

## LOG LUNCH – 27 April 2007

All recipes serve 80-100 people.

### **Miso Soup with Tofu and Wakame**

90 cups water

90 pieces kombu seaweed (each about 1-inch long), cut in thirds crosswise, and cleaned with a slightly damp paper towel or cloth

90 dried shiitake mushrooms, cleaned and rinsed

18 ounce wakame (dried seaweed, available at Oriental specialty stores)

1 1/4 lbs tofu (any type), diced

18 - 54 teaspoons of miso (any type except shiro miso) – I think we have enough

2 1/2 lbs thinly cut long green onion

1 lb grated ginger

#### 1. Make dashi

- Place water in a saucepan. Soak the kombu and shiitake mushrooms in the water for at least 15 minutes, until they become tender enough. (If time permits, more than three hours). Heat the water over high heat and reduce heat once it boils. Remove kombu just below boiling point.
  - After around five minutes, remove saucepan from the heat. The boiling time depends on the size of shiitake mushrooms and the soaking time. Remove the shiitake mushrooms from the water, and save them for use in other recipes.
2. Place dashi in a saucepan and boil. Add wakame. Next, put tofu into dashi. When dashi boils, reduce the heat and add miso bit by bit. Taste, and if you need more miso, add it little by little. Remove the pan from the heat before the miso soup boils again.
  3. Serve with green onion and ginger (and dulse flakes!).

### **Goma Ae Salad**

16 lbs pound fresh spinach, Swiss chard, other cookable greens (you choose the ratios based on cost and availability, but keep in mind that the original recipe calls only for spinach).

2 cups white sesame (toasted!) (I think we already have around 1 1/2 cups)

5 Tbsp rice vinegar

1 cup sugar

5 Tbsp soy sauce

1. Wash and boil greens. Drain the water very well.
2. Cut spinach into 2 inch lengths.
3. Put sesame seeds in a grinder and grind them. Add sugar, soy sauce, and vinegar in the grinder and mix well.
4. Add spinach and stir well.

### **Rice Balls**

Short grain brown rice – 20 cups uncooked

1. Cook rice.
2. Prepare some water in a bowl. Wet your hands in the water and sprinkle a little of salt on the palms.
3. While the rice is warm, place a handful of rice on the palms.
4. Form rice in a triangular shape by tossing the rice in the hands.

### **Green Tea Ice Cream**

Vanilla ice cream: 3 gallons

Vanilla tofutti (or any kind of vegan ice cream you can get in a large quantity): 2 gallons

Matcha green tea powder: 2 cups

Take your favorite vanilla ice cream from the fridge and let it soften thoroughly. Mix Matcha green tea powder into the softened ice cream. Put it back in the fridge to harden a bit for a few minutes.