

The Flight of the Mind Kitchen Bible



This is the red three-ring binder that Flight of the Mind cooks used and updated each year—this one was for 2000, the last year of Flight. It contains menus, recipes, hints for how to manage the old gas ovens, and words of advice and encouragement from one year's cooks to the next.

It is an artifact we thought deserved preservation in digital form as part of Flight of the Mind's history. Some will be interested in it, in and of itself, some will be delighted to have the recipes, and some might even find it useful for cooking for very large groups.

The cooks devised the menus for healthy eating, for variety, to include many ethnic food traditions, and to make it easy to accommodate vegetarians and vegans as well as meat-eaters. They are recipes that work for large quantities without sacrificing quality but you can use them for any number of eaters—all you will need is a calculator.

Introduction

The advice in this Kitchen Bible will help you decipher the stories:

- One whole case of bananas over-ripe before we were ready for them
- The dal tasted bitter with too many mustard seeds
- Gingerbread for 85: too dry from an ornery oven
- 100 corn tortillas fell apart just as they were served

But reading through these notes and the notes on the notes, you might also glimpse how much fun we had.

The days started out quiet as the breakfast crew pulled yog'ed yogurt out of the oven, turned on the flame beneath the six-foot griddle, removed the upside-down chairs from the table.

After breakfast was served, we sat around that table: how did you sleep? What were your dreams? Who will chop the twenty-five pounds of onions? Who's at the stove?

When the morning was in full swing, each of us at our stations (chopping block, oven, dishes), one of us would pose a daily question (If you were to change your name, what would you change it to and why? What was your favorite book when you were ten?). We rotated responsibility for bringing the question and posed it to all of our visitors.

Mid-week, writers would sign up to come read to us while we stirred pots, chopped garlic, shaped bread.

Through each of the days we talked and laughed and washed dishes and served all meals on time. For eighty-five eaters, that required practice and documentation: forty pounds of chicken needs to be ready to go in the oven by 3:30, the tofu goes in at 5:15. Cook the vegan pizza in the first round so no one is waiting too long for their dinner.

We stood on each other's shoulders. Mary's recipes for salad dressing. Char's cole slaw. Kelly's excellent tomato sauce. Each of us crossing out amounts, writing warnings for next year's troupe.

The days ended with the dinner crew sliding four large jars of prepared milk into the pilot-light-warmed ovens. They set the chairs upside down on the table and mopped the floors. All quiet, waiting for the next day.

—Elissa Goldberg

MISC. NOTES FOR COOKS:

Things to do first morning

- Before using the **rice vinegar**, decant it into a plastic jug. We have dropped and broken the bottle every year for the past three years! (It can't be replaced until the next week.)
- Put aside red onions and red peppers for roasted veg. salad fifth night.
- Put aside canned goods for 2nd week (put up above cupboards).
- Extra dry items can be stored in space between kitchen and dining room.
- Put aside any fruit for 2nd week (or clearly mark on box).
- Put aside cheese for 2nd week.

Basics:

- Always preheat ovens 1/2 hour before using them.
- Chicken takes a long time to defrost; take it out of the freezer at least 2 days before you need it. Defrost it in a pan in the cooler.
- Look ahead every day to see if you need to soak beans.
- change tofu water daily
- check fruit daily for ripening. bananas will ripen faster with plastic closed over them.

Making cakes:

For cakes to turn out moist and tasty, don't use 2 large pans, but break it up into four pans. That way you can move them around in the ovens better, and remove the ones that are done intime. With 2 large pans, the edges get too dry before the middle is thoroughly cooked. (Small pans also go through dishwasher better.) The oven on the right is hotter than the one on the left. (At least in 1999.) And the temperature is inconsistent throughout. So you'll need to move the pans around frequently.

Tomato sauce:

If it's early in the week (lasagna night) or pizza night first week, use 4 #10 cans of tomatoes. You'll end up with extra you can use for pizza or lasagna the 2nd week. If you need sauce for 2nd week's pizza, though, and 3 of your pizzas are non-tomato based, only use 2 cans for your sauce.

Mary's recipe for yogurt:

1. warm 3 sterile jars with hot tap water
 2. use "tepid" water to mix
 3. proportions: use 2 1/2 T yogurt with 2 c. milk powder & 3 c. water.
 4. surround pots with very warm bath water
 5. cover with a towel (the ovens are too hot; leave it on the counter right next to the stove where it is warmish)
- *consider closing windows in kitchen if you're concerned that it's too cold
- proportions for—

1 gallon: 1/2 c. + 2 T yogurt, 8 c. instant milk, 3 qts. Water

2 gallons: 1 1/4 c. yogurt, 16 c. instant milk, 6 qts. water

3 gallons: 1 3/4 c. + 2 T yogurt, 24 c. instant milk, 9 qts. Water

3 gallon jars will fit together in the huge aluminum pot at SBL.

Coffee:

When making coffee, fill cup used for measuring up to bottom of blue border; fill coffee pots with COLD water up to top of printed logo. Remember to put empty pot in place before pouring water in. The coffee begins to pour right away!

- Keep airpots full throughout breakfast and lunch.
- Before, dinner, 1 1/2 airpots each of caf and decaf gets us through dinner & evening.

Notes for breakfast:

eggs:

- make eggs for first breakfast to reinforce feeling of abundance
- If lots of vegetables or tortillas are added, 60 eggs should be enough; if not many veggies are used, start with 90 eggs.
- start at 7:30 (not before or after!)
- use only large Teflon pans for scrambled eggs.
- don't clean up from the eggs until breakfast is nearly over; latecomers love eggs.
- remember to add salt & pepper to eggs before you cook them

pancakes:

- pancakes with fruit—cut the fruit really fine or the pancakes won't lay flat on the griddle
- turn the griddle on when you get in in the morning. It will take that long to get ready. The flame should be small, maybe about 1/4 inches or less. You can check it through the holes in the side. You won't need the Wolf griddle attached to the ovens.

- start cooking them at around 7:20 or so, and then just keep flipping while people come through the line. When keeping them hot in the over, use parchment paper between layers, and foil on top, not towels. Our towels look like shit and smell bleachy, says Ruth.

cereal:

- start with 1 gal 10-grain : 3 gal water; 1.5 gal oatmeal : 3 gal. Water
- start water heating by 6:40 or so, and you will have cereal ready by 7:30 or 7:45 which will stay hot until you serve it. Add cereal once water is boiling.
- For 10-grain, add it slowly and stir it constantly as it's pouring in so it doesn't clump. Once it's in, let it reach a boil then immediately turn it way down. Stir it every 3 minutes or so. After 10 minutes, turn off and let sit. It will be perfect! (stir before serving)
- For oatmeal, add it and stir, stir, stir. Once it's in, turn down the heat, then turn it way down. Stir it every 3 minutes or so.
- From Elissa: If you smell something not right and you think you have burned the cereal, pour the cereal into a new pot—don't scrape the bottom—and continue to cook it. It's fine unless it's been burning a long time.
- Leftover cereal from the day before can be reheated as follows: start heating some water. Add the leftover cereal to warmish water (make sure you declump it as you add it to the water either with your very clean hands or a whisk). You will be surprised how much water leftover cereal will eat up, so be prepared to add more water later if necessary. Leftover cereal can be added to next day's cereal or to bread.

quickbreads:

- make quickbreads instead of muffins. muffins stick to the paper and it's really hard to get them out on time. Good for last day, as a "to go" breakfast.

turkey patties:

- Serve them the night after the baked potato dinner (sixth breakfast); they're hungry for meat then. Night crew should form and shape them the night before, otherwise you won't have time in the morning. We've allotted 5 lbs. for this. Save leftovers for pizza.

Syrup:

5 c. sugar

8 c. water

1/2 t. maple flavoring

Heat, stirring, it will thicken as it heats and will thicken some more when it cools.

Anndee will deal with coffee, fruit and bread slicing.

Notes for lunch:

- Always have a hot lunch dish during cold & rainy weather. Such as: cottage fries, mac & cheese, carrot soup, baked spaghetti.
- use 5# mac for mac&cheese; reserve a few handfuls of dry mac for minestrone. Make a white sauce with one gallon of milk (made from powdered) and add 2 lbs. pre-shredded jack cheese. It should fill one whole large baking pan (the one with the sides that come up).
- Always overprep for salad bar, so you can refill quickly. Many things can be used later if not needed (or put in evening salad).

When does fruit go out?

put fresh fruit out (can be whole) whenever there is a nonfruit desert after dinner and for snacks, but not with lunch.

