

## LOG LUNCH – 6 April 2007

### ***Vegetable Broth***

*Makes 15 cups soup (serves 8-10) x 6 = 90 cups*

- 1 ½ cup olive oil
- 3.5 lbs chopped onions (12 large)
- 7 lbs chopped carrots (36 medium)
- 4 lbs chopped celery (24 ribs), leaves reserved for broth
- 2 lbs. coarsely chopped fresh mushrooms (12 cups)
- 72 cups water
- 12 large ripe tomatoes, quartered
- 4 lbs. halved and sliced zucchini (9 cups)
- 2.5 lbs cubed butternut squash (9 cups)
- 12 bay leaves
- 4 ½ cups coarsely chopped Italian parsley
- 1 Tbsp dried thyme
- 6 Tbsp salt

1. Heat the oil in a large soup pot, and cook the chopped onion, carrots, and celery ribs over medium-low heat, stirring often, until they are tender but not browned. Raise heat slightly, add the mushrooms, and cook an additional 6 minutes, stirring often to prevent burning.
2. Add water, celery leaves, tomatoes, zucchini, and squash, bay leaves, parsley, thyme, and salt. Bring to a boil and simmer, partially covered, over low heat for 70 to 90 minutes, adding additional boiling water if necessary, until the broth is a rich golden color. Stir occasionally.
3. Remove from heat and strain for broth: Set a wire-mesh strainer over a large bowl placed on a kitchen towel to avoid spilling. Strain the soup then use the back of a ladle to press the vegetables remaining in the strainer, extracting as much broth as possible. Serve with matzah balls.

### ***Matzo Balls***

*Makes 16 or more x 12 = 202*

- 48 eggs
- ¼ cup salt
- 1 ½ tsp pepper
- 12 cups matzo meal

1. Beat yolks and salt. Beat whites separately until very stiff.
2. Fold together yolks and whites, and add pepper and matzo meal.
3. Shape into balls.
4. Drop immediately into vigorously boiling salted water in a large pot.
5. Boil 45 minutes with pot covered.
6. Remove balls and add to warming soup.

### *Green Salad*

<b>Ingredient</b>	<b>Amount</b>
Lettuce	10 heads
Cucumber	9-10 cups
Carrots	9 cups
Celery	10 stalks
Leftover dried fruit	--

### *Orange and Sesame Dressing (makes 2 cups x 4)*

4 cups OJ

1 cup red wine Viniegra

2 cups canola oil

½ cup sesame oil

4 Tbs soy sauce

2 tsp salt

2 tsp dry mustard

4 Tbs minced fresh dill or 1 tsp dried dill

4 large garlic cloves, minced

Mix together in bowl and voilà!

### *Turkish Haroset*

<b>Ingredient</b>	<b>Amount (6 servings)</b>
Whole pitted dates	½ cup
Raisins	¼ cup
Grape juice	½ cup
Dried apricots	½ cup
Dried figs	¼ cup
Apples	½ apple
Orange sections	1/3 cup
Walnuts, chopped	½ cup

1. Combine dates, raisins, and grape juice in a bowl. Cover with plastic wrap, and let stand at room temperature overnight.
2. Place raisin mixture in a food processor. Add dried apricots, dried figs, chopped and peeled apple, orange sections, and chopped walnuts. Process until smooth.
3. Cover and chill at least 2 hours.

## ***Matzah***

<b>Ingredient</b>	<b>Amount</b>
Whole wheat flour	12 cups
Water	6 cups

1. Place baking sheets in oven and preheat to 425.
2. When oven is hot, place flour in a big bowl and stir in water until a kneadable dough forms.
3. Turn the dough out onto a lightly floured surface and knead very quickly and vigorously until smooth.
4. Break off matzah sized pieces of dough. (when flattened, they should be around 8" in diameter)
5. Work with one piece of dough at a time. On a lightly floured surface, roll it out as thin as possible. Prick it all over with a fork and then try to stretch it to widen the holes you have made.
6. Transfer pieces when done onto the baking sheets in the oven. Remove each one after 2 ½ to 3 minutes, when it is golden on the bottom and starting to crisp around the pricked holes.

NOTE: Traditionally, the time the flour and water touch to the time the matzah goes in the oven is supposed to be under 18 minutes. So, rather than mixing all 12 cups of flour and 6 cups of water at once, it is better to do a little bit at a time – like maybe 2 cups of flour and 1 cup of water. But, while 18 minutes is the goal, it's okay if you go over because this matzah won't technically be kosher for Passover anyway.

## ***Coconut Macaroons***

<b>Ingredient</b>	<b>Amount (30)</b>
Eggs	2
Sugar	2/3 cup
Almond extract	1 tsp
Grated coconut	1 1/3 cups

1. Preheat oven to 350.
2. Line large baking sheets with parchment paper or greased aluminum foil.
3. Beat the egg whites on low speed (or by hand) until foamy (30 seconds).
4. Add the salt. Increase the speed and beat until soft foam peaks form (1-2 minutes)
5. Gradually add the sugar, 1 Tbsp at a time and beat until stiff and glossy (5-8 minutes).
6. Add almond extract.
7. Fold in coconut.
8. Drop Tbsp sized drops, 1 ½ inches apart, onto the prepared baking sheets.
9. Bake until firm and golden, about 20 minutes.
10. Let cool on sheets for 2 minutes and then transfer to rack to cool completely.

## LOG LUNCH – 13 April 2007

### ***Gingered Carrot Soup***

66 to 88 servings (6-8 x 11)

22 lbs. carrots

44 cups water

¾ cup oil

16.5 cups or 4.25 lbs onion, chopped

22 medium garlic cloves, minced (we have *plenty*)

1 ½ cups plus a little grated ginger

5 tbs salt

3 tsp each: cumin, ground fennel, cinnamon, allspice, dried mint

2 – 2 ¾ cups lemon juice (some in fridge I believe)

11 cups lightly toasted cashews

1 quart buttermilk

- 1) Peel and trim carrots and cut them into 1 inch chunks. Place in a medium-large saucepan with the water, cover, and bring to a boil. Lower the heat, and simmer until very tender (about 10 to 15 minutes, depending on the size of the carrot pieces).
- 2) Meanwhile heat the oil in a small skillet. Add onions, and sauté over medium heat for about 5 minutes. Add garlic, ginger, salt, and spices. Turn heat to low, and continue to sauté for another 8 to 10, or until everything is well-mingled and the onions are very soft. Stir in lemon juice.
- 3) Use a food processor or blender to purée everything together (including the toasted cashews). You will need to do this in several batches. Transfer the purée to a kettle, and heat gently just before serving. If desired, pass a pitcher of buttermilk for drizzling.

### ***Lobio (Georgian Bean Salad)***

Serves 4-6 x 12 = 48-72

36 cups cooked beans (mostly kidney), about 13 cups dry?

3 lbs red onions, minced

36 garlic cloves, minced or pressed (we might need one more bulb)

2 ¼ cups red wine vinegar

1 ½ cups olive oil

9 cups walnuts, toasted and chopped

3 cups fresh cilantro, chopped

3 cups fresh parsley, chopped

4 Tbs ground coriander

4 heads lettuce

Sort and rinse beans, cover with cold water and let soak overnight. Discard soaking water and simmer beans until just tender, about 1 hour.

Drain the cooked beans and place in a bowl. Toss with onions, garlic, vinegar, oil, walnuts, cilantro, parsley, and coriander. Add salt and pepper to taste. Let salad sit for at least 30 minutes to allow flavors to meld.

Serve on a bed of greens.

## ***Great Grain Bread***

<b>Ingredient</b>	<b>Amount</b>
Boiling water	10.5 cups
Grains – 7 grain cereal, millet, bulgur wheat, wheat bran, brown rice	7 cups
Warm water	1 ¾ cups
Active dry yeast	10.5 packages
Sugar	Pinch
Vegan buttermilk sub	1.75 cups soymilk + 5 Tbsp lemon juice
Honey	2 1/3 cups
Corn or vegetable oil	1 ¼ cups
Vegan butter sub, unsalted	14 Tbsp
Vegan egg sub	21 eggs-worth
Salt	7 Tbsp
Flour, unbleached all-purpose bread flour	35 cups

In a small bowl, pour the boiling water over the grains. Let stand for 1 hour to soften and allow the mixture to cool to room temperature.

Pour the warm water in a small bowl. Sprinkle the yeast and sugar over the surface of the water. Stir to dissolve and let stand at room temperature until foamy, about 10 minutes.

In a large bowl using a whisk, combine the buttermilk, honey, oil, butter, eggs, salt, and 1 cup of the flour. Beat hard until smooth, about 1 minute. Add the cereal, yeast mixture and the remaining flour, ½ cup at a time, until a soft, sticky dough that just clears the sides of the bowl is formed. Switch to a wooden spoon when necessary if mixing by hand.

Turn the dough out onto a lightly floured work surface and knead until soft and springy, about 4 minutes, adding the flour a little at a time to prevent sticking. The dough will be nubby and slightly tacky.

Place the dough in a greased deep container. Turn the dough once to coat the top and cover with plastic wrap. Let rise at room temperature until doubled in bulk, 1 to 1 ¼ hours.

Time to check on dough: \_\_\_\_\_

Gently deflate the dough. Turn the dough out onto a floured work surface. Grease baking sheets. Portion the dough into loaves. Put loaves on the baking sheet. Cover loosely with plastic wrap and let rise at room temperature until doubled in bulk, 30 to 40 minutes.

Time to check on dough: \_\_\_\_\_

Preheat the oven to 375. Bake for 35 to 40 minutes. Cool completely before slicing.

***Oatmeal Raisin Cookies with Pecans*** (32 cookies x 4)

Dry ingredients:

16 cups all-purpose flour

8 cups rolled oats

6 cups sugar or succanat

½ cup baking powder

2 tsp salt

6 cups raisins

3 cups chopped pecans

Wet ingredients:

20 ounces firm silken tofu

2 cups canola oil

1 cup apple butter

6 cups maple syrup

¼ cup vanilla extract

In a large bowl combine the dry ingredients. In a food processor purée silken tofu until very smooth, then add remaining wet ingredients to the processor and process until smooth. Pour the wet mixture into the bowl with the dry ingredients and mix quickly and thoroughly. Chill dough for at least 1 hour.

Preheat oven to 350. On a parchment-lined baking sheet, place ¼ cup pieces of dough. Cover dough with plastic wrap and flatten each cookie to about 3 inches, carefully remove plastic wrap and save to use again.

Bake about 11 minutes. If the bottoms of the cookies seem to be browning too fast, try doubling the sheet pans.

## LOG LUNCH – 20 April 2007

### *Ecuadorian Quinoa and Vegetable Soup*

<b>Ingredient</b>	<b>Amount (4-6 servings)</b>
Quinoa	½ cup, raw
Olive oil	2 Tbs
Onions, chopped	2 cups
Salt	1 tsp
Potatoes, diced	1 cup
Red or green bell peppers, chopped	1 cup
Ground coriander	1 tsp
Ground cumin	1 tsp
Dried oregano	1 tsp
Ground black pepper	½ tsp
Water or vegetable stock	3 cups
Tomatoes, chopped (fresh or canned, undrained)	1 ½ (1 14 ½ ounce can)
Winter squash, diced	1 cup
Lemon juice	1 Tbsp
Cilantro, chopped	To sprinkle

1. Thoroughly rinse the quinoa in a fine-mesh strainer under cold running water. Set aside to drain.
2. Warm the oil in soup pot. Add onions and salt. Cover and cook on medium heat for five minutes, stirring occasionally.
3. Add the drained quinoa, potatoes, bell peppers, coriander, cumin, oregano, black pepper, water or stock, and tomatoes. Cover and bring to a boil. Then, reduce heat and simmer gently for 10 minutes.
4. Add squash. Cover and simmer until all vegetables are tender.
5. Stir in lemon juice.
6. Serve with cilantro on the side for optional sprinkling. If we have extra salsa, serve with that also.

### *Popcorn!*

<b>Ingredient</b>	<b>Amount (5 servings)</b>
Popcorn kernels	2 Tbsp (dry) → 5 cups popped
Oil	1 tsp



## ***Corn Rolls***

<b>Ingredient</b>	<b>Amount (24 rolls)</b>
Warm water	3 cups
Dry yeast	3 Tbsp
Sugar	1 cup
Oil	¾ cups
Flour, white	3 cups
Flour, wheat	4 cups
Yellow cornmeal	1 cup
Dry milk (vegan option)	½ cup
Salt	1 Tsp
Corn kernals, frozen	2 cup

1. Take out the corn to defrost.
2. Put warm water, yeast and sugar in large mixing bowl. Let stand a few minutes until yeast and sugar mixture rises above the water. Let set about 5 minutes longer.
3. Add flour, cornmeal, dry soymilk, salt, oil, and corn kernels (in that order). For the corn, add enough so that it “confettis” through the dough. I’m not sure if you’ll need all of it. Knead well.
4. Let rise until double in bulk.
5. Shape into rolls. Place rolls on greased baking sheet and let rise until double in bulk.
6. Bake about 15 minutes in 350 degree oven.

## ***Cabbage, corn, and bean salad***

*Serves 6-8*

- 1 cup dry white (cannelini) beans, soaked
- 1 can, or packages frozen, corn
- 1 onion, or less, cut in rings
- 1 large green pepper, sliced into rings
- 1 head red cabbage, chopped

Cook beans until soft, 45-60 minutes.

Defrost corn, if necessary.

Chop remaining salad ingredients and combine everything into a bowl. Toss with about ½ dressing and serve with remaining dressing on the side.

## ***Lemon Dijon dressing***

1/3 cup olive or vegetable oil

¼ cup lemon juice

½ cup vegetable broth (from soup)

¼ cup Dijon mustard

2 cloves garlic, minced

1 tbsp sugar

1 tsp dried tarragon or basil

pepper to taste, small amount salt (optional)

## **EMPANADAS** (20 x 7 =140)

### ***Shell:***

14 cups flour  
¾ cup plus 2 Tbs sugar  
4 Tbs plus 2 tsp baking powder  
3.5 tbsp salt  
2 1/3 cups margarine  
2 1/3 cup ice water

Sift together flour, sugar, baking powder and salt.

Cut the shortening into the flour as though you were making a pie crust by working it in with your fingertips until the mixture resembles coarse crumbs.

Sprinkle dough with just enough ice water so that it will just hold together. Knead together briefly and allow to rest, covered about 10 minutes.

Roll dough out on a lightly floured board, then cut into circles about 3-4 inches in diameter.

Place a spoonful of empanada filling of your choice on one side of the circle. Moisten the edges of the circle with a small amount of water and fold the dough over the filling to make a half circle. Press the edges together to seal.

Bake at 375 degrees for 15-20 minutes.

### ***APPLE FILLING:***

6 sm. tart cooking apples (4.5 lb.)  
¾ tsp. ground cinnamon  
1/2 c. sugar  
Dash of salt

Peel, core and cut apples into 1/2" cubes. Put in saucepan with sugar, cinnamon and salt. Cover; cook over low heat until apples are consistency of chunky applesauce, stir occasionally. Cool to room temperature.

### ***Other filling option:***

1 large (or 2 small) containers red raspberry preserves

## LOG LUNCH – 27 April 2007

All recipes serve 80-100 people.

### Miso Soup with Tofu and Wakame

90 cups water

90 pieces kombu seaweed (each about 1-inch long), cut in thirds crosswise, and cleaned with a slightly damp paper towel or cloth

90 dried shiitake mushrooms, cleaned and rinsed

18 ounce wakame (dried seaweed, available at Oriental specialty stores)

1 1/4 lbs tofu (any type), diced

18 - 54 teaspoons of miso (any type except shiro miso) – I think we have enough

2 1/2 lbs thinly cut long green onion

1 lb grated ginger

#### 1. Make dashi

- Place water in a saucepan. Soak the kombu and shiitake mushrooms in the water for at least 15 minutes, until they become tender enough. (If time permits, more than three hours). Heat the water over high heat and reduce heat once it boils. Remove kombu just below boiling point.
  - After around five minutes, remove saucepan from the heat. The boiling time depends on the size of shiitake mushrooms and the soaking time. Remove the shiitake mushrooms from the water, and save them for use in other recipes.
2. Place dashi in a saucepan and boil. Add wakame. Next, put tofu into dashi. When dashi boils, reduce the heat and add miso bit by bit. Taste, and if you need more miso, add it little by little. Remove the pan from the heat before the miso soup boils again.
  3. Serve with green onion and ginger (and dulse flakes!).

### Goma Ae Salad

16 lbs pound fresh spinach, Swiss chard, other cookable greens (you choose the ratios based on cost and availability, but keep in mind that the original recipe calls only for spinach).

2 cups white sesame (toasted!) (I think we already have around 1 1/2 cups)

5 Tbsp rice vinegar

1 cup sugar

5 Tbsp soy sauce

1. Wash and boil greens. Drain the water very well.
2. Cut spinach into 2 inch lengths.
3. Put sesame seeds in a grinder and grind them. Add sugar, soy sauce, and vinegar in the grinder and mix well.
4. Add spinach and stir well.

### Rice Balls

Short grain brown rice – 20 cups uncooked

1. Cook rice.
2. Prepare some water in a bowl. Wet your hands in the water and sprinkle a little of salt on the palms.
3. While the rice is warm, place a handful of rice on the palms.
4. Form rice in a triangular shape by tossing the rice in the hands.

### **Green Tea Ice Cream**

Vanilla ice cream: 3 gallons

Vanilla tofutti (or any kind of vegan ice cream you can get in a large quantity): 2 gallons

Matcha green tea powder: 2 cups

Take your favorite vanilla ice cream from the fridge and let it soften thoroughly. Mix Matcha green tea powder into the softened ice cream. Put it back in the fridge to harden a bit for a few minutes.

## BRAZILIAN BLACK BEAN SOUP

*Serves 98 (x14)*

28 cups dry black beans, soaked  
56 cups water  
28 cups vegetable stock  
1 cup olive oil  
42 cups chopped onions  
100 medium cloves garlic, crushed  
½ cup + 1 ½ Tbsp cumin  
½ cup salt (more, if necessary)  
14 carrots, diced  
14 bell peppers, diced  
20 cups orange juice  
black pepper, to taste  
cayenne, to taste  
28 medium tomatoes, diced

1. Soak beans in plenty of water (overnight?).
2. Place the soaked beans in large pot (next to ovens) with 56 cups water. Bring to a boil, cover, and simmer until tender (about 1 ¼ hours).
3. Heat olive oil in the two skillets. Add onions, half the garlic, cumin, salt, and carrots (half to each skillet). Sauté over medium heat until the carrots are just tender. Add remaining garlic and the peppers. Sauté until everything is very tender (about 15 minutes). Add the sautéed mixture to the beans, scraping in every last morsel.
4. Stir in orange juice, black pepper, cayenne, and tomatoes. Puree some of the soup in the Cuisinart, and divide everything between the three pots. Simmer over very low heat until ready to serve.

## POTATO ROSEMARY FOCACCIA

*Serves ~95*

10.5 Tbsp active dry yeast  
57 cups all-purpose flour  
25 cups mashed cooked potatoes (about 16 pounds)  
3/4 cup salt  
25 garlic cloves, sliced thin  
1/3 cup crumbled dried rosemary  
4 1/4 cups olive oil  
19 pounds small red potatoes

1. Cook the russet potatoes (not the red potatoes!) first; when they're soft, mash them.
2. In a small bowl, sprinkle the yeast over ~13 cups warm water and let it proof for 5 minutes or until it is foamy.
3. In a large bowl, combine well 50 cups of the flour with the mashed potatoes and the salt until the mixture resembles coarse meal.
4. Add the yeast mixture, and stir the dough until it is combined well.
5. Turn the dough out onto a floured surface and knead it (incorporating as much of the remaining flour as necessary to prevent it from sticking) for 8 to 10 minutes, or until it is smooth and elastic.
6. Form the dough into a ball, put it in an oiled bowl, and turn it to coat it with the oil. Let the dough rise, covered, in a warm place for 1 1/2 hours, or until it is double in bulk.
7. While the dough is rising, stir together the garlic, the rosemary, and the oil in a small bowl and let the mixture stand, covered.
8. Turn the dough out onto well-oiled trays, press it evenly into the trays, and let it rise, covered loosely, in a warm place for 45 minutes or less, or until it is almost double in bulk.
9. Preheat the ovens to 400°F.
10. Slice the red potatoes into paper-thin slices. Arrange the slices on the dough, overlapping them, and brush them with the oil mixture, discarding the garlic.
11. Sprinkle the focaccia with salt and pepper to taste and bake it in a preheated oven for 40 to 50 minutes, or until it is golden.
12. Let the focaccia cool in the pan on a rack and serve it warm or at room temperature.

## WINTER SQUASH CAKE

(x5)

20 eggs

8 1/3 cups sugar

5 cups oil

8 3/4 cups mashed cooked winter squash

10 cups flour

5 tsp baking powder

5 tsp salt

3 Tbsp + 1 tsp cinnamon

2 1/2 tsp nutmeg

4 cups chocolate chips

Cut squash in half lengthwise and cook in oven at 400 until tender. Scoop out flesh and mash.

Beat eggs, sugar, oil, and squash.

Sift dry ingredients and mix together.

Stir in chocolate chips.

Pour into buttered pans.

Bake at 350 for 25-30 minutes.

SALAD for 90

Lettuce

Spinach

Cherry Tomatoes

15 Carrots

15 Cucumbers

15 Yellow or Red Bell Peppers



## **Kids Food Log Lunch!**

Big, Bold Noodle Soup (x11=88 servings)

66 dried shiitake mushrooms

16.5 cups boiling water

88 cups strong veggie bouillon or 176 t paste and 88 cups water (better than bouillon or organic gourmet are two recommended brands of bouillon paste)

66 star anise

44 large slices of ginger

44 cups stemmed and chopped mustard greens

44 cups chopped bok choy, stems included

110 scallions, thinly sliced "on the diagonal"

11 lbs fresh egg noodles

Rinse mushrooms and place in a bowl. Pour boiling water over them and let sit about 30 minutes.

Combine bouillon, star anise and ginger in soup pots and bring to a boil. Then reduce heat and let simmer.

Remove ginger and star anise. Strain the mushrooms over the pots. Then slice up the mushrooms into thin strips and add to the pots as well.

Heat soup up to the boiling point again and add mustard greens, bok choy, scallions and noodles. Cook until noodles are tender and then immediately turn down the heat and keep warm (no burning allowed!)

Toppings: red pepper flakes, soy sauce, chopped cilantro

“My child is on the honor roll at Williams” Salad

Lettuce for 60 people  
5 Cucumbers  
2 heads purple cabbage  
6 yellow bell peppers  
1 bunch of purple grapes  
1 bunch of green grapes  
1 box of golden raisins  
4 cups chopped walnuts, toasted

Mustard Vinaigrette (1 ½ cups x 7=10.5 cups)

14 cloves garlic, minced  
14 T mustard (grainy kind)  
21 T fresh parley, minced  
21 T fresh dill, minced  
21 T balsamic vinegar  
7 T fresh lemon juice  
3.5 cups apple juice  
7 t salt  
3.5 cups olive oil

Peanut Butter and Jelly Bread (serves 5x18=90)

18 cups water  
1 generous cup vegetable oil  
9 cups natural, smooth peanut butter  
9 cups seedless jam  
6 T salt  
1 generous cup sugar  
18 cups whole wheat flour  
30 cups all purpose flour (as needed)  
9 T yeast

Dissolve yeast in warm water with sugar and let stand 5 minutes.

Whisk in 9 cups whole wheat flour, cover with damp cloth, let rise 30 min

Add the peanut butter, jam and salt and mix.

Add the flour one cup at a time, transitioning to kneading when solid enough.

Add enough flour so that dough is springy.

Form into loaves and let rise on baking trays 1 hour.

Bake at 375 degrees F for 40 min.

Rice Crispy Treats (24x4=96 treats)

2 sticks butter

24 cups mini marshmallows

24 cups rice crispie cereal

4 t vanilla

2 bags Giradelli semisweet chocolate morsels

Melt butter over low heat, add marshmallows and stir until melted and smooth. Add cereal and mix to coat the crispies. Press into pans. Melt chocolate and drizzle artistically over pans. Let treats cool before cutting.

VEGETABLE BROTH

*Makes 15 cups soup (serves 8-10) x 6 = 90 cups*

1 ½ cup olive oil  
3 lbs chopped onions (12 large)  
6 lbs chopped carrots (36 medium)  
12 cups chopped celery (24 ribs), leaves reserved for broth  
12 cups coarsely chopped fresh mushrooms  
72 cups water  
12 large ripe tomatoes, quartered  
9 cups halved and sliced zucchini (6 medium)  
9 cups cubed butternut squash (3 squash?)  
12 bay leaves  
4 ½ cups coarsely chopped Italian parsley  
1 Tbsp dried thyme  
6 Tbsp salt

1. Heat the oil in a large soup pot, and cook the chopped onion, carrots, and celery ribs over medium-low heat, stirring often, until they are tender but not browned. Raise heat slightly, add the mushrooms, and cook an additional 6 minutes, stirring often to prevent burning.
2. Add water, celery leaves, tomatoes, zucchini, and squash, bay leaves, parsley, thyme, and salt. Bring to a boil and simmer, partially covered, over low heat for 70 to 90 minutes, adding additional boiling water if necessary, until the broth is a rich golden color. Stir occasionally.
3. Remove from heat and strain for broth: Set a wire-mesh strainer over a large bowl placed on a kitchen towel to avoid spilling. Strain the soup then use the back of a ladle to press the vegetables remaining in the strainer, extracting as much broth as possible. Serve with matzah balls.

