

LOG LUNCH 1 December 2006

Winter Minestrone (for 66-88 servings)

Ingredient	Amount – always add more if we have it
Onions, chopped	16 ½ cups (4 1/8 lbs)
Garlic cloves, minced	61
Celery, diced	11 cups (2 ¾ lbs)
Olive oil	22 Tbs
Salt	11 Tbs
Carrots, diced	11 cups (2 ¾ lbs)
Parsnips, diced	11 cups (2 ¾ lbs)
Fennel bulb, chopped	11 cups
Butternut squash, peeled and cubed	16 ½ cups (4 1/8 lbs)
Ground fennel seeds	22 tsp
Dried oregano	22 tsp
Dried red pepper flakes	2 tsp
Freshly ground dried rosemary	11 tsp dried (11 sprigs)
Tomatoes, chopped	3 cups
Water	22-33 cups
Kidney beans, cooked and drained	5.5 cups dry
Parsley, fresh, chopped	8 cups (2 2/3 lbs)
Kale	2 lbs

1. Cook beans!
2. Sauté the onions, garlic, and celery in the oil on low heat for 10 minutes.
3. Stir in the salt, carrots, parsnips, and chopped fennel, and then cover and continue to cook for 10 minutes, stirring frequently.
4. Add the squash, ground fennel, oregano, red pepper flakes, and rosemary and simmer for about 5 minutes. If the vegetables stick or begin to brown, add some water.
5. Add the tomatoes, kale, and water. Cover and simmer for 20 to 30 minutes.
6. Add beans and parsley and cook for another 10 minutes.

Oatmeal Yogurt Cake (for 5 cakes)

Ingredient	Amount
Light brown sugar	5 cups
Butter	5 sticks
Eggs	10
Firm yogurt	3 1/3 cup
Vanilla extract	5 tsp
Unbleached white flour	10 cups
Baking soda	5 tsp
Baking powder	5 tsp
Salt	2 1/2 tsp
Cinnamon	2 1/2 tsp
Allspice	2 1/2 tsp
Nutmeg	1 1/4 tsp
Rolled oats	7 1/2 cups
Orange juice	2 1/2 cups
Grated orange rind	2 1/2 tsp

1. Preheat oven to 350.
2. Beat together the brown sugar and butter in a large bowl.
3. Add eggs one at a time, beating well after each.
4. Beat in the yogurt and vanilla until well blended.
5. Sift the flour, baking soda and powder, salt, and spices into a separate bowl.
6. Add half the flour mixture and all the oats to the wet mixture, stirring until well blended. Stir in the orange juice.
7. Add remaining flour mixture, along with the orange rind. Mix just enough to thoroughly blend.
8. Spread into lightly greased 9 x 13 inch pans and bake 25 to 30 minutes.

Honey Dijon Vinaigrette

2 cups low-sodium vegetable broth
1 ½ cups extra virgin olive oil
1 ½ cups balsamic vinegar
¾ cup honey
¾ cup Dijon mustard
½ cup fresh thyme leaves

Basic vegetable salad

1.5 lbs small mushrooms, sliced
2 lbs black olives
4 lbs tomatoes, chopped
10 peppers, sliced
4 onions
Lettuce

Raisin Rye Bread (for 10 loaves)

10 cups raisins
10 cups water
6 tbsp plus 2 tsp active dry yeast
5 cups water
30 cups whole rye flour
40 cups whole wheat flour
3 tbsp plus 1 tsp salt
5 tsp caraway seeds
1 ¼ cups plus 1 tbsp molasses
1 ¼ cups cider vinegar
1 ¼ cups oil
raisin water plus additional water, if needed

1. Cook the raisins for 5 minutes in 10 cups water. Drain, reserving the liquid to use as a part of the water measure.
2. Dissolve the yeast in 5 cups water. Stir the dry ingredients in a mixing bowl.
3. Combine the molasses, cider vinegar, oil, and raisin water and add about 7 additional cups of water.
4. Knead well, using water on the table and on your hands to soften the dough. After about 10 minutes, before the dough becomes sticky, flatten dough out on kneading surface, spread the raisins on it, fold it up, and knead the raisins in. Stop kneading when the dough shows signs of becoming sticky.
5. Form the dough into large balls and place it smooth side up in bowls. Cover and keep at warm room temperature. After about 1.5 hours, gently poke the dough. If the hole doesn't fill in or if the dough sighs, it is ready.
Time to check on it: _____
6. Press flat, form into smooth rounds and let the dough rise once more, about 40 minutes.
Time to check on it: _____
7. Press the balls flat and divide each in half. Round them and let them rest until relaxed, then deflate and shape into loaves. Let them rise until they slowly return a gently made fingerprint.
8. Bake about an hour at 350.