

*Baked Eggs, Hard Boiled Eggs, Oatmeal, Toast, Granola, Compote, Coffee, Tea, Juice*

## BREAKFAST

(count is 57: 46 regular, 7 fishetarians, 2 vegans and 2 bringing own food)

### **BAKED EGGS WITH HERBS AND VEGETABLES**

Serves 4-6 (X 10)

2-3 Saffron Strands (30)  
8 eggs (80)  
2 leeks (20)  
4oz fresh spinach (40 oz)  
iceberg lettuce (5 heads)  
4 spring onions (40 onions)  
2 tbsp chopped fresh parsley (20 tbsp)  
3 tbsp snipped fresh chives (30 tbsp)  
3 tbsp chopped fresh coriander (30 tbsp)  
1 garlic clove, crushed (10 garlic cloves)  
2 tbsp chopped walnuts, optional (20 tbsp)  
2 tbsp butter (20 tbsp)  
salt and freshly ground pepper  
yogurt and pita bread, to serve

1. Preheat oven to 350°F. Soak the saffron strands in 1 tbsp boiling water.
2. Beat the eggs in a large bowl. Chop the leeks, spinach, lettuce and spring onions finely and add to the eggs together with the chopped herbs, garlic, and walnuts, if using. Season with salt and pepper, add the saffron water and stir thoroughly to mix.
3. Melt the butter in a large ovenproof dish and pour in the vegetable and egg mixture.
4. Bake in oven for 35-40 minutes until the egg mixture is set and the top is golden. Serve hot or cold, cut into wedges, with yogurt and pita bread.

LUNCH MONDAY, AUGUST 18, 2008

*Grilled Chicken salad with Mango, Lemon Square—dessert, bread*

LUNCH - MAIN COURSE

(total count is 57: 46 regular meal, 7 fishetarians, 2 vegans & 2 bringing own food)

**Grilled Chicken Spinach Salad with Mango,  
Walnut w/ Raspberry vinaigrette**

Serves 48

**FOR DRESSING:**

24 tbsp raspberry vinegar  
12 tbsp balsamic vinegar  
12 tbsp soy sauce  
9 tsp Dijon mustard  
18 tsp peeled and minced fresh gingerroot  
12 garlic cloves, mashed to a paste with salt  
3 tsp chili powder  
3 tsp freshly ground black pepper  
4 cups extra virgin olive oil

In a bowl, whisk together all dressing ingredients, except oil.  
Add oil in a stream, whisking until emulsified  
(dressing may be made up to two days ahead)

**FOR CHICKEN:**

9 lbs skinless, boneless chicken breast meat  
9 lbs spinach, course  
12 firm, ripe mangos, cut into ? in slices  
24 plum tomatoes, sliced thin  
8 cups raspberries  
48 scallions, finely chopped  
3 cups walnuts, toasted and coarsely chopped  
12 red peppers, diced  
48 oz mushrooms, sliced  
3 purple onion, sliced thin

Heat oiled grill on moderately high heat (but not to point of smoking). Grill chicken until cooked through, about 7 minutes each side. Transfer chicken to platters and cool (chicken may be made up to this point 1 day ahead and chilled).

In final assembly, cut chicken into ? in thick slices and place in a large bowl to combine with remaining ingredients. Drizzle remaining dressing over salad and toss gently to combine well.

**help me understand  
what spinach to order  
for the breakfast egg  
dish and the lunch-  
Spinach salad**

**9 lbs seems like a lot  
compared to 40 oz.**

## LUNCH - VEGETARIAN - MAIN COURSE

(count is 8)

### **SPLIT PEA BURGER WITH ABOVE SALAD SANS CHICKEN**

Serves 8 5oz burgers

1 tbsp olive oil, plus 1 to 2 additional tablespoons for sautéing

1/2 cup chopped onion

1/2 cup chopped bell pepper

Kosher salt and freshly ground black pepper

2 teaspoons minced garlic

4 ounces mushrooms, sliced

3 cups vegetable broth

1 cup dry split peas, picked and rinsed

1/2 cup dry brown rice

1 tsp ground coriander

1 tsp ground cumin

3/4 cup plain dry bread crumbs, plus 1/4 cup for coating

**was this  
quantified**

Heat 1 tablespoon olive oil in a large (4 to 6-quart) saucepan over medium heat. Add the onion and bell pepper along with a generous pinch of salt. Sweat for 5 minutes or until the onions are soft. Add the garlic and mushrooms and continue to cook for another 4 minutes. Add the broth, peas, rice, coriander and cumin. Increase the heat to high and bring to a boil. Decrease heat to low, cover and cook at a simmer for 1 hour or until the rice and peas are tender.

