

LOG LUNCH – 13 April 2007

Gingered Carrot Soup

66 to 88 servings (6-8 x 11)

22 lbs. carrots

44 cups water

¾ cup oil

16.5 cups or 4.25 lbs onion, chopped

22 medium garlic cloves, minced (we have *plenty*)

1 ½ cups plus a little grated ginger

5 tbs salt

3 tsp each: cumin, ground fennel, cinnamon, allspice, dried mint

2 – 2 ¾ cups lemon juice (some in fridge I believe)

11 cups lightly toasted cashews

1 quart buttermilk

- 1) Peel and trim carrots and cut them into 1 inch chunks. Place in a medium-large saucepan with the water, cover, and bring to a boil. Lower the heat, and simmer until very tender (about 10 to 15 minutes, depending on the size of the carrot pieces).
- 2) Meanwhile heat the oil in a small skillet. Add onions, and sauté over medium heat for about 5 minutes. Add garlic, ginger, salt, and spices. Turn heat to low, and continue to sauté for another 8 to 10, or until everything is well-mingled and the onions are very soft. Stir in lemon juice.
- 3) Use a food processor or blender to purée everything together (including the toasted cashews). You will need to do this in several batches. Transfer the purée to a kettle, and heat gently just before serving. If desired, pass a pitcher of buttermilk for drizzling.

Lobio (Georgian Bean Salad)

Serves 4-6 x 12 = 48-72

36 cups cooked beans (mostly kidney), about 13 cups dry?

3 lbs red onions, minced

36 garlic cloves, minced or pressed (we might need one more bulb)

2 ¼ cups red wine vinegar

1 ½ cups olive oil

9 cups walnuts, toasted and chopped

3 cups fresh cilantro, chopped

3 cups fresh parsley, chopped

4 Tbs ground coriander

4 heads lettuce

Sort and rinse beans, cover with cold water and let soak overnight. Discard soaking water and simmer beans until just tender, about 1 hour.

Drain the cooked beans and place in a bowl. Toss with onions, garlic, vinegar, oil, walnuts, cilantro, parsley, and coriander. Add salt and pepper to taste. Let salad sit for at least 30 minutes to allow flavors to meld.

Serve on a bed of greens.

Great Grain Bread

Ingredient	Amount
Boiling water	10.5 cups
Grains – 7 grain cereal, millet, bulgur wheat, wheat bran, brown rice	7 cups
Warm water	1 ¾ cups
Active dry yeast	10.5 packages
Sugar	Pinch
Vegan buttermilk sub	1.75 cups soymilk + 5 Tbsp lemon juice
Honey	2 1/3 cups
Corn or vegetable oil	1 ¼ cups
Vegan butter sub, unsalted	14 Tbsp
Vegan egg sub	21 eggs-worth
Salt	7 Tbsp
Flour, unbleached all-purpose bread flour	35 cups

In a small bowl, pour the boiling water over the grains. Let stand for 1 hour to soften and allow the mixture to cool to room temperature.

Pour the warm water in a small bowl. Sprinkle the yeast and sugar over the surface of the water. Stir to dissolve and let stand at room temperature until foamy, about 10 minutes.

In a large bowl using a whisk, combine the buttermilk, honey, oil, butter, eggs, salt, and 1 cup of the flour. Beat hard until smooth, about 1 minute. Add the cereal, yeast mixture and the remaining flour, ½ cup at a time, until a soft, sticky dough that just clears the sides of the bowl is formed. Switch to a wooden spoon when necessary if mixing by hand.

Turn the dough out onto a lightly floured work surface and knead until soft and springy, about 4 minutes, adding the flour a little at a time to prevent sticking. The dough will be nubby and slightly tacky.

Place the dough in a greased deep container. Turn the dough once to coat the top and cover with plastic wrap. Let rise at room temperature until doubled in bulk, 1 to 1 ¼ hours.

Time to check on dough: _____

Gently deflate the dough. Turn the dough out onto a floured work surface. Grease baking sheets. Portion the dough into loaves. Put loaves on the baking sheet. Cover loosely with plastic wrap and let rise at room temperature until doubled in bulk, 30 to 40 minutes.

Time to check on dough: _____

Preheat the oven to 375. Bake for 35 to 40 minutes. Cool completely before slicing.

Oatmeal Raisin Cookies with Pecans (32 cookies x 4)

Dry ingredients:

16 cups all-purpose flour

8 cups rolled oats

6 cups sugar or succanat

½ cup baking powder

2 tsp salt

6 cups raisins

3 cups chopped pecans

Wet ingredients:

20 ounces firm silken tofu

2 cups canola oil

1 cup apple butter

6 cups maple syrup

¼ cup vanilla extract

In a large bowl combine the dry ingredients. In a food processor purée silken tofu until very smooth, then add remaining wet ingredients to the processor and process until smooth. Pour the wet mixture into the bowl with the dry ingredients and mix quickly and thoroughly. Chill dough for at least 1 hour.

Preheat oven to 350. On a parchment-lined baking sheet, place ¼ cup pieces of dough. Cover dough with plastic wrap and flatten each cookie to about 3 inches, carefully remove plastic wrap and save to use again.

Bake about 11 minutes. If the bottoms of the cookies seem to be browning too fast, try doubling the sheet pans.