**MATZAH BALLS**

*Makes 16 or more* x 12 = 202

48 eggs

6 cups seltzer water

¼ cup salt

1 ½ tsp pepper

12 cups matzah meal

1. Using a fork or wire whisk, beat eggs until frothy. Beat in water, salt, and pepper. Gradually stir in the matzah meal with a fork. Cover and refrigerate for at least one hour.
2. Remove the mixture from the refrigerator and stir with a fork until smooth. Bring a large pot of lightly salted water to a boil. Lower heat to a simmer.
3. Rub a little oil in the palms of your hands and place a heaping teaspoon of the mixture in one palm. Gently roll the mixture between the palms to form a neat matzah ball. Drop immediately into the simmering water. Repeat with the rest of the batter. Gently submerge the balls in water as you add the additional balls to the pot.
4. Partially cover the pot and let cook for 30 minutes, lifting lid occasionally to turn the balls over. Remove with a slotted spoon and reheat in soup.

POTATO KUGEL

*12 servings* x **6** = **72 servings**

36 medium baking potatoes peeled (about 24 lbs)

9 large onions, peeled

12 large eggs

2 Tbsp salt

36 Tbsp (4 ½ sticks) margarine, melted

¾ cup matzah meal

Margarine to oil pan

Preheat oven to 400 degrees F and place rack in upper third of oven.

Grate the potatoes and onion in a food processor with the shredding disk, or use a hand grater. Place in colander and drain well squeezing out the excess moisture. In a large bowl, whisk eggs, salt, melted margarine, and matzah meal. Stir in potatoes until well combined.

Oil a 9 x 13- inch baking dish. Pour potato mixture into dish and spread evenly. Bake uncovered at 400 for 15 minutes. Reduce temperature to 375, and continue baking for 45 minutes more or until top is crisp. Cut into squares.

SALAD

10 heads lettuce  
6 cucumbers  
7 green peppers  
5 cups sliced raw mushrooms

ZESTY FETA GARLIC DRESSING

*Makes 5 cups*

1 ½ cup olive oil  
6 Tbsp cider vinegar or white wine vinegar  
6 garlic cloves, minced or pressed  
2 ¼ tsp dried dill  
2 ¼ cup crumbled feta cheese  
2 cups buttermilk

In a blender, combine the oil, vinegar, garlic, dill, and feta and puree until smooth. With the blender running, gradually pour in the buttermilk and whirl until creamy. Add pepper to taste.

ALMOND MACAROONS

*Makes 16 x 6 = 96*

6 cups almonds, use up to 3 cups more to get a thick enough batter

4 ½ cups sugar

7 or 8 egg whites (depending on how big the eggs are)

1 Tbsp vanilla extract

Preheat oven to 400°F.

Cover two cookie sheets with parchment paper.

Put the almonds and sugar in the work bowl of a food processor fitted with the metal blade. Process just until the mixture is smooth. Don't over-process! Immediately add the egg whites, before the almonds lose their oil. Pulse about 10 times. Add the vanilla and pulse 2 or 3 times. You should be able to just shape the batter with your hands. The batter should be sticky and quite thick, like rough, sticky clay. The size of the eggs used and the amount of oil in the almonds determines the consistency, so be prepared to add a bit more almonds or egg white.

Shape the batter into balls the size of walnuts. Arrange on the parchment covered baking sheets. Brush each macaroon with a bit of water. For variety, sprinkle with sugar or put an almond in each, and bake for 16 minutes, or until lightly brown. Remove the cookie sheets from the oven, cool on the parchment, on racks. Cool completely.

## **MAPLE CELEBRATION!**

Note: We **only** have enough delicious Hopkins Forest syrup for the recipes. 6am shots of syrup are prohibited and violators will be prosecuted by the management.

### **Roasted Butternut Squash Soup (vegan!)**

15 butternut squash  
Maple syrup  
Salt  
Pepper  
Cinnamon (all for roasting the squash)  
1/2 cup canola oil  
8 medium-sized white onions, medium dice  
8 leeks, white part only, medium dice  
20 cloves garlic, sliced  
15 sweet potatoes, peeled and diced  
8 sprigs thyme  
8 cups sherry wine  
45 cups water  
2 teaspoon nutmeg  
2 Tbs cinnamon  
Salt  
White pepper  
15 cups soy milk

Split squash in half lengthwise, remove seeds, brush with maple syrup and sprinkle with a little salt, pepper and cinnamon. Roast covered for 1 hour at 375 degrees or until soft.

Heat canola oil, add onion, leek and garlic and sauté for 5 to 7 minutes until onion is translucent. Add sweet potatoes and thyme and stir. Add the roasted squash meat (not skin) and stir. Add wine, water, nutmeg and cinnamon. Season with salt and pepper. Bring to a boil. Reduce heat and simmer for 20 to 25 minutes until vegetables are soft. Puree with immersion blender until smooth. Whisk in soy milk and remaining maple syrup.

### **Jess Lovass's Maple Dressing (x2)**

2 c. maple syrup  
1 c. vinegar  
1 c. dijon mustard  
1.5 c. olive oil  
2 T oregano  
6 T finely minced garlic

### **Salad**

Lettuce (leftover)  
Spinach (for about 30 people)  
10 Scallions  
4 Cucumbers  
2 Red peppers  
2 Yellow peppers

### **Maple Roasted Pecans**

6 c. pecan halves  
1.5 c. powdered sugar  
½ cup maple syrup

Heat pecans and powdered sugar in a sauté pan over low-medium heat until caramelized, folding constantly. When the sugar has almost completely caramelized, stir in the maple syrup. Cook for 3 more minutes, stirring constantly. Spread evenly on a pan lined with parchment paper and separate the pecans so they don't all clump together. Set aside to cool.

I would really recommend mixing the toppings in with the salad this time—otherwise, people will mine all the pecans out!!

## Maple Oatmeal-Spelt Bread (1 loaf x 10)

7.5 Tbs yeast  
17.5 cups water  
2 cups maple syrup  
20 cups bread flour  
20 cups spelt flour (whole wheat may be substituted)  
10 cup rolled oats  
7 Tbs salt  
Syrup for glaze

- 1) Mix warm water and yeast in bowl, allow to dissolve 5 minutes
- 2) Add syrup and salt.
- 3) Stir in white flour
- 4) On a floured board knead in spelt flour
- 5) Knead for four minutes
- 6) Dump oats on board and knead in
- 7) Allow to rest for 15 minutes
- 8) Knead for ten minutes and transfer to oiled bowl
- 9) Allow to rise 1 hour on top of ovens (if warm)
- 10) Punch down dough, shape loaf into desired shape or use a loaf pan. When shaping, oats may be sprinkled on board so that they stick to the outside for a pretty--and tasty--crust.
- 11) Allow to rise for 1 hour on baking trays
- 12) Bake at 350 for 45-55 minutes
- 13) During last 10 minutes of baking **brush with pure maple syrup for a shiny glaze.**

## **Maple Walnut Squares**

(x 8)

12 cups flour  
2 cup brown sugar  
4 cups butter  
5.5 cup mixed sugar (1/2 white, 1/2 brown)  
8 cups Grade B maple syrup (2 pints)  
16 eggs (beaten)  
16 tbsp. flour  
2 tsp. salt  
4 tsp. vanilla  
8 cup walnuts (chopped)

Combine flour with brown sugar and butter in bowl.

With fork, mix until you have the consistency of fine corn meal.

Press mix into greased 9" x 13" pan.

Bake at 350 for 15 minutes.

Combine the 2.75 cups of mixed sugar and 4 cups of syrup in a small saucepan.

Simmer 5 minutes. Pour over beaten eggs, stirring constantly.

Stir in remaining ingredients except nuts (flour, salt and vanilla).

Pour mix over baked crust. Sprinkle with nuts and bake again at 350 for 20-25 minutes.

Cool in pan and cut in bars.

## **Timetable**

6 am: Start squash halves roasting with syrup & spices (1 hour), start bread, and start chopping!

7 am: Take squash out to cool, sauté the veggies, start dough rising (1 hour).

8 am: Keep sautéing until sweet potatoes are soft; shape loaves and allow to rise 1 hour on baking pans.

9 am: Put bread in oven and bake 50 minutes (remember to glaze it after 40 min!); make the dough and filling for the dessert (separately); add liquid to soup if haven't already.

10 am: Take bread out and put dessert crust in to bake 15 min; start making salad.

11 am: Add filling to dessert and bake 20-25 minutes; make salad dressing. Purée soup and add soymilk.

12 noon: serve and enjoy! (I'm real sorry I'm missing this one!)

## Carrot Ginger Soup

10 lb carrots  
10 Tbs oil  
10 tsp. fresh chopped ginger  
5 medium spanish onion  
40 cups vegetable stock  
2 ½ cups whole milk  
cinnamon, to taste

1. Chop veggies.
2. Cook carrots and onion in oil until tender.
3. Add broth and cinnamon and simmer for an hour.
4. Remove solids and puree.
5. Add milk.

## Sweet Potato Bread

1.5 oz yeast  
3 cups warm water  
½ cup granulated sugar  
½ cup maple syrup or honey  
1 ½ tsp salt  
¾ tsp ground black pepper  
1 cup + 2 Tbsp butter, melted  
12 large eggs, beaten  
5 large sweet potatoes, baked, peeled, and mashed  
6 ½ cups whole wheat flour  
~13 cups all purpose flour + 1/3 cup  
1 ½ cups pecans, coarsely chopped

1. Preheat oven to 350. Lightly oil or grease a mixing bowl and baking sheets.
2. In another mixing bowl, whisk the yeast and water together, until the yeast dissolves. Add in the sugar, maple syrup, salt, pepper, and butter. Mix well and let rest for 15 minutes.
3. Stir in the eggs and sweet potatoes
4. Mix the flour and pecans together. Fold in the flour, ½ cup at a time, working with your hands until all the flour is incorporated.
5. Form the dough into a small ball and sprinkle the dough with the remaining 1/3 cup of flour. Place the dough in the lightly oiled bowl, turning the dough once to cover with oil. Cover the bowl with a clean cloth and let rise until doubled in size, about 1 ½ hours.
6. Punch the dough down and roll into oval loaves about 8 x 3-inches. Place the loaves onto prepared baking sheets. Cover and let rise until double in size, about 45 minutes.
7. Bake for about 40 minutes, or until golden. Remove bread from the oven and transfer to a wire baking sheet and let cool.

Makes 6 loaves.

## Salad

48 cups lettuce  
6 cucumbers  
6 oranges  
4 cups chopped walnuts, toasted

## Orange Vinaigrette

2 cups vegetable oil  
1 Tbsp + 1 tsp finely shredded orange peel  
1 ½ cups orange juice  
1 cup cider vinegar  
2 Tbsp + 2 tsp granulated sugar

## Apricot-Rum Cake

2 cups dried apricots, roughly chopped  
1 cup dark rum  
8 large eggs  
4 cups clover honey  
1 1/3 cup vegetable oil  
Grated peel and juice of 4 lemons  
Grated peel and juice of 4 oranges  
1 1/3 cups sugar  
1 Tbsp + 1 tsp salt  
1 1/3 cups apricot jam  
8 cups unbleached all-purpose flour  
2 tsp baking soda  
2 cups slivered almonds

1. In a small bowl, soak the apricots in the rum for at least 30 minutes.
2. Preheat the oven to 350° and grease the baking sheets.
3. In a mixing bowl, beat the eggs with a whisk. Stir in the honey, vegetable oil, grated lemon and orange rind and juice, sugar, salt, and apricot jam.
4. Sift the flours and the baking soda into another bowl.
5. Strain the apricots, reserving the excess rum.
6. Add the flour alternately with the rum to the honey cake mixture. Fold in the apricots.
7. Scoop the batter into the prepared pan and sprinkle with the nuts.
8. Bake in the oven for 50-55 minutes, or until the center of the cake is firm when you press it. Remove from the oven and cool on a rack.

Makes 4 cakes.

## LOG LUNCH RECIPES 11/04/05

### Santa Fe Chowder

*100 6-oz servings*

1 cup vegetable oil  
6 small chile peppers, minced (from Moorland Street)  
6 lbs onions, chopped  
2 Tbsp cumin, ground  
2 Tbsp coriander, ground  
4 tsp oregano  
4 cups (2lbs) carrots, diced  
5 lbs sweet potatoes, peeled and cubed  
4 lbs white potatoes, cubed  
6 qts vegetable stock  
5 lbs frozen corn  
2 lbs green and red peppers, chopped  
3 lbs fresh tomatoes, chopped  
4 cups (1lb 4oz) zucchini, diced  
½ lb cream cheese or Neufchatel cheese  
3 cups (9 oz) cheddar cheese, grated  
½ cup fresh cilantro  
salt and black pepper to taste

1. Sauté the chile peppers and onions in oil with the cumin, coriander, and oregano until the onions are translucent.
2. Add the carrots, sweet and white potatoes, and stock and simmer for 15 minutes.
3. Add the corn, peppers, tomatoes, and zucchini and cook until all the vegetables are tender.
4. At about 11:20, remove some of the soup and puree with the cheeses. Return to the pot. Make sure only about half of the soup has the cheese mixture in it so we can accommodate vegans and lactose-intolerant folks.
5. Stir in the cilantro and salt and pepper.
6. Keep heating until ready to serve but do not boil.

## Walnut Oatmeal Bread

*Makes 20 loaves*

5 cups water  
5 cups milk  
5 cups rolled oats  
10 Tbsp butter  
¼ cup + 1 tsp salt  
1 ¼ cups molasses  
1 ¼ cups honey  
5 Tbsp dry yeast  
2 ½ cups warm water  
2 ½ tsp honey  
15 cups whole wheat flour  
35 cups white flour  
10 cups walnuts, chopped roughly

Scald milk with the water in a saucepan. Pour over the oats in a bowl and stir in butter, salt, molasses, and honey. Let it sit until lukewarm.

In a big bowl, dissolve the yeast in the 2 ½ cups warm water with the 2 ½ tsp of honey. When frothing, add the cooled oat mixture and 12 cups of white flour; beat for 3 minutes or 200 strokes; mix in nuts and as much flour (first the wheat, then the white) as it takes to make the dough come off the sides of the bowl. The dough will let you know when it's saturated enough.

Take out the dough and knead it around, adding flour if it's too tacky. Rinse a bowl (or two) with really hot water, then wipe dry fast. Take stick of butter while the bowls are still hot, and rub it around to butter the bowls. Dump in the dough and roll until coated with butter. Cover with towel and let rise until doubled. Punch the dough down. Knead a few times and cut each in half; make sure the kneading gets out most of the air bubbles. Let rest for 10 minutes.

Shape dough into 20 loaves. Place on buttered pans and brush tops with butter. Let rise again until doubled. Heat oven to 350 and bake 45 minutes or until done and golden brown on top. They should sound hollow when tapped. Remove, cool, and enjoy!

## Ken's Mom's Molasses Crinkle Cookies

*Serves 90*

Cream together:

- 6 cups of butter
- 8 cups brown sugar
- 8 eggs
- 2 cups molasses

In a separate bowl, mix:

- 17 ½ cups flour (add more if necessary)
- 5 Tbsp baking soda
- 1 tsp salt
- 1 ½ Tbsp cloves
- 3 Tbsp cinnamon
- 3 Tbsp ginger

Mix wet and dry ingredients. Add more flour if necessary.

Heat oven to 375 and grease cookie sheets.

Form dough into balls (~ 1 Tbsp of dough per cookie) and roll lightly in white sugar. Place on prepared sheets, about 2 inches apart.

Bake for 8-10 minutes or until crinkly. Taste to verify that they're done!

## SPINACH AND TOASTED PECAN SALAD

*Serves ~100*

25 cups pecan halves  
15 large bunches of spinach  
8 heads of lettuce  
12 small red onions, finely sliced  
8 cups olive oil  
1 cup + 2 tsp Dijon mustard  
4 cups white wine vinegar  
¼ cup salt  
ground pepper  
12 apples  
12 cups grated Swiss cheese  
2 lemons

Preheat oven to 300. Spread pecans on baking sheet, and bake in the oven until they begin to darken, about 5 minutes. Be careful not to burn them. Put spinach, onion, and toasted pecans in large bowls.

In a small bowl, combine olive oil, mustard, vinegar, salt, and pepper. Grate cheese into another bowl and put aside.

At ~11:30am slice apples thinly and sprinkle with lemon juice. Add to salad along with the swiss cheese.

Also: add cherry tomatoes.

Oatmeal, cherry, white chocolate chunk cookies (100-ish)

2 2/3 cups butter  
8 eggs  
2 2/3 cups brown sugar  
6 cups oats  
6 cups flour  
4 tsp baking soda  
2 tsp salt  
24 oz dried cherries  
2 2/3 cups white chocolate chunks or chips

Preheat oven to 375. Beat butter and sugar until fluffy. Add eggs, mix well. In separate bowl mix flour, oats, salt and baking soda. Add liquid mixture to dry mixture in stages, mixing well. Stir in cranberries/cherries and white chocolate. Drop onto cookie sheets and bake 10 min.

Classic peanut butter cookies (100-ish)

Whisk together

10 cups flour  
5 tsp baking powder  
2 tsp baking soda  
1 tsp salt

Beat until fluffy.

3 1/4 cup olive oil/veggie oil  
2 2/3 cup smooth peanut butter  
1 1/3 cup powdered sugar (sifted)  
4 cups light brown sugar  
6 eggs  
3 1/3 tbs vanilla

Stir flour mix into peanut mix until smooth. Let stand 5 min. Pull, off pieces and roll in palms and place on cookie sheets. Use tines of fork to press down and make cross-hatch pattern. Bake 10 min (do not overcook!)

Ken Brown's Herb and Cheese Bread (10 loaves)

10 cups milk

2 cups shortening

5 T sugar

4 T salt

5 cups cold water

10 T dry active yeast—bulk organic?

15 cups flour

2 2/3 T each of pepper, thyme and oregano

15 cups shredded cheddar or romano

Scald milk, then add shortening, sugar and salt to milk, stir to melt shortening.

Add cold water, then let cool enough so as not to kill yeast.

Meanwhile, blend yeast, flour, and spices.

Add grated cheese.

Pour the cooled liquids into the dry mixture and blend until smooth.

Add more flour as needed until easy to handle.

Knead 10 min, then let rise in bowl(s) until doubled in size.

Punch down dough and divide into loaves and place on baking sheets.

Let rise another 20 min.

Bake at 375 F until crusty brown.

Minestrone soup (for 75)

6 cups dry garbanzos

24 cups water

1 cup olive oil

24 onions

60 cloves of garlic

1 bunch celery

12 carrots

5 cups eggplant

3/4 cup oregano

3/4 cup basil

1/2 cup salt

black pepper to taste

40 cups stock from cooking beans

10 small zuchinni

12 bell peppers

10 tomatoes

12 4.5-oz cans tomato puree

12 cups pasta

4 bunches fresh parsley

Bring garbanzos to boil, turn off heat and let soak for two hours. At 8 am return to boil and simmer until cooked. Drain and save stock for later.

Saute onion and garlic in olive oil. Add celery, carrots, eggplant, oregano, basil, salt and black pepper. Cook until carrots are soft.

Add bell peppers, zuchinni, tomatoes, stock and tomato puree. Simmer 15 minutes.

Add garbanzos and simmer.

At 11 add pasta and simmer.

Add parsley at 11:30.

Spunky green salad

8 cukes  
2 lbs spinach  
6-8 avocados  
2 bunches arugula  
Leftover lettuce  
12 radishes

Honey Dijon dressing

1/3 cup honey  
1/3 cup Dijon mustard  
1/2 cup cider vinegar  
1/2 cup water  
1/2 t salt  
pepper to taste  
2 T olive oil  
2 cloves garlic  
Put all in cuisinart and blend.

## **CREOLE VEGETABLE JAMBALAYA**

*Serves 90*

4 ½ cups vegetable oil  
27 cups small diced onions  
1 cup + 2 Tbsp minced shallots  
9 cups small diced bell peppers  
18 cups small diced eggplant  
18 cups small diced yellow squash  
½ cup + 1 Tbsp minced garlic  
27 cups chopped tomatoes  
½ cup + 1 Tbsp salt  
6 Tbsp cayenne  
27 bay leaves  
27 cups long-grain rice  
~30 cups water  
~25 cups veggie broth  
9 cups chopped green onions

Heat the oil in a large heavy pot over medium heat. Add the onions, shallots, bell peppers, eggplant, squash, and garlic and sauté until tender about 5-7 minutes. Add the tomatoes. Season with salt and cayenne. Add the bay leaves. Add the rice and stir for 3-5 minutes. Add the water, stir and cover. Cook for 40-45 minutes, or until the rice is tender and the liquid has been absorbed. Do not stir during this cooking time. Remove from heat and let stand for 5 minutes. Add the green onions and mix.

## **NEW ORLEANS GREENS SALAD**

*Serves 80*

24 cups washed, dried, and chopped fresh romaine lettuce  
24 cups washed, dried, and chopped fresh Boston lettuce  
24 cups washed, dried, and chopped fresh green leaf lettuce  
6 cups washed, dried, and chopped fresh chicory  
6 cups washed, dried, and sliced fresh Chinese (Napa) cabbage  
1 ½ cups olive oil  
¾ cup fresh lemon juice  
1 ½ cups chopped fresh parsley  
¼ cup white wine vinegar  
¼ cup chopped garlic  
¼ cup Dijon-style mustard  
¼ cup rice syrup  
2 Tbsp salt  
A few pinches of white pepper

In a large bowl, combine first five ingredients. In a small bowl, whisk together the remaining ingredients and pour over the greens. Toss well and serve immediately.

## **BEER BATTER BREAD**

*Makes ~5 pans*

32 cups unbleached all-purpose flour + extra if needed

2 cups firmly packed light brown sugar

½ cup + 2 Tbsp baking powder

10 tsp salt

10 bottles (120 fl oz or 3.75L) dark-ish BBC beer, unopened and at room temperature

2 cups + 2 Tbsp unsalted butter, melted

Preheat the oven to 375F. Grease loaf pans.

In a bowl, stir together the flour, brown sugar, baking powder, and salt. Open the beer and add it all at once; it will foam up. Stir briskly just until combined, about 50 strokes. The batter should be slightly lumpy and wet. Pour into pans and drizzle with the melted butter.

Bake until the top is crusty and a cake tester inserted into the center comes out clean, 30-35 minutes. Let rest in the pan for 5 minutes, then turn the loaf out onto a rack. Serve warm or at room temperature. Cut into thick slices and accompany with plenty of butter.

## **KING CAKE**

*Serves 80*

### **For the Dough:**

4 cups milk  
8 envelopes active dry yeast (6 Tbsp)  
2 2/3 cup granulated sugar  
24 cups all-purpose flour, plus up to 4 cups more if necessary  
96 tablespoons (6 cups) unsalted butter, softened  
32 large eggs  
Zest of 6 lemon, minced  
4 tsp salt

### **For the Filling and Decoration:**

16 Tbsp (1 cup) butter, melted  
2 2/3 cup light brown sugar  
½ cup ground cinnamon

### **For the Decorative Icing:**

16 cups confectioners' sugar  
16-24 tablespoons water  
Green, yellow, red, and blue food coloring

### **To make the dough:**

Gently heat the milk in a small saucepan to slightly warmer than body temperature (you should be able to stick your finger in it, but it won't burn you...). Pour the milk into a bowl, sprinkle the yeast over the surface, and add 2 ½ Tbsp of the sugar and ½ cup of the flour. Stir to combine, and let the yeast plump with the milk before whisking. Set aside to proof for about 10 minutes.

In a large mixing bowl, cream together 5 ½ cups of the butter and the remaining sugar, until light and fluffy. Add the yeast mixture and mix for 1 minute. Add 8 eggs and mix thoroughly; follow with 8 cups of flour. Repeat with the remaining eggs and flour. Add the lemon zest and salt, and continue to mix until the dough is smooth, shiny, and elastic, and pulls away from the side of the bowl. If very soft, add up to 4 cups of flour. Scrape the dough from the mixing bowl and knead lightly to form a ball. Butter a few large-size bowls with the remaining ½ cup of softened butter. Transfer the dough to the bowls and turn it in the bowl to coat with the butter. Cover with plastic and set in a warm spot to proof for 1 hour, or until doubled in bulk.

After an hour, turn the dough out of the bowl, punch it down, and knead lightly to form into a ball. Put the dough back in the bowl, covered, and refrigerate for at least 2 hours.

### **To form the cake:**

Flour a clean work space an eighth of the dough into a 20-x-10-inch rectangle, keeping the thickness consistent throughout. If the edges get thin, trim them to keep consistent.