Remove from the heat and gently pour the mixture into the bowl of a food processor and process until just combined.\* Do not puree. Pour this mixture into a bowl and stir in the 3/4 cup of bread crumbs. Season, to taste, with salt and freshly ground pepper. Refrigerate for 30 minutes.

Shape the mixture into patties and dredge on each side in the remaining 1/4 cup of bread crumbs. Heat 1 tablespoon of olive oil in a medium sauté pan over medium heat. Add 2 burgers at a time and sauté until brown on each side, approximately 3 to 4 minutes per side. To grill, cook on high for 3 to 4 minutes per side as well. Serve immediately.

**\*WHEN BLENDING HOT LIQUIDS:** Remove liquid from the heat and allow to cool for at least 5 minutes. Transfer liquid to a blender or food processor and fill it no more than halfway. If using a blender, release one corner of the lid. This prevents the vacuum effect that creates heat explosions. Place a towel over the top of the machine, pulse a few times then process on high speed until smooth.

LUNCH MONDAY, AUGUST 18, 2008

## LUNCH - DESERT

(total count is 57)

### **LEMON SQUARES**

Serves 72

12 sticks butter  
6 cups powdered sugar  
12 cups flour  
24 eggs  
12 cups sugar  
3 tsp salt  
36 tbsp fresh lemon juice  
24 tbsp flour  
6 tsp baking powder  
some powdered sugar for sprinkling

Cream butter, powdered sugar and the 2 cups flour.  
Spread evenly into a 9x13 pan (you will need 6 pans).  
Bake at 350° F for 15 minutes.

Beat eggs, sugar, salt, lemon juice, 4 tbsp flour and baking powder.  
Spread over cooked pastry. Lower oven to 325° F and bake for ~ 30 minutes.  
Allow to cool and then sprinkly with powdered sugar. Refrigerate.

D I N N E R   M O N D A Y ,   A U G U S T   1 8 ,   2 0 0 8

*Salmon, Rice Pilaf, Salad, Italian Coconut Cream Cake*

## DINNER - MAIN COURSE

(total count 59: 47 regular, 8 fishetarians, 2 vegans & 2 bringing own food)

### **LARRY'S SALMON**

Serves 55

Lots of fresh garlic  
Lots of fresh ginger  
A bunch of scallions

Cook in oven with sauce liberally applied

Last 5 minutes broil in oven so sauce becomes caramelized  
Better way is make marinade from scratch

Soy sauce  
Sesame oil  
Brown sugar  
A small amt of lime or lemon juice  
And then mix to taste adding anything I think it needs

To make the marinade, soak fish for 1/2 hour before and then broil. That's it.

**This Recipe MUST be doubled + for more people**

**RICE PILAF-DINNER**

(total count 59: 47 regular, 8 fishetarians, 2 vegans & 2 bringing own food)

Saffron Rice Pilaf	
For 25	
8	cups uncooked long grain rice
1	tablespoon saffron threads
1	cup butter
20	whole cardamom seeds
12	whole cloves
8	cinnamon sticks
3	onions, chopped
12	cups boiling vegetable broth
1	tablespoon salt
3	cups grated or finely chopped carrots
2	cups chopped red bell peppers
3	cups frozen green peas

Cover rice with cold water and soak for 30 minutes. Soak saffron in 2 tablespoons boiling water.

Melt butter in large pot over medium heat. Add cardamom, cloves and cinnamon; fry for 2 minutes, stirring occasionally.

Stir in onions and saute, stirring occasionally until golden brown. Stir in rice. Reduce heat to low and simmer for 5 minutes, stirring occasionally.

Pour in boiling broth, carrots and peppers. Stir in salt and saffron. Cover and cook 40 minutes, or until done. Add frozen peas during the last 5 minutes of cooking.

*Note: Be sure to remove the cloves, cinnamon sticks and cardamom from servings.*

D I N N E R M O N D A Y , A U G U S T 1 8 , 2 0 0 8

## **SALAD**

(total count 59: 47 regular, 8 fishetarians, 2 vegans & 2 bringing own food

THE SALAD WILL BE MADE UP OF FRESH ORGANIC TOMATOES AND CUCUMBERS.

