

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.