Cut the dough lengthwise into 3 strips. Paint each strip of dough with the melted butter, leaving a 1/2-inch border clean along the length of each of the strips. (Reserve any leftover butter for brushing on the cake before baking.) Sprinkle the butter with the brown sugar and cinnamon.

Grease the baking sheets. Fold each strip over, lengthwise and toward the clean edges, to enclose the cinnamon and sugar, and pinch the seam to seal the dough closed. Braid the 3 ropelike pieces together. Transfer the braid to the baking sheet, and form the braid into a wreath by pressing the ends together. Cover with a towel, and set aside to proof for 40 minutes. Preheat the oven to 350 degrees F.

Brush the cake with the reserved melted butter, and bake for 20 minutes, until golden brown. Tent the cake with foil and continue baking for 25 minutes. Keeping the cake on the baking sheet, cool on a rack.

**To make the icing:**

Whisk the confectioners' sugar with the water in a large saucepan and heat very gently to dissolve the sugar. Divide the icing into 3 small bowls and add the food coloring to make a mild green, a golden yellow, and a purple (a few drops red and a few drop blue). Brush the ridges of the dough while it is still warm with alternating Mardi Gras colors. Cool, cut and serve!

# LOG LUNCH 1 December 2006

## *Winter Minestrone (for 66-88 servings)*

<b>Ingredient</b>	<b>Amount – always add more if we have it</b>
Onions, chopped	16 ½ cups (4 1/8 lbs)
Garlic cloves, minced	61
Celery, diced	11 cups (2 ¾ lbs)
Olive oil	22 Tbs
Salt	11 Tbs
Carrots, diced	11 cups (2 ¾ lbs)
Parsnips, diced	11 cups (2 ¾ lbs)
Fennel bulb, chopped	11 cups
Butternut squash, peeled and cubed	16 ½ cups (4 1/8 lbs)
Ground fennel seeds	22 tsp
Dried oregano	22 tsp
Dried red pepper flakes	2 tsp
Freshly ground dried rosemary	11 tsp dried (11 sprigs)
Tomatoes, chopped	3 cups
Water	22-33 cups
Kidney beans, cooked and drained	5.5 cups dry
Parsley, fresh, chopped	8 cups (2 2/3 lbs)
Kale	2 lbs

1. Cook beans!
2. Sauté the onions, garlic, and celery in the oil on low heat for 10 minutes.
3. Stir in the salt, carrots, parsnips, and chopped fennel, and then cover and continue to cook for 10 minutes, stirring frequently.
4. Add the squash, ground fennel, oregano, red pepper flakes, and rosemary and simmer for about 5 minutes. If the vegetables stick or begin to brown, add some water.
5. Add the tomatoes, kale, and water. Cover and simmer for 20 to 30 minutes.
6. Add beans and parsley and cook for another 10 minutes.

### *Oatmeal Yogurt Cake (for 5 cakes)*

<b>Ingredient</b>	<b>Amount</b>
Light brown sugar	5 cups
Butter	5 sticks
Eggs	10
Firm yogurt	3 1/3 cup
Vanilla extract	5 tsp
Unbleached white flour	10 cups
Baking soda	5 tsp
Baking powder	5 tsp
Salt	2 1/2 tsp
Cinnamon	2 1/2 tsp
Allspice	2 1/2 tsp
Nutmeg	1 1/4 tsp
Rolled oats	7 1/2 cups
Orange juice	2 1/2 cups
Grated orange rind	2 1/2 tsp

1. Preheat oven to 350.
2. Beat together the brown sugar and butter in a large bowl.
3. Add eggs one at a time, beating well after each.
4. Beat in the yogurt and vanilla until well blended.
5. Sift the flour, baking soda and powder, salt, and spices into a separate bowl.
6. Add half the flour mixture and all the oats to the wet mixture, stirring until well blended. Stir in the orange juice.
7. Add remaining flour mixture, along with the orange rind. Mix just enough to thoroughly blend.
8. Spread into lightly greased 9 x 13 inch pans and bake 25 to 30 minutes.

### ***Honey Dijon Vinaigrette***

2 cups low-sodium vegetable broth  
1 ½ cups extra virgin olive oil  
1 ½ cups balsamic vinegar  
¾ cup honey  
¾ cup Dijon mustard  
½ cup fresh thyme leaves

### ***Basic vegetable salad***

1.5 lbs small mushrooms, sliced  
2 lbs black olives  
4 lbs tomatoes, chopped  
10 peppers, sliced  
4 onions  
Lettuce

## *Raisin Rye Bread (for 10 loaves)*

10 cups raisins  
10 cups water  
6 tbsp plus 2 tsp active dry yeast  
5 cups water  
30 cups whole rye flour  
40 cups whole wheat flour  
3 tbsp plus 1 tsp salt  
5 tsp caraway seeds  
1 ¼ cups plus 1 tbsp molasses  
1 ¼ cups cider vinegar  
1 ¼ cups oil  
raisin water plus additional water, if needed

1. Cook the raisins for 5 minutes in 10 cups water. Drain, reserving the liquid to use as a part of the water measure.
2. Dissolve the yeast in 5 cups water. Stir the dry ingredients in a mixing bowl.
3. Combine the molasses, cider vinegar, oil, and raisin water and add about 7 additional cups of water.
4. Knead well, using water on the table and on your hands to soften the dough. After about 10 minutes, before the dough becomes sticky, flatten dough out on kneading surface, spread the raisins on it, fold it up, and knead the raisins in. Stop kneading when the dough shows signs of becoming sticky.
5. Form the dough into large balls and place it smooth side up in bowls. Cover and keep at warm room temperature. After about 1.5 hours, gently poke the dough. If the hole doesn't fill in or if the dough sighs, it is ready.  
Time to check on it: \_\_\_\_\_
6. Press flat, form into smooth rounds and let the dough rise once more, about 40 minutes.  
Time to check on it: \_\_\_\_\_
7. Press the balls flat and divide each in half. Round them and let them rest until relaxed, then deflate and shape into loaves. Let them rise until they slowly return a gently made fingerprint.
8. Bake about an hour at 350.

## **Log Lunch 8 December 2006 (Recipes serve ~80)**

---

### **Liz Gleason's World Famous Butternut Squash Soup**

28 sweet onions, chopped  
17-19 garlic cloves, minced  
14 butternut squash, peeled and chopped  
14 sweet potatoes, peeled and chopped  
14 granny smith apples, peeled and chopped  
14 green pears, peeled and chopped  
57-84 cups water  
14 vegetable stock cubes  
1 cup fresh sage, minced  
2 cups light cream or whole milk

1. Heat onions and garlic in oil until onions are translucent. Add squash, sweet potatoes and apples, then cover with water. Heat until starting to get soft, 10-15 minutes.
2. Add pears and remaining water with vegetable cubes. Heat until vegetables are very soft.
3. Right before blending, add sage. Puree/blend soup until smooth and practically irresistible to eat.
4. To the smaller cooking pot and relatively close to serving time, add milk/cream.

---

### **Christmas-Colored Salad**

<b>Ingredient</b>	<b>Amount</b>
Spinach	Equivalent to 6 heads lettuce
Lettuce, red leaf	6 heads
Kidney beans, cooked	2 lbs, dry
Craisins	3 containers
Red peppers	12
Tomatoes	4 lbs
Feta cheese	1 lb

Combine everything except cheese (serve on the side). Make it look festive and beautiful!!

---

## **Sara's Mom's Favorite Almond Drop Cookies - Kwanzaa-Colored!**

---

4 cups melted butter  
3 cups sugar  
4 eggs  
4 tsp almond extract  
10 cups flour  
2 tsp b. powder  
Red, blue, yellow food coloring  
Cocoa powder

1. Preheat oven to 375.
  2. Mix together melted butter, sugar, eggs, and almond extract in a bowl.
  3. Add flour and baking powder and mix.
  4. Divide dough into 3 sections (with one a little smaller than the other two). To the small section, add cocoa powder until the cookies look dark brown. To one of the larger sections, add a lot of drops of red food coloring (maybe 20 or so?). After mixing for a while, it should be pinkish-red, but don't be afraid to err on the darker side. To the other large section, add the yellow and blue colors to get green... It's probably best to mix the colors before adding to the dough.
  5. Drop cookies on cookie sheets. Try making fork designs on the surface, like you see in peanut butter cookies. Bake for 10-12 minutes.
-

# Challah

Ingredient	Amount
Active dry yeast	18 packages
Honey	4 ½ cups
Salt	9 Tbs
Unbleached all-purpose flour	36 cups
Whole wheat flour	18 cups
Hot water (120°)	15 ¾ cups
Eggs, slightly beaten	36
Butter, unsalted, melted	9 sticks

1. Change oven temperature to 350.
2. Place yeast, sugar, salt, and 2 cups of flour in a large bowl. Add water, eggs, and butter. Beat hard with a whisk until smooth, about 3 minutes. Scrape sides of bowl occasionally.
3. Add remaining flour ½ cup at a time. Continue beating until dough is too stiff to stir. Turn shaggy mass out onto a lightly floured board. Adding flour, 1 tablespoon at a time as necessary, knead until dough is smooth and elastic and a layer of blisters shows under skin. The dough needs to be a bit firm for free-form loaves.
4. Place dough in a greased bowl, turning once to grease top. Cover with plastic wrap and let rise in a warm place until doubled, about 1 to 1 ½ hours.  
Time to check on it: \_\_\_\_\_
5. Gently deflate dough, turn out onto a lightly floured surface, and divide into 36 equal portions. Roll each section into a strip and lay 3 strips side by side. Braid each 3 strips from middle to taper ends. Pinch ends and tuck them under. Place on a greased baking sheet. Cover loosely with plastic wrap and let rise until almost doubled, about 30 to 40 minutes. Because of the eggs, challah does not need to completely double. It will rise a lot in the oven.  
Time to check on it: \_\_\_\_\_
6. Bake at 350 for 40 to 45 minutes, or until golden brown. Carefully lift braids off baking sheet with a spatula to cool completely before slicing.  
Time to check on it: \_\_\_\_\_

## **Log Lunch 8 December 2006 (Recipes serve ~80)**

---

### **Liz Gleason's World Famous Butternut Squash Soup**

28 sweet onions, chopped  
17-19 garlic cloves, minced  
14 butternut squash, peeled and chopped  
14 sweet potatoes, peeled and chopped  
14 granny smith apples, peeled and chopped  
14 green pears, peeled and chopped  
57-84 cups water  
14 vegetable stock cubes  
1 cup fresh sage, minced  
2 cups light cream or whole milk

1. Heat onions and garlic in oil until onions are translucent. Add squash, sweet potatoes and apples, then cover with water. Heat until starting to get soft, 10-15 minutes.
2. Add pears and remaining water with vegetable cubes. Heat until vegetables are very soft.
3. Right before blending, add sage. Puree/blend soup until smooth and practically irresistible to eat.
4. To the smaller cooking pot and relatively close to serving time, add milk/cream.

---

### **Christmas-Colored Salad**

<b>Ingredient</b>	<b>Amount</b>
Spinach	Equivalent to 6 heads lettuce
Lettuce, red leaf	6 heads
Kidney beans, cooked	2 lbs, dry
Craisins	3 containers
Red peppers	12
Tomatoes	4 lbs
Feta cheese	1 lb

Combine everything except cheese (serve on the side). Make it look festive and beautiful!!

---

## **Sara's Mom's Favorite Almond Drop Cookies - Kwanzaa-Colored!**

---

4 cups melted butter  
3 cups sugar  
4 eggs  
4 tsp almond extract  
10 cups flour  
2 tsp b. powder  
Red, blue, yellow food coloring  
Cocoa powder

1. Preheat oven to 375.
  2. Mix together melted butter, sugar, eggs, and almond extract in a bowl.
  3. Add flour and baking powder and mix.
  4. Divide dough into 3 sections (with one a little smaller than the other two). To the small section, add cocoa powder until the cookies look dark brown. To one of the larger sections, add a lot of drops of red food coloring (maybe 20 or so?). After mixing for a while, it should be pinkish-red, but don't be afraid to err on the darker side. To the other large section, add the yellow and blue colors to get green... It's probably best to mix the colors before adding to the dough.
  5. Drop cookies on cookie sheets. Try making fork designs on the surface, like you see in peanut butter cookies. Bake for 10-12 minutes.
-

# Challah

Ingredient	Amount
Active dry yeast	18 packages
Honey	4 ½ cups
Salt	9 Tbs
Unbleached all-purpose flour	36 cups
Whole wheat flour	18 cups
Hot water (120°)	15 ¾ cups
Eggs, slightly beaten	36
Butter, unsalted, melted	9 sticks

1. Change oven temperature to 350.
2. Place yeast, sugar, salt, and 2 cups of flour in a large bowl. Add water, eggs, and butter. Beat hard with a whisk until smooth, about 3 minutes. Scrape sides of bowl occasionally.
3. Add remaining flour ½ cup at a time. Continue beating until dough is too stiff to stir. Turn shaggy mass out onto a lightly floured board. Adding flour, 1 tablespoon at a time as necessary, knead until dough is smooth and elastic and a layer of blisters shows under skin. The dough needs to be a bit firm for free-form loaves.
4. Place dough in a greased bowl, turning once to grease top. Cover with plastic wrap and let rise in a warm place until doubled, about 1 to 1 ½ hours.  
Time to check on it: \_\_\_\_\_
5. Gently deflate dough, turn out onto a lightly floured surface, and divide into 36 equal portions. Roll each section into a strip and lay 3 strips side by side. Braid each 3 strips from middle to taper ends. Pinch ends and tuck them under. Place on a greased baking sheet. Cover loosely with plastic wrap and let rise until almost doubled, about 30 to 40 minutes. Because of the eggs, challah does not need to completely double. It will rise a lot in the oven.  
Time to check on it: \_\_\_\_\_
6. Bake at 350 for 40 to 45 minutes, or until golden brown. Carefully lift braids off baking sheet with a spatula to cool completely before slicing.  
Time to check on it: \_\_\_\_\_

## Log Lunch – 9 February 2007

### *Wild Rice and Mushroom Soup*

<b>Ingredient</b>	<b>Amount (for 4-6 servings)</b>
Raw wild rice	1 cup
Water	3 cups
Vegetable oil	2 Tbsp
Leeks, rinsed and chopped	2 cups
Carrots, peeled and chopped	1 cup
Celery, diced	1 cup
Rosemary, dried	½ tsp
Thyme, dried	½ tsp
Bay leaves	2
Salt	2 tsp
Fresh wild mushrooms, rinsed, tough stem ends removed, and chopped	4 oz
Dried shitake, broken into little pieces, stems discarded	4 mushrooms
Water	4 cups
Soy sauce	3 Tbsp
Dry sherry	¼ cup
Black pepper	To taste

1. In a pot with a tight fitting lid, bring the rice and 45 cups of water to a boil. Reduce heat, cover, and simmer until the rice is tender, about 45 minutes.
2. Meanwhile, heat the oil in a soup pot and sauté the leeks for 5 minutes.
3. Add the carrots, celery, rosemary, thyme, bay leaves, salt, and all the mushrooms, and sauté for another 5 minutes.
4. Stir in the water, soy sauce, and sherry and simmer for 10 minutes.
5. Remove the bay leaves.
6. When the rice is cooked, stir it into the soup. Add pepper to taste and serve hot.

## ***Herb (and Cheese) Bread***

Bread part

<b>Ingredient</b>	<b>Amount (for 3 loaves)</b>
Warm water	2 cups
Active dry yeast	1 ½ Tbsp (1 ½ packages)
Sugar	1 Tbsp
Bread flour	3 cups
Salt	1 Tbsp
Unbleached all purpose flour	3 cups
Cornmeal	For sprinkling

Herb (and cheese) part

<b>Ingredient</b>	<b>Amount (for 3 loaves with cheese and 1 without)</b>
Dried basil	1 Tbsp
Chervil leaves	1 Tbsp
Dried tarragon	2 tsp
Dried savory	2 tsp
Dried thyme	2 tsp
Fresh ground black pepper	1 ½ tsp
Olive oil	1/3 cup
Medium or sharp cheddar cheese, grated	1 1/8 cup

*First, prepare French Bread dough...*

1. In a large bowl using a whisk: pour in the warm water and sprinkle the yeast and sugar over the surface of the water. Stir until combined. Let stand at room temperature until dissolved and foamy, about 10 minutes.
2. Add 8 cups of the bread flour and the salt. Beat hard until smooth, about 3 minutes. Add the remaining 4 cups bread flour and most of the all-purpose flour, a bit at a time, until a shaggy dough that clears the side of the bowl is formed.
3. Turn the dough out onto a lightly floured work surface and knead until soft, silky, and resilient, dusting with flour only 1 Tbsp at a time as needed to prevent sticking. The dough should not be sticky.
4. Place the dough in a lightly greased deep bowl. Turn once to coat the top and cover with plastic wrap. Let rise in a *cool* area until tripled in bulk, 1 ½ to 2 hours.

Time to check on it: \_\_\_\_\_

If you have time, punch it down and let it rise again for about an hour.

Time to check on it: \_\_\_\_\_

*Now, while the bread is rising, prepare the herbs...*

5. Combine herbs and pepper with olive oil. Let stand 1 hour.

*Back to the bread, once it has risen...*

6. Gently deflate dough, turn out onto a lightly floured surface and divide into 12 equal portions. Knead in more flour only if the bread seems sticky.

7. For each portion: Roll or pat out into an 8-by-12-inch rectangle. Using a spatula, spread with herbs and oil. Sprinkle 9 of them with cheese. Leave a 1-inch margin around all the dough. Roll up jelly-roll fashion from the long edge. Pinch seams and ends. Place on a greased baking sheet and sprinkle with cornmeal.

8. Let rise, loosely covered with plastic wrap, about 30 minutes, until puffy and doubled.

Time to check on it: \_\_\_\_\_

At this point, preheat the oven to 400F.

9. Slash the top of each loaf with a serrated knife, no more than ¼ inch deep.

10. Spray a mist of water into the oven, or throw a few ice cubes onto the oven floor to crisp the crust.

11. Bake for 35 to 40 minutes, or until crusty and the loaves sound hollow when tapped with your finger.

Time to check on it: \_\_\_\_\_

### ***Green Salad with Ginger Miso Dressing***

#### Salad

<b>Ingredient</b>	<b>Amount (for 80)</b>
Lettuce	10 heads
Cucumbers	10
Broccoli	7 heads
Carrots	10

#### Dressing

<b>Ingredient</b>	<b>Amount (for 2 cups)</b>
Vegetable oil	¾ cup
Dark sesame oil	2 Tbsp
Cider vinegar or rice vinegar	¼ cup
Light miso	¼ cup
Fresh ginger root, grated	3 Tbsp
Water	½ cup

Combine the canola oil, sesame oil, vinegar, miso, and ginger in a blender and whirl until smooth. With the blender still running, add the water in a thin, steady stream. The dressing will become thick and creamy.

### ***Banana Chocolate Loaf***

<b>Ingredient</b>	<b>Amount (for 16 servings)</b>
Bananas, mashed	2 cups (6 bananas)
Vanilla extract	1 ½ tsp
Egg, slightly beaten	1
Honey	¼ cup
Whole wheat flour	1 ¼ cup
Baking powder	2 tsp
Margarine	2 Tbsp
Chocolate chips	1 cup

1. Preheat oven to 350°F.
2. Combine the bananas, vanilla, egg and honey in a large bowl and mix well. In another bowl combine the flour and baking powder and mix well.
3. Add the flour mixture to the banana mixture and mix lightly. Add the melted margarine and mix just until moistened. Add the chocolate chips.
4. Pour the batter into a lightly greased pan and bake in the preheated oven for 45 minutes to 1 hour, or until a knife inserted in the center comes out clean.
5. Remove the bread from the pan and cool on a wire rack for at least 30 minutes before slicing.

## Log Lunch – 23 February 2007

### *Lentil Soup*

<b>Ingredient</b>	<b>Amount (serves 6-8)</b>
Dry lentils, assorted colors!	3 cups
Water	7 cups
Salt	2 tsp
Garlic cloves, crushed	6-8
Onion, chopped	2 cups
Celery, chopped	2 stalks
Carrots, diced	2
Basil	1 tsp
Thyme	½ tsp
Oregano	½ tsp
Black pepper	Lots
Tomatoes	2-3 cups
Red wine vinegar	To drizzle on top

1. Place lentils, water, and salt in a kettle. Bring to a boil. Lower heat to the slowest possible simmer, and cook quietly, partially covered, for 20 to 30 minutes.
2. Add vegetables (except tomatoes), herbs, and black pepper. Partially cover, and let simmer peacefully another 20 to 30 minutes, stirring occasionally.
3. If we have some non-canned tomatoes: heat a medium saucepanful of water to boiling. Drop in the tomatoes for 10 seconds, then take them out, peel the skins, squeeze out the seeds, chop the remaining pulp. Add to the soup. Let the soup cook for at least 5 minutes more.
4. Serve hot, with a drizzle of vinegar on top of each steaming bowlful.

### *Lemon Bars*

<b>Ingredient</b>	<b>Amount (60-80 servings)</b>
Margarine, softened	8 cups
White sugar	4 cups
All-purpose flour	16 cups
Eggs	32
White sugar (again)	12 cups
All-purpose flour (again)	2 cups
Lemons, juiced	16

1. Preheat oven to 350.
2. Blend together softened margarine, 4 cups sugar, and 16 cups flour. Press into cookie sheets (936 square inches total). Bake “crust” for 15-20 minutes in preheated oven, until firm and golden.
3. Whisk together the remaining 12 cups sugar and 2 cups flour. Whisk in the eggs and lemon juice. Pour over baked crust.
4. Bake for an additional 20 minutes in the preheated oven. The bars will be pretty gooey when they come out of the oven, but they’ll firm up as they cool.
5. After the bars have cooled, you may want to sprinkle powdered sugar on the top.

## ***Oatmeal-Bulgur Bread*** (makes 3 loaves)

### *Sponge*

1 tbsp yeast  
2 tbsp light brown sugar  
2/3 cup bulgur wheat  
2 ¼ cups warm water  
2 cups all-purpose or bread flour

### *Dough*

1 ¼ cups regular rolled oats  
¼ cup wheat bran  
¼ cup light brown sugar  
3 tbsp vegetable oil  
1 tbsp salt  
3 to 3 ½ cups all-purpose or bread flour, use combination of white and whole wheat

1. *Sponge*: Pour water in a bowl. Sprinkle the yeast, 10 tbsp brown sugar, and bulgur wheat over surface of water and let stand 5 minutes. Add the first 10 cups of flour and beat hard until well moistened and creamy. Cover with plastic wrap and let stand at room temperature until foamy, about 1 hour.
2. *Dough*: To the bowl with the sponge, add rolled oats, bran, brown sugar, oil, and salt. Beat hard for about 1 minute. Add flour, 1 cup at a time, and beat for another minute or until stretchy and well-moistened. Continue adding flour slowly until dough pulls away from sides of bowl.
3. Turn the dough out onto a lightly floured surface and knead until smooth and elastic, about 5 minutes, dusting the surface with flour as needed.
4. Place the dough in a greased bowl. Turn to coat and cover with plastic wrap. Let rise at room temperature until doubled in bulk, 1.5 to 2 hours.
5. Gently deflate dough. Turn out onto a floured surface. Grease baking sheets. Divide dough into (approximately 12) equal portions. Form and place on baking sheets. Cover loosely and let rise until doubled, about 45 minutes.
6. Preheat ovens to 375. Right before baking, using a serrated knife, gently slash the top of each loaf no more than ¼" deep. Bake 35 to 40 minutes, until loaves are browned and sound hollow.

## ***Carrot and Parsnip Salad*** (10 servings)

2 cups carrots, shredded  
2 cups parsnips, shredded  
¾ cup celery, fine dice  
1 tbsp red onion, minced  
2 tbsp smoked dulse, toasted, crumbled  
2 tsp apple cider vinegar  
2 tsp prepared mustard  
1 tbsp fresh parsley  
2 tbsp sunflower seeds

Combine all ingredients and mix well. Season to taste.

### **Ginger bread Cake** (a 9 serving recipe times 6)

7.5 cups all purpose flour  
12 teaspoons ground ginger  
6 teaspoon ground cinnamon  
6 teaspoon baking soda  
1.5 teaspoon ground cloves  
1.5 teaspoon salt  
1.5 cup finely chopped crystallized ginger  
3 cup vegetable oil  
3 cup mild-flavored (light) molasses  
3 cup (packed) dark brown sugar  
6 large eggs  
9 teaspoons grated lemon peel  
Chocolate chips – use your discretion!  
3 cups boiling water

Preheat oven to 350°F. Butter and flour 8-inch square metal baking pan. Whisk first 6 ingredients in medium bowl to blend well; whisk in crystallized ginger. Whisk oil, molasses, and brown sugar in large bowl to blend; whisk in egg and lemon peel. Gradually whisk in dry ingredients, then boiling water, then chocolate chips. Transfer batter to prepared pan.

Bake cake until tester inserted into center comes out clean, about 30 minutes. Cool cake 15 minutes. (Can be made 1 day ahead. Cool completely; cover and store at room temperature.) Cut cake into squares; sift powdered sugar over. Serve warm or at room temperature with topping.