## **DESSERT-MONDAY DINNER**

### **ITALIAN COCONUT CREAM CAKE**

Serves 10 (X6)

1 stick butter (6)  
? c cooking oil  
2 c sugar  
5 egg yolks

Cream first 3 ingredients and add egg yolks one at a time beating after each addition

1 c chopped pecans  
1 tsp vanilla  
1 ? cup coconut

Add to previous mixture, mixing well

5 egg whites, beaten stiff

Fold into cake mixture

Bake in Angel food or bundt pan at 350° F for ~ 50 min in preheated oven

#### **FROSTING:**

8 oz cream cheese with ? stick of butter.

Add 1 box powdered sugar and ? tsp vanilla

Beat well.

Fold in 1/3 c chopped pecans

**what are  
these ques-  
tion marks**

B R E A K F A S T   T U E S D A Y ,   A U G U S T   1 9 ,   2 0 0 8

*French Toast, Hard Boiled Eggs, Oatmeal, Toast, Granola, Compote, Coffee, Tea, Juice*

## BREAKFAST

( total count is 59: 47 regular, 8 fishetarians, 2 vegans & 2 bringing own food)

### **FRENCH TOAST MADE WITH CHALLAH BREAD**

Cut hallah into two inch slices. Don't fudge on this.

Line pan.

Make a liquid of milk, eggs, and vanilla.

Enough to cover the top of the bread.

Pour over bread.

Soak overnight.

Bake in the morning.

**How many  
eggs should  
I buy?**

If you have questions about any specifics,  
please see Laura Anderson or Gina Melin,  
they are familiar with this recipe.

It is delicious.

How many eggs?

*Meatloaf, Mashed potatoes, Green Beans, Strawberry Shortcake-dessert*

YOU WILL NEED TO MAKE ENOUGH FOR 47 PEOPLE - PUT IN 6 OR 7 LOAFSEPERATE LOAF PANS  
*extra will be served cold for the break*

LUNCH - MAIN COURSE

(total count is 60: 47 regular, 8 fishetarians, 3 vegans & 2 bringing own food)

**MEATLOAF**

Serves 6-8 (X6)

1/2 stick unsalted butter (3 sticks)

1 ? cups finely chopped onions (7.5 cups)

1 medium red bell pepper, finely chopped (about 1 cup) (6 peppers)

? cup sliced green onion (3 cups)

2 garlic cloves, minced (12 cloves)

2 eggs, beaten (12 eggs)

? cup canned beef broth (3 cups)

1 tbsp Worcestershire sauce (6 tbsp)

1 tbsp hot pepper sauce (6 tbsp)

1 tbsp soy sauce (6 tbsp)

1 lb ground beef (6 lbs)

? lb ground pork (3 lbs)

? lb ground veal (3 lbs)

4 oz Monterey Jack cheese, grated (about 1 cup) (24 oz)

? cup saltine cracker crumbs (4.5 cups)

? cup ketchup (3 cups)

5 slices of thick-cut bacon, halved crosswise (30 slices)

**What are  
the question  
marks for**

1. In a large skillet, melt the butter over medium heat. When it foams, add the onions, bell pepper, green onion and garlic. Cover and cook for 5 minutes. Uncover and cook, stirring often, for another 4-5 minutes, or until the vegetables are lightly browned. Remove from the heat and cool to room temperature
2. Position a rack in the middle of the oven and preheat the oven to 350. In a medium bowl, whisk together the eggs, beef broth, Worcestershire sauce, pepper sauce and soy sauce until well blended. In a large bowl, combine the ground beef, pork and veal with the onion mixture, the egg mixture, cheese and cracker crumbs. Mix lightly but thoroughly. Transfer the meat mixture to a shallow baking dish and shape it into a loaf about 3 inches thick; smooth the top with the back of a spoon. Spread the ketchup evenly over the loaf. Arrange the bacon strips atop the ketchup, overlapping them slightly if necessary.
3. Bake for about 1 ? hours, or until an instant-reading thermometer inserted into the center of the loaf registers 160. Let the loaf stand on a rack for 10 minutes before slicing.

## LUNCH

(total count is 60: 47 regular, 8 fishetarians, 3 vegans & 2 bringing own food)

### **MASHED POTATOES**

53 russet baking potatoes peeled and chunked

8 cups of milk

20 teaspoons of salt

6 cups lowfat sour cream

5 teaspoons freshly ground black pepper

1. Put the potatoes in a large saucepan with cold, lightly salted water. Set over medium heat and bring to a boil. Lower the heat slightly and cook uncovered, stirring once or twice, until the potatoes are very tender, about 25 minutes.