Bread notes:

from Kelly:

- Whole wheat makes a weaker dough, so be gentle when forming these loaves.
- Preserve the already established internal structure and don't worry about pounding out all the air.
- It is possible to overknead the dough, especially with the Hobart.
- Whole wheat flour absorbs water as it sits, so make it wetter when you mix it.
- Anadama worked well when I kneaded it and slightly overproofed it. It was resilient, chewy and moist with nice gluten development. Nice and crusty, too.
- Cooked oatmeal is an excellent addition to the basic whole wheat recipe, makes it moist and light. Other cooked cereal can be added too.

from Elissa:

- Check that the Hobart is set in Speed 1 before you start cranking it. Otherwise it will blow your whole recipe around the room, and you will have to start over. Which is not such a terrible thing to do because you will only do it once in your lifetime.
- Let it knead for a long time in the Hobart. It will like you. But see note above.
- The ovens are temperamental, to say the least. When it's baking, check the pans often, and turn them, top to bottom, back to front. (Do this for cakes, too.)
- Don't worry. All the bread recipes are extremely forgiving. You cannot go wrong with the basic whole wheat recipe. It just always works, and you can add whatever else to it that you want.
- For challah, get help braiding from Anddee or others; three loaves to a baking sheet on parchment.

Produce:

Do a produce inventory mid-week so you know what you have and what needs to be used first before it goes bad.

Snacks:

Between breakfast and lunch and between lunch and dinner:

bread, marj., butter, peanut butter and jams and fruit.

Also, bet. breakfast & lunch, leftover pancakes (yes, cold), quick breads or whatever.

Bet. lunch and dinner, left-over dessert from the night before.

Things to do with stale bread:

- make croutons
- make french toast

What to do with leftover corn tortillas:

- use for migas (with eggs) for breakfast (need to serve salsa with it)
- bake'em with water, salt and seasoning in a 400 degree oven for 8-10 minutes for CHIPS!

ATTENTION: No grated carrots except a very small amount by hand!! None in the robot coupe!!!!!!!!!!!!!!!!!!!!!!!!!!!!

Fruit

Don't cook with the strawberries. Use them for color in fruit salad and fruit plates or for breakfast.

Herbs

Don't forget to use the fresh herbs in the SBL herb garden. We've been invited to. Set aside enough basil for pistou--the minestrone really needs it, says Kelly.

Tofu

You will have 36 hunks for each week (1 1/2 buckets). Use them thus:

18 for marinated tofu for salad bar

15 for barbeque tofu

1 for nondairy lasagna

2 for ?

Vegetable Stock

potatoes
onion
carrots
celery
zucchini
an apple or two for sweetness
garlic
tomatoes scraps
mushroom scraps
whatever's on hand
a tiny pinch of salt

but no cabbage, broccoli or cauliflower
dirty, rotted or slimy vegetables or scraps

Cut up vegetables roughly into big chunks and put in a big pot. Don't have to peel anything, just wash as needed. Fill pot with cold water. Bring to a boil and simmer gently about 45 minutes. Drain.



Kitchen scene, 1992; from left: Kelly Myers, Anndee Hochman, Claire Smith, Becky Shine, Elissa Goldberg

Bread

FLIGHT OF THE MIND WHOLEWHEAT BREAD

Makes 12 loaves and you can add whatever extras you want, such as leftover cereal from breakfast

Mix:

1/4 c. yeast

11 c. warm water

1 c. brown sugar (can use up syrup for pancakes at end of week)

Mix with dough hook:

16 c. wholewheat flour

16 c. white flour (plus some)

3 T. salt

Mix and add to water mixture:

4 eggs

1 c. oil

Use Hobart with hook until just mixed.

Bake at 375° (after 35 min. check & switch pans around halfway through)



Julie Huffaker, with the Flight of the Mind wholewheat bread, hot from the oven, 1992

FLIGHT OF THE MIND FRENCH BREAD

Makes 8 loaves *or 10 thin ones.*
Bake at 350 for until done.

Mix:

2 T. yeast
5 - 6 c. warm water

Mix:

16 c. flour
2 T. salt
2 T. sugar

Can add walnuts if wish.

Use Hobart with hook _____

Swedish Rye Bread
(from *Joy of Cooking*)

1/2 c. yeast
9 c. warm water.

Add:

1 1/2 c. molasses
1 c. sugar
3 T. salt
1/2 c. grated orange rind
6 T. fennel
6 T. Anise
3 c. chopped raisins
15 c. rye flour
3/4 c. oil
15-18 c. white flour

serve only
with some
other more
plain bread

Bake for a good long time. You'll have dark - but
done - loaves.

Great Grandma Lucoff's Challah for Flight of the Mind

Mix in 2 batches. Amounts written are for each separate batch.

Proof 1/4 c. yeast in 1 1/2 c. warm water and add a little sugar

Put into Hobart mixer bowl:

20 cups of white flour. Make a well in the flour and add:

1 1/2 c. oil

1/3 c. salt

9 eggs

1/4 c. sugar

4 1/2 c. warm water

The yeast mixture

Mix and knead in mixer, adding any additional flour needed. Turn into rising bowl while you prepare the same dough again. Total, this is enough for 12 loaves of challah. You can invite all kitchen women to help braid.



Elissa Goldberg and Anndee Hochman, making challah, year unknown

Potato Bread.

3 T yeast in $1\frac{1}{4}$ c. ^{warm} water.

1 T sugar

$7\frac{1}{2}$ c. buttermilk.

1 c. ~~oil~~ oil

3T + $\frac{1}{4}$ ~~teaspoon~~ salt

5 c. mashed potatoes.

32-35 ~~teaspoons~~ c. flour

325° IN THIS OVEN
Bakes like a cake
9 huge loaf pans

Anadama Bread

3 c cornmeal

12 c water -- boil and pour over cornmeal, stirring until smooth.

Let stand 30 minutes.

6 T yeast, dissolved in

3 c warm water

27 c white flour

$\frac{1}{4}$ c salt

6 T oil

3 c molasses

Mix. ~~Don't knead.~~ *knead only a little - 3 minutes max.* Let rise in baking pans. Then bake. Watch out, though, this bread rises more than you might think, so don't fill those pans too full. Also, it ends up pretty moist inside and chewy on the outside, so you need to bake it for quite a long time. 45 minutes to an hour. Maybe closer to an hour.

Small loaves
low long
over

Dinner Menus, Recipes and Notes

FIRST NIGHT/Barbeque

Barbeque Chicken
Barbeque Tofu*
Cole Slaw*
Baked Beans*
Beet Salad*
Cornbread*
Potato Salad*
watermelon or other fruit

*use recipes in folder

- leftover baked beans are good for hot lunch on a rainy day, or for augmenting black bean chilli.
- use 40 lb. of chicken (make sure you know how many #s in a bag—this was the source of a big mistake one year)
- BBQ sauce is high sodium; don't salt chicken.
- chicken in at 3:30 @350°, turn trays around often; tofu at 5:15.
- Fix up BBQ sauce with spice, onion & garlic.
- put honey out for cornbread
- don't put cake back on this night; it's too heavy a meal, needs fruit.

Doctoring BBQ sauce:

dijon
molasses
cayenne
chili pdr.
bl pep.
wh. sugar
salt
garlic

FLIGHT OF THE MIND CORNBREAD (FROM SOUP & BREAD)

8 c. cornmeal
8 c. flour
8 T. baking powder
2 t. salt
2 t. soda
10 c. buttermilk
8 eggs
1 1/4 c. sugar
2 c. oil

Add dry ingredients to wet and mix.

Oil 2 large pans. Don't be alarmed if it looks thin. It will bake up.

Bake at 350° for 20 to 30 minutes or until done.



Mary Davis, arranging wildflowers for the dining room, 1996

BARBEQUE TOFU

Use 15 blocks of **tofu**, ~~liced~~ sliced about 1/2 inch thick ~~(can slice long or short way).~~
~~Do not weight them to get out excess water (it makes it too dry).~~

~~Mix 4 c. peanut butter with water added to make a spreadable paste and~~
spread a thin layer of peanut butter ~~mixture~~ on top.

Then spread **barbeque sauce** over that.

Baked ~~uncovered~~.

If you want to cover it on the table with foil to keep it warm, be sure to "tent it." If the foil touches the tofu, it lifts off the topping.



Cathy Brown, 2000

**FLIGHT OF THE MIND POTATO SALAD
(FROM JOY OF COOKING)**

Start this project first thing in the a.m.

get the smallest
size potatoes "C's"

Cook:

35# red potatoes with the skin on, ~~in large slices~~

While they're cooking prepare:

Dressing of salt & pepper, vinegar, prepared mustard & oil

While potatoes are still warm:

~~Cut them into smaller pieces (leave skin on) and~~ put them straight into a bowl that already has the dressing in it.