### **Whole Wheat Flat Breads**

(recipe for about 8-10, times 7)

Mix together:

14 cups Indian whole wheat flour  
14 teaspoon salt  
about 5.25 cup warm water (enough for a kneadable dough)

Sift the whole wheat flour if possible, and mix with salt. Make a well and add the water, enough to make a kneadable dough. Knead the dough for several minutes, cover, and leave aside for at least 1/2 hour or, ideally, up to

2 hours. After about 1 hour (or right before rolling out), punch the dough and knead again without any more water.

Make 1.5 balls; dip each one into dry whole wheat flour, and roll out into thin, 6" circles. Place a flat, ungreased griddle on the stove at medium-high heat. When hot, place a rolled-out chapati "right side" down on the griddle. (The "right side" is the one facing you when you roll it.) When bubbles are visible, turn over and cook until tiny brown spots appear on the side facing the griddle.

If you have a gas stove, hold the chapati with a pair of tongs, and place it directly over the burner flame for a few seconds, until the chapati puffs up. Turn and repeat on the other side.

If you have an electric stove, keep the chapati on the griddle. With a wadded up paper towel to protect your fingers, press gently all around the chapati. Flip the chapati and press gently around the other side. This procedure should make the chapati puff up. (If you press too hard, the chapati will become too crunchy.)

Remove the chapati from the heat

Optional: butter with ghee on the "right side."

### **PEAR APPLE CHUTNEY**

3 firm-ripe red Bartlett pears

3 Granny Smith apples

1.5 cup golden raisins

3/4 cup rice vinegar (not seasoned)

1/4 cup plus 2 T sugar

1.5 tablespoon finely chopped peeled fresh gingerroot

1.5 teaspoon mustard seeds

3/4 teaspoon cinnamon

Halve and core pears and apples. Cut 2 pear halves and 2 apple halves into 1/4-inch-thick slices and chop remaining pears and apples.

In a saucepan combine sliced and chopped pears and apples with remaining ingredients and bring to a simmer, stirring gently. Simmer chutney, covered, stirring occasionally, until fruit is just tender, 10 to 15 minutes, and cool.

Chutney may be made 1 day ahead and chilled, covered. Serve chutney chilled or at room temperature.

Makes about 6 cups.

### **Salad dressing:**

8 cloves garlic

4 tsp salt

16 tsp curry powder (wow!)

4 tsp fresh ginger

12 T lemon juice

36 T olive oil

Grind the garlic and salt to a paste in the mortar and pestle. Add the curry powder and ginger and continue to blend. Add the spices to the lemon juice and olive oil

## CURRIED RED LENTIL SOUP (serves 6-8, times 8)

10 T olive oil	14 cups (about 6 pounds) split red lentils, picked over and rinsed
8 cup chopped yellow onion	Kosher salt
16 T finely grated fresh ginger	Freshly round black pepper
About 8 serrano chilies, stemmed, seeded and chopped	40 tsp. ( a little more than $\frac{3}{4}$ cup) balsamic vinegar
16 garlic cloves, chopped	plain yogurt
16T, about 1 cup garam masala	chutney
64 (!!!???) cups water or combination vegetable broth and water	Pea sprouts or chiffonade of lettuce, for garnish

1. In a large pot over medium heat, warm the olive oil. Add the onions, cover and cook, stirring once or twice, until they begin to brown, about 12 minutes.
2. Stir in the ginger, chilies, and garlic and cook until fragrant, about 3 minutes. Add the garam masala and cook, stirring, for 2 minutes.
3. Add water, lentils, 4T of salt and 2-3 T of pepper. Bring to a simmer, lower the heat and cook, uncovered, stirring occasionally, until the lentils have disintegrated almost to a puree, about 30 minutes.
4. Stir the vinegar into the soup and **adjust the seasoning!!!**
5. To serve, ladle into bowls and top with a dollop of the yogurt and a dollop of the chutney, then the pea sprouts or lettuce.

## GREEN GREEN NOODLE SOUP

*Serves 90*

1 cup olive oil  
45 cups minced onions  
½ cup + 2 Tbsp salt  
¼ cup + 1 Tbsp thyme  
¼ cup + 1 Tbsp oregano  
80 cloves garlic, minced  
30 zucchini, cut in quarters lengthwise and then sliced thinly  
22.5 lbs spinach, minced (or 300oz frozen chopped spinach, defrosted and drained)  
90 cups water  
ground black pepper, to taste  
12 lb dry spinach noodles (any shape)  
7-8 cups pesto  
2 cups parmesan for the top

Boil water for the noodles in the big pot next to the ovens.

Heat the oil in the two soup pots. Add onion, salt, thyme, and oregano, and sauté over medium heat for 10-15 minutes, or until the onion is clear and soft.

Add garlic, zucchini, and spinach. Continue to sauté another 5-10 minutes over medium heat, stirring frequently, until the spinach is wilted and the zucchini is just tender.

Add the water and bring to a boil. Cover, lower heat, and simmer for about 5 minutes, or until bright green. Season to taste with black pepper and extra salt, if needed. Meanwhile, cook the noodles.

Puree approximately half the soup in a blender or food processor, and return it to the un-pureed half.

Drain the cooked noodles.

How to serve (assembly line style):

Each person puts some noodles, about 1 Tbsp pesto, a ladle of soup, and a sprinkle of parmesan into their bowl. Note: If this seems too complicated we can probably mix them all together to serve.

## GEORGIAN CHEESE BREAD

*Serves 90*

18 cups white flour  
1 ½ Tbsp salt  
6 ½ cups cold butter, cut into pieces  
24 eggs  
2 ¼ cups plain, unsweetened yogurt  
7 cups muenster cheese, grated  
4 cups havarti cheese, grated  
A few Tbsp cornmeal for the baking sheets

Mix flour, salt, and butter in a large bowl.

In a separate bowl, mix 9 eggs with the yogurt.

Combine the two mixtures and form into a ball. Chill for one hour.

In another bowl, combine 9 eggs and the grated cheeses.

Preheat the oven to 350.

Divide the dough into 8 sections and roll out each into a rectangle about 12x17 inches.

Drape half of each rectangle onto a greased and cornmealed baking sheet.

Spread the cheese/egg mixture onto the dough.

Fold over the other half of the dough and pinch the edges.

Beat remaining 6 eggs and brush on tops of dough.

Bake for 50 minutes or until nicely browned.

## SIERRA NUGGETS

*Makes 9 dozen 2-inch cookies*

4 ½ cups white flour  
1 Tbsp + 1 tsp baking soda  
1 Tbsp salt  
1 ½ Tbsp cinnamon  
¾ tsp nutmeg  
1 ½ tsp ground cloves  
3 cups butter (6 sticks), softened  
3 cups brown sugar, firmly packed  
4 ½ cups white sugar  
½ cup + 1 Tbsp skim or 2% milk  
1 ½ Tbsp vanilla  
6 eggs, lightly beaten  
3 cups cornflakes (dry, not crumbled)  
9 cups quick oats  
3 cups shredded coconut  
6 cups (36oz) chocolate chips  
3 cups chopped walnuts

Lightly grease baking pans. Preheat oven to 350 degrees.

In a bowl, combine flour, baking soda, salt and spices; set aside.

In another bowl, cream together butter and sugars until smooth. Mix in milk, vanilla and beaten eggs.

One at a time, stir in cornflakes, oats, dry ingredients, coconut, chocolate chips, and nuts, just until each addition is incorporated.

Drop dough by well-rounded teaspoonfuls onto greased cookie sheets.

Bake for 10-12 minutes; let stand 2 minutes before removing from cookie sheets.

## GREAT GREEN SALAD

*Serves 90*

70 cups lettuce, washed and broken into smaller pieces  
20 avocados - peeled, pitted, and cubed  
16 cucumbers, sliced  
16 green peppers, chopped  
green grapes, cut in half  
5 cups olive oil  
2 ½ cups white wine vinegar  
1 ¼ cup Dijon mustard  
3 Tbsp + 1 tsp salt  
3 Tbsp + 1 tsp ground black pepper  
1 ½ Tbsp white sugar  
1/3 cup + 2 Tbsp chopped fresh parsley  
1/3 cup + 2 Tbsp lemon juice  
30 cloves garlic, chopped

In a large bowl, whisk together the olive oil, vinegar, mustard, salt, pepper, sugar, parsley, lemon juice, and garlic. Add the avocado and stir to coat with the dressing.

Just before serving, add the lettuce, cucumbers, green peppers, and grapes. Toss to coat with the dressing.

## PROPOSED TIMETABLE

6am - start bread and chill dough  
    chop onions, garlic, zucchini for soup  
    grate cheese for bread  
    take out butter to soften  
7:30am - start soup  
    assemble bread  
8am - cook first batch of bread  
    make cookie dough  
9am - cook second batch of bread  
10am - bake cookies  
    make salad dressing and add avocado  
    prepare the rest of the salad fixings  
11am - puree half of soup  
11:30am - cook noodles

## *Gypsy Soup*

40 medium-sized ripe tomatoes  
2 ½ cups olive oil  
40 cups chopped onion  
60 garlic cloves, crushed  
20 stalks celery, minced  
40 cups butternut squash peeled, diced  
7 tbsp salt  
¾ cup mild paprika  
7 tbsp turmeric  
7 tbsp basil  
cinnamon, to taste  
cayenne, to taste  
20 bay leaves  
60 cups (15 quarts) water  
15 medium bell peppers plus the dehydrated peppers, diced  
30 cups cooked chick peas

- 1) Heat a pot of water to boiling. Core the tomatoes and plunge them in the boiling water for a slow 10 seconds. Remove the tomatoes and peel them. Cut them open; squeeze out and discard the seeds. Chop the remaining pulp and set aside.
- 2) Heat the olive oil in a kettle. Add onion, garlic, celery, and squash and sauté over medium heat for about 5 minutes. Add salt, and sauté 5 minutes more. Add seasonings and water, cover, and simmer about 15 minutes.
- 3) Add tomato pulp, bell pepper, and chickpeas. Cover and simmer for about 10 more minutes, or until all the vegetables are as tender as you like. Adjust seasonings and serve.

## *Struan*

<b>Ingredient</b>	<b>Amount</b>	<b>Notes</b>
High-gluten bread flour	35 cups	
Uncooked polenta	2.5 cups	
Rolled oats	2.5 cups	
Brown sugar	2.5 cups	
Wheat bran	1 2/3 cups	
Salt	20 tsp	
Active dry yeast	15 Tbsp	
Brown rice, cooked	2.5 cups cooked	1 cup dry
Honey	1 ¼ cup	
Buttermilk	3 ¾ cup	Vegan sub
Water	7.5 cups	

First:

Proof the active dry yeast in 20 Tbsp warm water.

### Mixing:

In a bowl, mix all of the dry ingredients, including the salt and the yeast. Add the cooked brown rice, honey, and buttermilk and mix. Then, add about 5 cups of the water, reserving about 2.5 for adjustments during kneading. With your hands, squeeze the ingredients together until they make a ball. Sprinkle some flour on the counter and turn the ball out of the bowl and begin kneading. Add small quantities of water as needed.

### Kneading:

Because struan has so many whole grains, it takes longer to knead than most breads. The dough will change before your eyes, lightening in color, becoming gradually more elastic and evenly grained. The finished dough should be tacky but not sticky, lightly golden, stretchy and elastic rather than porridgelike. If it flakes or crumbles, add a little more water.

### Proofing:

Wash out the mixing bowl and dry it thoroughly. Put in the dough and cover with plastic wrap. Allow dough to rise in a warm place for about 1 hour or until it has doubled in size.

Time to check on it: \_\_\_\_\_

### Forming loaves:

Cut the dough into 12 to 15 pieces. Roll up each piece into a loaf by pressing on the center with the heels of your hands and rolling the dough back over itself until a seam is formed. Tuck all the pieces of dough or end flaps into the seam, keeping only one seam in the dough. Pinch off the seam, keeping only one seam in the dough. Pinch off the seam, sealing it as best you can and put the loaf, seam-side down, in greased bread pan. (I don't understand all this "seam" stuff, so if you don't either, don't worry about it. Just make the loaves.) Cover and allow dough to rise for about 45 minutes or until doubled in bulk.

Time to check on it: \_\_\_\_\_

### Baking:

Bake at 350 for approximately 45 minutes (maybe a little less).

### ***Ken Brown's Mom's Molasses Crinkle Cookie Bars***

<b>Ingredient</b>	<b>Amount</b>	<b>Notes</b>
Butter	6 cups	
Brown sugar	8 cups	
Eggs	8	
Molasses	2 cups	
Flour	17.5 cups	
Baking soda	5 Tbsp	
Salt	1 tsp	
Cloves	4 tsp	
Cinnamon	8 tsp	
Ginger	8 tsp	

1. Cream together butter, brown sugar, eggs, and molasses.
  2. In a separate bowl, mix everything else.
  3. Mix wet and dry ingredients together.
  4. Spread on greased cookie sheets. Sprinkle with sugar. Bake at 375 for about 10 minutes.
  5. Eat.
- 

### ***Five-herb salad***

96 cups mixed salad greens  
16 to 32 cups celery leaves  
32 to 48 scallions, sliced on the diagonal  
1 cup chopped fresh basil  
4 cups chopped fresh parsley  
1 cup chopped fresh dill  
1 cup chopped fresh mint  
1 cup fresh lemon juice or balsamic vinegar  
1 cup olive oil  
16 to 32 garlic cloves, finely minced or pressed... food processor?  
salt and pepper to taste

## Log Lunch – 5 January 2007

### *Middle Eastern Chickpea Soup (serves 50-70)*

9 large red potatoes, diced

36 cups water

27-36 cups reserved potato-cooking liquid or vegetable stock

12 cups dry chickpeas (approx. 6 lbs)

½ cup minced fresh mint

1 cup olive oil

9 large onions, chopped

27 garlic cloves, minced or pressed

5.5 tbsp salt

9 tbsp cumin

9 tbsp coriander

3 tbsp turmeric

1-3 tsp cayenne

Ground black pepper to taste

18-20 tomatoes, diced (18 cups)

Boil the potatoes in the water until very soft and then drain, reserving the cooking liquid.

With a blender, combine the potatoes and about 7 cups cooking liquid or stock and purée; then transfer to a soup pot.

Combine the chickpeas, mint, and about 14 cups of the cooking liquid/stock and blend until very smooth.

Add the chickpea purée to the soup pot and heat gently, stirring frequently.

Meanwhile, in a skillet, heat the oil and sauté the onions, garlic, salt, cumin, coriander, turmeric, cayenne, and black pepper until the onions are translucent, at least 10 minutes. Stir the sautéed onions into the soup. Add liquid as needed.

When the soup is hot, stir in diced tomatoes and cook for a few more minutes. Add salt and black pepper to taste.

### *Sweet Potato Bread*

*(10 loaves)*

<b>Ingredient</b>	<b>Amount</b>
Soy milk, hot	10 cups
Sweet potato, mashed	10 potatoes (6 cups)
Margarine	1 ¾ cups
Molasses	4 cups
Salt	6.5 Tbs
Orange, rind and juice	10 oranges
Cinnamon	5 tsp
Active dry yeast	1 ¼ cup
Water, warm	2 ½ cups
Sugar	5 tsp
Flour, white	30 cups = 8.4 lbs
Flour, wheat	20 cups = 5.8 lbs

1. Cook and mash the sweet potatoes!
2. Mix sugar into warm water. Dissolve the yeast. Allow it to foam.
3. Heat the soymilk.
4. Place the soymilk, sweet potatoes, margarine, molasses, salt, orange rind and juice, and cinnamon, in a large bowl. Stir in the dissolved, foaming yeast.
5. With an electric mixer (if we have one) at low speed, beat in 16 cup of flour.
6. Increase speed to medium and beat, scraping down the sides frequently.
7. Stir in by hand enough additional flour to make the dough roll away from the sides of the bowl.
8. Turn onto a floured board and knead for 15 minutes, until the dough is shiny and elastic and bubbles appear under the surface.
9. Form into a ball and place smooth side down on an oiled bowl, turning to coat both sides. Cover with plastic wrap and a towel and let rise until doubled in bulk. (~1 hours)
10. Punch down and knead again for 15 minutes.
11. Divide dough into 8 parts, cover, and let rest while you clean up.
12. Shape into loaves and place on greased trays. Cover and let it rise again until double. (~45 minutes)
13. Bake at 375 for 10 minutes; reduce heat to 325 and bake for 35 to 40 minutes more.

***Dead-of-Winter Fruit Salad (for 70 people)***

<b>Ingredient</b>	<b>Amount</b>
Apples	2 pecks
Pears	1 peck
Bananas	10-12
Oranges	10-12
Frozen berries	4 lbs

1. Cut up apples, pears, and oranges. Mix them together in the serving bowls.
2. Add the frozen fruit. As it defrosts, stir the bowl of fruit occasionally.
3. Shortly before serving, add the bananas.

***Sunflower chip cookies (8 dozen)***

- 2 ¼ cups flour
- 1 ¼ cups wheat germ
- 6 tbsp dry milk powder
- 1 ½ tsp baking soda
- 1 ½ cups margarine
- 1 ½ cups brown sugar
- 6 tsp vanilla
- 3 eggs
- 2 packages chocolate chips (24 oz)
- 1 ½ cups sunflower seeds (already have)
- 1 ½ cups peanuts

Mix together flour, wheat germ, milk powder, and baking soda.

In a separate bowl, cream together butter and brown sugar until light and fluffy. Mix in egg and vanilla. Stir in dry ingredients.

Stir in chocolate chips, sunflower seeds, and peanuts. Then drop by rounded teaspoons onto greased baking sheets.

Bake at 350 for 8-12 minutes.

NICARAGUAN LOG LUNCH – 12 January 2007  
for 60 people

***Corn tortillas***

16 cups masa harina  
2 tsp  
11 cups water

1. Combine all three ingredients in a bowl, mixing thoroughly until evenly moistened and the mixture forms a firm springy ball. Add water or cornmeal in small amounts to adjust moisture level.
2. Cover with a clean damp towel or plastic wrap and let rest for 1 hour at room temperature. Keep covered while pressing or rolling out tortillas.
3. Shape the tortillas: With wet hands, divide dough into approx. 70 equal portions about the size of an egg and roll each piece into a ball. Place each ball between 2 pieces of plastic wrap. On a flat surface, place a plate or other flat object on top of tortilla and press, turning at regular intervals, until tortillas are thin and even. If the edges crack, press on the plastic to smooth, or trim with a knife, or leave them cracked.
4. Place tortillas in the refrigerator, wrapped in the plastic, until ready to bake.
5. Lay tortillas on lightly oiled pan. Bake in preheated 375 oven 4-6 minutes or until lightly browned.

***Beans and Rice***

**Beans**

<b>Ingredient</b>	<b>Amount</b>
Black beans	15 cups (5 ½ lbs)
Onion, chopped	4
Bay leaves	15
Cold water	60 cups
Salt	To taste
Vegetable oil	7 ½ tsp
Garlic, chopped	23 cloves

**Rice**

<b>Ingredient</b>	<b>Amount</b>
Onion, chopped	8
Tomatoes, canned	15 cups (1 lb)
Garlic, chopped	15 cloves
Rice	15 cups (7 ½ lbs)
Vegetable oil	7 ½ tsp
Vegetable broth	30 cups

**To make the beans**

1. Soak beans overnight.

2. Put the beans into a large pot with the onion, bay leaves, and water. Bring the water to a simmer and cook the beans until they are tender, 1½ to 3 hours. Add water as needed as the beans cook. Season to taste with salt (optional) and cook until very soft.
3. Remove from heat and discard the bay leaves. Strain off any remaining liquid and set aside.
4. In a medium, non-stick skillet, warm the oil over medium heat. Add the garlic and cook until fragrant, about 1 minute. Add ½ cup of cooked beans to the skillet and mash them with the back of a wooden spoon. Gradually stir in the liquid from the bean pot and cook until the paste is quite thick. Stir the mashed bean mixture back into the pot of beans and simmer together for 4 to 5 minutes.

**To make the rice**

1. In food processor or blender, puree the onion, tomatoes and garlic.
2. In a medium, non-stick saucepan, warm the oil over medium heat. Add the rice and stir until light golden.
3. Stir in the vegetable puree and cook until all the moisture has been absorbed.
4. Stir in the chicken broth and season lightly with salt (optional). Bring the rice to a simmer, reduce heat to very low, cover the pan. Cook until the rice is tender, and the broth is absorbed, about 20 minutes.

**Salsa Fresca – 30 cups**

<b>Ingredient</b>	<b>Amount</b>
Tomatoes	45
Scallions, finely minced	30
Garlic, minced	30 cloves
Parsley, finely minced	½ lb
Cilantro, finely minced	½ lb
Cumin seeds, lightly toasted	15 tsp
Salt	14 tsp
Cider vinegar	15 Tbs (8 oz)
Olive oil	15 Tbs (8 oz)
Lime juice, fresh	15 Tbs (5 limes?)
Crushed red pepper	To taste

***Temperate smoothies***

- 1 container plain fat free yogurt
- 4 packages frozen mangos
- one dozen bananas
- 64 oz orange juice
- frozen apples, pears, and fruit mixture
- 12 tbsp honey

One blender will make about four servings of smoothie.

In each blender, combine 1 banana, two cups frozen fruit, 1 cup orange juice, 1 scoop of yogurt, 1 tbsp honey, and ¼ cup water. Blend and adjust liquid content by adding more juice or water, if necessary. Combine each blender-ful in a large pot and store in refrigerator until ready to serve.



## LOG LUNCH - 19 January 2007

### *Eastern European Vegetable Stew* – 6 to 8 servings

Ingredient	Amount
Olive oil	2 tbsp
Onions, chopped	2 cups
Garlic cloves, minced	3
Potatoes, peeled and diced	1 cup
Carrots, peeled and diced	1 cup
Parsnips, peeled and diced	1 cup
Turnips and/or rutabaga, peeled and diced	2 cups
Beets, peeled and diced	2 cups
Water	6 cups
Salt	2 tsp
Bay leaves	2
Dill, minced	1 Tbs fresh or 1 tsp dried
Cider vinegar	¼ cup
Beet greens, Swiss chard, or spinach, rinsed and chopped	5 cups
Salt and pepper	To taste

1. In a large soup pot, heat the oil and add the onions and garlic. Cover and sauté on medium heat for about 7 minutes, stirring frequently, until the onions are soft.
2. Add the potatoes, carrots, parsnips, turnips and/or rutabaga, beets, water, salt, bay leaves, and herbs. Cover and bring to a boil, then cook on medium-low heat for 15 minutes.
3. Add the vinegar and the greens. Gently simmer for 5 to 10 minutes, until the greens are tender.
4. Add salt and pepper to taste. Find and discard the bay leaves.
5. Set out yogurt as an accompaniment.

### *Cranapple-Walnut Cake*

1 ¾ cups light brown sugar or 1 cup honey plus 2 tbsp orange juice concentrate  
½ cup vegetable oil  
2 cups flour  
1 tsp baking soda  
1 tsp cinnamon  
½ tsp nutmeg  
1 tsp salt  
2 eggs  
1 tsp vanilla  
2 cups cooking apples, sliced  
½ cup walnuts (and pecans, if necessary), chopped  
½ lb fresh whole cranberries

1. If using honey: whip honey at high speed about 10 minutes, or until it turns white and opaque.
2. Cream together oil and sweetener.
3. Add eggs and vanilla. Beat well.
4. Combine flour, b. soda, cinnamon, nutmeg, salt and add to the wet ingredients until thoroughly combined.
5. Stir in apples, cranberries, nuts.
6. Bake in greased pans 45-50 minutes at 350.

### ***Sunflower-Millet Bread – 2 loaves***

<b>The Mix: Ingredient</b>	<b>Amount</b>
Water	1.5 cups
Uncooked millet	1 cup
Margarine	¼ cup
Honey	¼ cup
Salt	1.5 tsp

<b>The Sponge: Ingredient</b>	<b>Amount</b>
Active dry yeast	1 package
Wrist-temperature water	1 cup
Honey	1 drop
Unbleached white flour	1 cup

Furthermore

<b>Ingredient</b>	<b>Amount</b>
Sunflower seeds	1 cups
Whole wheat bread flour	2 cups
White flour	2.5 cups

A. Prepare the mix:

1. Bring 1.5 cups water to a boil in a medium-saucepan. Add the millet, cover, and turn the heat to very low. Cook for 15 minutes, or until all the water is absorbed and the millet is tender. Fluff with a fork.
2. Add the remaining mix ingredients, and stir until well combined. Let it cool to room temperature before adding it to the sponge.

B. Prepare the sponge:

1. Place the water in a large bowl and sprinkle in the yeast. Add honey and let stand for a minute or two.
2. Beat in flour with a whisk, cover the bowl, and put it in a warm place to rise for 40 minutes.

