

ANCESTRAL KITCHEN PODCAST PRESENTS

50 ways to save money in an ancestral kitchen

Stock

24. Make broth regularly (protein packed, so many minerals, all for pennies - and will help you assimilate meat better!).
25. Use the broth bones again and again. Weaker versions of broth can be used for cooking grains or making cacao or soup.
26. Drink bone broth with meals (to saite so you don't have to eat as much) and as a snack - it has 10g protein per cup!
27. Use bone broth to cook pasta and grains for additional protein in every meal.

Kitchen routine/cooking

28. Cook at home, from scratch, value-adding from as basic ingredients as possible, all the time (seems simple but is key!). This does take preparation ahead - thinking ahead will save more money than almost anything we could suggest.
29. Be prepared to eat similar things most of the time. Repetitive meals are also conducive to bulk buying.
30. Don't throw away, get used to eating leftovers!
31. And... Make tomorrow's lunch from today's dinner and plan to do that every day.
32. Cook in bulk and freeze.
33. Make ferments at home (and with friends).
34. Bake at home. Quality baked goods are one of the most expensive value-added products you can buy! Baking as a routine or way of life is more than just a vibe - it's a great budget tool.
35. Render your fat yourself (including ghee).
36. Eat lard (or tallow) over butter - huge savings!!
37. Grind your own grain (you could go in on a grinder with a friend).
38. Value-add your own dairy products. Value-added dairy is the MOST expensive value-added product in the kitchen!
39. Make your own luxuries (chocolate, coffee, etc). Anything that value-adds - do it yourself!
40. Invest time in working bees! Get friends together and do the hard labor of building pantries together, so you can tackle huge food projects that can be obtained at bargain bulk prices, together.

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Home tasks

41. Grow your own - doesn't have to be BIG! Growing herbs (and drying some to use throughout the year) adds elevated flavor profiles to even the simplest of dishes and eliminates one of the most expensive aspects of a recipe. The stems and scraps are premium for broth!
42. Raise animals.
43. Share tasks with friends - cook together and make twice as much in way less than half the time.
44. Skill up! The more skills you have, the more you can say yes to. When somebody offers you five live roosters for free, can you say YES to all that free meat and bone broth and organs for the dinner table?! If somebody calls and says you get to glean an apple orchard, are you able to make those apples provide fruit for the table for a whole year with your skills in canning, dehydrating and processing? Can you convert a pig head into blocks of head cheese for the family?! Can you cook spleen?
45. Force yourself to work from your pantry, even if it's just for a month (i.e. "only buy dairy and fresh eggs"). The stricter you can be with yourself, the more creative you get, and the better you eat!

Other

46. Use bokashi (don't buy compost!).
47. SAY YES - ALWAYS. ALWAYS say yes to jars (any shape, size, dirtiness), and food (any quality!). Sometimes you'll have to sift through some junk and may have a LOT of processing and work to do, but at the end of the day you'll have come out miles ahead with some incredible free gifts! If people know you always take the pig's feet, over-abundant veg, etc, they call you first.
48. Simultaneously, reduce your pantry staples to the core and highly diverse items that you can source around you. Check our podcast cookbook to see Alison's VERY trim pantry.
49. Don't be afraid to ask - if food is being left, ask if it's okay to take it!
50. Re-allocate budget. Instead of entertainment, what about edutainment? Cheesemaking class, or a butchering class, etc. What if instead of movie subscriptions, a milk subscription? Or a skill-set subscription like some of the farmers or patrons out there where you can learn skills that expand your budget possibilities?

EAT LIKE A PEASANT!

If we could both just do *one* thing to save money, what would it be?

Alison: Make broth! It's the cheapest protein out there, and an incredibly economical foundation to so many dishes.

Andrea: Skill up! Every skill you learn, you get paid for in the kitchen, over and over again.