

LOG LUNCH 22 September 2006

Servings: 80

Soup: Portuguese Kale and White Bean

Ingredients	Volume	Weight
White beans, dry	5 cups	3 lbs
Onions, chopped	3 ¾ qts	5 lbs
Olive oil	¾ cup	
Garlic, minced or pressed	15 cloves	
Fennel seeds, ground	3 Tbsp.	
Oregano, dried	1.5 Tbsp.	
Bay leaves	12	
Sun dried tomatoes, soaked, drained, chopped	1.5 cups	
Carrots, chopped	2 qts.	2 lbs. 4 oz.
Potatoes, chopped	2 ¼ qts.	2 lbs. 4 oz.
Vegetable stock or water	1.5 gal. plus 4.5 cups	
Kale, chopped		3 lbs
Tomatoes, fresh or canned, chopped	5 cups	2 lbs
Lemon juice	3/8 cup	
Salt and black pepper to taste		

1. If using dried beans, soak the beans in water to cover overnight, or for at least 3 hours; or bring to a boil, remove from heat, and let soak for 1 hour. After soaking, drain and cook the beans until tender in 4 quarts of water until tender. Drain and set aside.
2. Sauté the onions, garlic, fennel, oregano, and bay leaves in olive oil until the onions soften.
3. Soak the sun-dried tomatoes in boiling water to cover and set aside.
4. Add the carrots and potatoes to the onions, sauté briefly.
5. Add the stock (can include the bean liquid), cover, bring to a boil, and then simmer, covered, until the potatoes are barely tender.
6. Add the kale and the fresh and sun-dried tomatoes and simmer until the kale is tender.
7. Add the cooked beans and lemon juice and salt and pepper to taste.
8. Heat gently.

Salad

Ingredients	Amount
Lettuce	
Peppers	
Onions	
Apples	1 peck
Raisins	1 canister
Walnuts, chopped	3 lbs.
Feta cheese	3 containers

Dressing

Ingredients	Amount
cider vinegar	2.5 cups
combined olive and vegetable oil	4.5 cups total
garlic	3 cloves
salt	
black pepper	
basil	2.5 tsp
oregano (dried)	1.25 tsp
celery seed	to taste
parsley	
lemons and oranges	3 of each

Seeded Dill Rye

Ingredients	Amount
Warm water	12 cups
Active dry yeast	9 packages
Light brown sugar	18 Tbs.
Rye flour	9 cups
Instant nonfat dried milk	3 cups
OR dried soy milk	3 cups
OR just leave it out	
Dill weed	6 Tbs.
Dill seed	6 Tbs.
Caraway seeds	6 Tbs.
Salt	15 tsp.
Butter, unsalted, melted	3 Tbs.
OR vegetable oil	2.5 Tbs
Unbleached all-purpose flour or bread flour	24 cups

1. Pour 3 cups of the warm water in a small bowl. Sprinkle the yeast and a pinch of brown sugar over the surface of the water. Stir to dissolve and let stand at room temperature until foamy.
2. In a large bowl using a whisk, combine the rye flour, dried milk (or soy milk, or neither), remaining brown sugar, dill weed, dill seeds, caraway seeds, and salt. Add the remaining water, butter (vegetable oil), and yeast mixture. Beat hard until smooth. Add the flour, ½ cup at a time, with a wooden spoon until a shaggy dough is formed.
3. Turn the dough out onto a lightly floured work surface and knead until smooth and silky, dusting with flour only a bit at a time as needed to prevent sticking.
4. Place the dough in a greased bowl. Turn once to grease the top and cover with plastic wrap. Let rise at room temperature until doubled in bulk, 1 to 1 ½ hours.
5. Gently deflate the dough. Turn the dough out onto a lightly floured work surface. Grease pans. Divide the dough into loaf sized portions (bigger loaves than last week to increase efficiency). Shape each portion and put in the pans. Cover loosely with plastic wrap and let rise about 40 minutes.
6. Twenty minutes before baking, preheat the oven to 375F. Bake bread for 40-45 minutes or until golden brown.
7. Transfer loaves to cooling rack and let cool before slicing.

Zucchini Cookies

Ingredients	Amount
butter	2 ¼ cups
sugar	1.5 cups
brown sugar	1.5 cups
eggs	3
whole wheat flour	4.5 cups
white flour	3 cups
baking powder	4.5 tsp
cinnamon	3 tsp
salt	2 ¼ tsp
ground cloves	1.5 tsp
zucchini	4.5 cups
raisins	2 ¼ cups
walnuts	2 ¼ cups

Vegan Oatmeal Cookies

Ingredients	Amount
margarine	1.5 cups
sugar	2/3 cup
brown sugar	1.5 cup
vanilla	2 tsp
soy milk	1 cup
flour	2 cups
baking soda	1 tsp
ginger powder	½ tsp
cinnamon, cloves, nutmeg	1 tsp each
quick cooking or rolled oats	6 cups
chocolate chips... or carob chips?	a few pounds
raisins	