Add:

Grated onion, celery, ~~hard-boiled egg~~, etc., to taste
capers, green onions, parsley.

Cool:

For at least an hour. Then mix in a small amount of mayonaise and chill.

CHAR'S COLE SLAW WITH SESAME VINAIGRETTE

Do ahead:

- ~~4~~ green cabbages shredded
- 3 ~~1/2~~ red cabbage shredded
- ~~3-4~~ carrots hand grated

~~Shredding cabbage~~

Before serving:

~~W. before serving,~~
toss with sugar, let stand, 10 minutes, then dress.

Dressing:

- 2 c. oil
- 1 c. soy
- 2 c. rice vinegar
- sesame oil & black pepper to taste

~~shredding~~ ^{grating them} cabbages by hand rather than in the
cuisinart makes for a less wet-looking ~~and~~ and
more appealing salad.

MARY & CHAR'S BEET SALAD

use 2 #10 cans shoestring beets (could substitute sliced)

zest 3 oranges, juice them & strain juice

delicately toss beets, juice & zest

sprinkle 2 t. of ground cardamon & 1 1/2 t. fresh roasted anise seed, salt & pepper

splash of rice wine vinegar to balance

SLICED 1/2 ROUNDS OF ORANGE FOR GARNISH



Performance piece for the staff; from left: Char Breshgold, Rebecca Gundle, Kelly Myers, 1999

FLIGHT OF THE MIND BAKED BEANS

Soak, then cook, 15 c. navy beans.

Sauté:

1 c. oil
10 c. chopped onions
15 cloves garlic, chopped

Add to sauté:

3 T. dillweed
1 T. allspice
2 t. black pepper
3/4 c. dried mustard powder
1 1/4 c. molasses
8 c. crushed tomatoes
10 T. lemon juice
8 diced carrots
8 chopped celery stalks
5 chopped green peppers
salt to taste
2 c. barbeque sauce
1 small can tomato paste

Add beans to sauté and simmer, stirring frequently. Can be made ahead of time, and reheated in thick pot, watching carefully.

SECOND NIGHT/Lasagne

Vegetarian Lasagne*
Small pan nondairy lasagne (with tofu)*
French Bread*
Green Salad
Brownies*

*use recipes in folder



Char Breshgold serving lasagna, 1998

NONDAIRY LASAGNA FILLING

For 1 small pan, 4-6 pieces

1 block tofu

mix with 1/2 – 1 c. wilted chopped spinach

add some of the mushroom/onion filling

lots of black pepper

salt

layer with noodles and sauce

sprinkle with fresh herbs (basil & parsley) before serving



Elissa Goldberg with a dinner salad, 1994

FLIGHT OF THE MIND LASAGNA for 85

2 3/4 large pans (in 98 ran out with 2 1/2 pans)

1 small non-dairy (# needed plus 2)

Kelly's excellent tomato sauce:

chop a whole pile of garlic and sauté it really slowly in a generous quantity of olive oil (so garlic gets sweet)

add 4 #10 cans tomatoes (pureed and/or crushed) and cook them with the oil and the garlic slowly until the fat rises to the surface

if it comes out nicely, add nothing but black pepper & salt, sugar if needed; if canned tomatoes not too nice, tweak it with a little basil, nothing else.

Make sure sauce is THICK, otherwise it makes lasagana watery. Save any leftover sauce for pizza.

Grated cheese: 3# monterey jack
1# parmesan
5# mozzarella

Filling: 9# ricotta
5# cottage cheese
12 eggs (can use leftover scrambled eggs from breakfast in whole or in part)
1 c. chopped basil

Add to filling: (all sautéed together)
8 chopped onions
4 T. garlic
13 c. chopped mushrooms
dried oregano & basil

Then add to filling: fresh spinach (7-8 bunches) washed twice, wilted, squeezed, and chopped, along with any leftover steamed veggies laying around.

OVER

Plus (to taste): fresh garlic
salt & pepper
nutmeg?
fresh basil

bake in 350° oven, put in at 4:00; should be ready by 5:15 - 5:45 (enough time to let it cool before cutting—1/2 hour of setting makes cutting much easier)

Cover with parchment paper first, then foil.

This is the order of the stack:

Light cheese
Tomato sauce
~~~~~ noodle ~~~~~  
Light cheese  
S & P  
filling  
Tomato sauce  
~~~~~ Noodle ~~~~~  
Light cheese
S & P
Filling
Tomato sauce
~~~~~ noodle ~~~~~  
Tomato sauce  
pan\_\_\_\_\_pan

Sprinkle with herbs (basil, parsley) to garnish



**FLIGHT OF THE MIND BROWNIES**  
(with alterations by Char)

**Beat in mixer:**

6 c. oil  
16 c. sugar

**Add:**

32 eggs  
1/4 c. + 1 T. vanilla  
2 t. salt

**Combine:**

6 c. cocoa  
8 c. white flour

Add to wet mixture: don't overmix

Spread in 2 large pans (they rise quite a bit, so don't worry if thin & they're rich, so better on the thin side).

Bake at 350 – 375. Change shelves after 15 minutes and check frequently.

Dust with powdered sugar.



Staff photo, 1993, from left to right: Julie Huffaker, Claire Smith, Kelly Myers, Elissa Goldberg, Anndee Hochman, Becky Shine



### THIRD NIGHT/Burrito Bar

refried beans\*  
ground turkey  
olives  
sour cream  
yogurt  
green peppers  
salsa\*  
tomatillo sauce\*  
grated cheese  
chopped lettuce  
chopped onions  
chopped jalapenos  
Corn chips  
Rice Primavera\*  
Apple Rhubarb Crisp\*

\*use recipes in folder

- use two pans to heat rice primavera, and put it in the oven at 4:30; if you pile it high in one pan, it won't heat through.
- flour tortillas *only* should be wrapped in tin foil in small stacks, set in oven around 5:20; corn tortillas heated on griddle (they fall apart in the oven).
- this dinner requires active and frequent checking from the runner (every 5 minutes) to make sure topping items don't run out and to replenish tortillas with hot ones.
- Use 15 lbs. of ground turkey; freeze extra for pizza if any left over. Make turkey at 5:00, then doesn't have to be reheated. Beans and rice can be reheated in hotel pans in the oven.
- Put out bowls for crisp.
- This is a hard meal, because of the just prior preparation and the serving. Be prepared for a good 30 or 40 minutes of hecticness.



## REFRIED BEANS FOR 85

20 c. raw pintos, cooked  
10 c. chopped onion  
20 cloves minced garlic  
4-8 T. ground cumin  
2 t. black pepper  
chilli powder to taste  
oregano to taste  
salt

Mix all in Hobart. Add tomato juice if you need to make it more moist.

Use extra for migas.



Serving the burrito bar, 1995, on left: Jenny Dixey, Maria Eliza Hamilton and a participant; serving behind the buffet table on right: Elissa Goldberg and Rebecca Gundle



## SALSA

Fill a large stainless steel bowl about 2/3 full with:

fresh chopped tomatoes

chopped onions

minced garlic

about 4 jalapenos (or more if not hot)

chopped cilantro

~~3 partly peeled but not seeded cucumbers~~

salt

Lime juice

Red wine vinegar

cumin

**NO GREEN PEPPERS BY ORDER OF THE QUEEN!!**

Taste it. Have your friends taste it. Add whatever you think it needs.

Dance the salsa.



**TOMATILLO SAUCE  
(ADAPTED FROM GREENS)**

6 lb. can of tomatillos

sauté:

3 small onions, diced

6 cloves garlic, small dice

add about 3 jalapenos (or to taste)

3/4 c. chopped cilantro

1 1/2 t. salt

add rice vinegar to taste

add sugar if it needs it



Flight of the Mind kitchen, 1985; from left to right: Ruth Gundle, KE Edmiston, Mary Scott, Susanne Kredentser



## RICE PRIMAVERA

<sup>23</sup>  
Cook 18 c. raw rice with:

Parsley  
3 red peppers, small dice

1:1½  
rice: H<sub>2</sub>O

When cooked add seasonings:

Oregano  
Paprika  
Black pepper  
Cilantro

Combine in 2 small hotel pans.

Heat, covered, in oven. Stir frequently.



Kitchen scene, 2000, left to right: Elaine Hogg and Camille Goshien



Etaine Hogg's Wisdom for making  
BROWN RICE

Measure rice exactly. Pour a little oil in the bottom of the pot, just enough so you can lightly coat the rice. Heat, sauté the rice, pour in exactly one and a half times the volume of hot water, i.e. 4 cups rice : 6 cups hot water. Boil vigorously without a lid until you can just see the rice through the water. Lower the heat, put a tight fitting lid on the pot, and let the rice steam undisturbed until all the water has evaporated. It should be just done. If necessary, turn off the heat and let it sit with the lid on, to finish cooking with its own retained heat. Fluff up and salt.

FOR THE RICE PRIMAVERA

Add to the cooked rice, for example: chopped red peppers, chopped sautéed onions, green onions, parsley, chopped tomatoes and plenty of salt and pepper.

## APPLE RHUBARB CRISP

Use 2 largest roasting pans.

Cover the bottom with fruit.

**sprinkle:**

lemon juice

cinnamon

sugar

wholewheat flour

**topping:**

1 gal. Oats

1/2 gal. ww flour

1 t. salt

2/3 c. cinnamon

6 c. brown sugar

1/2 gal. oil

Bake at 325 about 1 hour



## FOURTH NIGHT/Curry

Curried Chicken\*  
Curried Vegetables\*  
Rice  
Dal\*  
Apricot Chutney\*  
Raita\*  
Gingerbread\* with Yogurt Sauce  
Pineapple

\*use recipes in folder

- Make 30 cups of raw rice. Can use the leftover for rice salad next day or can add it to morning cereal. Start water boiling at 4:15. (1 part rice to 1 1/2 parts water.)
- Note: too many mustard seeds or over-cooking them makes dal bitter.
- salt chicken before putting sauce on
- chicken in at 3:30 @350°, turn trays around often
- start rice cooking at 4:30
- Works best to cook veg curry in afternoon, then just reheat for dinner. Don't put in cooler; can be left out. Pre-blanch potatoes, ~~carrots & cauli~~ *other veggies* individually to the point they all cook to perfection in the time it takes for zucchini, ~~otherwise some are mush and some are hard.~~ *other veggies*
- dal should be made ahead and reheated for dinner. Don't put in cooler; can be left out.
- this is a dinner that has a lot of hot dishes. Allow enough time to get everything hot by 6.
- put bowls on serving table by gingerbread; there's too much on the plates to have room for it.
- gingerbread cooks quickly!



**CURRIED VEGETABLES FOR 85  
FROM ENCHANTED BROCCOLI FOREST**

**Sauté:**

*1/2 c. oil ← noway! Use less! Use your judgement!*

60 cloves chopped garlic

1/2 c. chopped ginger

1/2 c. mustard seeds

1/2 c. ground cumin

1/2 c. ground coriander

1/2 c. dill weed

1/2 c. turmeric

**Add :**

30 c. sliced onions

3 1/2 T. salt

*potatoes & carrots*

**Blanch ~~vegetables~~ separately and then combine:**

22 red potatoes sliced

45 carrots, sliced

7 cauliflower heads, florets

~~10 large sliced zukes~~

*5 broccoli heads*

**Add:**

2 cans frozen orange juice

**Stir often on med. heat.**

**30 min. before serving, add:**

12 c. canned diced tomatoes

a bag of frozen peas

cayenne to taste

Can be made ahead and reheated. If done ahead, chop veggies in larger pieces.



## CURRIED CHICKEN FOR 85

30# chicken in 2 or 3 large pans

Trim excess fat, as much as possible

Cover chicken in sauce:

7-8 cloves garlic

2 1/2 c. onions

2 1/2 c. green pepper

1/3 c. curry powder

1 T. thyme

~~2~~ c. canned diced tomatoes - one #10 can

Salt & pepper chicken before you put the sauce on

Spoon sauce over chicken.

Put in oven at 3:30; should take 2 hours to cook. Can be kept warm in oven until ready to serve. Following this will insure that there is no raw meat on bone. It should be cooked well, meat falling away from bone.



**CUCUMBER RAITA  
FROM VEGETARIAN EPICURE**

*peeled + seeded*

6 large cucumbers ~~with seeds~~, chopped very small

3/4 c. finely chopped onions

12 c. yogurt

1 T. ground cumin

1 t. cayenne (more to taste, if necessary)

salt

chopped cilantro to taste *1/2 - 1 bunch*

fresh lemon juice to taste

can add fresh mint if you have it



Staff, 1994. Front row, left to right: Elissa Goldberg, Anndee Hochman, Hilary Mullins; back row left to right: Claire Smith, Cathy Brown, Hannah Ashley, Kelly Myers



## FLIGHT DAL FOR 85

### **Boil lentils until tender but still shapely:**

15 c. lentils

4 T. salt (or more to taste)

30 c. water, can add more if needed

### **Sauté:**

2/3 c. mustard seeds (careful, too many mustard seeds make it bitter)

1 3/4 c. oil

### **Stir into browned seeds:**

15 chopped onions

4 T. turmeric

4 T. curry powder

Add sauté to lentils.

Then add juice of 10 lemons (or to taste).



## Apricot Chutney

2 gallons dried apricots  
3 bulbs of garlic, cloves peeled and coarsely chopped  
