

## **LOG LUNCH 15 September 2006**

**Servings: 100 (except bread and soup, see recipes)**

### **Farm-Style Tomato Salad**

50 lbs. heirloom tomatoes  
8 lbs. bell peppers  
6 lbs onions  
4 large cucumbers  
Parsley  
Opal basil  
40 tbs. red wine vinegar  
40 tsp. Sugar?  
10 tsp. salt

Chop tomatoes, peppers, onions, and cucumbers into bite-sized pieces.  
Chop parsley.  
Mix everything together.  
Garnish with opal basil.

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### **Peach Bars**

6 cups butter  
6 cups powdered sugar  
6 cups light brown sugar  
12 tsp. vanilla  
12 eggs  
6 tsp. baking powder  
6 tsp. ground cinnamon  
18 cups flour  
3 tsp. salt  
9 cups oats  
6 cups peach preserves  
4 cups peaches

Cream butter with sugars.  
Add vanilla and eggs.  
Add baking powder, cinnamon, flour, and salt.  
Set aside 9 cups dough. Mix with 9 cups oats to make crumble.  
Press dough into pans.  
Mix chopped/sliced peaches with preserves.  
Spread peach mixture on dough.  
Add crumble.  
Bake until lightly browned, about 40 minutes at 350.

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## **Spicy Summer Squash and Yellow Split Pea Soup**

Servings: 6

$\frac{3}{4}$  cup yellow split peas, soaked overnight in water to cover  
1 tsp ground turmeric  
3 slices fresh ginger  
2 quarts water  
1 large onion, chopped  
2 garlic cloves, chopped  
2 tbsp clarified butter or vegetable oil  
1 tsp whole cumin seed, ground  
2 tsp whole coriander seed, ground  
 $\frac{3}{4}$  tsp black mustard seed, ground  
 $\frac{1}{3}$  tsp pepper  
 $\frac{1}{8}$  tsp fenugreek seed, ground (optional)  
2 large tomatoes, chopped  
1 lb summer squash, cubed  
1 cup fresh cilantro leaves  
4 cups water  
 $\frac{3}{4}$  cup coconut milk  
salt to taste

Drain split peas. Place in large saucepan; add  $\frac{1}{2}$  tsp of the turmeric, the ginger and water to the saucepan. Simmer until the peas are soft.

Cook the onion and garlic in the butter or oil for 5 minutes. Stir in the spices, including the remaining turmeric, and cook 30 seconds. Add the tomatoes, squash and  $\frac{1}{2}$  cup of the cilantro; cook 15 minutes. Stir in the cooked split peas and the chicken stock or water. Simmer, covered, 30 minutes. Cool slightly and puree the soup in a blender. Return to the pan and stir in the coconut milk and salt. Heat through.

Garnish with cilantro leaves.

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## **Whole-Wheat Basil Bread**

Yield: Two 9-by-5-inch loaves

1 package (1 tbsp) active dry yeast  
Pinch sugar  
 $\frac{1}{2}$  cup warm water  
1 cup warm buttermilk  
1 cup warm water  
 $\frac{1}{4}$  cup honey  
4 tbsp unsalted butter, melted  
5 – 5  $\frac{1}{2}$  cups whole-wheat flour  
 $\frac{1}{2}$  cup minced fresh basil  
 $\frac{1}{2}$  cup pine nuts, chopped

2 ½ tsp salt

1. Sprinkle yeast and sugar over warm water in a small bowl and stir until dissolved. Let stand until foamy, about 10 minutes.
2. Mix buttermilk and water in a medium bowl. Stir in honey and melted butter. Place 2 cups flour, basil, nuts, and salt in a large bowl. Add milk and yeast mixtures and whisk about 3 minutes, or until smooth. Add flour ½ cup at a time with a wooden spoon until a soft dough is formed.
3. Turn dough out onto a lightly floured surface and knead until soft, slightly sticky, and very pliable, about 5 minutes, adding flour 1 tbsp at a time as needed. Keep dough a bit on the soft side, as bread will be lighter this way.
4. Place dough in a greased bowl, turn once to grease top, cover with plastic wrap, and let rise in a warm place until doubled, about 1 to 1 ½ hours. Don't let this dough rise more than double in volume. Gently deflate dough and let rise again, if you have time. It will take half the time to rise the second time.
5. Gently deflate dough, turn out onto a lightly floured surface and divide into 2 sections. Form into loaves and place in two 9-by-5-inch greased pans. Cover loosely with plastic wrap and let rise again until doubled, about 30 minutes.
6. Bake in preheated 350 degree oven for 50 to 60 minutes, or until loaves are brown. Remove from pans to cool on a rack.