Chili with Ground Beef Blend and Vegetables

Recipe from Nicole Kubilins of Meacham Urban Farm using Providence Cattle beef and vegetables from Meacham and beans from Rancho Gordo

Ingredients:

- 4 lbs ground beef (can use organ blend)
- 1 large onion, diced
- 1 medium zucchini, diced
- 1 large sweet potato, diced
- 16 oz beans such as Alubia Blanca beans [soaked overnight as described in [Nourishing Traditions](#) or in the [article on properly prepared beans](#) on our website]
- 4 garlic cloves, minced
- 2 cans (15 oz) tomato sauce
- 1 can (14.5 oz) diced tomatoes
- 3 Tbs chili powder (adjust to taste)
- 2 Tbs cumin
- Salt and pepper to taste
- Optional: 1 cup beef broth or water (for desired consistency)
- Optional toppings: shredded cheese, sour cream or raw yogurt, cilantro, chopped onion/scallions

Instructions:

1. **Brown the Beef:** In a large pot or Dutch oven, brown the ground beef and organ blend over medium heat. Drain excess fat.
2. **Sauté Vegetables:** Add the diced onion and minced garlic to the pot. Cook until the onion is translucent, about 5 minutes. Stir in the diced zucchini and sweet potato, cooking for another 5-7 minutes until they begin to soften.
3. **Add Tomatoes, Beans and Seasoning:** Pour in the tomato sauce, diced tomatoes and soaked and cooked beans. Stir well. Add chili powder, cumin, salt, and pepper. Mix to combine.
4. **Simmer:** If desired, add beef broth or water for a thinner consistency. Bring the mixture to a boil, then reduce heat and let it simmer for 30-40 minutes, stirring occasionally, until the sweet potatoes are tender.
5. **Adjust Seasoning:** Taste and adjust seasoning as needed.
6. **Serve:** Ladle into bowls and add optional toppings if desired.

Dessert: Banana Crumble

https://bunnyswarmoven.net/wprm_print/banana-crumble

Modifications: I did not add any sugar or sweetener to the filling when cooking the bananas. I used organic cane sugar in the topping and did not add pecans to the topping yesterday.