Time to check on it: \_\_\_\_\_

C. Assemble the dough:

1. Beat the mix into the sponge, along with the sunflower seeds. Add the whole wheat flour, one cup at a time.
2. Knead the dough for about 15 minutes, adding extra flour, as necessary, to combat stickiness.
3. Oil a large bowl, and roll the kneaded dough in it so its surface gets nicely coated. Cover and let rise until its bulk has doubled (1 ½ to 2 hours). Time to check on it: \_\_\_\_\_
4. Punch down the risen dough and return it to the floured surface, and knead for another 10 minutes, adding flour if necessary.
5. Divide in half and form 2 loaves. Oil baking trays, place the loaves on them, and cover with a towel. Let rise until doubled in bulk one more time (30 minutes). Time to check on it: \_\_\_\_\_

D. Bake

1. Bake the risen loaves for about 40 minutes at 375.

### ***Zesty Feta Garlic Dressing***

½ cup olive oil  
2 tbsp cider vinegar or white wine vinegar  
2 garlic cloves, minced and pressed  
2 tsp chopped fresh dill (or 1 tsp dried)  
¾ cup crumbled feta cheese  
2/3 cups milk or buttermilk  
ground black pepper to taste

Combine oil, vinegar, garlic, dill, feta and purée until smooth. Gradually pour in milk or buttermilk and whirl until creamy. Add pepper to taste.

## FINAL LOG LUNCH – 4 May 2007

### ***Spring Minestrone Soup***

(4-6 servings)

1 tbsp olive oil

1 cup onions, chopped

2 leeks, washed and chopped (white and tender green parts only)

2 celery stalks, diced (about 1 cup)

1/4 tsp dried oregano

1 tsp ground fennel seeds

1/2 tsp salt

1/4 tsp ground black pepper

4 cups water, vegetable stock, or bean cooking liquid

1 small zucchini, cubed (about 1 cup)

1 ½ cups cooked cannelli or other white beans (or 15-oz can, drained and rinsed)

2 cups shredded greens, such as Swiss chard, kale, spinach, or beet greens

1 cup green peas, fresh or frozen (optional)

1 cup asparagus, cut (optional)

a splash of lemon juice or cider vinegar, to taste

grated Parmesan cheese

Combine oil, onions, and garlic in a soup pot and sauté about 5 minutes until onions soften. Stir in leeks and sauté for 2-3 minutes. Add celery, oregano, fennel, salt, and pepper and continue to sauté for another 5 minutes, stirring occasionally.

Stir in water or stock and bring to boil. Reduce heat, add zucchini and simmer about 5 minutes. Add white beans and return to a gentle simmer. Stir in greens and, if using, peas and/or asparagus and simmer until tender, about 10 minutes. Just before serving, add lemon juice or vinegar.

Top each serving with Parmesan cheese, if desired, and serve immediately while the greens are at their best and brightest.

### ***Basic Yummy Green Salad*** (serves 6-8)

1 cup coconut and a variety of nuts, lightly toasted

1 cup dried fruit – apricots, figs, raisins, craisins

1 orange

1 head of lettuce

### ***Orange Dressing*** (makes 1 ¾ cups)

1 ½ cups orange juice

¼ cup oil

1 tbsp balsamic vinegar

1 tsp salt

½ tsp black pepper

## ***Mixed Grain Bread***

<b>Ingredient</b>	<b>Amount (2 loaves)</b>
Boiling water	2 cups
Salt	1 Tbs
Butter	2 Tbs
Molasses	1-2 Tbs
Yellow corn meal	1 cup
Rolled oats	1 cup
Lukewarm water	½ cup
Yeast	2 packages (4 ½ tsp)
Rye flour	1 cup
Whole wheat flour	2 cups
White flour as needed	About 1 cup

1. Combine the boiling water with the salt, butter, and molasses in a large mixing bowl. Stir in the corn meal and oats, and while this mixture cools to lukewarm, dissolve the yeast in the warm water. After about 10 minutes, add the yeast to the corn meal mixture.

2. Sift in the rye and whole wheat flour, stirring vigorously. Add enough white flour to make a stiff dough and turn out to knead. Add more white flour as needed to keep the dough from sticking.

3. When the dough is smooth and elastic, form it into a ball and place it in a large buttered bowl. Turn it over once so that all sides are buttered, cover with a towel, and leave in a warm place to rise until double in bulk (around 1 ½ hours).

Time to check on it: \_\_\_\_\_

4. When the dough has doubled, punch it down and form 2 loaves. Place them on a baking sheet which has been greased and sprinkled with corn meal. Allow the loaves to rise until not quite twice their original size (around ½ hour).

Time to check on it: \_\_\_\_\_

5. Bake for about 45 minutes at 375.

## ***Ken Brown's Mom's Molasses Crinkle Cookie Bars*** (makes lots of cookies)

### **Ingredients**

6 cups Butter

8 cups Brown sugar

8 Eggs

2 cups Molasses

17.5 cups Flour

5 Tbsp Baking soda

1 tsp Salt

4 tsp Cloves

8 tsp Cinnamon

8 tsp ground Ginger

1. Cream together butter, brown sugar, eggs, and molasses.

2. In a separate bowl, mix everything else.

3. Mix wet and dry ingredients together.

4. Spread on greased cookie sheets. Sprinkle with sugar. Bake at 375 for about 10 minutes.

5. Eat.

(Vegan!) Curried squash and mushroom soup (yields 4 x 22 = 88 servings)

40 acorn or 20 butternut squash (Peacevalley)  
55 cups water  
22 cups OJ  
22 Tbs oil  
20 onions  
44 medium garlic cloves  
28 tsp salt  
11 tsp ground cumin  
11 tsp coriander  
11 tsp cinnamon  
22 tsp ginger  
6 tsp dried mustard  
10 lb mushrooms, sliced (Delftree)  
22 dashes of cayenne, to taste

Cut squash lengthwise and remove seeds. Place facedown on slightly oiled trays and bake until soft (~40 min). Cool squash then scoop out innards. Purée squash with water until smooth, transfer to bowl and add OJ.

Heat oil and add onion, garlic, salt and spices in bottom of pots. Sauté until soft (you may need to add some more water to prevent burning!). Add mushrooms and continue to sauté for about 20 min. Add squash and cayenne. Then add veggie stock until you bring the soup up to a reasonable level (eyeballing it a bit).

### Pita Bread (makes 100)

12 cups water  
2 tsp yeast  
26-30 cups all-purpose white flour  
2 2/3 Tbs salt

Combine water and yeast in big bowl. Let stand 5 min then stir until yeast dissolves. Add 8 cups flour and all of the salt. Stir until well mixed. Add enough of the rest of the flour until difficult to stir. Turn out and knead on counter, adding rest of flour as needed. Shape in ball, cover and let rise until doubled (1-1 ½ hours).

After first rising, knead briefly, then cut dough into approximately 100 pieces. Flatten each with the palm of your hand then shape into a tight little ball. Cover and let them rise again, this time for ~30 min.

Place balls on well floured counter, dust the tops with flour then roll each into a disk about 6-7 inches in diameter. Sprinkle trays with cornmeal then put the pitas on them.

Bake pitas in 400 degree oven. Make sure racks are in the middle of the oven (so only do two sheets at a time!) Pitas only need to bake about 4 min, until they puff up a bit and the bottoms are slightly golden. Cut in half before serving?

### Hummus

2 lbs canned chickpeas  
1 cup lemon juice (maybe a little less? Taste-test it)  
2 cups tahini  
10 cloves garlic  
1 cup chopped parsley  
½ tsp cayenne  
1 ½ Tbs salt

Drain the chickpeas and save the liquid. Purée all the ingredients together in the food processor, adding the chickpea juice and the lemon juice in small doses until desired consistency and taste has been reached.

Greek Salad (serves 90)

Lettuce for 90 (a little bit less than last time)

12 Tomatoes

5 Cucumbers

3 cups Greek Olives (kalamata?)

2 cups Feta cheese (on side)

Use leftover salad dressing we have.

German Marble Cake (serves 14 x 6 = 84 servings)

6 cups butter

9 cups white sugar

24 eggs

6 cups milk

6 tsp almond extract

19 ½ cups all-purpose flour

¾ Tbs baking powder

¾ tsp salt

1 ½ cups cocoa powder

18 Tbs dark rum

Cream butter with sugar. Beat in eggs, then milk and almond extract.

In another bowl, mix the flour, baking powder and salt. Beat flour into creamed mixture.

Turn half the batter into another bowl and mix with the cocoa and rum.

Layer the two batters in the pans and swirl together with a knife.

Bake cake at 350 for a little over 1 hour.

## **New England Summer Squash Soup**

(serves 84)

14 cups diced onions  
14 celery stalks, chopped  
14 garlic cloves, minced  
14 cups unsweetened apple juice (112 oz)  
14 butternut squash, peeled, seeded, and cubed  
14 potatoes, diced  
42 cups water and/or vegetable stock  
14 bay leaves  
2 1/3 Tbsp thyme  
2 1/3 Tbsp salt  
1 Tbsp + 1/2 Tsp nutmeg  
28 cups sliced mushrooms (84 oz)  
2 3/4 cups dry sherry  
1 cup soy sauce  
1 Tbsp marjoram  
9 1/3 cups evaporated skimmed milk (75 oz)  
salt and ground black pepper to taste

Combine the onions, celery, garlic, and apple juice in a large soup pot. Cover and simmer for about 10 minutes, until the vegetables soften. Add the squash, potatoes, water/stock, bay leaves, thyme, salt, and nutmeg. Bring to a boil, cover, lower the heat, and simmer until the vegetables are very soft, about 20 – 25 minutes.

While the soup simmers, sauté the mushrooms in an uncovered skillet with the sherry, soy sauce, and marjoram until the mushrooms are tender and most of the liquid has evaporated, about 5 minutes. Set aside.

When the squash and potatoes are soft, remove the soup pot from the heat and, working in batches, puree the soup with the evaporated skimmed milk in a blender or food processor. Reheat gently. Add salt and pepper. Serve topped with the sautéed mushrooms.

## **Think Pink! Salad**

40 apples

10 lbs carrots

~18 beets (cooked??)

Wash, then shred (use food processor and/or cheese grater).

Mix in 2-3 cups lemon juice.

## **Tassajara Yeasted Bread**

(makes 16 loaves)

I. 20 cups of lukewarm water

8 Tbsp yeast (1/2 cup)

1.5 cups honey

1 cup molasses

8 cups dry milk

20 cups wheat flour (10 lbs)

8 cups white flour (4 lbs)

II. 1/2 cup + 2 Tbsp salt

2 cups oil

24 – 32 cups additional whole wheat flour + more if necessary (12 – 16 lbs)

Dissolve yeast in water.

Stir in sweetening and dry milk.

Stir in whole wheat flour until thick batter is formed.

Beat well with spoon (100 strokes).

Let rise 60 minutes.

Fold in salt and oil.

Fold in additional flour until dough comes away from sides of bowl.

Knead on floured board, using more flour as needed to keep dough from sticking to board, about 10-15 minutes until dough is smooth.

Let rise 50 minutes.

Punch down.

Let rise 40 minutes.

Shape into loaves.

Let rise 20 minutes.

Bake in 350 oven for one hour.

Remove from pans and let cool.

## **Jam Bars**

(serves 72)

Cream: 4 cups butter (2 lbs)  
4 cups powdered sugar (2 lbs)  
4 cups light brown sugar (2 lbs)

Add: 2 2/3 Tbsp vanilla extract  
8 eggs

Add: 1 1/3 Tbsp baking powder  
1 1/3 Tbsp ground cinnamon  
12 cups flour (6 lbs)  
2 tsp salt

Set aside 6 cups of dough and mix with 3 cups of chopped pecans and 3 cups of oats.  
This becomes the crumble.

Press remaining dough into pan. Spread 6 cups of preserves on top.

Sprinkle the crumble on top.

Bake at 350 until lightly browned, about 40min.

**Log Lunch 10 November 2006**  
*Recipes for 90 servings*

***Westphalian Vegetable Stew***

<b>Ingredient</b>	<b>Amount</b>	<b>Notes</b>
Butter	2.25 cups	Vegan substitute
Chopped leeks, white and tender green parts	45 cups	Peace Valley?
Dried thyme	9 tsp	
Ground fennel seeds	18 tsp	
Bay leaves		
Garlic cloves, minced	36	
Dry white wine	9 cups	
Carrots, chopped	18 cups	
Potatoes, chopped	36 cups	Peace Valley?
Parsnips or turnips, chopped	18 cups	Whatever you can get local
Water or vegetable stock	72 cups	
Salt	18 tsp	
Green beans, cut	27 cups	
Pears, peeled and chopped	18 cups	Bosc, Bartlett, or whatever you can get local
Cider vinegar	18 Tbsp	
Dijon mustard	36 tsp	
Ground black pepper	To taste	

***Solstice Salad (how beautiful!)***

<b>Ingredient</b>	<b>Amount</b>	<b>Notes</b>
Mixed greens	72 cups	1 head=6 servings? so 12 heads?
Beets	92	Peace Valley?
Cider vinegar	23 Tbsp	
Salt and ground pepper	To taste	
Raisins	11.5 cups	If you need to buy more, buy golden
Orange juice	5.75 cups	
Pine nuts	5.75 cups	
Oranges	46	
Jicama, cut into matchsticks	46 cups	
Lemon juice	46 Tbsp	Buy real lemons
<i>Dressing</i>		
Red wine vinegar	5.75 cups	
Extra virgin olive oil	5.75 cups	maybe not this much!!!
Salt	To taste	
Ground black pepper	To taste	

***Basic Whole Wheat Bread***

6 tablespoons (packages) yeast  
 54 cups whole wheat bread flour  
 7 1/2 tbsp salt  
 20 1/4 cups water  
 1 cup honey

½ cup to 1 cup margarine (whatever amount you want!)

1. Dissolve yeast in 4.5 cups warm water.
2. Mix flour and salt, stirring to make flour fluffy. Make a well in the mixture.
3. Dissolve honey in 20 cups water. Pour this and yeast mixture into the flour well. First combine ingredients to make a smooth batter then fold in flour from sides until you get a soft dough. Knead the dough thoroughly until it is soft, elastic, and smooth. Work the margarine into the dough, without melting it, about halfway through kneading.
4. Let dough rise at 80 degrees for 1 ½ to 2 hours.

Dough started to rise at: \_\_\_\_\_ .

Then gently press out the accumulated gas, form the dough into a round ball again, cover, and let rise again for half the time as before.

Second rise: \_\_\_\_\_ .

5. Turn dough out onto a lightly floured surface. Without breaking the smooth top surface, deflate the dough by pressing with wet or floury hands from one side to the other, expelling gas.
6. Cut dough into approx. 18 pieces, form them into loaves/balls and let them rise 30 to 45 minutes. Preheat oven to 425 degrees. Time: \_\_\_\_\_ .
7. Place bread in hot oven. After 10 minutes, reduce temperature to 325 degrees. Bake for another 45 minutes to an hour.

### ***Winter Squash Bars***

8 cups winter squash, cooked and puréed  
6 cups sugar  
4 ½ cups applesauce  
16 eggs  
4 tsp vanilla  
2 tsp salt  
4 cups flour  
4 cups whole wheat flour  
8 tsp baking powder  
4 tsp baking soda  
4 tsp cinnamon

Beat together squash, sugar, applesauce, eggs, vanilla, and salt in a bowl.

Mix in flours, baking powder, baking soda, and cinnamon.

Pour into lightly greased jelly roll pans. Bake at 350 degrees for 25-30 minutes.

**LOG LUNCH 17 NOVEMBER 2006**  
**Recipes for 80 people**

***Brussels sprout salad with lemon-thyme vinaigrette***

24 pounds fresh Brussels sprouts, ends trimmed, halved through stem end  
1 <sup>3</sup>/<sub>4</sub> cups fresh lemon juice  
½ cup plus 2 tbsp Dijon mustard  
7 cups olive oil  
7 Tbsp chopped fresh thyme or 7 tsp dried  
40 heads Belgian endive, cut into 1.5" pieces  
7 large heads radicchio, cut into 1.5" pieces  
8 cups dry white beans

1. Cook Brussels sprouts in large pot of boiling salted water until just tender, about 8 minutes.
2. Drain. Rinse with cold water and drain well. Transfer to medium bowl.
3. Combine lemon juice and mustard in small bowl. Gradually whisk in oil. Add thyme. Season to taste with salt and pepper.
4. Combine endive and radicchio in large, shallow bowl. Toss with enough dressing to coat lightly.
5. Mix Brussels sprouts with remaining dressing. Mound atop salad, add beans, and serve.

## ***French Roasted Onion Soup***

85 large Spanish onions, cut lengthwise into thin slices  
136 garlic cloves, minced or pressed  
6 tbsp salt  
2 cups olive oil  
68 bay leaves  
6 tbsp dried thyme  
17 cups dry white wine  
2 cups soy sauce  
4 cups grated Parmesan cheese

1. Preheat oven to 375.
2. In shallow baking pans large enough to accommodate onions in single layers, combine onions, garlic, salt, oil, bay leaves, and thyme. Roast for 45 to 50 minutes, stirring every 15 minutes, until the onions have softened and lightly browned.
3. Remove from oven, add the wine to the baking pans, and stir well with a wooden spoon to deglaze.
4. Transfer the roasted mixture to a soup pot. Add the stock\* and soy sauce, cover, and bring to a boil. Then lower the heat and gently simmer for 30 minutes. Find and discard bay leaves and add salt and pepper. Serve with grated cheese.

### *\*Vegetable stock:*

1 cup canola oil  
17 large onions, chopped (food processor?)  
68 garlic cloves  
170 cups or approx. 10 gallons water  
34 carrots, peeled and chopped (food processor?)  
17 potatoes, scrubbed and coarsely chopped  
34 celery stalks with leaves, chopped  
17 portabella mushrooms or 130 button mushrooms, chopped  
17 cups fresh parsley, coarsely chopped  
34 bay leaves  
4.25 tsp whole black peppercorns  
8.5 tsp salt  
102 whole cloves

1. In a large soup pot, heat the vegetable oil. Add onions and garlic and sauté until lightly browned.
2. Add all of the remaining ingredients, cover, and bring to a boil. Lower the heat and simmer for about 50 minutes, until all of the vegetables are very soft.
3. Strain the stock through a sieve or colander.

## *Potato Rosemary Focaccia*

<b>Ingredient</b>	<b>Amount</b>
Active dry yeast	8 1/3 T
All purpose flour	45 cups
Potatoes, cooked and mashed	20 cups (12.5 lbs)
Salt	2/3 cups
Garlic cloves, sliced thin	20
Dried rosemary, crumbled	1/4 cups
Olive oil	3 1/3 cups
Small potatoes	15 lbs
Peppers, dried	

1. Cook the potatoes. Mash 20 cups of them and leave the rest un-mashed.
2. In a small bowl sprinkle the yeast over 10 cups warm water and let it proof for 5 minutes (or until foamy).
3. In a large bowl combine 40 cups of the flour with the mashed potatoes and the salt until the mixture resembles coarse meal.
4. Add the yeast mixture, and stir the dough until it is combined well.
5. Turn the dough out onto a floured surface and knead it (incorporating as much of the 1/2 cup flour as necessary to prevent it from sticking) for 8 to 10 minutes, or until it is smooth and elastic.
6. Form the dough into a ball, put it in an oiled bowl, and turn it to coat it with the oil. Let the dough rise, covered with plastic, in a warm place for 1 1/2 hours, or until it is double in bulk.  
Time to check on it: \_\_\_\_\_
7. While the dough is rising, in a small bowl stir together the garlic, rosemary, and oil, and let the mixture stand, covered.
8. Turn the dough out into a well oiled 15 1/2 by 10 1/2 inch jelly-roll pan. Press it evenly into the pan, and let it rise, covered loosely, in a warm place for 45 minutes or less, or until it is almost doubled in bulk.  
Time to check on it: \_\_\_\_\_
9. Slice the extra potatoes into paper thin slices. Arrange the slices on the dough, overlapping them, and brush them with the oil mixture, discarding the garlic.
10. Sprinkle the focaccia with salt and pepper to taste and bake in the bottom third of a preheated 400F oven for 45 to 50 minutes, or until it is golden.
11. Let the focaccia cool in the pan on a rack and serve it warm or at room temperature.

## *Ukrainian Poppy Seed Cake*

<b>Ingredient</b>	<b>Amount</b>
Poppy seeds	11 ¼ cups
Milk	15 cups
Butter or margarine	For the pan + 30 sticks
Sugar, white or light brown	15 cups
Eggs	45
Flour	30 cups
Baking powder	15 T
Baking soda	15 t
Salt	7 ½ t
Vanilla extract	15 t
Lemon juice	2 ¾ cups
Lemon rind	5 T

1. Place poppy seeds and milk in a small saucepan. Heat just to the boiling point, but remove from heat before it actually boils. Set aside and allow to cool for at least 15 minutes.
2. Preheat the oven to 350F. Butter the pans.
3. Cream the butter and sugar in a large mixing bowl. Add eggs, one at a time, beating well after each.
4. Sift together the dry ingredients in a separate bowl. Add this to the butter mixture alternately with the poppy seed-milk, beginning and ending with the dry mixture. Stir just enough to blend thoroughly, adding the vanilla, lemon juice, and lemon rind at the end.
5. Spread the batter into the prepared pan, and bake for about 40 minutes, or until a cake tester comes out clean. Cool for 10 minutes, then invert onto a plate. Allow to cool completely before slicing.

*Log Lunch 13 October 2006*  
*Serves 80*

***Roasted Red Pepper Coconut Soup***

96 red bell peppers!  
2 cups oil  
32 cups onions, chopped  
32 garlic cloves  
5 tbsp red pepper flakes or 4 tsp cayenne (be conservative!)  
5 tbsp salt  
32 cups undrained canned tomatoes (that's 16 16-ounce cans)  
28 cups reduced-fat coconut milk (that's 16 14-ounce cans)  
32 cups water

Roasting the peppers:

Place peppers on burner (or in a pot) to maximize contact with heat. Try to get all the skins to turn black. Remove blackened peppers from flame and place in paper bags to steam for 20-30 minutes. When cool, rinse under cold water and peel off the skins.

Making the soup:

In a covered soup pot on medium heat, warm oil. Add the onions, garlic, red pepper flakes, salt and sauté for approx. 15 minutes, until the onions are soft and translucent. Remove the pot from heat and add tomatoes, coconut milk, water, and roasted peppers. In batches, puree the soup until smooth. Return to heat and cook on medium heat until hot. Serve immediately.

---

***Zucchini Brownies***

5 cups flour  
3 ¾ cups whole wheat flour  
1 2/3 cups baking cocoa  
2 ½ tsp baking soda  
2 ½ tsp salt  
Combine in a large bowl, then stir in: 15 cups zucchini, shredded.

5 eggs  
3 ¾ cups sugar  
3 ¾ cups brown sugar  
2 ½ cups plain yogurt  
2 ½ cups oil  
5 tsp vanilla  
Combine in a separate bowl and beat with a fork. Stir into zucchini mixture. Spread evenly into pans.

5 cups chocolate chips

2 ½ cups nuts

Sprinkle on top of batter. Bake in preheated oven at 350 until toothpick comes out clean, 35-40 minutes.

---

***Lemon-Tahini Dressing*** (for green leaf, tomato, chick pea, onion salad)

4 cups tahini

3 cups water

2 cups fresh lemon juice

6 cloves garlic

6 tbsp fresh, chopped parsley

2 tsp cumin

Pinch of cayenne pepper

Salt

Pour tahini into a large bowl. Gradually whisk in water and lemon juice until smooth and creamy.

Whisk in remaining ingredients and salt to taste. Add additional water, if necessary, to achieve a consistency of heavy cream.

---

***Pita Bread***

10.5 cups water

1 ¾ tsp dry yeast

24-26 cups all purpose white flour

7 tsp salt

1. Combine water and yeast in a large bowl. Let stand 5 minutes, then stir with a wooden spoon until yeast dissolves. Add about 8 cups of flour and the salt; stir until well-combined. Add enough of the remaining flour to make a thick mass that is difficult to stir. Turn out onto a lightly floured surface and knead, adding flour until the dough is smooth, soft, and elastic.

2. Shape the dough into a ball then place it into an oiled bowl. Let rise until doubled (approx. 1 hour) at approximately 78 degrees!

Dough started to rise at: \_\_\_\_\_.

3. Deflate the dough by pulling up on the sides and pushing down in the center. Turn onto a well-floured surface. Knead briefly. Cut the dough into 94(!) 2 ounce size pieces. Flatten each with the heel of your hand and shape into a tight ball. Cover with a clean damp towel or plastic wrap and put in a moderately warm place for 30 minutes.

Dough covered at: \_\_\_\_\_.

4. 45 minutes to 1 hour before baking, preheat oven (and a baking stone?) to 400 degrees.

5. Place the balls of dough on a well-floured board and dust the top of each with flour. Roll each into a disk about 6.5 inches in diameter.

6. The oven rack must be in the center of the oven. If it is in the lower or upper third, the pitas will bake unevenly. Work with 4 pitas at a time, keeping the remaining pitas stacked and separated w/ waxed paper and covered with a damp towel. Using a lightly floured utensil, slide the pitas onto the hearth. Bake until the bottoms are lightly golden and the breads are puffed up, about 4 minutes. Serve immediately or keep well-wrapped for later.

*Log Lunch 20 October 2006*  
*Recipes serve 90*

*Potato-Leek Soup*

48 medium-sized potatoes

49 cups cleaned, chopped leeks

16 medium stalks celery, chopped

16 large carrots, chopped

64 cups water

24 tsp. salt

16 cups soy milk

freshly ground black pepper

Snippets of whatever fresh herbs you can get and think would taste good (thyme, marjoram, basil, etc.)