3 cups ginger root  
4 cups ( adjustable) red wine vinegar  
8 cups sugar to start  
salt  
cayenne  
6 cups raisins

Put apricots in a bowl. Pour in enough hot water to cover and let soak for an hour.

Put the garlic and ginger in the Cuisinart along with a cup of the vinegar. Blend until smooth.

Empty the apricots and their soaking liquid into a big pot. Add the garlic and ginger, the remaining vinegar, sugar, salt and cayenne. Bring to a boil, stirring occasionally. Simmer on a medium flame, stirring frequently, for 45 minutes or so. Do not let the chutney catch at the bottom of the pot—lower heat if necessary. Add the raisins and cook, stirring, another half hour or until chutney takes on a thick, glazed look. (Chutney will thicken slightly as it cools.)

*Any end up  
with enough  
for both  
weeks -  
use extra for  
salad  
dressing*



## APPLE CHUTNEY FOR 80

15 c. apples  
6 c. cider vinegar  
3 lemons -- chopped  
4 1/2 c. raisins  
4 1/2 c. brown sugar  
2 c. minced ginger  
10 cloves garlic, chopped small  
3 t. salt  
dash cayenne



Staff photo, 1997, during interval, with chocolate cake for snacks. First row from left to right: Cathy Brown, Anndee Hochman, Ruth Gundle. Second row from left to right: Susannah Rankin-Bohme, Madeline ffitch, Claire Smith, Rebecca Gundle, Kelly Myers, Mary Davis (with the cake), Judith Barrington.



\*\*\*\*\*

### FLIGHT OF THE MIND PEACH CHUTNEY

(6 pints. Enough for 75 eaters, with extra for Evelyn White to take home)

- 1 gallon sliced peaches
- 2 1/2+ c. packed brown sugar
- 2 1/2 c. raisins
- 5-6 minced onions
- 2 1/2 c. cider vinegar
- 1/4 c. chopped ginger
- 1 1/3 T. chili powder
- 2 1/2 T. mustard seeds
- 1 1/4 T. salt
- grated rind and juice of 1 lemon
- grated rind and juice of 1 orange
- 1/4 t. cayenne
- 1/3 t. cinnamon

Simmer, stirring often. Cook until thick, about one hour.



Char Breshgold, 1998



**SPICEY GINGERBREAD**  
(adapted from Ench. Broc. Forest)

**sauté:**

1 1/2 c. grated ginger,  
2 1/4 c. oil

**Beat:**

4 1/2 c. sugar into  
4 1/2 c. molasses

Add sauteed ginger to sugar/molasses mixture.

**Beat:**

4 1/2 c. yogurt  
9 eggs

Add yogurt/eggs to gingery sugar/molasses mixture.

**Combine:**

9 c. whole wheat flour  
9 c. white flour  
1/4 c. + 1 1/2 t. baking soda  
2 1/4 t. salt  
3 T. dry mustard  
1 1/2 T. cloves or allspice  
1 1/2 T. cinnamon  
2 1/4 t. nutmeg

Make well in center of dry ingredients. Pour in wet ingredients.

Bake in 350° oven in 2 large pans until done.

*Don't overbake or it will be dry.*



**FIFTH NIGHT/Baked Potato Bar**

Black Bean Chili\*  
Baked Potatoe Bar  
Corn on the Cob  
Roasted Vegetable Salad  
Chocolate cake\*

\*use recipes in folder

- Potatoes should go in a 375 oven at 3, no later! Wash 100 and put them in 3 (the ones with high sides) pans in 2 ovens. Cover with tin foil, loosely fitted, with holes poked in the foil.
- Toppings: Prepare LOTS of blanched broccoli (served cold), almost the whole week's allotment grated cheese, chopped scallions, olives, sour cream and yogurt
- Roasted veg salad should be made ahead.
  - Make 3 full sheets: zuke, carrots
  - Make 1 full sheet each: red peppers, green peppers, white onions, red onions
  - Make substitutions depending on what you have a lot of.
- To cook corn on the cob, place in two large pots, cover with water. Start heating at 5:15. Once it has boiled, cook 5-8 minutes, then drain, and return cobs to pot to keep warm before serving. *Check after 5 min., taking into account that it will sit in hot pan and continue to steam.*
- You will have an oven crisis if you don't plan oven use carefully!  
Recommended order: do cake first thing in the morning, then the bread, then the roasted veggies, then the potatoes.



~~\*~~ 1 1/2

## Black Bean Soup for a Crowd (and Black Bean Soup for Six)

At some point almost everyone has to cook a large quantity of something good, hearty, and cheap. It might be for a benefit, a work party, or a large family gathering. All kinds of occasions present themselves, and with this recipe you will be prepared. This soup is untaxing to make; it's certainly hearty and good; and it's inexpensive. Sour cream and cheese are delicious additions to the soup, but it also tastes fine with just some chopped cilantro leaves scattered on top along with some small dried red chilies *pequins*, which float on top of the purple-black soup looking dangerous. Puréed *chipotle* chilies give it a warm, smoky taste.

Once made, the soup can be allowed to cool to room temperature and then refrigerated for one or two days until needed; the flavors will be even better. Outside of the long simmering time, it takes only about 25 minutes to put the soup together. However, allow for as long as an hour or more for it to come to a boil. This recipe can be divided with no problem, and a scaled-down recipe to feed six follows.

Makes 4 gallons, serving 40 to 50

### THE SOUP

- ~~7~~ 1 1/2 — 5 pounds black beans
  - ~~7~~ 1 1/2 — 5 medium onions, diced into small squares
  - 6 — 4 large garlic cloves, chopped fairly fine
  - 3 — 2 32-ounce cans peeled tomatoes, chopped, the juice reserved
  - 4 1/2 — 3 chipotle chilies, minced or puréed, or 1/4-1/2 cup smoked chili salsa (page 320)
  - 3 — 2 large bunches of cilantro
  - 2 1/2 — 2 tablespoons salt
- 1 #10 can use about 1 cup

### THE GARNISHES

- grated Muenster or Monterey Jack Cheese
- sour cream
- chilies *pequins* or other small dried red chilies

\* Sort through the beans, remove any pebbles, and rinse the beans well in cold water. Put them in a 4-gallon pot, cover with cold water to about 4 inches from the top, and bring to a boil. (Setting the pot on a Flame-Tamer will allow the

\* Make this thicker, more of a chili consistency, since they'll want to put it over baked potatoes.





beans to cook slowly without sticking to the bottom.) When the beans finally come to a full boil, they will give off some foam. Skim it off; then add the onions and garlic.

Lower the heat and cook until the onions have softened, about 15 minutes; then add the tomatoes and their juices, the *chipotle* chilies, to taste, and half the cilantro. Occasionally give the beans a stir. Cook for 1 hour; then add the salt and continue cooking until the beans are soft, another 30 minutes or possibly longer, depending on the beans. Once they're cooked, stir in the remaining cilantro, taste for salt, and garnish as desired.

## *Black Bean Soup for Six*

### THE SOUP

- 1½ cups black beans, rinsed and soaked 6 hours or overnight*
- 1 small onion, diced into small squares*
- 1 garlic clove, finely chopped*
- ½ chipotle chile, minced or 1 tablespoon smoked chili salsa (page 320)*
- 1 16-ounce can peeled tomatoes, chopped, juice reserved*
- ½ bunch of cilantro*

### THE GARNISHES

- sour cream*
- grated Muenster or Monterey Jack cheese*
- chili pequins or other small dried red chilies*

Drain the beans and put them in a soup pot with enough cold water to cover them by a couple of inches. Bring to a boil and skim off the foam that rises to the surface; then add the onions and the garlic. Lower the heat and cook until the onions are soft, about 15 minutes; then add the tomatoes and their juice, the puréed chilies, half the cilantro, and lightly salt. Simmer until the beans are tender, an hour or so. Occasionally give them a stir while they're cooking. When done, taste for salt, stir in the remaining cilantro, and garnish as desired.





---

## Smoked Chili Salsa


This sauce is based on a bottled Mexican sauce I like very much but that is almost impossible to find. The brand name, Búfalo, is illustrated with a picture of the charging body of a red buffalo, which is about how it feels in your mouth. Chipotle chilies, which are dried and smoked jalapeños, make it hot and smoky tasting. It's great splashed on quesadillas and enlivens soups, beans, and eggs.

Canned chipotle chilies aren't so hard to find (they can be found in Latin American Mexican markets), and they serve as the base for this sauce. One little can makes about 2 cups of hot sauce, enough to last some people forever and others a few short weeks. The recipe can easily be reduced.