2. Meanwhile, in a small saucepan, combine the milk and the salt and bring just to a simmer over low heat. Drain the potatoes and force them through the medium disk of a food mill or through a ricer or mash them by hand; do not use a food processor. Return the potatoes to their pan and set over low heat. Stir the potatoes constantly for 3 minutes. Slowly whisk in the hot milk, then heat in the sour cream. Beat the potatoes for a minute or two, until they are fluffy. Stir in the pepper and serve hot, passing butter at the table if desired.

# The Dream Loaf

Serves 6 to 8

I would be remiss if somewhere in this collection of superlative meat loaves I didn't include one that is what I think of as the best of the best. My lengthy (and pleasurable) researches into what separates the merely good meat loaves from the magnificent ones have led me to certain conclusions about those ingredients without which, I believe, no loaf can hope to achieve greatness. It is these essential ingredients that I have jam-packed into one loaf: The Dream Loaf, the quintessential meat loaf and the ultimate expression of the entire genre. If there is a better meat loaf in the galaxy, beings from that lucky planet have yet to make contact with those of us here on Earth. So, until then, eat this.

1/2 stick (4 tablespoons) unsalted butter  
1 1/4 cups finely chopped onions  
1 medium red bell pepper, finely chopped (about 1 cup)  
1/4 cup sliced green onion  
2 garlic cloves, minced  
2 eggs, beaten  
1/3 cup canned beef broth  
1 tablespoon Worcestershire sauce  
1 tablespoon hot pepper sauce (preferably Trappey's Red Devil)

1 tablespoon soy sauce  
1 pound ground beef  
1/2 pound ground pork  
1/2 pound ground veal  
4 ounces Monterey Jack cheese, grated (about 1 cup)  
3/4 cup saltine cracker crumbs  
1/2 cup ketchup  
5 slices of thick-cut bacon, halved crosswise

1. In a large skillet, melt the butter over medium heat. When it foams, add the onions, bell pepper, green onion and garlic. Cover and cook for 5 minutes. Uncover and cook, stirring often, for another 4 to 5 minutes, or until the vegetables are lightly browned. Remove from the heat and cool to room temperature.

2. Position a rack in the middle of the oven and preheat the oven to 350 degrees F. In a medium bowl, whisk together the eggs, beef broth, Worcestershire sauce, pepper sauce and soy sauce until well blended. In a large bowl, combine the ground beef, pork and veal with the onion mixture, the egg mixture, cheese and cracker crumbs. Mix lightly but thoroughly. Transfer the meat mixture to a shallow baking dish and shape it into a loaf about 3 inches thick; smooth the top with the back of a spoon. Spread the ketchup evenly over the loaf. Arrange the bacon strips atop the ketchup, overlapping them slightly if necessary.

3. Bake for about 1 1/2 hours, or until an instant-reading thermometer inserted into the center of the loaf registers 160 degrees F. Let the loaf stand on a rack for 10 minutes before slicing.

**GREEN BEANS**

(total count is 60: 47 regular, 8 fishetarians, 3 vegans & 2 bringing own food)

**This Recipe MUST be added to for 60 people**

there are enough green beans for 5 per person

Chinese Green Beans			
For 6	For 30	For 40	
1 1/2	7 1/2	10	tablespoons fresh ginger, minced
1 1/2	7 1/2	10	tablespoons fresh garlic, minced
2	10	13 1/3	scallions (white and green parts), minced
2	10	13 1/3	tablespoons sherry
2	10	13 1/3	tablespoons sugar
2	10	13 1/3	tablespoons soy sauce
1	5	6 2/3	tablespoons water
2	10	13 1/3	tablespoons vegetable oil (not olive)
6	30	40	handful green beans, trimmed, rinsed, snapped & patted dry

Combine the ginger, garlic, scallions, sherry, sugar, soy sauce and water in bowl. In a wok or large skillet over high heat, divide and heat the oil. Stir-fry the green beans for 2 minutes. Add 5 tablespoons more water **to each wok** and cook another two minutes, or until the water has evaporated.

Add the sauce and continue stir-frying for 5 more minutes, or until the beans are tender.

