

Follow-Up Resources for “Home in our Kitchen” with Sycamore

Sycamore’s Personal Links: Business Website: <https://www.loavesandfishescollective.com/>

Personal IG: https://www.instagram.com/ceremonial_chef/ (Soon to Publish) Writing:

<https://substack.com/@sycamorehess>

Prompts to guide learning -

- How do you relate with your kitchen? What’s the history of your relationship in that space? Have you experienced separation, joy, anxiety, creativity, or other emotions in the kitchen? Could you imagine re-creating, re-imagining your relationship with the kitchen? What would you want to do differently? What would you re-design? What would you ultimately want to feel and create in that space?

A few Books and Films that inspired me:

Wild Fermentation by Sandor Katz (the absolute classic for fermenting anything)

<https://www.penguinrandomhouse.com/books/800735/wild-fermentation-by-sandor-katz/>

The Healing Kitchen by Holly Bellebuono (creative herbal nourishment)

<https://www.penguinrandomhouse.com/books/258373/the-healing-kitchen-by-holly-bellebuono/>

The Classic Moosewood Cookbook (simple veg recipes)

https://www.molliekatzen.com/books_moosewood_cookbook.php

The Sacred Kitchen by Robin and Jon Robertson

<https://www.amazon.com/Sacred-Kitchen-Higher-Consciousness-Cooking-Wholeness/dp/1577310926>

“Food Inc” documentary: <https://watchdocumentaries.com/food-inc/>

“Cooked” by Michael Pollan (both the netflix series and the book) (or anything by Pollan!)

<https://www.netflix.com/title/80022456> & <https://michaelpollan.com/books/cooked/>

Best Online Resources:

My favorite compendium is found with Samin Noosrat (author of the cookbook & Netflix Series “Salt Fat Acid Heat”) <https://www.saltfatacidheat.com/> & <https://www.netflix.com/title/80198288>

She offers a list of cookbooks and kitchen basics that covers all the tools I described in the video

<https://www.saltfatacidheat.com/favorite-books> & <https://www.saltfatacidheat.com/kitchen-basics>

Favorite Recipe Websites:

<https://www.ambitiouskitchen.com/>

<https://minimalistbaker.com/>

Recipe Created in the Video:

Butternut, Leek & Potato Coconut Soup

Serves: 4–6

Prep time: 15 min

Cook time: 35–40 min

Ingredients

- **2 tablespoons coconut oil**
 - **2 large leeks**, white and light green parts only, halved and thinly sliced
 - **3–4 cloves garlic**, minced (or 1 tsp garlic powder)
 - **1 small butternut squash**, peeled, seeded and cubed (~3 cups)
 - **2 medium Yukon gold or red potatoes**, peeled and cubed
 - **1 can (13.5 oz) full-fat coconut milk**
 - **3 cups vegetable broth or filtered water**
 - **1 ½ teaspoons dried thyme**
 - **1 teaspoon sea salt**, plus more to taste
 - **¼ teaspoon black pepper**, or to taste
 - Optional: pinch of **nutmeg** or **curry powder** for complexity
 - Optional garnish: fresh thyme, coconut yogurt swirl, chili oil, or toasted pumpkin seeds
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Method

1. **Sauté aromatics:**

In a large soup pot, melt the coconut oil over medium heat. Add the leeks and a pinch of salt. Cook gently, stirring occasionally, for about 6–8 minutes, until the leeks are soft and translucent but not browned.

2. **Add garlic & seasonings:**

Stir in garlic (or garlic powder) and thyme. Sauté another minute until fragrant.

3. **Add vegetables:**

Toss in the cubed squash and potatoes. Stir to coat with the aromatics.

4. **Pour in liquids:**

Add the coconut milk and broth or water. Bring to a simmer. Season with salt, pepper, and optional nutmeg or curry powder. Cover and simmer for 25–30 minutes, or until vegetables are very tender.

5. **Blend to desired texture:**

Use an immersion blender to puree the soup **partially** (as in your video)—leave some texture for body and rustic charm. Alternatively, blend $\frac{2}{3}$ of the soup and stir it back in.

6. **Taste & adjust:**

Taste and adjust salt, pepper, or add more thyme if needed. If too thick, thin with a bit more water or broth.

7. **Serve:**

Ladle into bowls and top with optional garnishes: a swirl of coconut yogurt, a few thyme leaves, toasted seeds, or a dash of chili oil.

Notes & Adaptations

- Add chopped **carrots** or **celery** for more depth.
- Stir in chopped **greens** (like kale or spinach) just before serving for added nutrition.
- Swap butternut for **kabocha** or **delicata** if on hand.

- To make it heartier, serve with toasted sourdough or a scoop of quinoa.