*Makes 2 cups*

- 1 7-ounce can chipotle chilies in adobo sauce*
- 2 cups boiling water*
- 3 tablespoons tomato paste*
- 1 tablespoon strong red wine or balsamic vinegar, or more to taste*
- 2 tablespoons brown sugar*

Blend the chilies and water together in a food processor or blender until smooth. Add the other ingredients and blend again. Taste and adjust the flavorings as desired.





## PERFECT CHOCOLATE CAKE

(adapted from New Recipes from Moosewood)

Bake in <sup>4 hotel</sup>~~2 huge~~ pans:

### Mix and cool:

5 c. cocoa

10 c. boiling water

### Mix:

13 3/4 c. white flour

3 T. + 1 t. baking soda

2 1/2 t. salt

1 1/2 t. baking powder

### Beat:

5 c. oil

12 1/2 c. sugar

20 eggs

2 1/2 T. vanilla

Bake at <sup>350</sup>~~325~~, turn every <sup>10</sup>~~15~~ min.



*SIXTH NIGHT/Soup and salad*

Minestrone Soup\*  
Challah\*  
Spinach Salad  
Pasta Salad\*  
Chocolate Chip Cookies\*  
Fruit

\*use recipes in folder

•7 1/2 # is 18 cups of black beans

•Put some of the beans in the cuizinart to thicken soup. It doesn't need pasta.

•do not put cobbler back on this night; there aren't enough bowls for both soup and cobbler.

•make challah in two batches. Everyone can braid!



Anndee Hochman serving soup, 1998



document amounts

## Minestrone

make 1 1/2 pots

odori: 4 diced onion  
8 chopped garlic  
6 celery ribs and leaves-small squares  
6 carrots-small squares or quarter moons

bay leaves

vegetables: chopped canned tomatoes and their reserved juices — 1/2 can  
12 potatoes in small squares  
4 cabbage, sliced into strips of manageable length  
8 zucchini, small squares  
- string beans  
- no broccoli, no cauliflower

liquids: vegetable stock  
reserved bean-cooking water

starches: beans soaked overnight (kidney/white/garbanzo)  
macaroni

also: <sup>6c.</sup> <sub>avg</sub> basil puree (optional)  
grated Parmesan

Cook whatever beans you're using. If using more than one kind, cook them separately. Make sure to salt the cooking water when the beans are halfway done. Drain them and reserve some of the cooking water.

Saute onion, garlic, celery and carrot until soft and almost golden. Add bay leaf, tomatoes and stock. Bring to a boil and simmer while you prepare the vegetables. Then, either saute the vegetables with salt and add them, or just let them cook in the simmering soup. Season with salt and pepper.

Now it's starch time. If the soup wants thickening cuiz half the beans with their cooking water. Add the beans, cuized and whole, to the soup when the vegetables are almost finished cooking. Add some bean water if you feel soup needs the flavor. Add macaroni, timing it to finish cooking when the vegetables do. Season to taste. Reheat at night. Swirl in basil puree just before serving. Serve with grated Parmesan.



## MED. PASTA SALAD

### **Cook pasta:**

Use 5# corkscrew pasta each week (one large Costco bag) . Salt pasta water well before adding pasta.

### **Use leftover roasted veggies:**

Use roasted zukes and mushrooms and olives. Leftover roasted veggies from night before can be added to this. Puree some of them with their vinaigrette to make nice vinaigrette for pasta salad. May have to roast more veggies, depending on how much is left over.

- Pour over hot al dente pasta.
- In a large hotel pan, set to cool in the walk-in.

### **If not enough leftover veggies:**

Slice zukes (use about one large stainless steel bowl of whole zukes)

Slice mushrooms in half (use about one medium stainless steel bowl of whole mushrooms)

In the afternoon, roast zukes and mushrooms separately with oil, salt, pepper, garlic

In the last 15 min. mix in fresh thyme.



**SPICY TAMARI SUNFLOWER SEEDS  
FOR SPINACH SALAD**

2 c. sunflower seeds

1/3 c. soy

1 T. chili oil (make with chilli flakes & oil)

stir together over med. Heat, sprinkle salt & cayenne over to taste (depending on strength of cayenne)

Turn heat to low when seeds start to brown

Stir frequently until they are crisp & dry.

Cool uncovered.



## CHOCOLATE CHIP COOKIES FOR 85

6 ~~1~~ c. oil

6 ~~1~~ c. brown sugar

6 ~~1~~ c. white sugar

12 ~~1~~ eggs

2 ~~1~~ T. vanilla

13 ~~19 1/2~~ c. flour

2 ~~1~~ T. salt

2 ~~1~~ T. baking soda

6 ~~1~~ c. walnuts

6 ~~1~~ c. chocolate chips



## SEVENTH NIGHT/Pizza

Pizza — seven different kinds (at least one nondairy maybe two)

Recipes for sauce & dough in folder\*

Green Salad

Watermelon

Banana Cake\* or Apricot Walnut cake

\*use recipes in folder

- if you have leftover cream cheese frost the cake with cream cheese frosting. See recipe in Joy of Cooking. Cake can be served fine without frosting.
- pizzas cook in <sup>350°</sup> oven; put in at 4:45. (Can only do 4 at a time, so make sure at least one nondairy is in first 4.)
- after rolling the dough out and fitting it to the pans, put them in the walk-in until ready to sauce, so the dough doesn't over-rise.
- if they're a big-eating group, make 8 pizzas instead of 7 (they ate 7+ the second week of 1999). The dough works for 8; cut it into 8 pieces before rolling it out.



Making pizzas, year unknown; from left to right: Becky Shine, Kelly Myers, Julie Huffaker, Elissa Goldberg, Anndee Hochman



**Kelly's excellent tomato sauce:**

chop a whole pile of garlic and sauté it really slowly in a generous quantity of olive oil (so garlic gets sweet)

add <sup>2</sup>/<sub>4</sub> #10 cans tomatoes (pureed and/or crushed) and cook them with the oil and the garlic slowly until the fat rises to the surface

if it comes out nicely, add nothing but black pepper & salt, sugar if needed; if canned tomatoes not too nice, tweak it with a little basil, nothing else.



Making pizzas, 1993; from left to right: Anndee Hochman, Becky Shine, Kelly Myers, Julie Huffaker, Claire Smith



Pizza 's ready to go in the ovens, 1993; left to right: Claire Smith, Anndee Hochman



## PIZZA DOUGH

(for 8 large pizzas of 24 slices each. Enough for 85 eaters, with leftovers hopefully for clean-up crew next day)

Mix:

9 T. yeast  
almost 3/4 c. sugar

proof in 12 3/4 c. warm water

1 T. pepper

2 T. salt

36 c. flour (mixed ww and white)

Mix with {  
Add:

~~12 3/4 c. warm water~~

1 1/2 c. oil

Knead. Let rise. Punch. Roll out. (Can add oregano or basil or whatever to crust if want)

After sauce, toppings and cheese on pizzas, bake in 400 degree oven for 20-25 minutes, then take foil off for few more minutes. Don't use too much sauce. After sauce, put cheese on first, then veggies. Use a good amount of cheese to hold things together. Pesto works well on pizzas. So do spinach leaves.

Use tomato sauce on lasagna night -  
may need more for this...



## FLIGHT OF THE MIND BANANA CAKE

### **Sift:**

15 3/4 c. flour

3 1/2 t. baking powder

5 1/4 t. baking soda

3 1/2 t. salt

### **Cream until light:**

3 c. oil

10 1/2 c. sugar

### **Beat:**

18 eggs

7 c. mashed ripe bananas

2 T. vanilla

1 3/4 c. yogurt

Add the flour mixture to the wet mixture in 3 parts, alternating with the banana mixture. Stir the batter after each addition until smooth.

Bake about 1/2 hour at 350.



## FLIGHT OF THE MIND APRICOT WALNUT CAKE

### **Combine:**

14 c. flour

5 T. + 1 t. baking powder

1 T. + 1 t salt

### **Beat on Hobart with paddle:**

2 c. oil

1 T. + 1 t. vanilla

8 c. sugar

### **add, alternating with dry ingredients:**

16 eggs

4 c. milk

### **add:**

2 c. walnuts, toasted & chopped

2 c. dried apricots, chopped

zest of 4 oranges chopped

Put in 2 big pans, greased.

Bake at 325-350. Check at 15 minutes. Bake until it tests clean with a knife.

Make glaze of orange juice & sugar, heat to melt sugar & brush on cake.



## *Salad Dressings*



## Orange & Sesame Dressing

orange juice  
wine vinegar  
vegetable oil  
tamari sauce  
sesame oil  
salt  
mustard  
dill weed  
garlic

## Apple Vinaigrette

apple juice  
cider vinegar  
vegetable oil  
salt  
pepper  
celery seed  
prepared mustard

## Pritikin no-oil dressing

wine vinegar  
water  
mustard  
basil  
oregano  
rosemary  
parsley  
garlic

## Madeline's Lemon Sesame Dressing '00

toasted sesame seeds (a lot)  
veg. / olive oil  
rice vinegar  
lemon juice (a lot)  
dijon mustard  
sugar  
salt  