1. Scrub potatoes and cut into 1-inch chunks. Place in a soup pot with the leeks, celery, carrots water, and salt. Bring to a boil, cover, and cook until potatoes are tender. Remove from heat and let it cool until it's no longer hot to pureé.

2. Pureé. Return the pureé to the pot. Stir in milk.

3. Add black pepper to taste, and adjust salt if necessary. Serve hot with a sprinkling of fresh herbs.

### *Salad*

Lots of apples!

7 celery stalks

1 ¾ cups raisins

7 oranges

2 cups raisins or dried currants

3.5 cups cashews

Lettuce (Peace Valley, maybe) – ask Bill, because so far we've had way too much lettuce  
probably 10 heads is good

### *Orange dressing*

6 cups fresh orange juice

1 cup oil

4 tablespoons balsamic vinegar

4 teaspoons salt

2 teaspoons freshly ground black pepper

*Celeste's Sunflower-Oatmeal Bread*

7 packages active dry yeast  
1 tsp sugar  
8 3/4 cups buttermilk (aka soy milk plus 2 tsp lemon or white vinegar per cup milk)  
1 3/4 cups honey  
3/4 cup plus 2 tbsp molasses  
3/4 cup plus 2 tbsp unsalted butter/margarine  
7 cups whole wheat flour  
7 cups rolled oats  
5 1/4 cups raw sunflower seeds  
7 tsp salt  
7 eggs, lightly beaten (or substitute possibly)  
28-35 cups all-purpose flour or bread flour

1. Combine yeast, sugar, and warm water and stir to dissolve. Let stand until foamy, about 10 minutes.
2. Combine buttermilk, honey, molasses, and margarine in another bowl.
3. In a third bowl, combine whole-wheat flour, oats, sunflower seeds, and salt. Add buttermilk mixture, yeast, and egg. Whisk hard for about 3 minutes. Add unbleached flour about 1/2 cup at a time with a wooden spoon until a soft dough forms.
4. Turn dough out onto a lightly floured surface and knead for about 5 minutes, adding flour 1 tbsp at a time as needed to produce a smooth and springy dough. Place in a greased bowl and turn once to grease top. Cover with plastic wrap and let rise in a warm place until doubled in volume, about 1 1/2 hours.

Bread started to rise at: \_\_\_\_\_.

5. Gently deflate dough, turn out onto a floured surface, and divide into 3 round loaves. Place on a greased or parchment-lined baking sheet sprinkled with oats. Cover loosely with plastic wrap and let rise for about 30 minutes, or until doubled.

Set to rest at: \_\_\_\_\_.

6. Bake in a preheated 375 oven for 40 minutes until loaves are brown and bottoms sound hollow.

Put in oven at: \_\_\_\_\_.

*Pumpkin bread*

36 eggs!  
9 cups vegetable oil  
9 cups cooked and pureed pumpkin -  
1 1/4 cups molasses  
9 cups brown sugar  
27 cups whole wheat flour  
4.5 tsp salt  
6 tbsp baking soda  
6 tbsp cinnamon  
3 tbsp nutmeg  
4.5 tsp cloves

Preheat oven to 350. Place eggs in a bowl. Beat until fluffy. Add water, oil, pumpkin, molasses and brown sugar. In a separate bowl combine flour through cloves, then add to wet mixture. Stir together until batter is smooth. Butter trays and pour batter in, leaving some room for the batter to rise. Bake for 45-60 minutes.

## LOG LUNCH 27 OCTOBER 2006

*Recipes serve 90*

### *Spicy Pumpkin and Split Pea Soup*

<b>Ingredient</b>	<b>Amount</b>
Saffron threads	3 ¼ tsp (5/8 oz.)
Vegetable bouillon cubes	To make 150 cups broth
Yellow split peas	18 ¾ cups (dried)
Large onions, chopped	15 onions
Olive oil	15 Tbsp
Ground cinnamon	15 tsp
Ground ginger	3.73 tsp
Pumpkin, peeled, seeded, cubed	90 cups
Parsley, minced	1 bag

In a large metal spoon or a small pan, heat saffron over low heat about 10 seconds until dry, then grind to a powder with the back of a spoon and steep in 1 tbsp boiling water to release flavor, about 1 minute.

Bring broth, peas, and onion to a boil in a large soup pot over high heat. Reduce heat to low and simmer, partially covered, 30 to 40 minutes.

Stir in oil, cinnamon, ginger, spoonful of saffron, and pumpkin. Bring to a boil, then reduce to low and simmer, partially covered, stirring occasionally, about 1 hour.

The soup is done when the pumpkin begins to fall apart and the peas are tender. Salt and pepper and sprinkle with parsley.

## *Seven Grain Bread*

<b>Ingredient</b>	<b>Amount</b>
Boiling water	10.5 cups
Seven grain cereal	7 cups
Warm water	1 ¾ cups
Active dry yeast	10.5 packages
Sugar	Pinch
Vegan buttermilk sub	1.75 cups soymilk + 14 tsp. lemon juice
Honey	2 1/3 cups
Corn or vegetable oil	21 Tbsp
Vegan butter sub, unsalted	14 Tbsp
Vegan egg sub	21 eggs-worth
Salt	7 Tbsp
Flour, unbleached all-purpose bread flour	35 cups

In a small bowl, pour the boiling water over the seven-grain cereal. Let stand for 1 hour to soften and allow the mixture to cool to room temperature.

Pour the warm water in a small bowl. Sprinkle the yeast and sugar over the surface of the water. Stir to dissolve and let stand at room temperature until foamy, about 10 minutes.

In a large bowl using a whisk, combine the buttermilk, honey, oil, butter, eggs, salt, and 1 cup of the flour. Beat hard until smooth, about 1 minute. Add the cereal, yeast mixture and the remaining flour, ½ cup at a time, until a soft, sticky dough that just clears the sides of the bowl is formed. Switch to a wooden spoon when necessary if mixing by hand.

Turn the dough out onto a lightly floured work surface and knead until soft and springy, about 4 minutes, adding the flour a little at a time to prevent sticking. The dough will be nubby and slightly tacky.

Place the dough in a greased deep container. Turn the dough once to coat the top and cover with plastic wrap. Let rise at room temperature until doubled in bulk, 1 to 1 ¼ hours.

Time to check on dough: \_\_\_\_\_

Gently deflate the dough. Turn the dough out onto a floured work surface. Grease baking sheets. Portion the dough into loaves. Put loaves on the baking sheet. Cover loosely with plastic wrap and let rise at room temperature until doubled in bulk, 30 to 40 minutes.

Time to check on dough: \_\_\_\_\_

Preheat the oven to 375. Bake for 35 to 40 minutes. Cool completely before slicing.

## *Julia's Mom's Grandchildren's Oatmeal Cookies*

"A fine, chewy oatmeal cookie, wholesome and nourishing"

7 ½ cups flour  
5 teaspoon cinnamon  
2 ½ teaspoon salt  
5 eggs, lightly beaten  
5 cups sugar  
2 ½ cups melted butter  
5 tablespoons molasses  
1 ¼ cup milk  
9 cups uncooked oatmeal  
4 cups raisins

Preheat the oven to 350 degrees. Melt the butter. Mix the flour, cinnamon, and salt together in a large bowl.

Stir in the remaining ingredients.

Arrange by teaspoonfuls on unbuttered cookie sheets. Bake until the edges are brown, about 10-12 minutes.

## ***Salad***

Leaf lettuce (same amount as last week)  
2 blocks cheddar cheese  
1 lb pecans  
1 lb carrots  
12-14 pears  
pumpkin seeds

## ***Maple-Balsamic Vinaigrette***

3 cups balsamic vinegar  
 $\frac{3}{4}$  cup tbsp soy sauce  
 $\frac{3}{4}$  cup water  
1  $\frac{1}{2}$  cups pure maple syrup  
11 cloves garlic, minced  
Crushed dried red pepper to taste  
1  $\frac{1}{2}$  cups extra-virgin olive oil

## **White Bean and Olive Soup** (84 people)

28 T. olive oil  
14 cups chopped onions  
14 celery stalks, chopped  
14 carrots, chopped  
21 t. salt  
14 t. oregano  
21 t. basil  
14 zucchinis, chopped  
14 bell peppers, chopped  
54 cloves of garlic, crushed  
Fresh black pepper (we can actually grind our own cloves!)  
56 cups water  
42 oz. tomato paste  
3.5 cups dry red wine  
14 cups dry white pea beans  
14 cups black olives  
14 T. fresh lemon juice

Start the beans cooking in the large pot. Place dried beans in water and bring to a boil.  
Reduce heat and simmer for 1 ¼ hours until soft.

Meanwhile, on the hot plates, sauté the onion, carrot, celery, salt and herbs until veggies are soft and onions translucent.

Add zucchini, pepper, garlic and fresh black pepper and cook for 15 min.

Add water, tomato paste and let simmer until done.

## **Sprouts and Seeds Salad**

Lettuce  
Cucumbers  
Bean Sprouts  
Sunflower Seeds

## **Vegan Caesar Dressing**

15 T. olive oil  
20 cloves roasted garlic, chopped  
10 t. mustard  
10 t. Worcestershire sauce  
10 T. white vinegar  
5 T. lemon juice  
5 t. black ground pepper  
8 lb medium tofu

Roast garlic, then blend all ingredients until creamy smooth. Adjust quantities to serve about 80 people with their dressing needs.

## **Whole Wheat Sourdough Bread** (10 loaves)

10 cups active sourdough starter (whole thing)  
7.5 cups water  
21 cups finely ground whole-wheat flour  
10 t. salt  
15 T. honey  
20 T. oil

Cornmeal for the pans.

Pour starter into a mixing bowl. Add the water, the salt, honey, and oil. Whisk together.

Add the flour a cup at a time and stir. Make sure the dough is well mixed, feeling it to see if the water has been incorporated through the dough.

Turn the dough out onto a lightly floured surface and start kneading. About half way through the kneading, the dough will get a lot less sticky, even without adding much flour. Try not to add too much flour. (I usually add about 1/2 cup per loaf in the kneading process.)

Form the dough into a ball, and then, holding the ball in two hands, tuck the surface of the ball into the bottom of the ball, which will cause the surface of the ball to stretch and form a gluten cloak on the outside of the ball of dough. Don't stretch the dough so much that you tear the dough.

Put a bit of oil in the bottom of a bowl, put the smooth side of the dough onto the oil. Turn the bread so it's lightly coated with oil. Cover the bowl, and let the dough rise about 1 1/2 hours in a covered place.

When the dough has doubled in size, gently deflate the dough by pressing your fist into the ball, then fold over the sides of the ball to form it into a new ball, and put the loaf onto greased pans and let rise 1/2 as long as first time (about 45 min).

Slash the bread with a single slash down the center of the loaf. Pop the bread into the oven. Bake at 350 for 30 min and then look at it. If the loaf is quite brown, reduce the temperature to 325 F. If the bread is pale or pinkish, raise the temperature to 375 F.

## **Berry Crisp with Nutty Crunch**

### Crust:

15 cups whole wheat flour  
10 cups light brown sugar  
5 tsp baking soda  
5 cups butter at room temperature

### Filling:

10 pints frozen berries (blueberry and raspberry)  
1 ¼ t. nutmeg  
3 t. cinnamon  
10 t. lemon juice

### Topping:

10 cups oats  
2.5 cups sesame seeds, toasted  
2.5 cups flax seeds, toasted  
5 cups honey  
10 T. toasted sesame oil

Mix ingredients for the crust in a bowl. Add chunks of the butter and use two knives or an actual pastry cutter to “cut” the butter in. Press dough onto the bottom of the baking pans and up along the sides!

Mix ingredients for the filling in a bowl and spoon on top of the dough.

Toast the seeds. Mix all ingredients for the topping until crumbly and sprinkle it on top of the filling.

Bake at 350 for 40-50 minutes or until done.

## **Portuguese Cornmeal Bread (makes 14 loaves)**

6 T Yeast  
.5 cup sugar  
14 cups warm water  
14 T melted butter  
.5 cup salt  
3.5 cups cornmeal  
42 cups all purpose flour  
 $\frac{3}{4}$  cup buttermilk

Stir together yeast, sugar, 1  $\frac{3}{4}$  cups warm water until yeast is dissolved. Let stand 5-10 min until foamy.

Add remaining water, butter, salt, cornmeal and 38.5 cups flour and stir until mixture forms dough.

Turn dough out onto floured surface and knead, adding just enough flour to keep from sticking, until smooth and elastic.

Transfer dough to large oiled bowl, turn once to cover top in oil and drape cloth over bowl. Let rise 1.5 hours until double in size.

Turn dough out of bowl, knead briefly (and gently!) to remove air and then form into 14 loaves.

Place loaves on greased cookie sheets that have been sprinkled with cornmeal. Let rise a second time, about 1 hour or doubled in size.

Brush the tops of the loaves with milk mixture and cut a  $\frac{1}{4}$  inch deep X on the top of each one with a sharp knife.

Bake at 350 until loaves are golden brown, 55-60 minutes. Let cool before cutting.

## **Spicy Yellow Summer Squash and Split Pea Soup (serves 6x16= 96)**

12 cups yellow split peas, soaked overnight  
16 t ground turmeric  
48 slices fresh ginger  
32 quarts water  
16 large chopped onions  
32 chopped garlic cloves  
32 T canola oil  
16 t whole cumin seed, ground  
32 t whole coriander seed, ground  
12 t black mustard seed, ground  
5 t black pepper  
32 large tomatoes  
16 pounds summer squash, cubed  
16 cups chopped cilantro leaves  
64 cups water  
12 cups coconut milk  
salt to taste

Drain split peas that have been soaking overnight. Put them back in the large tip-pot and add half of the turmeric, the ginger and the water and simmer until the peas are soft.

Cook the onion and garlic in the oil on the two range-pots about 5 minutes. Stir in the rest of the spices, and cook down a bit (about a minute). Add tomatoes, squash and half of the cilantro and cook about 15 minutes.

Now divvy up the peas and move some veggies into the large tip-pot. Add the water and keep cooking about an hour. At 11:30, purée the soup using the hand blender, stir in coconut milk, add salt to taste, and keep warm until 12.

Garnish with the rest of the cilantro leaves.

## **Strawberry-Rhubarb Pie (serves 6x16=96)**

### Crust:

12 cups whole wheat pastry flour  
12 cups white flour  
16 pinches of salt  
4 cups oil  
5 cups ice water

In medium sized bowl, mix flour(s) and salt. In a separate bowl, whisk the oil and water until the oil forms small globules throughout the water. Immediately add oil mixture to the flour and stir with a fork until the dough forms a ball. If the dough still seems too sticky, add a bit more flour.

On a lightly floured surface, roll out the dough to 1/8-inch thickness. Lightly oil the baking pans and press dough against the bottom and sides. Freeze at least 1 hour.

### Filling:

64 cups chopped fresh rhubarb (about 64 stalks)  
8 cups plus 16 T water  
8 cups apple juice  
16 T arrowroot  
24 T agar-agar powder or 48 T agar-agar flakes  
11 cups pure maple syrup (Hopkins Forest?)  
5 cups rice syrup  
16 dashes of salt  
32 cups rinsed sliced fresh strawberries

In a large pot, combine the rhubarb and water and bring to a boil. Cook 5-10 min or until rhubarb is soft. Drain and keep the liquid.

In a large bowl, mix the apple juice, arrowroot, agar-agar and mix well until everything dissolves. Whisk in the maple and rice syrups, the salt, the cooked rhubarb, the strawberries and 8 cups of the rhubarb liquid.

Pour mixture into the frozen pie crusts and bake at 350 for 35-40 minutes. Let cool on rack for about 10 minutes before cutting.

## **Salad**

Spinach  
Lettuce  
Sunflower seeds  
Any other leftover nuts  
Raisins  
Some kind of sprinkled cheese

## **Lemon Sesame Dressing** (makes 2 cups x 3 = 6 cups)

25 T white sesame seeds  
2 ¼ cups canola oil  
9 T lemon juice  
6 T finely chopped onions  
5 T tamari  
3 t ground paprika  
1.5 t chopped garlic  
1.5 cups water  
1 t salt  
0.5 t black pepper

Dry roast the sesame seeds, stirring constantly until browned (5 minutes). Remove and let cool (5 minutes). In the cuisinart, blend the sesame seeds and then add the rest of the ingredients and blend until smooth.

## VEGETABLE PISTOU

*Serves 4-6 x 16 = 96*

### Pesto:

21 cups rinsed packed fresh basil leaves  
42 garlic cloves, minced  
5 cups whole hazelnuts, toasted  
2 ½ cups olive oil  
¾ cup fresh lemon juice  
2 Tbsp + 1 tsp salt

1. Toast a single layer of hazelnuts on an unfoiled tray for about 10 minutes in a 325F oven, until lightly browned and fragrant. Then rub the hazelnuts briskly with a clean towel to remove most of the skins.
2. Combine all of the pesto ingredients in a food processor or blender and puree until smooth. Set aside.

### Soup:

16 cups cut green beans or yellow wax beans (4 lbs)  
16 cups diced potatoes (unpeeled)  
24 cups chopped onions  
16 cups peeled and chopped carrots  
8 cups diced celery  
48 bay leaves  
2 Tbsp + 2 tsp dried marjoram  
64 garlic cloves, minced  
½ cup salt  
4 tsp ground black pepper  
96 cups water or vegetable stock  
24 cups chopped tomatoes  
8 cups quartered and sliced zucchini  
28 cups drained cooked navy beans, cannellini, or cranberry beans

3. In a large soup pot, combine the green or yellow beans, potatoes, onions, carrots, celery, bay leaves, marjoram, garlic, salt, pepper and water or stock. Cover and bring to a boil; then lower the heat and simmer for about 30-40 minutes.
4. Stir in the tomatoes and zucchini, cover and cook for 10 minutes.
5. Add the navy beans, cover, and very gently simmer for 10 to 15 minutes, until all of the vegetables are tender. Remove and discard the bay leaves.
6. Stir the pesto into the soup and serve.

## WALNUT OATMEAL BREAD

*Makes 20 loaves*

5 cups water  
5 cups milk  
5 cups rolled oats  
10 Tbsp butter  
¼ cup + 1 tsp salt  
1 ¼ cups molasses  
1 ¼ cups honey  
5 Tbsp dry yeast  
2 ½ cups warm water  
2 ½ tsp honey  
15 cups whole wheat flour  
35 cups white flour  
10 cups walnuts, chopped roughly

Scald milk with the water in a saucepan. Pour over the oats in a bowl and stir in butter, salt, molasses, and honey. Let it sit until lukewarm.

In a big bowl, dissolve the yeast in the 2 ½ cups warm water with the 2 ½ tsp of honey. When frothing, add the cooled oat mixture and 12 cups of white flour; beat for 3 minutes or 200 strokes; mix in nuts and as much flour (first the wheat, then the white) as it takes to make the dough come off the sides of the bowl. The dough will let you know when it's saturated enough.

Take out the dough and knead it around, adding flour if it's too tacky. Rinse a bowl (or two) with really hot water, then wipe dry fast. Take stick of butter while the bowls are still hot, and rub it around to butter the bowls. Dump in the dough and roll until coated with butter. Cover with towel and let rise until doubled. Punch the dough down. Knead a few times and cut each in half; make sure the kneading gets out most of the air bubbles. Let rest for 10 minutes.

Shape dough into 20 loaves. Place on buttered pans and brush tops with butter. Let rise again until doubled. Heat oven to 350 and bake 45 minutes or until done and golden brown on top. They should sound hollow when tapped. Remove, cool, and enjoy!

## SALAD

Lettuce

Green cabbage, sliced

Cucumbers, sliced and halved

Carrots, grated

## GINGER-MISO DRESSING

*3 quarts*

1 ¼ cups light miso

¾ cup freshly grated ginger root

1 cup cider vinegar

1 cup dark sesame oil

5 ¼ cups vegetable oil

3 cups water

2 Tbsp honey

Prepare the dressing in two batches...

1. Combine half the miso, ginger, vinegar, and sesame oil. Blend with hand blender.
2. Slowly add half the vegetable oil until thoroughly blended.
3. Continue with the slow addition of half the water until the dressing is thick and creamy. Turn off at once; over-blending may cause separation.
4. Repeat

## JESSE DILL'S CINNAMON ROLLS

*Makes 100 rolls*

### Dough:

7 ½ Tbsp active dry yeast  
2 ½ cups warm water  
6 ¼ cups buttermilk  
10 eggs  
27 ½ cups all-purpose flour  
2 ½ cups softened margarine  
2 ½ cups sugar  
3 1/3 Tbsp baking powder  
3 1/3 Tbsp salt

1. Dissolve yeast in warm water in a large bowl. Add buttermilk, eggs, half the flour, butter, sugar, baking powder and salt. Mix well.
2. Stir in remaining flour; dough should remain soft and slightly sticky. Knead for 15 minutes, then let rise in a warm place until doubled, about 1 hour.
3. Heat oven to 375F.

### Topping:

8 cups brown sugar  
2 cups vegetable shortening  
4 sticks margarine  
1 cup corn syrup  
2 Tbsp cinnamon

4. Mix all the topping ingredients together.
5. Roll dough out into big rectangles on the wooden counter.
6. Spread half the topping evenly over the dough. Cut into about 20 long, thin rectangles.
7. Roll each one up with the topping on the inside. Put the rest of the topping on the bottom of a greased baking pan.
8. Bake at 375F for 25 minutes.
9. Remove from oven and turn over the pan onto another pan so the topping drips all over the rolls.

## POTATO SOUP WITH ROSEMARY AND ROASTED GARLIC

*Serves 60*

32 bulbs garlic  
12 pounds russet potatoes  
64 additional cloves of garlic, peeled  
48 cups water  
20 cups chopped onion  
8 large carrots, peeled and cut into large chunks  
¼ cup + 1 ½ Tbsp salt (or to taste)  
1/3 cup dried rosemary (or to taste)  
80 ounces soft silken tofu  
white pepper to taste

1. Preheat oven to 375 F. Line a baking tray with foil. Trim the very tips of the garlic bulbs, then stand them on their bases directly on the foil. Roast until the garlic feels soft when gently squeezed (about 30 minutes, but maybe longer). Remove from the oven and set aside to cool.
2. Peel and cut potatoes into medium-sized chunks. Place the potatoes in a pot with the additional cloves of peeled garlic, water, onion, carrot, salt, and rosemary. Bring to a boil, then cover and simmer until the potatoes are very soft (about 30-40 minutes). Remove from heat; fish out and discard the rosemary.
3. Back to the roasted garlic: When the bulbs are cool enough to handle, break them apart with your hands, and literally squeeze the pulp from each clove into a small bowl. (This task will be a little sticky.)
4. Measure out 1/3 cup roasted garlic, and stir this into the soup, along with the silken tofu, mashed slightly or broken up into pieces. Blend soup with immersion blender until very smooth. Stir well.
5. Heat the soup gently; adjust salt, and add white pepper to taste. Serve hot.

## STRUAN

*Makes 9 loaves*

21 cups white flour  
1 ½ cups uncooked polenta  
1 ½ cups rolled oats  
1 ½ cups brown sugar  
1 cup wheat bran  
¼ cup salt  
½ cup + 1 Tbsp active dry yeast  
1 ½ cups cooked brown rice  
¾ cup honey  
2 ¼ cup low-fat buttermilk  
approximately 4 ½ cups water  
3 eggs

### PREP

1. Cook brown rice.
2. Proof active dry yeast in ¾ cup lukewarm water.

### MIXING

In a bowl mix all of the dry ingredients including the salt and yeast. Add the cooked brown rice, honey, and buttermilk and mix. Then add 3 cups of the water, reserving about 1 ½ cups for adjustments during kneading. With your hands squeeze the ingredients together until they make a ball. Sprinkle some flour on the counter and turn the ball out of the bowl and begin kneading. Add small quantities of water as needed.

### KNEADING

Because Struan has so many whole grains, it takes longer to knead than most bread, usually about 15 minutes. The dough will change before your eyes, lightening in color, becoming gradually more elastic and evenly grained. The finished dough should be tacky but not sticky, lightly golden, stretchy and elastic rather than porridge-like. When you push the heels of your hands into the dough, it should give way but not necessarily tear. If it flakes or crumbles, add a little more water.

### PROOFING

Wash out the mixing bowl and dry it thoroughly. Put in the dough and cover with a damp towel or plastic wrap. Allow the dough to rise in a warm place for about an hour, until it has roughly doubled in size.

### FORMING LOAVES

Cut the dough into nine pieces. Roll up each piece into a loaf by pressing on the center with the heels of your hands and rolling the dough back over itself until a seam is formed. Tuck all the pieces of dough or end flaps into the seam keeping only one seam in the dough. Pinch off the seam, sealing it as best you can and put the loaf, seam-side down, on greased baking sheet. Brush an egg wash solution (3 eggs into 12 cups of water) on top of each loaf and sprinkle poppy seeds on top, if desired.

