

# LOG LUNCH 29 September 2006

**Servings: 80**

## Whole Wheat Purple Mountain Bread

Ingredient	Amount
Cold water	2.5 cups
Yellow cornmeal, preferably stone-ground	1.25 cups
Boiling water	3.75 cups
Active dry yeast	3.125 Tbs.
Mild honey	1.25 cups
Warm water	1.25 cups
Dry soymilk powder	1.875 cups
Unprocessed wheat bran	1.25 cups
Whole wheat flour	5 cups
Olive oil	.833 cups
Salt	2.5 Tbs.
Sesame seeds	5 Tbs.
Whole wheat flour	1.25 cups
Unbleached all-purpose bread flour	10 cups

1. To prepare the sponge: In a large bowl, whisk together cold water and cornmeal. Let soak 5 minutes. Add boiling water gradually, beating with a whisk. Let stand 10 minutes. Meanwhile, in a small bowl, sprinkle yeast and 1 tsp. of honey over warm water. Stir to dissolve. Let stand until mixture just begins to bubble (5 minutes).
2. Add the soymilk powder, the remaining honey, bran, and the whole wheat flour to the cornmeal mixture and beat until smooth. Add the yeast mixture and beat to combine. Scrape down both the sides of the bowl with a spatula and cover with plastic wrap. Set in a warm place for about 1 hour. The sponge will double in bulk and be bubbly. Gently stir it down with a wooden spoon.
3. To prepare the dough: Sprinkle the oil, salt, sesame seeds, and whole wheat flour over the sponge and, using a wooden spoon or switching to the paddle attachment, beat hard until smooth, about 1 minute. Add the unbleached flour,  $\frac{1}{2}$  cup at a time, until a soft dough is formed that just clears the sides of the bowl.
4. Turn out the dough onto a lightly floured work surface and knead until smooth and springy yet slightly sticky, about 2 minutes, adding only 1 Tbs. flour at a time. Make sure the dough maintains a definite sticky quality. Place in a deep container brushed with olive oil, turn once to coat the top, and cover with plastic wrap. Let rise at room temperature until doubled to tripled in bulk (2  $\frac{1}{2}$  hours).
5. Turn out the dough onto the work surface and divide it into 10 equal portions. Shape them into balls and roll in some bran to coat the top. Place at least 4 inches apart on greased baking sheets that have been sprinkled with cornmeal. Cover loosely with plastic wrap and let rise until not quite doubled in bulk (45 minutes).  
Twenty minutes before baking, preheat oven to 400F.
6. Gently tuck the sides of the loaves under to make higher round loaves, being careful not to deflate them. Bake for 10 minutes. Reduce oven thermostat to 350F, and bake until loaves are deep brown and sound hollow when tapped (an additional 25-30 minutes).

### Quinoa Confetti Salad

Ingredient	Amount
Quinoa, dry	25 cups
Kidney beans, dry	12 cups
Honey	1 Wild Oats container
Almond extract	To taste
Almonds, sliced	1 lb.
Raisins	Already have
Cinnamon	To taste

1. First make the quinoa. Place dry quinoa and 50 cups of water in a saucepan. Bring to a boil. As the water is boiling, add some honey and almond extract to infuse into the quinoa grains. Reduce to simmer, cover, and cook until all the water is absorbed. When it is done, add more honey, maybe some cinnamon, and fluff it into a bowl. Set aside.

2. At the same time, cook the beans in water. When soft, set aside.

3. Combine quinoa, beans, almonds, and raisins. Add honey and cinnamon to taste. If there are extra apples, you can add those too.

### Curried Apple Soup

Ingredient	Amount
canola or peanut oil	1 cup
onions	30 cups
garlic	48 cloves
ginger root	2 cups
salt	less than we have
dry mustard	heaping half cup
turmeric	little more than ¼ cup
ground cumin	little more than ¼ cup
ground cardamom	2.5 tbsp
allspice	2.5 + tbsp
cayenne pepper	1 tbsp
tart apples	80 cups
cinnamon sticks	30 cinnamon sticks
lemon juice	2 cups
coconut, as a topping	not too much
plain yogurt, as a topping	one large container

1. Heat oil in a soup pot. Add onion, garlic, ginger, and salt. Sauté over medium heat for about 5 minutes, or until the onion begins to soften.
2. Add the spices and sauté another 5 minutes over medium heat.
3. Add apples, water, cinnamon sticks, and lemon juice and bring to a boil. Turn the heat down, mostly cover, and simmer for about 10 minutes or until the apples are very tender. Remove from heat.
4. Take out cinnamon sticks and puree bit by bit, so as not to splash yourself!
5. Add optional sweetening and taste to adjust salt. Serve hot or cold, with or without some or all of the toppings.

## Apple Cake

Ingredient	Amount
baking apples (macs?)	25-30 cups
sugar	8 cups
oil	3 cups
eggs	12 eggs
whole wheat flour	6 cups
flour	6 cups
baking soda	¼ cup
cinnamon	¼ cup
salt	2 tbsp
nuts	6 cups
<b>brown sugar</b>	<b>4 cups</b>
<b>2% milk</b>	<b>1.5 cups</b>
<b>flour</b>	<b>6 tbsp</b>
<b>powdered sugar</b>	<b>2 cups</b>

1. Combine apples and sugar in a large bowl. Let stand while mixing other ingredients.
2. Combine oil, eggs, and vanilla in a separate bowl.
3. Combine flours, b. soda, cinnamon, salt, and nuts in another bowl. Stir flour mixture into apples alternately with egg mixture. Pour into greased baking pans. Bake in preheated oven at 350 F 50-60 minutes (until toothpick comes out clean).
4. While cake bakes, heat brown sugar, milk, and flour to boiling, stirring occasionally. Remove from heat. Mix in powdered sugar. Drizzle over hot cake.