

Forgotten Autumn Foods Recipe Pack

This recipe pack brings ancient, sustainable foods back to the modern table. Featuring acorn flour, rosehips, chestnuts, and root cellaring classics, these recipes are eco-friendly, seasonal, and delicious.

Acorn Flour Pancakes

Ingredients:

- 1 cup acorn flour (prepared & leached)
- 1 cup whole wheat flour
- 2 tbsp honey or maple syrup
- 1 egg
- 1 cup milk (dairy or plant-based)
- 1 tsp baking powder
- Pinch of salt

Instructions:

1. Whisk together dry ingredients.
2. Add egg, milk, and honey; stir until combined.
3. Cook pancakes on a lightly greased skillet until golden brown.
4. Serve warm with seasonal fruit or rosehip jam.

Rosehip Jam

Ingredients:

- 4 cups fresh rosehips, cleaned and halved
- 2 cups water
- 1 cup honey or sugar (to taste)
- 1 tbsp lemon juice

Instructions:

1. Simmer rosehips in water for 30 minutes until soft.
2. Mash and strain to remove seeds and skins.
3. Return pulp to pot, add sweetener and lemon juice.
4. Cook until thickened, then jar while warm.

Roasted Chestnut & Root Veggie Stew

Ingredients:

- 2 cups roasted chestnuts, peeled
- 2 carrots, chopped
- 2 parsnips, chopped
- 2 potatoes, diced
- 1 onion, chopped
- 4 cups vegetable broth
- 2 tbsp olive oil
- Herbs: thyme, bay leaf, salt, pepper

Instructions:

1. Sauté onion in olive oil until soft.
2. Add carrots, parsnips, potatoes, and broth.
3. Simmer for 20 minutes until veggies are tender.
4. Stir in roasted chestnuts and herbs; cook 10 more minutes.
5. Serve hot with rustic bread.