## SALAD

7 cucumbers

8 large salad-appropriate tomatoes

9 heads lettuce

10 carrots

## LEMON TAHINI DRESSING

*Makes 3 ¾ cups*

1 ½ cups tahini

1 ½ cups water

½ cup + 1 Tbsp fresh lemon juice

3 Tbsp red wine vinegar

4 garlic cloves, minced

1 ½ tsp salt

3/8 tsp ground black pepper

1 Tbsp ground cumin

In a bowl, whisk together all of the ingredients until smooth. Let the dressing sit for at least 15 minutes in the refrigerator before serving.

## CHOCOLATE HONEYCAKE

*Serves 60*

4 cups butter  
8 ounces unsweetened chocolate  
6 cups light-colored honey  
16 eggs  
2 ½ Tbsp vanilla extract  
2 cups unsweetened cocoa  
8 cups unbleached white flour  
1 Tbsp + 1 tsp salt  
¼ cup baking powder  
8 cups chocolate chips

1. Preheat the oven to 350 F.
2. Melt the butter and chocolate together over low heat in one of the saucepans.
3. Place the honey in a large bowl, and beat at high speed with an electric mixer for about 5 minutes. Add the eggs one at a time, beating well after each. Stir in the vanilla.
4. Sift together the dry ingredients into a separate bowl.
5. Beat the melted chocolate mixture into the honey-egg mixture. Fold in the dry ingredients and chocolate chips, and stir until well combined. Spread into greased pans.
6. Bake ~20 minutes, or until a knife inserted all the way into the center comes out clean. Cool before slicing.

Light Swedish Rye Bread (2 loaves x 8)

Sponge:

8 Tbs yeast

12 cups wrist-warm temp water

8 “drops” of molasses

*mix and let stand 5 minutes*

8 cups whole wheat flour

*beat in flour with whisk, cover with damp cloth, let rise 30-60 min, prepare mix*

Mix:

4 cups OJ

8 Tbs salt

32 Tbs melted butter

8 tsp fennel seeds

16 tsp grated orange rind

40 Tbs molasses

*mix together well then beat into risen “sponge”*

12 cups rye flour

12 cups whole wheat flour

36 cups white flour (as needed)

*add flour one cup at a time, mixing with one hand and keeping the other dry in the flour*

*Transition to kneading. Make round loaves, let rise on baking trays 1 hour.*

*(can put sesame seeds on greased trays for a little flair)*

8 egg yolks

8 Tbs water

*beat together and brush on top of loaves after 1 hour.*

*Bake at 375 degrees F for 40 min.*

*Cool 30 min before slicing.*

Potato Leek Soup (serves 6 x 17=102 people)

51 medium potatoes  
51 cups chopped leeks  
17 medium celery stalks, chopped  
17 large carrots, chopped  
68 cups water  
25 ½ tsp salt  
17 cups milk  
black pepper  
snippets fresh thyme or basil?

Put chopped veggie in pot with water and salt.  
Boil until tender.  
Purée in batches, return to pot, stir in milk (15 min before serving!!)  
Keep warm, but really make sure the milk doesn't burn!!  
Add pepper and salt to taste and serve with snippets of herbs.

Orange and Sesame Dressing (makes 2 cups x 6)

6 cups OJ  
1.5 cups red wine vinegar  
3 cups canola oil  
12 Tbs sesame oil  
6 Tbs soy sauce  
3 tsp salt  
3 tsp dry mustard  
6 Tbs minced fresh dill or 1 tsp dried dill  
6 large garlic cloves, minced

Mix together in bowl or cuisinart and voilà!

Salad (to serve 100)

Mixed Greens (about 100 cups)  
2 medium-sized bunches arugula (watercress)  
about 40 radishes  
4 cups whole almonds (roasted?)  
3 oranges  
Nasturtiums to garnish (does someone want to go ravage the Forest Garden??)

Apple Cake (serves 8 x 13= 104 people)

19.5 cups white flour

13 tsp baking soda

13 tsp cinnamon

9.75 cups sugar

26 eggs

6.5 cups veggie oil

19.5 tsp vanilla

26 cups tart apples (Lakeview Orchard instead of Green River Farm??)

Peel, core and chop apples to  $\frac{3}{4}$  inches thick.

Combine flour, baking soda, cinnamon, and sugar in big bowl.

In another bowl, beat eggs until frothy, and mix in oil and vanilla.

Add egg mix to the dry mix and stir until the two are just mixed.

Add apples and pour in the pans. (Should we get different pans for this??)

Bake 30-40 min or until cake pulls away from sides and knife comes out clean.

## **LOG LUNCH 15 September 2006**

**Servings: 100 (except bread and soup, see recipes)**

### **Farm-Style Tomato Salad**

50 lbs. heirloom tomatoes  
8 lbs. bell peppers  
6 lbs onions  
4 large cucumbers  
Parsley  
Opal basil  
40 tbs. red wine vinegar  
40 tsp. Sugar?  
10 tsp. salt

Chop tomatoes, peppers, onions, and cucumbers into bite-sized pieces.  
Chop parsley.  
Mix everything together.  
Garnish with opal basil.

---

### **Peach Bars**

6 cups butter  
6 cups powdered sugar  
6 cups light brown sugar  
12 tsp. vanilla  
12 eggs  
6 tsp. baking powder  
6 tsp. ground cinnamon  
18 cups flour  
3 tsp. salt  
9 cups oats  
6 cups peach preserves  
4 cups peaches

Cream butter with sugars.  
Add vanilla and eggs.  
Add baking powder, cinnamon, flour, and salt.  
Set aside 9 cups dough. Mix with 9 cups oats to make crumble.  
Press dough into pans.  
Mix chopped/sliced peaches with preserves.  
Spread peach mixture on dough.  
Add crumble.  
Bake until lightly browned, about 40 minutes at 350.

---

## **Spicy Summer Squash and Yellow Split Pea Soup**

Servings: 6

$\frac{3}{4}$  cup yellow split peas, soaked overnight in water to cover  
1 tsp ground turmeric  
3 slices fresh ginger  
2 quarts water  
1 large onion, chopped  
2 garlic cloves, chopped  
2 tbsp clarified butter or vegetable oil  
1 tsp whole cumin seed, ground  
2 tsp whole coriander seed, ground  
 $\frac{3}{4}$  tsp black mustard seed, ground  
 $\frac{1}{3}$  tsp pepper  
 $\frac{1}{8}$  tsp fenugreek seed, ground (optional)  
2 large tomatoes, chopped  
1 lb summer squash, cubed  
1 cup fresh cilantro leaves  
4 cups water  
 $\frac{3}{4}$  cup coconut milk  
salt to taste

Drain split peas. Place in large saucepan; add  $\frac{1}{2}$  tsp of the turmeric, the ginger and water to the saucepan. Simmer until the peas are soft.

Cook the onion and garlic in the butter or oil for 5 minutes. Stir in the spices, including the remaining turmeric, and cook 30 seconds. Add the tomatoes, squash and  $\frac{1}{2}$  cup of the cilantro; cook 15 minutes. Stir in the cooked split peas and the chicken stock or water. Simmer, covered, 30 minutes. Cool slightly and puree the soup in a blender. Return to the pan and stir in the coconut milk and salt. Heat through.

Garnish with cilantro leaves.

---

## **Whole-Wheat Basil Bread**

Yield: Two 9-by-5-inch loaves

1 package (1 tbsp) active dry yeast  
Pinch sugar  
 $\frac{1}{2}$  cup warm water  
1 cup warm buttermilk  
1 cup warm water  
 $\frac{1}{4}$  cup honey  
4 tbsp unsalted butter, melted  
5 – 5  $\frac{1}{2}$  cups whole-wheat flour  
 $\frac{1}{2}$  cup minced fresh basil  
 $\frac{1}{2}$  cup pine nuts, chopped

2 ½ tsp salt

1. Sprinkle yeast and sugar over warm water in a small bowl and stir until dissolved. Let stand until foamy, about 10 minutes.
2. Mix buttermilk and water in a medium bowl. Stir in honey and melted butter. Place 2 cups flour, basil, nuts, and salt in a large bowl. Add milk and yeast mixtures and whisk about 3 minutes, or until smooth. Add flour ½ cup at a time with a wooden spoon until a soft dough is formed.
3. Turn dough out onto a lightly floured surface and knead until soft, slightly sticky, and very pliable, about 5 minutes, adding flour 1 tbsp at a time as needed. Keep dough a bit on the soft side, as bread will be lighter this way.
4. Place dough in a greased bowl, turn once to grease top, cover with plastic wrap, and let rise in a warm place until doubled, about 1 to 1 ½ hours. Don't let this dough rise more than double in volume. Gently deflate dough and let rise again, if you have time. It will take half the time to rise the second time.
5. Gently deflate dough, turn out onto a lightly floured surface and divide into 2 sections. Form into loaves and place in two 9-by-5-inch greased pans. Cover loosely with plastic wrap and let rise again until doubled, about 30 minutes.
6. Bake in preheated 350 degree oven for 50 to 60 minutes, or until loaves are brown. Remove from pans to cool on a rack.

## LOG LUNCH 22 September 2006

Servings: 80

### *Soup: Portuguese Kale and White Bean*

Ingredients	Volume	Weight
White beans, dry	5 cups	3 lbs
Onions, chopped	3 $\frac{3}{4}$ qts	5 lbs
Olive oil	$\frac{3}{4}$ cup	
Garlic, minced or pressed	15 cloves	
Fennel seeds, ground	3 Tbsp.	
Oregano, dried	1.5 Tbsp.	
Bay leaves	12	
Sun dried tomatoes, soaked, drained, chopped	1.5 cups	
Carrots, chopped	2 qts.	2 lbs. 4 oz.
Potatoes, chopped	2 $\frac{1}{4}$ qts.	2 lbs. 4 oz.
Vegetable stock or water	1.5 gal. plus 4.5 cups	
Kale, chopped		3 lbs
Tomatoes, fresh or canned, chopped	5 cups	2 lbs
Lemon juice	$\frac{3}{8}$ cup	
Salt and black pepper to taste		

1. If using dried beans, soak the beans in water to cover overnight, or for at least 3 hours; or bring to a boil, remove from heat, and let soak for 1 hour. After soaking, drain and cook the beans until tender in 4 quarts of water until tender. Drain and set aside.
2. Sauté the onions, garlic, fennel, oregano, and bay leaves in olive oil until the onions soften.
3. Soak the sun-dried tomatoes in boiling water to cover and set aside.
4. Add the carrots and potatoes to the onions, sauté briefly.
5. Add the stock (can include the bean liquid), cover, bring to a boil, and then simmer, covered, until the potatoes are barely tender.
6. Add the kale and the fresh and sun-dried tomatoes and simmer until the kale is tender.
7. Add the cooked beans and lemon juice and salt and pepper to taste.
8. Heat gently.

### *Salad*

<b>Ingredients</b>	<b>Amount</b>
Lettuce	
Peppers	
Onions	
Apples	1 peck
Raisins	1 canister
Walnuts, chopped	3 lbs.
Feta cheese	3 containers

### *Dressing*

<b>Ingredients</b>	<b>Amount</b>
cider vinegar	2.5 cups
combined olive and vegetable oil	4.5 cups total
garlic	3 cloves
salt	
black pepper	
basil	2.5 tsp
oregano (dried)	1.25 tsp
celery seed	to taste
parsley	
lemons and oranges	3 of each

## *Seeded Dill Rye*

<b>Ingredients</b>	<b>Amount</b>
Warm water	12 cups
Active dry yeast	9 packages
Light brown sugar	18 Tbs.
Rye flour	9 cups
Instant nonfat dried milk	3 cups
OR dried soy milk	3 cups
OR just leave it out	
Dill weed	6 Tbs.
Dill seed	6 Tbs.
Caraway seeds	6 Tbs.
Salt	15 tsp.
Butter, unsalted, melted	3 Tbs.
OR vegetable oil	2.5 Tbs
Unbleached all-purpose flour or bread flour	24 cups

1. Pour 3 cups of the warm water in a small bowl. Sprinkle the yeast and a pinch of brown sugar over the surface of the water. Stir to dissolve and let stand at room temperature until foamy.
2. In a large bowl using a whisk, combine the rye flour, dried milk (or soy milk, or neither), remaining brown sugar, dill weed, dill seeds, caraway seeds, and salt. Add the remaining water, butter (vegetable oil), and yeast mixture. Beat hard until smooth. Add the flour, ½ cup at a time, with a wooden spoon until a shaggy dough is formed.
3. Turn the dough out onto a lightly floured work surface and knead until smooth and silky, dusting with flour only a bit at a time as needed to prevent sticking.
4. Place the dough in a greased bowl. Turn once to grease the top and cover with plastic wrap. Let rise at room temperature until doubled in bulk, 1 to 1 ½ hours.
5. Gently deflate the dough. Turn the dough out onto a lightly floured work surface. Grease pans. Divide the dough into loaf sized portions (bigger loaves than last week to increase efficiency). Shape each portion and put in the pans. Cover loosely with plastic wrap and let rise about 40 minutes.
6. Twenty minutes before baking, preheat the oven to 375F. Bake bread for 40-45 minutes or until golden brown.
7. Transfer loaves to cooling rack and let cool before slicing.

### *Zucchini Cookies*

<b>Ingredients</b>	<b>Amount</b>
butter	2 ¼ cups
sugar	1.5 cups
brown sugar	1.5 cups
eggs	3
whole wheat flour	4.5 cups
white flour	3 cups
baking powder	4.5 tsp
cinnamon	3 tsp
salt	2 ¼ tsp
ground cloves	1.5 tsp
zucchini	4.5 cups
raisins	2 ¼ cups
walnuts	2 ¼ cups

### *Vegan Oatmeal Cookies*

<b>Ingredients</b>	<b>Amount</b>
margarine	1.5 cups
sugar	2/3 cup
brown sugar	1.5 cup
vanilla	2 tsp
soy milk	1 cup
flour	2 cups
baking soda	1 tsp
ginger powder	½ tsp
cinnamon, cloves, nutmeg	1 tsp each
quick cooking or rolled oats	6 cups
chocolate chips... or carob chips?	a few pounds
raisins	

# LOG LUNCH 29 September 2006

**Servings: 80**

## Whole Wheat Purple Mountain Bread

Ingredient	Amount
Cold water	2.5 cups
Yellow cornmeal, preferably stone-ground	1.25 cups
Boiling water	3.75 cups
Active dry yeast	3.125 Tbs.
Mild honey	1.25 cups
Warm water	1.25 cups
Dry soymilk powder	1.875 cups
Unprocessed wheat bran	1.25 cups
Whole wheat flour	5 cups
Olive oil	.833 cups
Salt	2.5 Tbs.
Sesame seeds	5 Tbs.
Whole wheat flour	1.25 cups
Unbleached all-purpose bread flour	10 cups

1. To prepare the sponge: In a large bowl, whisk together cold water and cornmeal. Let soak 5 minutes. Add boiling water gradually, beating with a whisk. Let stand 10 minutes. Meanwhile, in a small bowl, sprinkle yeast and 1 tsp. of honey over warm water. Stir to dissolve. Let stand until mixture just begins to bubble (5 minutes).
2. Add the soymilk powder, the remaining honey, bran, and the whole wheat flour to the cornmeal mixture and beat until smooth. Add the yeast mixture and beat to combine. Scrape down both the sides of the bowl with a spatula and cover with plastic wrap. Set in a warm place for about 1 hour. The sponge will double in bulk and be bubbly. Gently stir it down with a wooden spoon.
3. To prepare the dough: Sprinkle the oil, salt, sesame seeds, and whole wheat flour over the sponge and, using a wooden spoon or switching to the paddle attachment, beat hard until smooth, about 1 minute. Add the unbleached flour,  $\frac{1}{2}$  cup at a time, until a soft dough is formed that just clears the sides of the bowl.
4. Turn out the dough onto a lightly floured work surface and knead until smooth and springy yet slightly sticky, about 2 minutes, adding only 1 Tbs. flour at a time. Make sure the dough maintains a definite sticky quality. Place in a deep container brushed with olive oil, turn once to coat the top, and cover with plastic wrap. Let rise at room temperature until doubled to tripled in bulk (2  $\frac{1}{2}$  hours).
5. Turn out the dough onto the work surface and divide it into 10 equal portions. Shape them into balls and roll in some bran to coat the top. Place at least 4 inches apart on greased baking sheets that have been sprinkled with cornmeal. Cover loosely with plastic wrap and let rise until not quite doubled in bulk (45 minutes).  
Twenty minutes before baking, preheat oven to 400F.
6. Gently tuck the sides of the loaves under to make higher round loaves, being careful not to deflate them. Bake for 10 minutes. Reduce oven thermostat to 350F, and bake until loaves are deep brown and sound hollow when tapped (an additional 25-30 minutes).

### Quinoa Confetti Salad

Ingredient	Amount
Quinoa, dry	25 cups
Kidney beans, dry	12 cups
Honey	1 Wild Oats container
Almond extract	To taste
Almonds, sliced	1 lb.
Raisins	Already have
Cinnamon	To taste

1. First make the quinoa. Place dry quinoa and 50 cups of water in a saucepan. Bring to a boil. As the water is boiling, add some honey and almond extract to infuse into the quinoa grains. Reduce to simmer, cover, and cook until all the water is absorbed. When it is done, add more honey, maybe some cinnamon, and fluff it into a bowl. Set aside.
2. At the same time, cook the beans in water. When soft, set aside.
3. Combine quinoa, beans, almonds, and raisins. Add honey and cinnamon to taste. If there are extra apples, you can add those too.

### Curried Apple Soup

Ingredient	Amount
canola or peanut oil	1 cup
onions	30 cups
garlic	48 cloves
ginger root	2 cups
salt	less than we have
dry mustard	heaping half cup
turmeric	little more than ¼ cup
ground cumin	little more than ¼ cup
ground cardamom	2.5 tbsp
allspice	2.5 + tbsp
cayenne pepper	1 tbsp
tart apples	80 cups
cinnamon sticks	30 cinnamon sticks
lemon juice	2 cups
coconut, as a topping	not too much
plain yogurt, as a topping	one large container

1. Heat oil in a soup pot. Add onion, garlic, ginger, and salt. Sauté over medium heat for about 5 minutes, or until the onion begins to soften.
2. Add the spices and sauté another 5 minutes over medium heat.
3. Add apples, water, cinnamon sticks, and lemon juice and bring to a boil. Turn the heat down, mostly cover, and simmer for about 10 minutes or until the apples are very tender. Remove from heat.
4. Take out cinnamon sticks and puree bit by bit, so as not to splash yourself!
5. Add optional sweetening and taste to adjust salt. Serve hot or cold, with or without some or all of the toppings.

## Apple Cake

Ingredient	Amount
baking apples (macs?)	25-30 cups
sugar	8 cups
oil	3 cups
eggs	12 eggs
whole wheat flour	6 cups
flour	6 cups
baking soda	¼ cup
cinnamon	¼ cup
salt	2 tbsp
nuts	6 cups
<b>brown sugar</b>	<b>4 cups</b>
<b>2% milk</b>	<b>1.5 cups</b>
<b>flour</b>	<b>6 tbsp</b>
<b>powdered sugar</b>	<b>2 cups</b>

1. Combine apples and sugar in a large bowl. Let stand while mixing other ingredients.
2. Combine oil, eggs, and vanilla in a separate bowl.
3. Combine flours, b. soda, cinnamon, salt, and nuts in another bowl. Stir flour mixture into apples alternately with egg mixture. Pour into greased baking pans. Bake in preheated oven at 350 F 50-60 minutes (until toothpick comes out clean).
4. While cake bakes, heat brown sugar, milk, and flour to boiling, stirring occasionally. Remove from heat. Mix in powdered sugar. Drizzle over hot cake.

## Golden Summer Soup

18 cup chopped onions (Peace Valley)  
1 ½ cup canola/veggie oil  
12 cup peeled and diced carrots (?)  
30 cups peeled and diced sweet potatoes (?)  
72 cups water  
48 cups diced yellow summer squash (Green River Farm)  
24 cups corn kernels (Chenail's)  
2 Tbsp turmeric (noooo)  
1 cup fresh lemon juice  
½ cup salt  
¼ cup dried sage  
freshly ground pepper to taste

garnish: grated Monterey jack cheese, sour cream  
chopped fresh parsley or snipped fresh chives (Peace Valley)

Saute onions in oil—2 min. Add carrots and ½ sweet potatoes, stirring—1-2 min. Add ½ water, cover and bring to boil. Lower heat and simmer—10 min until potatoes are soft. Puree until smooth. Set aside?  
Bring last ½ water to boil, add rest of sweet potatoes, simmer –5 min. Add squash, corn, turmeric, lemon juice, salt and cover. Simmer—10 min. Stir in sage and the puree. Add pepper to taste.

Italian Tomato Basil Dressing

Makes 5.5 cups

33 sun-dried tomatoes (not in oil)  
6 tomatoes, chopped (6 cups) (Peace Valley)  
5 garlic cloves, finely chopped  
1 1/3 cups chopped fresh basil (Peace Valley)  
1 1/3 cups water  
2/3 cup balsamic vinegar  
1 1/2 tsp salt

For Salad: (from Peace Valley)  
20 Yellow and red peppers (mixed)  
15 cups Cherry Tomatoes  
12 heads Lettuce  
10 cucumbers (Green River?)  
Parsley?

## Fudge Brownies

Butter for the pan

45 oz. unsweetened chocolate

4.5 lbs (18 sticks) butter

15  $\frac{3}{4}$  cups packed light brown sugar

45 eggs

4  $\frac{1}{2}$  Tbsp vanilla extract

9 cups white flour

9 cups semisweet chocolate chips

- 1) Butter pans. Preheat oven to 350.
- 2) Gently melt chocolate. Let cool for 10min.
- 3) Cream butter and sugar in a bowl until light and fluffy.
- 4) Add eggs, one at a time, beating well. Stir in vanilla.
- 5) Drizzle in melted chocolate, stir constantly. After chocolate is added beat well for a few minutes.
- 6) Stir in flour and chocolate chips. Mix just enough to blend thoroughly.
- 7) Spread batter into prepared pans. Bake 20-25min, or until a knife inserted into the center comes out clean. Cut into squares while still hot, then allow to cool for at least 10min.

## Roasted 3-Seed Bread

3 cups pumpkin seeds  
3 cups sunflower seeds  
6 Tbsp flax seeds  
48 cups flour  
3 cups wheat bran  
15 Tbsp yeast  
¾ cup salt  
3 cups honey  
3 cups buttermilk powder  
~ 10-12 cups water

Mix the seeds together and roast them on trays in the oven. Remove and cool.

Mix all of the dry ingredients including the roasted seeds (cooled!) and the yeast, then add the liquid ingredients, reserving a little water for adjustments during kneading. Turn the dough onto a floured counter and knead. The dough should be elastic, soft, tacky, but not sticky and the seeds should be evenly distributed. Return the dough to a clean bowl and cover with plastic or a damp towel. Put in a warm place and let rise.

At about 9:00 or 9:30 form the loaves on the trays; let it rise again.

Preheat oven to 350. Bake for about 45 minutes, until loaves sound hollow when tapped on the bottom.

## SPICY TOMATO SOUP

*5 servings (x20)*

1 ¼ cup olive oil  
1 ¼ cup butter  
30 cups minced onion  
60 cloves garlic, minced  
3 Tbsp salt, plus more taste  
7 Tbsp dried dill  
lots of freshly ground black pepper  
560 oz. canned “crushed concentrated tomatoes”  
40 cups water  
1 ¼ cup honey  
40 medium-sized fresh tomatoes, diced  
plain yogurt  
finely minced parsley

1. Heat olive oil and butter in a pot. Add onion, garlic, salt, dill, and black pepper. Stir over medium heat for about 8-10 minutes, or until the onions are translucent.
2. Add the canned crushed tomatoes, water, and honey. Cover and simmer over low heat for 30 to 40 minutes.
3. About 5 minutes before serving, stir in diced fresh tomatoes. Serve hot, topped with yogurt and herbs.

## SALAD

25 heads of lettuce

15 carrots

10 cucumbers

10 green apples (5 Granny Smith and 5 Mutsu)

10 red or green peppers

Wash and cut up lettuce. Peel carrots. Cut up carrots, cucumbers, apples, and peppers so that they're in triangle shapes!

## YOGURT-SESAME DRESSING

makes 6 servings....multiply by 14

7 cups sesame seeds

10 ½ cup yogurt

1 ¾ cup finely minced parsley

a little less than 1 cup light honey

a little more than ¼ cup fresh lemon juice

2 Tbsp + 1 tsp minced garlic

3 ½ Tbsp salt

Up to 4 ½ cups water (optional)

1. Whirl the seeds in the blender for about 15 to 20 seconds, or until ground to a fine meal. (Don't let it turn into a paste.) Transfer to a medium bowl.
2. Add all remaining ingredients, except the water, and mix until well combined. Thin with water to desired consistency. Store in a tightly covered container in the refrigerator.

