

# The Ancestral Kitchen Challenge

The challenge topics are here to spark creative fire in you! How each of these challenge topics play out in your kitchen is all up to your own interpretation. We will be supporting your endeavors from the podcast with books, ideas and research!

Post your pictures on social media and tag @ancestralkitchenpodcast and use the hashtag #ancestralkitchenchallenge so we can savor and share your work! If you aren't using social media, email us at [alison@ancestralkitchen.com](mailto:alison@ancestralkitchen.com).

---

1. Make a fermented or lacto-fermented beverage (if you already ferment beverages, try a new one!)
  2. Read a book mentioned on the podcast
  3. Find and make a bread that works for your family
  4. Use some kitchen scraps that would normally be tossed
  5. Use a new-to-you kitchen tool (double the adventure and go find a vintage tool, too!)
  6. Cook with a spice you've never used before
  7. Exchange a recipe with someone in another country (snail mail or electronic mail!)
  8. Ask an elder for a recipe from the past, and listen to their memories about food and life
  9. Make a broth! Vegetable broth, bone broth, meat stock, your choice!
  10. Put together a few of your favorite recipes and gift to a friend (snail mail or electronic mail)
  11. Make a ferment (if you ferment a lot, make something new to you!)
  12. Prepare a dish or meal that would have been known to locals in your area in the past
  13. Prepare a meal or dish using offal. If you are already using offal, use a new-to-you organ or method!
  14. Use fat in a new way – make it extra special and use a fat you have never tried before!
  15. Make a home remedy, herbal blend or supplement
  16. Preserve something – such as canning, freezing, drying, long-fermenting, liming, pickling, cellaring ...
  17. Make a recipe you've avoided or been intimidated by
  18. Make a meal from ingredients sourced entirely from your region
  19. Spend a day without using the internet/social media, or if at all possible, any screens at all. If at all feasible, try making it a periodic routine to stay off screens for 24 hours.
  20. Introduce a new cookbook to your kitchen
  21. Make something mentioned on the podcast
  22. Make a dish or meal your genetic ancestors would have made
- 

Listen to the Ancestral Kitchen Podcast anywhere you find podcasts

Find Alison at [www.ancestralkitchen.com](http://www.ancestralkitchen.com) and Andrea at [www.farmandhearth.com](http://www.farmandhearth.com)

Taking notes? Use this sheet to jot down ideas, websites or inspiration for your challenge!

Share your accomplishments with us online! Tag us @ancestralkitchenpodcast and use the hashtag #ancestralkitchenchallenge or send it to us at [alison@ancestralkitchen.com](mailto:alison@ancestralkitchen.com)!

1. Fermented beverage \_\_\_\_\_

2. Book \_\_\_\_\_

3. Bread \_\_\_\_\_

4. Kitchen scraps \_\_\_\_\_

5. New-to-me tool \_\_\_\_\_

6. Spice \_\_\_\_\_

7. Recipe exchange with \_\_\_\_\_

Recipe \_\_\_\_\_

8. Ask an elder \_\_\_\_\_

9. Broth \_\_\_\_\_

10. Recipe gifting sent to \_\_\_\_\_

Recipe: 1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

11. Make a ferment \_\_\_\_\_

12. Historic, local dish \_\_\_\_\_

13. Offal \_\_\_\_\_

14. Fat in a new way \_\_\_\_\_

15. Home remedy \_\_\_\_\_

16. Preserve something \_\_\_\_\_

17. Recipe I avoided \_\_\_\_\_

18. Locally sourced meal \_\_\_\_\_

19. Screen Free \_\_\_\_\_

20. New cookbook \_\_\_\_\_

21. Something mentioned \_\_\_\_\_

22. Ancestral dish or meal \_\_\_\_\_