

## LOG LUNCH – 20 April 2007

### *Ecuadorian Quinoa and Vegetable Soup*

<b>Ingredient</b>	<b>Amount (4-6 servings)</b>
Quinoa	½ cup, raw
Olive oil	2 Tbs
Onions, chopped	2 cups
Salt	1 tsp
Potatoes, diced	1 cup
Red or green bell peppers, chopped	1 cup
Ground coriander	1 tsp
Ground cumin	1 tsp
Dried oregano	1 tsp
Ground black pepper	½ tsp
Water or vegetable stock	3 cups
Tomatoes, chopped (fresh or canned, undrained)	1 ½ (1 14 ½ ounce can)
Winter squash, diced	1 cup
Lemon juice	1 Tbsp
Cilantro, chopped	To sprinkle

1. Thoroughly rinse the quinoa in a fine-mesh strainer under cold running water. Set aside to drain.
2. Warm the oil in soup pot. Add onions and salt. Cover and cook on medium heat for five minutes, stirring occasionally.
3. Add the drained quinoa, potatoes, bell peppers, coriander, cumin, oregano, black pepper, water or stock, and tomatoes. Cover and bring to a boil. Then, reduce heat and simmer gently for 10 minutes.
4. Add squash. Cover and simmer until all vegetables are tender.
5. Stir in lemon juice.
6. Serve with cilantro on the side for optional sprinkling. If we have extra salsa, serve with that also.

### *Popcorn!*

<b>Ingredient</b>	<b>Amount (5 servings)</b>
Popcorn kernels	2 Tbsp (dry) → 5 cups popped
Oil	1 tsp



## ***Corn Rolls***

<b>Ingredient</b>	<b>Amount (24 rolls)</b>
Warm water	3 cups
Dry yeast	3 Tbsp
Sugar	1 cup
Oil	¾ cups
Flour, white	3 cups
Flour, wheat	4 cups
Yellow cornmeal	1 cup
Dry milk (vegan option)	½ cup
Salt	1 Tsp
Corn kernals, frozen	2 cup

1. Take out the corn to defrost.
2. Put warm water, yeast and sugar in large mixing bowl. Let stand a few minutes until yeast and sugar mixture rises above the water. Let set about 5 minutes longer.
3. Add flour, cornmeal, dry soymilk, salt, oil, and corn kernels (in that order). For the corn, add enough so that it “confettis” through the dough. I’m not sure if you’ll need all of it. Knead well.
4. Let rise until double in bulk.
5. Shape into rolls. Place rolls on greased baking sheet and let rise until double in bulk.
6. Bake about 15 minutes in 350 degree oven.

## ***Cabbage, corn, and bean salad***

*Serves 6-8*

- 1 cup dry white (cannelini) beans, soaked
- 1 can, or packages frozen, corn
- 1 onion, or less, cut in rings
- 1 large green pepper, sliced into rings
- 1 head red cabbage, chopped

Cook beans until soft, 45-60 minutes.

Defrost corn, if necessary.

Chop remaining salad ingredients and combine everything into a bowl. Toss with about ½ dressing and serve with remaining dressing on the side.

## ***Lemon Dijon dressing***

1/3 cup olive or vegetable oil

¼ cup lemon juice

½ cup vegetable broth (from soup)

¼ cup Dijon mustard

2 cloves garlic, minced

1 tbsp sugar

1 tsp dried tarragon or basil

pepper to taste, small amount salt (optional)

## **EMPANADAS** (20 x 7 =140)

### ***Shell:***

14 cups flour  
¾ cup plus 2 Tbs sugar  
4 Tbs plus 2 tsp baking powder  
3.5 tbsp salt  
2 1/3 cups margarine  
2 1/3 cup ice water

Sift together flour, sugar, baking powder and salt.

Cut the shortening into the flour as though you were making a pie crust by working it in with your fingertips until the mixture resembles coarse crumbs.

Sprinkle dough with just enough ice water so that it will just hold together. Knead together briefly and allow to rest, covered about 10 minutes.

Roll dough out on a lightly floured board, then cut into circles about 3-4 inches in diameter.

Place a spoonful of empanada filling of your choice on one side of the circle. Moisten the edges of the circle with a small amount of water and fold the dough over the filling to make a half circle. Press the edges together to seal.

Bake at 375 degrees for 15-20 minutes.

### ***APPLE FILLING:***

6 sm. tart cooking apples (4.5 lb.)  
¾ tsp. ground cinnamon  
1/2 c. sugar  
Dash of salt

Peel, core and cut apples into 1/2" cubes. Put in saucepan with sugar, cinnamon and salt. Cover; cook over low heat until apples are consistency of chunky applesauce, stir occasionally. Cool to room temperature.

### ***Other filling option:***

1 large (or 2 small) containers red raspberry preserves