## SPANAKOPITA

*Makes 90*

1 cup olive oil  
3 lb onions, chopped  
24 cloves garlic, minced  
1 Tbsp dried dill  
3 Tbsp dried oregano  
3 lb. 12oz frozen, thawed, drained spinach  
36 eggs  
1 ½ cups white flour  
21 lbs (10 ½ qts.) cottage cheese  
4 ½ lbs cream cheese or Neufchatel, softened, cubed  
9 lbs (9 qts.) feta cheese  
6 lbs filo pastry  
4 ½ cups butter, melted

1. Saute the onions, garlic, and herbs in oil until the onions are softened and golden.
2. In a large bowl, blend the eggs with flour and then combine with the cheeses, spinach, and sautéed onions.
3. Preheat the oven to 350F.
4. Assemble the filo pastry:
  - a. Butter the pan with a large pastry brush.
  - b. Unfold a 1-lb box of filo leaves and cover them with a damp cloth to prevent drying; 1 lb of filo is needed per pan.
  - c. Lay 3 or 4 filo leaves, overlapped, across the width of a buttered baking pan, letting the edges drape over the sides of the pan. Brush the tops of the leaves with butter out to their edges.
  - d. Repeat with 3 more leaves finishing the bottom layer. Butter, and spoon half the filling onto the filo. Smooth and even out the filling with a rubber spatula. Fold any overhanging filo leaves over the filling.
  - e. For the top layers, lay down 6 layers, 3 leaves at a time, overlapping and buttering each layer from edge to edge, until the filo is used up. Tuck the overhanging filo leaves under the filo pastry. The bottom layers will use 6 leaves, and the top layers will use 18 leaves, for a total of 24 leaves.
  - f. Repeat this process for your second strudel, using the remaining filling and a second box of filo.
5. Bake at 350F for 50 minutes to 1 hour, or until the filling has set and the top is crisp and golden.
6. Cut each pan into triangles!

## HAMENTASCHEN (Purim triangle cookies)

### Dough:

Mix 15 eggs with 5 cups white sugar

Mix in 2 ½ cups oil

Add 20 tsp baking powder, 1 ¼ tsp salt, the juice of five oranges, and 20 cups flour.

### Filling:

2 jars apricot and 3 jars raspberry (seedless) jams, brands that have corn starch or something gelatinous in them (not just 100% fruit)

Roll out the dough so it's very thin (approximately 1/8 inch) on a floured board. With the rim of a cup or glass (approx. 2-3 inches in diameter), cut into the dough to make circles. Place 1/2 to 2/3 teaspoon of filling in the middle of each circle. To shape into triangle, lift up right and left sides, leaving the bottom side down, and bring both sides to meet at center, above the filling. Lift bottom side up to center to meet other two sides.

Preheat oven to 350 degrees. Place cookies on greased sheets. Bake at 350 degrees for 10-12 minutes, or until brown on the bottom.

Log Lunch 10-7-05

Turkish Spinach (or swiss chard!) and Red Lentil Soup (serves 120)

20 cups dried lentils  
100+ cups veggie stock or water  
6  $\frac{3}{4}$  tbsp salt

Starting at 6 am, rinse lentils and bring to boil in salted stock or water using the large mother pot. Reduce heat and simmer for 40 minutes.

5 cups olive oil  
40 cups chopped onions  
60 garlic cloves, pressed  
5 tsp cayenne pepper  
40 bay leaves  
10 cups raw bulgur

On the two stovetop ranges, sauté onions until translucent. Add garlic, cayenne, bay leaves, and bulgur.

5 cups chopped fresh parsley  
40 cups chopped tomatoes  
5 cups tomato paste  
20 “pinches” of dried rosemary (to taste)  
S&P to taste

Mix in parsley and tomatoes. When mixture starts to get juicy, stir in tomato paste gently. Pour lentils and liquid into soup pots and simmer for 15 minutes. Add rosemary and S&P to taste.

40 cups stemmed, cleaned and coarsely chopped spinach (or swiss chard)  
chopped fresh parsley for garnish

At 11:30, remove the bay leaves and add the spinach or swiss chard. Just before serving, garnish with more fresh parsley.

## Challah Bread (serves 120)

\*These are approximations—please feel free to tinker if something doesn't look right\*

19 cups lukewarm water  
1 cup plus 6 tbsp yeast  
3.75 cups honey  
23 eggs (15 for dough and 8 for glaze)  
7.5 tbsp salt  
8 cups vegetable oil  
65 cups white flour

1. Place water in bowl. Add yeast and let stand 5 minutes until foamy.
2. Add honey, eggs, salt, and oil, and beat with wire whisk for several minutes.
3. Start adding flour 1 cup at a time, stirring after each addition. At halfway point, start adding ½ cups at a time and knead with your hands. Stop adding flour when the dough stops being sticky.
4. Turn dough out onto floured surface and knead vigorously for 10 minutes.
5. Place dough in oiled bowl, cover and let rise until doubled—1.5 to 2 hours.
6. Punch down dough. Return to floured surface and divide into loaves (10-15?). Knead for 5 minutes then divide each ball into 3 pieces and roll into long ropes, 1 ½ inches in diameter. Braid together.
7. Place the braided loaves on oiled baking sheets. Cover with towel and let rise again for 45 minutes.
8. Whisk remaining eggs and brush on top of risen loaves. Bake in ovens at 350 degrees for 35-45 minutes or until bread sounds hollow when tapped.
9. Enjoy!

### Oldie but Goodie Salad

10 heads lettuce  
15 bell peppers  
10 cucumbers  
15 carrots

### Feta-Garlic Dressing

1.5 cups olive oil  
1.5 cups water  
2 tbsp cider vinegar  
3 cloves garlic  
½ tbsp dill (fresh?)  
2 cups feta cheese  
fresh ground black pepper to taste

Blend in the Cuisinart. Sweeet.

Pumpkin Pie Bars (x15, makes 90)

Filling:

15 cans pumpkin  
2  $\frac{3}{4}$  cups plus 1 tbsp white sugar  
2  $\frac{3}{4}$  cups plus 1 tbsp brown sugar  
1  $\frac{3}{4}$  cup plus 2 tbsp molasses  
2.5 tbsp cloves or allspice (whichever smells better)  
7  $\frac{3}{4}$  tbsp cinnamon  
7  $\frac{1}{2}$  tbsp powdered ginger  
2.5 tbsp salt  
30 beaten eggs  
22.5 cups evaporated milk

Crust:

15 cups pastry flour  
15 tbsp sugar (optional)  
5 cups butter  
1  $\frac{3}{4}$  plus 2 tbsp water  
5 tsp vanilla

1. Make the pie crust by mixing flour and sugar. Cut butter into flour mixture by rubbing it between your fingers. Sprinkle water over flour and stir, adding more water until dough forms stiff ball that holds together.
2. Divide the dough, roll it out and spread into baking sheets (keep chilled until filling is ready)
3. Mix all filling ingredients and beat until smooth.
4. Spread the filling onto the pie crust.
5. Bake at 350 degrees for 50 minutes. Pie should be firm in the center when shaken.
6. Cool completely before serving.

## **New England Summer Squash Soup**

(serves 84)

14 cups diced onions  
14 celery stalks, chopped  
14 garlic cloves, minced  
14 cups unsweetened apple juice (112 oz)  
14 butternut squash, peeled, seeded, and cubed  
14 potatoes, diced  
42 cups water and/or vegetable stock  
14 bay leaves  
2 1/3 Tbsp thyme  
2 1/3 Tbsp salt  
1 Tbsp + 1/2 Tsp nutmeg  
28 cups sliced mushrooms (84 oz)  
2 3/4 cups dry sherry  
1 cup soy sauce  
1 Tbsp marjoram  
9 1/3 cups evaporated skimmed milk (75 oz)  
salt and ground black pepper to taste

Combine the onions, celery, garlic, and apple juice in a large soup pot. Cover and simmer for about 10 minutes, until the vegetables soften. Add the squash, potatoes, water/stock, bay leaves, thyme, salt, and nutmeg. Bring to a boil, cover, lower the heat, and simmer until the vegetables are very soft, about 20 – 25 minutes.

While the soup simmers, sauté the mushrooms in an uncovered skillet with the sherry, soy sauce, and marjoram until the mushrooms are tender and most of the liquid has evaporated, about 5 minutes. Set aside.

When the squash and potatoes are soft, remove the soup pot from the heat and, working in batches, puree the soup with the evaporated skimmed milk in a blender or food processor. Reheat gently. Add salt and pepper. Serve topped with the sautéed mushrooms.

## **Think Pink! Salad**

40 apples

10 lbs carrots

~18 beets (cooked??)

Wash, then shred (use food processor and/or cheese grater).

Mix in 2-3 cups lemon juice.

## **Tassajara Yeasted Bread**

(makes 16 loaves)

I. 20 cups of lukewarm water

8 Tbsp yeast (1/2 cup)

1.5 cups honey

1 cup molasses

8 cups dry milk

20 cups wheat flour (10 lbs)

8 cups white flour (4 lbs)

II. 1/2 cup + 2 Tbsp salt

2 cups oil

24 – 32 cups additional whole wheat flour + more if necessary (12 – 16 lbs)

Dissolve yeast in water.

Stir in sweetening and dry milk.

Stir in whole wheat flour until thick batter is formed.

Beat well with spoon (100 strokes).

Let rise 60 minutes.

Fold in salt and oil.

Fold in additional flour until dough comes away from sides of bowl.

Knead on floured board, using more flour as needed to keep dough from sticking to board, about 10-15 minutes until dough is smooth.

Let rise 50 minutes.

Punch down.

Let rise 40 minutes.

Shape into loaves.

Let rise 20 minutes.

Bake in 350 oven for one hour.

Remove from pans and let cool.

## **Jam Bars**

(serves 72)

Cream: 4 cups butter (2 lbs)  
4 cups powdered sugar (2 lbs)  
4 cups light brown sugar (2 lbs)

Add: 2 2/3 Tbsp vanilla extract  
8 eggs

Add: 1 1/3 Tbsp baking powder  
1 1/3 Tbsp ground cinnamon  
12 cups flour (6 lbs)  
2 tsp salt

Set aside 6 cups of dough and mix with 3 cups of chopped pecans and 3 cups of oats.  
This becomes the crumble.

Press remaining dough into pan. Spread 6 cups of preserves on top.

Sprinkle the crumble on top.

Bake at 350 until lightly browned, about 40min.

## **Sudan Log Lunch**

### **Gramma Raile's Sudanese Soup** (serves 6x17=102)

34 cups organic red lentils

(spice pack=17 heaping teaspoons each of Coriander and Cumin, 8.5 teaspoons black pepper, 17 teaspoons each of dried mint and salt)

80 cups water

17 onions (chopped)

17 Tablespoons each of butter & olive oil

17 Tablespoons garlic (chopped)

17 Tablespoons olive oil

8.5 cups or 68 ounces feta cheese

12 limes

Soak lentils in cold water. Stir. Remove anything that floats up. Drain. Repeat. Discard water. Put lentils into a large heavy pot. Add enough water to cover the lentils, then add the spices, onion, butter and half the olive oil. Be sure the mixture is well covered with water. Bring to a gentle boil and stir often so bottom won't burn. After ten minutes, add the rest of the water. Boil gently, stirring often for 30 minutes. Soup will turn yellow, creamy and thick. Saute the chopped garlic in the rest of the olive oil and then add to soup. Cut up and add the feta cheese. Gently boil for 5-8 minutes, stirring to break up the feta. Puree the soup with hand blender. Squeeze the lime juice into the soup. Keep warm until ready to serve.

## **Hearty Grain Bread** (20 small loaves)

5 cups cold water  
2.5 cups yellow cornmeal  
7.5 cup boiling water  
6.25 T yeast  
2.5 cup honey  
2.5 cup warm water  
3.75 cup dry buttermilk powder  
2.5 cup unprocessed wheat bran  
10 cups whole wheat flour

1 and 2/3 cup olive oil  
5 T salt  
10 T sesame seeds  
2.5 cup whole wheat flour  
20 cups all-purpose flour

Unprocessed wheat bran for sprinkling on top of loaves.  
Cornmeal for sprinkling on pans.

In large bowl whisk the cold water and cornmeal. Let soak 5 minutes. Add boiling water gradually, beating with whisk. Let stand 10 minutes. In another bowl, pour in the warm water and add yeast and 1 teaspoon honey. Stir to dissolve. Let stand about 5 minutes until yeast starts doing its thing.

Add buttermilk powder, remaining honey, bran and whole wheat flour to cornmeal mixture and beat until smooth. Add yeast mixture and beat to combine. Cover with plastic and let sit in warm place for 30 min-1 hour.

After 1 hour, gently stir with spoon to deflate. Sprinkle with oil, salt, sesame seeds, and whole wheat flour. Beat hard until smooth. Add all-purpose flour, ½ cup at a time until soft dough is formed. Turn out onto counter and knead until smooth and springy (but not too dry—dough should still be slightly sticky!!) Place in greased bowl, turn once to cover with oil, and let sit at room temperature for 2 hours.

After rising, separate dough into 4 equal parts, shape into balls, and roll into bran to coat the top. Grease pans and sprinkle with cornmeal. Place loaves on pans and let rise once again, for 45 minutes. Bake at 350 degrees for 10 minutes, then reduce heat to 325 and bake for another 30 minutes until loaves are a deep brown color and sound hollow when tapped. Place aluminum foil over tops to control browning

**Salad**

Even mix of spinach, arugula and lettuce (for 100 people)

2 boxes of alfalfa Sprouts

15-20 carrots

10 tomatoes

one or two bunches of scallions

**Dressing** (enough for 100 people)

lemon juice

olive oil

salt

cumin

coriander

**Date Bars** (makes 12x10=120)

30 eggs  
5 cups brown sugar  
10 cups whole wheat flour  
10 t baking powder  
1 and 1/4 t salt  
5 t ground cloves  
10 t cinnamon  
5 t allspice  
10 t vanilla  
10 cups chopped dates  
5 cups chopped walnuts  
2.5 cups shredded coconut

Beat eggs until light, blend in brown sugar. In another bowl, sift together flour, baking powder, salt, cloves, cinnamon and allspice. Add eggs and vanilla and beat until well blended. Add fruit and nuts. Pour into greased and floured pans and bake for 25 min at 325 degrees.

## Log Lunch Menu: 02/03/2006

### MULLIGATAWNY SOUP

*Makes 100 servings*

1 cup vegetable oil  
5 lbs onions, chopped  
2 lb celery, chopped  
10 small chile peppers, seeded and chopped  
¼ cup turmeric  
½ cup coriander seed, ground  
256 oz vegetable stock  
2 Tbsp salt  
4 lbs carrots, chopped  
6 lbs potatoes, cut in small cubes  
2 lbs red and/or green peppers, chopped  
3 lbs tomatoes, fresh, chopped  
1 lb diced tomatoes, canned  
2 cups (8 oz) coconut, unsweetened, grated  
4 cups (28 oz) coconut milk  
1 to 2 cups lemon or lime juice  
6 Tbsp cilantro, fresh, chopped

1. Sauté the onions and celery in oil until the onions are translucent.
2. Add chilies, turmeric, and coriander and sauté for 3-4 minutes, stirring continuously to prevent burning.
3. Add stock, salt, carrots, and potatoes. Bring to a boil, reduce to a simmer, and cook, covered, for 30 minutes.
4. Add the peppers, tomatoes, coconut, and coconut milk. Simmer for another 15–20 minutes or until the vegetables are tender.
5. Add lemon or lime juice to taste and cilantro.

## BRAN-MOLASSES SUNFLOWER BREAD

*Makes 12 loaves*

6 Tbsp active dry yeast  
¾ cup sugar  
4 ½ cups warm water  
9 cups warm milk  
1 ½ cups unsalted butter, melted  
2 cups molasses  
7 ½ cups bran  
6 Tbsp salt  
3 cups raw sunflower seeds  
About 30 cups unbleached all-purpose flour

1. Combine yeast, sugar, and water in a small bowl. Stir to dissolve and let stand until foamy, 10-15 minutes.
2. Combine milk, butter, molasses, bran, salt, and seeds in a large bowl, stirring hard with a whisk. Add 12 cups flour and yeast mixture. Beat with a whisk until smooth and cream, about 5 minutes.
3. Add flour 1 cup at a time, using a wooden spoon, until dough is stiff. Knead on a lightly floured surface until smooth, 5-10 minutes, adding flour ¼ cup at a time as necessary. Place in a greased bowl, turn once to grease top, cover with plastic wrap, and let rise in a warm area until doubled, about 1 ½ hours.
4. Punch dough down gently, turn out onto a lightly floured board, and divide into 12 portions. Form each into a round loaf. Place seam down on greased pans. Cover loosely with plastic wrap and let rise until doubled, about 45 minutes.
5. Bake in a preheated 375 degree oven for 45 minutes, or until nicely browned. Remove from pans immediately and cool on racks.

## SALAD

*For 80*

Lettuce  
Cucumbers  
Green Peppers  
Carrots

## CILANTRO LIME YOGURT DRESSING

*Makes 3 cups*

3 cups nonfat or low-fat yogurt  
6 Tbsp minced fresh cilantro  
3 Tbsp minced scallions  
2 Tbsp fresh lime juice  
salt to taste

In a bowl, combine the yogurt, cilantro, scallions or chives, and lime juice. Add salt to taste. Set aside for at least an hour to allow the flavors to meld.

## ORANGE CHOCOLATE CHUNK CAKE

*Makes six 10-inch Bundt cakes*

3 lbs unsalted butter at room temperature  
12 cups sugar  
24 extra-large eggs  
1 ½ cups grated orange zest (20 oranges)  
18 cups all-purpose flour plus ¾ cup  
1 Tbsp baking powder  
1 Tbsp baking soda  
2 Tbsp kosher salt  
1 ½ cup freshly squeezed orange juice  
4 ½ cups buttermilk at room temperature  
2 Tbsp pure vanilla extract  
12 cups semisweet chocolate chunks

Preheat the oven to 350 degrees. Grease and flour baking pans.

Cream the butter and sugar in a bowl with an electric mixer for 5-10 minutes, or until light and fluffy. Add the eggs, one at a time, then the orange zest.

Sift together 18 cups flour, the baking powder, baking soda, and salt in a large bowl. In another bowl, combine the orange juice, buttermilk, and vanilla. Add the flour and buttermilk mixtures alternately in thirds to the creamed butter, beginning and ending with the flour.

Toss the chocolate chunks with ¾ cups flour and add to the batter. Pour into the pans, smooth the top, and bake for 30-45 minutes, until a cake tester comes out clean. Let the cake cool in the pan for 10 minutes.

Texas Bean soup (90 people)

30 cups chopped onions

3 butternut squash

10 heads chopped garlic

2 cups olive oil

2.5 Tbs salt

16 cups diced celery

8 little chiles, chopped (make sure to keep *some* of the seeds to make soup spicy)

1/3 cup dried oregano

2.5 Tbs dried thyme

2/3 cup ground cumin

2.5 Tbs ground black pepper

32 cups liquid (1/2 water and 1/2 stock)

24 cans (or 12 large) undrained canned diced tomatoes

20 cups cooked black beans

20 cups cooked red kidney beans (and/or white beans)

12 cups corn kernels

4 cups BBQ sauce

crushed tortilla chips

grated jalapeno Monterey Jack cheese and sour cream

1. Cook beans: immerse in water, bring to boil, turn off heat, let soak overnight
2. Drain beans. Add 24 cups fresh water, bring to boil, lower heat and continue to simmer.
3. Cut in half and bake squash on trays 1 hour.
4. In the bottom of the soup pots, combine onions, garlic, oil and salt. Cover and cook until onions are translucent.
5. Add celery, chiles, oregano, thyme, cumin and black pepper. Saute 10 minutes, stirring often to make sure nothing burns.
6. Add water and tomatoes (with their juice). Cover and simmer about 20 minutes.
7. Add beans, corn and BBQ sauce. Mix well. Cover and simmer 10-20 minutes.
8. Add salt to taste.
9. Crush chips and grate cheese as toppings on the side.

Corn Bread (96 people)

dry:

12 cups cornmeal  
12 cups all purpose flour  
9 Tbs baking powder  
4 Tbs salt  
3 cups sugar

wet:

24 eggs  
12 cups milk (use powdered)  
3 cups vegetable oil

1. Whisk dry ingredients together in large bowl.
2. Beat wet ingredients together in another bowl.
3. Preheat oven to 375.
4. Combine wet and dry and stir until well mixed.
5. Spread out on baking trays.
6. Bake for 20-25 minutes, until top is golden brown and knife comes out clean.

## Lime Tart

pastry:

4 cups butter

12 cups flour

9 “pinches” of salt

2 ¼ tsp vanilla

2 ¼ cups white sugar

At least 27 Tbs ice water (might need more)

filling:

4 cups lime juice

2 cups butter

4 cups sugar

24 eggs, well beaten

2 ¼ tsp vanilla

1. For pastry, cut butter into small pieces and work into flour with your fingers. Mix in salt, vanilla, sugar and enough ice water so the dough holds together.
2. Roll in ball and chill dough for 1 hour.
3. Preheat oven to 425.
4. With fingertips, press dough into baking trays.
5. Bake for 15 minutes, until firm and golden (but not browned!)
6. For filling, mix lime juice, butter and sugar in saucepan until butter melts and mixture is warm. Beat eggs separately and then whisk together with lime mixture. Continue to stir in the saucepan on heat until forms custard. Stir in vanilla.
7. Pour custard into crust and bake at 350 for 30-35 minutes, until custard sets.
8. Let cool before cutting.

## Salad

Lettuce

Raisins

Sliced pear

Walnuts and pecans, toasted

Mix together!

## Balsamic Vinaigrette Dressing

1 cup balsamic vinegar

1 cup olive oil

8 Tbs lemon juice

8 tsp soy sauce

4 tsp sugar

12 cloves garlic, mashed to pulp

2 tsp salt

black pepper to taste

## VEGETARIAN WEST AFRICAN SOUP

Serves 96

½ c canola oil  
24 c chopped onions  
8 c natural peanut butter  
72 c sweet potatoes, peeled and cubed (1-inch pieces)  
¾ c ground cumin  
2 Tbsp black pepper  
1 Tbsp salt  
24 cans chickpeas, drained (372 oz)  
174 oz vegetable broth  
336 oz diced tomatoes, undrained  
flat leaf parsley sprigs (optional)

Heat oil in a dutch oven over medium-high heat. Add onion; sauté until lightly browned.

Add peanut butter, potatoes, and the next 6 ingredients (not the parsley).

Reduce heat; simmer uncovered for 30min or until potatoes are tender.

Garnish with parsley if desired.

## ANADAMA BREAD

Makes 12 loaves

7 cups boiling water  
2 cups cornmeal  
 $\frac{3}{4}$  cup butter  
2 cups molasses  
3 Tbsp salt  
2 cups warm water  
4 tsp sugar  
1 oz yeast  
8 cups + 18 cups all purpose flour  
 $\frac{1}{4}$  cup cornmeal  
3 Tbsp melted butter  
 $\frac{1}{4}$  cup cornmeal

Gradually stir boiling water into first amount of cornmeal in a large bowl. Add butter, molasses and salt. Stir well. Set aside to cool to lukewarm.

Stir warm water and sugar together in small bowl. Sprinkle yeast over top. Let stand 10 minutes. Stir to dissolve yeast. Add to cornmeal mixture. Stir

Add first amount of flour. Mix well.

Work in enough remaining flour until dough pulls away from sides of bowl. Turn onto floured surface. Knead 8-10 minutes until smooth and elastic. Place in greased bowl, turning once to grease the underside. Cover with tea towel. Let stand in warm place for 1 – 1  $\frac{1}{2}$  hours until doubled in size. Turn onto floured surface and divide into 12 equal portions. Punch down dough and shape into 12 loaves. Sprinkle bottoms of greased loaf pans with second amount of cornmeal. Cover with tea towel and proof for 30-45 minutes until doubled in size.

Gently brush tops with melted butter. Sprinkle with third amount of cornmeal. Bake at 375 for 30-45 minutes or until bread sounds hollow when tapped on bottom of loaf. Turn out onto racks to cool.

## PUMPKIN BROWNIES

Leftover mixture from last week...

6 cups brown sugar

6 sticks butter

5 eggs

1/3 cup vanilla

3 cans pumpkin

7 1/2 cups cocoa powder

6 cups flour

2 Tbsp cinnamon

1 2/3 Tbsp baking powder

1 2/3 Tbsp nutmeg

1 Tbsp salt

Mix together everything except the first 6 ingredients. Mix the last 6 ingredients together in a separate bowl, add to first mixture. Bake in greased and floured pans at 350 for ~30 minutes.

## TUNISIAN CARROT SALAD

Serves 80

40 cups peeled and grated carrots  
2 ½ cups currants  
1 ¼ cup olive oil  
20 garlic gloves, minced and pressed  
½ cup + 2 Tbsp ground coriander  
3 ½ Tbsp ground caraway seeds  
1 Tbsp cayenne  
2 Tbsp salt  
4 cups orange juice

Place the carrots and currants in a serving bowl. Warm the oil in a saucepan or skillet. Add the garlic, coriander, caraway, and cayenne and cook on low heat, stirring constantly, for about 2 minutes, just long enough to cook the garlic and spices.

Remove from the heat and add the salt and orange juice. Spoon the dressing over the carrots and currants and toss well. Set aside at room temperature to marinate for about 30 minutes before serving.

Bill Stinson...\*