

**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.