thyme  
parsley  
chives

maybe 4 cups  
maybe 1 1/2 cups

## Buttermilk Herb Dressing

buttermilk 3 c  
mayonaisse 3 c  
basil 1 T.  
dill 1 T.  
parsley to taste  
garlic 1 clove, minced

### CHAR'S VERSION

8c. Buttermilk  
8c. Mayo  
5 big cloves garlic  
1/2 bu. parsley  
1 bu. green onion  
S + P

### Rebecca's version

5c buttermilk  
3c mayo  
1c sour cream  
3 large cloves garlic  
1/2 bunch parsley  
1/2 bunch green onion  
2T. dill  
salt + pepper to taste



# SALAD DRESSINGS - 1996 -

ginger - fresh + peeled

soy

orange juice - fresh

orange zest

rice wine vinegar

stp

brown sugar

Worcestershire sauce

sesame oil

cloves?

molasses?

orange  
soy

## Roasted Garlic

10 heads garlic  
roasted

red wine vinegar

dash of capers

o. oil

soy oil

thyme

apricot chutney

apricot chutney

mustard

low fat yogurt

cider vinegar

H<sub>2</sub>O

## Green Apple

cider vinegar

peeled green  
apples

celery?

water

Apple juice

pepper

~~low fat yogurt~~  
low fat yogurt

onion?

cucumber  
peppercorn

Raita

cucumber

celery

more yogurt

white vinegar

salt

water

peppercorn



non fat salad dressings

water

red wine vinegar

tomato paste

bit of brown sugar

lemon juice

molasses

salt

mustard

basil

fresh parsley

onions

Dijon  
2c lemon juice  
2c  
11c yogurt

non fat salad dressings

3T Dijon Mustard

3T lemon juice

1c. non fat yogurt

salt & pepper

1 bunch scallions

juice of 1 lemon

1t. salt

1/2t. fresh black pepper (ground)

3/4c. non fat yogurt



*Lunch Checklist, Possibilities, and Recipes*



Lunch Special items:

2 **lasagna**  
tabouleh\*

3 **burrito bar**  
brie and grapes

4 **curry**  
mac cheese\*

5 **chilli/ potatoes**  
asian noodle salad\*

6 **soup and salad**  
Indian rice lentil salad\*

7 **pizza**  
?might have enough leftovers

Other possibilities:  
cottage fries (if we have  
enough potatoes),  
soup

Lunch salad bar items:

2  
garbanzo beans  
cucumbers  
small diced red onion  
tomatoes  
olives

3  
marinated tofu\*  
blanched carrots  
blanched cauliflower  
beets  
cucumbers

4  
blanched broccoli  
zucchini s  
red or green onions  
chopped hardboiled eggs  
olives  
tomatoes

5  
garbanzos  
baby corn  
cottage cheese  
canned pineapple  
carrots

6  
marinated tofu (leftover)  
blanched broccoli  
kidney beans  
beets  
cukes

7  
kidney beans  
cottage cheese & pineapple

---

Lunch sandwich bar:

2  
herbed cream cheese  
sliced turkey

3  
tuna salad\*

4  
turkey  
humous\*

5  
tuna salad\*

6  
turkey

7  
whatever we have

\*follow recipes

## **OPTIONS/lunch:**

### **salad bar options:**

cuke  
tomatoes  
\*olives  
\*baby corn  
\*pineapple (serve along with cottage cheese)  
beets  
carrots  
parboiled broccoli  
parboiled cauliflower  
grated zuke  
garbanzo beans  
sunflower seeds  
grated cheese  
cottage cheese & canned pineapple (put out together)  
marinated tofu  
green onion  
green peppers  
hardboiled eggs

\*easy can options

### **nondairy sandwich bar options:**

sliced turkey (every other day, and on vegetarian dinner nights)  
herbed cream cheese spread  
tuna salad  
humous  
egg salad  
chicken salad (a lot of work)

### **cheese options:**

cottage cheese (and pineapple)  
herbed cream cheese spread  
brie and grapes  
(also mac & cheese if cold)

### **fruit options:**

strawberries (use them early in the week while they're still good)  
apples  
melon  
banannas  
grapes  
pineapple  
nectaries, if we have them

between hot and cold food.

- Make sure there's enough for the nondairy women.
- Consider the lunch starch with the dinner (not potatoes or rice or pasta at both meals)
- Make sure there's protein for those who think they need it and especially on a day when dinner is vegetarian (lasagne, chilli/baked potatoes, soup and salad).

•It's important to find the right balance



## ASIAN NOODLE SALAD

Cook 6 lb. spaghetti pasta and toss with:

1 c. soy  
1 c. oil  
1 c. vinegar

Chill.

Chop & sauté with some chilli flakes:

3 red peppers  
shred 2-3 green cabbages  
shred 1/2 red cabbage  
1 bunch green onions  
4 c. chopped celery  
4 green peppers

Dress with:

1 c. peanut butter  
leftover tofu marinade  
juice of 2 limes (to taste)  
brown sugar (to taste)  
1 bunch cilantro

You will need about 1 qt. dressing total.



Julie Huffaker, making Asian noodle salad, 1995



## HUMOUS

12 c. uncooked garbanzos, cooked, or \_\_\_\_\_ cooked

2 -4 T. minced garlic

2 c. lemon juice *cups?*

2 cans tahini

salt, water and oil (very little!) to taste & texture

garnish with parsley & paprika on top (NO OIL ON TOP!!)



## Chicken Salad

cooked chicken, cut into bite-sized pieces  
grated onion or chopped scallions  
sliced celery  
mayonnaise  
vinegar  
salt and pepper

Combine dressing ingredients to taste. Mix with chicken, onion and celery.

Variations:   nuts  
                 omit celery, add grapes  
                 curry powder  
                 omit celery, add diced cucumber and pineapple bits  
                 diced apple and chopped walnuts  
                 tarragon



## MAC & CHEESE

*Any more detailed directions would be appreciated!*

1 1/2 c. butter

2 1/2 c. flour

20 c. milk

5 # pasta

salt & pepper

2 qts. Grated cheese

dijon and dry mustard to taste

cayenne to taste



Staff photo, 1995; first row, left to right: Cathy Brown, Elissa Goldberg, Rebecca Gundle; second row, left to right: Eithne Barton, Claire Smith, Anndee Hochman, Madeline ffitich, Kelly Myers



## FLIGHT OF THE MIND TUNA SALAD

### **Combine:**

2 1/4 lb. 2 oz cans tuna, liquid poured off

1 med. red onion, chopped small

2 1/2 c. celery, chopped small

1 1/4 c. pickles, chopped small

1/3 c. capers

1 1/2 c. red pepper, chopped small

**Add vinaigrette to tuna salad so it is still light and fresh, not heavily coated.**

### *Vinaigrette:*

1/2 soy oil

1/2 red wine vinegar

dijon mustard

### **Add to taste:**

Salt

Pepper

Cayenne



Lunch buffet, year unknown



## INDIAN RICE LENTIL SALAD

USE LEFTOVERS!!

1 qt. dal

1 qt. rice primavera

2-3 c. chutney (or to taste)

1 bunch cilantro

1 red pepper chopped

1 green pepper chopped

2 celery stalks chopped

3 carrots chopped

combine all, add salt to taste, lemon juice to taste



## BABA GANOOJ

6 eggplants  
12 cloves garlic  
1 1/2 c. Lemon juice  
1 1/2 c. Tahini  
1 T. Salt  
Black pepper  
Cayenne

## TABOULI

(adapted from Moosewood, p. 42, X12)

12 c. Dry bulgar wheat  
18 c. Boiling water - *less*  
6 T. Salt  
3 c. Fresh lemon juice  
1/4 c. Crushed, fresh garlic - *COOKED BRIEFLY*  
6 c. Chopped scallions  
Chopped fresh mint  
Olive oil  
Black pepper  
24 medium chopped tomatoes  
1 c. Chopped parsley

Optional: garbanzos, green pepper, grated carrots, cucumber or summer squash



## MARIINATED TOFU

Cut 18 blocks of tofu into small cubes

### Marinade:

2 c. Rice vinegar

2 c. oil

1 c. soy

1/2 c. grated ginger

4 T. garlic

2 t. pepper

5 T. chilli flakes (heat in some oil)

2 T. sesame oil

toss with tofu, drain and save what's leftover for noodle salad dressing



Participants enjoying lunch on the terrace, year unknown.



## GRANDMA MINNIE'S MEAN CABBAGE SOUP

In largest soup pot, this will fill it 3/4 full.

4 onions, diced

3 T. minced garlic

8 potatoes, diced

4 green cabbages, sliced

2 T. dill

1/2 #10 can diced tomatoes in juice. Add most of the juice

Vegetable stock to fill and a bit more.

Add salt, pepper, red wine vinegar to taste

*went down  
well one year  
for lunch*



Staff photo, 1999; first row, from left to right: Elissa Goldberg, Char Breshgold, Cathy Brown; second row from left: Ruth Gundle, Kelly Myers, Anndee Hochman, Rebecca Gundle, Rachel Nelson



## Groundnut Soup

*good, quick  
soup to make  
for a rainy day*

chopped onions  
cayenne  
grated ginger  
diced carrots  
diced potatoes

vegetable stock  
tomato juice  
peanut butter  
sugar (optional)  
chopped scallions  
chopped cilantro

Saute onions until translucent. Stir in cayenne and ginger. Add carrots and saute couple more minutes. Add potatoes and stock, bring to a boil then simmer until vegetables are tender.

