

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

Ingredient	Amount
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

Ingredient	Amount (6 servings)
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

Ingredient	Amount
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

Ingredient	Amount (30)
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.