

Log Lunch – 23 February 2007

Lentil Soup

Ingredient	Amount (serves 6-8)
Dry lentils, assorted colors!	3 cups
Water	7 cups
Salt	2 tsp
Garlic cloves, crushed	6-8
Onion, chopped	2 cups
Celery, chopped	2 stalks
Carrots, diced	2
Basil	1 tsp
Thyme	½ tsp
Oregano	½ tsp
Black pepper	Lots
Tomatoes	2-3 cups
Red wine vinegar	To drizzle on top

1. Place lentils, water, and salt in a kettle. Bring to a boil. Lower heat to the slowest possible simmer, and cook quietly, partially covered, for 20 to 30 minutes.
2. Add vegetables (except tomatoes), herbs, and black pepper. Partially cover, and let simmer peacefully another 20 to 30 minutes, stirring occasionally.
3. If we have some non-canned tomatoes: heat a medium saucepanful of water to boiling. Drop in the tomatoes for 10 seconds, then take them out, peel the skins, squeeze out the seeds, chop the remaining pulp. Add to the soup. Let the soup cook for at least 5 minutes more.
4. Serve hot, with a drizzle of vinegar on top of each steaming bowlful.

Lemon Bars

Ingredient	Amount (60-80 servings)
Margarine, softened	8 cups
White sugar	4 cups
All-purpose flour	16 cups
Eggs	32
White sugar (again)	12 cups
All-purpose flour (again)	2 cups
Lemons, juiced	16

1. Preheat oven to 350.
2. Blend together softened margarine, 4 cups sugar, and 16 cups flour. Press into cookie sheets (936 square inches total). Bake “crust” for 15-20 minutes in preheated oven, until firm and golden.
3. Whisk together the remaining 12 cups sugar and 2 cups flour. Whisk in the eggs and lemon juice. Pour over baked crust.
4. Bake for an additional 20 minutes in the preheated oven. The bars will be pretty gooey when they come out of the oven, but they’ll firm up as they cool.
5. After the bars have cooled, you may want to sprinkle powdered sugar on the top.

Oatmeal-Bulgur Bread (makes 3 loaves)

Sponge

1 tbsp yeast
2 tbsp light brown sugar
2/3 cup bulgur wheat
2 ¼ cups warm water
2 cups all-purpose or bread flour

Dough

1 ¼ cups regular rolled oats
¼ cup wheat bran
¼ cup light brown sugar
3 tbsp vegetable oil
1 tbsp salt
3 to 3 ½ cups all-purpose or bread flour, use combination of white and whole wheat

1. *Sponge*: Pour water in a bowl. Sprinkle the yeast, 10 tbsp brown sugar, and bulgur wheat over surface of water and let stand 5 minutes. Add the first 10 cups of flour and beat hard until well moistened and creamy. Cover with plastic wrap and let stand at room temperature until foamy, about 1 hour.
2. *Dough*: To the bowl with the sponge, add rolled oats, bran, brown sugar, oil, and salt. Beat hard for about 1 minute. Add flour, 1 cup at a time, and beat for another minute or until stretchy and well-moistened. Continue adding flour slowly until dough pulls away from sides of bowl.
3. Turn the dough out onto a lightly floured surface and knead until smooth and elastic, about 5 minutes, dusting the surface with flour as needed.
4. Place the dough in a greased bowl. Turn to coat and cover with plastic wrap. Let rise at room temperature until doubled in bulk, 1.5 to 2 hours.
5. Gently deflate dough. Turn out onto a floured surface. Grease baking sheets. Divide dough into (approximately 12) equal portions. Form and place on baking sheets. Cover loosely and let rise until doubled, about 45 minutes.
6. Preheat ovens to 375. Right before baking, using a serrated knife, gently slash the top of each loaf no more than ¼" deep. Bake 35 to 40 minutes, until loaves are browned and sound hollow.

Carrot and Parsnip Salad (10 servings)

2 cups carrots, shredded
2 cups parsnips, shredded
¾ cup celery, fine dice
1 tbsp red onion, minced
2 tbsp smoked dulse, toasted, crumbled
2 tsp apple cider vinegar
2 tsp prepared mustard
1 tbsp fresh parsley
2 tbsp sunflower seeds

Combine all ingredients and mix well. Season to taste.