Puree all, some or none of the vegetables. Return to pot with tomato juice. Stir in peanut butter. Taste for sweetness, add sugar if necessary.



## Peanut Butter Cookies

6 c oil  
2 T vanilla  
6 c white sugar  
6 c brown sugar

12 eggs, beaten  
6 c peanut butter

18 c flour  
6/8 t salt  
4 T bkg soda

This recipe makes a truckload of cookies, but they're really yummy and filling and people love them. You can also bake them with important symbols mashed into them, such as triangles and things.



Elissa Goldberg, 1994





Kelly Myers, 1996

### Carrot Cake

(For lots of people. This is a nice recipe, because you can also make it with leftover carrot salad if you like. If you use carrot salad, though, remember to make adjustments to the spices and carrot amounts in the cake. Anyway, the cake is quite tolerant for meddling.)

12 c. Flour  
3 c. Oats  
3 T bp  
3 T bs  
1/4 c + 2 T cinnamon  
2 T nutmeg  
2 T salt  
6 c raisins

24 eggs  
4 1/2 c oil  
8 1/2 c brown sugar  
2 T vanilla  
1 - 1 1/2 gallon shredded carrots



*Breakfast*



**Banana Bread**  
(for 75 eaters)

**In mixer:**

9 c. WW flour  
9 c. white flour  
4 1/2 t. salt  
2 1/4 t. baking soda  
1/4 c. + 1/2 T. baking powder  
4 1/2 t. nutmeg or allspice  
3 T. cinnamon

**Mix in bowl:**

4 c. oil  
Almost 6 c. brown sugar  
12 eggs  
2 1/2 T. vanilla  
grated orange rind

Add wet to dry. Add 6 3/4 c. mashed bananas that have been sitting with 3 c. black coffee. Two large, large pans. Bake 'til done. 350 degrees.



Staff photo, 1996, from left to right: Cathy Brown, Kelly Myers, Anndee Hochman, Rebecca Gundle, Mary Davis, Madeline ffitich, Claire Smith, Pam Vernon



SCRAMBLED TOFU  
(a'la Mary Scott)

8 pounds tofu, pressed and cut into cubes  
10-12 bunches spinach, washed and cut  
10 c. Sliced mushrooms  
6 large onions, diced  
12 cloves garlic, minced  
3 T. Fresh ginger, minced  
3-4 T. Cumin  
1 T. Coriander  
2 t. Turmeric  
About 1 t. Cayenne  
2 t. Dry mustard  
1 t. Cinnamon  
2-3 t. Salt  
Black pepper  
Oil

Saute onions and garlic and ginger in oil until transparent. Add mushrooms. Then add spinach, after mushrooms are slightly cooked. Remove mixture from skillet. Saute tofu in separate pan. Add spices after a few minutes. Cook until tofu has firmed up. Combine vegetables and tofu.



### Sourdough Pancakes for 75

(based on recipe from *Main Course Vegetarian Pleasures*, Jeanne Lemlin)

1/2 c. plus little more yeast  
13 1/2 c. warm water  
1/4 c. + 2 T. sugar

Mix, let sit 5 min., then add:

9 c. white flour  
4 1/2 c. whole wheat flour

Let mixture sit for 24 hours. Then add:

2 T. plus little more baking powder  
2 T. plus little more salt  
3/4 c. sugar  
18 eggs, beaten  
2 1/4 c. milk  
1 3/4 c. oil

Can add anything you want to batter, for instance: apples sauteed with brown sugar, cinnamon, and vanilla; peaches; bananas...



Rebecca Gundle cooking breakfast,  
1997



BASIC MUFFINS  
(makes 8 dozen or so)

Mix:

17 1/2 c. flour

2 1/2 c. sugar

1/2 c. + 1 t. baking powder

Mix 10 eggs

7 1/2 c. milk (3-4 T. drymilk + 1 c. water = 1+ c. milk)\

3 1/3 c. oil

Add wet to dry. Add 10 c. chopped fruit and 3 T. cinnamon and streusel topping if you wish. Bake in preheated 350 oven until done. If serving these for breakfast, start baking early, as ovens are unpredictable when they have so much food inside them.

Scones for 75 hungry women

14 c flour (can mix it, half ww, half white if you want)

7 T bp

1 T salt

2 1/3 c oil

7 c yogurt

7 eggs

Mix. Form into circles. Cut. Bake at 350 til done.



PANCAKES FOR 75

Mix:

15 c. Flour  
3/4 c. Sugar  
6 T. Baking powder  
1 T. Salt

Mix:

17 beaten eggs  
11 1/2 c. Milk  
2 c. Oil

Add wet ingredients to dry. Cook on grill.

for 60:

12 c. flour  
1/2 c. + 2 T. sugar  
1/4 c. + 1 T. bp.  
almost 1 T. salt

16 eggs.  
9 1/5 c. milk.  
1 3/5 c. oil

~~for 90~~  
~~18 c. flour~~  
~~3/4 c. + 3 T. sugar~~  
~~7 1/2 T. bp (almost 2 1/2 c.)~~  
~~1 1/2 T. salt~~



## CORNMEAL PANCAKES FOR 75

### Mix:

6 1/2 c. Flour  
6 1/2 c. Cornmeal  
3/4 c. Sugar  
1/3 c. Baking powder  
1 T. Salt

### Mix:

15 eggs  
10 c. Milk (3-4 T. Dry milk + 1 c. Water = 1 + c. Milk)  
1 1/2 c. Oil  
2 T. Vanilla

Add wet to dry. Cook on grill.



Staff photo, 1989; from left to right: Ruth Gundle, Susanne Kredentser, Elissa Goldberg, Mary Scott, KE Edmiston



16 T = 1 cup

# cornmeal p-cakes

1 1/4 times

6 1/2 + 1 3/4 C. flour

6 1/2 + 1 3/4 C. cornmeal

3/4 + 1/8 C. sugar

~~1/4~~

1/3 C. + 1 T. sugar

1 1/4 T. salt

15 + 4 eggs

10 + 2 1/2 C. milk

1 1/2 + 3/8 C. oil

2 1/2 T. vanilla

8 1/4

8 1/4

7/8

1/3 C. + 1 T

1 1/4 T salt

~~10~~ 19 eggs

12 1/2 C milk

1 7/8 C. oil

2 1/2 T vanilla

~~3/4 x 2/7~~

6 1/2

$$\frac{3}{4} \times \frac{2}{7} = \frac{6}{28}$$

$$\frac{12}{2} \times \frac{13}{4} = 3 \frac{3}{4}$$

$$\frac{3}{4} \times \frac{1}{4} = \frac{3}{16}$$

$$\frac{325}{12} \div \frac{10}{3} = 8 \frac{1}{4}$$

$$\frac{1}{2}$$

$$\frac{1}{8}$$

$$\frac{1}{3} \times \frac{1}{4} = \frac{1}{12}$$

$$10 \times \frac{1}{4} = \frac{10}{4} = 2 \frac{1}{2}$$

$$\frac{10}{4} = 2 \frac{1}{2}$$

$$\frac{3}{2} \times \frac{1}{4} = \frac{3}{8}$$

## Koosah

L on 126

pass reservoir

after reservoir sign,

turn on "Ice Cap/Koosah Falls"



BUTTERMILK PANCAKES  
(for 75, from Joy)

Combine:

14 c. Flour (2/3 white, 1/3 WW)  
3/4 c. Brown sugar  
1 T. Salt  
3 T. Baking powder  
2 T. Baking soda

Mix together:

14 eggs

14 c. Buttermilk

1 c. Oil

or



Combine wet and dry. Add any kind of fruit you want. Cook on hot griddle.



Staff lunch, 1997, from left to right: Cathy Brown, Claire Smith, Susanna Rankin Bohme, Rebecca Gundle, Mary Davis, Madeline ffitich, Anndee Hochman, Kelly Myers



3/5

1 HR - check often

### Zucchini Nut Bread

(But you don't have to put the nuts in, and if you don't, Maria Eliza Hamilton will give you a backrub)

4 c vegetable oil  
4 c brown sugar  
12 eggs  
4 T vanilla  
8 c shredded zucchini

6 c ww flour  
6 c white flour  
4 t cinnamon  
4 t salt  
4 t. b. pdr  
2 t. h. soda

4 c walnuts, optional  
4 c raisins, optional

\*Makes 5 loaf pans w/out addition of walnuts or raisins.



SOURCREAM COFFEE CAKE  
(Joy, p. 627, X8)

Mix:

12 c. Flour  
4 c. Sugar  
1/3 c. Baking powder  
4 t. Baking soda  
2 t. Salt

Mix:

8 c. Sour cream  
16 eggs

Add wet to dry. Spread on 16 c. Chopped fruit, then a streusel made with oil, flour, brown sugar, and cinnamon.

Bake at 350 until done.



Staff lunch on the terrace; from left to right: Madeline ffitch, Cathy Brown, Camille Goshien, Elaine Hogg, Anndee Hochman, Rebecca Gundle, 1998



## Cinnamon Rolls

18 - 21 c flour (use mostly white, maybe a cup or two of ww)  
3 c sugar  
1 T salt

Mix all that in bowl. Add in well:

5 T yeast, dissolved in  
1 1/2 c tepid water with  
A little bit of sugar

Add

12 egg yolks  
6 c tepid milk.

Knead. This is a firm dough. Let rise, then roll out and spread with oil and cinnamon-sugar mix and maybe raisins if everybody in the kitchen likes raisins, and maybe walnuts if there are no people who may be allergic to walnuts. And then roll them up and slice in 2 inch segments before letting them rise again in pans that have been prepped with oil and brown sugar. You can bake them all the way now, or bake them halfway, to be finished in the morning just before serving.



## LUCY'S BISCUITS

24 c. flour  
2 t. salt  
1/2 c. baking powder  
1 1/3 T. baking soda  
2 c. sugar  
4 c. shortening (oil)  
8 c. buttermilk

Pray to the unvortex goddesses. Mix dry ingredients and shortening. Pour buttermilk in and mix briefly. Work as little as possible. Roll to 1/2 " thick. Cut and prick twice with a fork. Bake at 450 degrees for not very long. Maybe 8 - 10 minutes. Then eat them.



Staff photo, 2000; right to left: Judith Barrington, Anddee Hochman, Rebecca Gundle, Madeline ffitc, Shelise Zumwalt, Elaine Hogg, Camille Goshien, Cathy Brown, Ruth Gundle



## LEMON POPPYSEED PANCAKES

### **Combine:**

10 c. white flour  
4 c. wholewheat flour  
3/4 c. brown sugar  
1/2 c. white sugar  
1/2 c. powdered sugar  
1/2 c. poppy seeds  
1 T. salt  
3 T. baking powder  
2 T. baking soda

### **Combine:**

1 c. lemon juice  
1 c. milk  
7 c. buttermilk  
5 c. yogurt  
14 eggs  
*needs no oil*