

## 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.