

Log Lunch – 9 February 2007

Wild Rice and Mushroom Soup

Ingredient	Amount (for 4-6 servings)
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

Ingredient	Amount (for 3 loaves)
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

Ingredient	Amount (for 3 loaves with cheese and 1 without)
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

Ingredient	Amount (for 80)
Lettuce	10 heads
Cucumbers	10
Broccoli	7 heads
Carrots	10

Dressing

Ingredient	Amount (for 2 cups)
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

Ingredient	Amount (for 16 servings)
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.