## STRAWBERRY SHORTCAKE - DESSERT

### INGREDIENTS

PLENTY OF HEAVY CREAM (OR WHIPPING CREAM)  
PLENTY OF STRAWBERRIES  
SUGAR TO SPRINKLE  
3½ LBS OR 14 CUPS ALL-PURPOSE FLOUR – PLEASE SEE DIRECTIONS BELOW BEFORE MEASURING FLOUR.  
6 TBSP BAKING POWDER  
¾ CUP SUGAR  
4 TSP SALT  
1 LB COLD, UNSALTED BUTTER – SHOULD BE CUT INTO  
REASONABLY SMALL PIECES AHEAD OF TIME AND PUT BACK INTO THE FRIDGE.  
16 EGGS  
2 2/3 CUPS HEAVY CREAM

### PREPARING THE STRAWBERRIES

IF CUT IN MEDIUM SIZED PIECES AND SPRINKLED WITH SUGAR ABOUT AN HOUR BEFORE SERVING THEY WILL GIVE UP SOME JUICE THAT WILL MOISTEN THE BISCUITS NICELY. OR COULD CHOP A FEW FINELY AND COOK BRIEFLY TO MAKE A SAUCE IF TIME.

### MEASURING THE FLOUR

THE MOST ACCURATE METHOD IS TO WEIGH THE FLOUR. IF USING A CUP MEASURE, SIFT IT DIRECTLY INTO THE MEASURING CUP WITHOUT AID OF SPOON OR SCOOP, AND LEVEL IT WITH A STRAIGHT EDGE WITHOUT SHAKING OR BANGING CUP.

### WHIPPING THE CREAM

WHIP THE CREAM AT THE LAST MINUTE SO IT DOESN'T GET WATERY.  
2 Quarts heavy cream

### PREPARING THE SHORTCAKE

PREHEAT OVEN TO 450 DEGREES.  
AFTER MEASURING, SIFT ALL DRY INGREDIENTS INTO LARGE BOWL.  
TO KEEP THE DOUGH COLD WHILE WORKING, PLACE THE PASTRY BOWL INTO A LARGER BOWL CONTAINING SOME ICE. BE SURE NO WATER OR ICE SLIPS INTO THE DOUGH. QUICKLY SEPARATE THE PIECES OF PRE-CUT COLD BUTTER, ADD TO THE FLOUR AND CUT INTO THE MIXTURE USING 2 KNIVES. THEY SHOULD BE THE SIZE OF SMALL PEAS. BEAT THE EGGS SEPARATELY AND RESERVE 1 CUP OF THE BEATEN EGGS FOR LATER. TO THE REMAINING EGGS, ADD THE HEAVY CREAM AND BEAT TOGETHER. MAKE A WELL IN THE DRY INGREDIENTS. POUR ALL THE LIQUID INTO IT AT ONCE. COMBINE WITH A FEW SWIFT STROKES, STIRRING NO MORE THAN ¾ MINUTE. HANDLE THE DOUGH AS LITTLE AS POSSIBLE.  
PLACE THE DOUGH ON A LIGHTLY FLOURED BOARD. KNEAD GENTLY AND QUICKLY FOR A SCANT HALF MINUTE – JUST LONG ENOUGH THAT IT ISN'T SO STICKY. PAT WITH A FLOURED HAND UNTIL A GENEROUS 1 INCH THICK, BEING SURE IT DOESN'T STICK TO THE BOARD. DIP A ROUND GLASS OR DOUGH CUTTER (ABOUT 3 INCHES IN DIAMETER) INTO FLOUR AND USE IT TO CUT YOUR SHORTCAKES. DO NOT TWIST THE CUTTER.  
PLACE BISCUITS ON AN UNGREASED BAKING SHEET – TO BE SAFE YOU MIGHT WANT TO SPRINKLE THE SHEET LIGHTLY WITH FLOUR FIRST. PLACE THEM 1 INCH APART IF YOU WANT THEM CRUSTY ALL OVER, OR CLOSER IF YOU WANT SOFT SIDES. PAINT WITH THE PREVIOUSLY RESERVED EGG AND SPRINKLE WITH SUGAR.  
BAKE ABOUT 12-15 MINUTES OR UNTIL DONE.

MAKES APPROXIMATELY 48 SHORTCAKES.

D I N N E R T U E S D A Y , A U G U S T 1 9 , 2 0 0 8

*Squash & Coconut soup, Squash Patties, berry dessert with whipped cream*

DINNER - MAIN COURSE

(total count is 60: 47 regular, 8 fishetarians, 2 vegans & 2 bringing own food)

**SQUASH AND COCONUT MILK THAI SOUP** *Serves 72*

24 shallots

12 red or green jalapeno chiles, seeded

grated fresh ginger to taste

12 stalks lemongrass, center white part only chopped

12 (20 fl oz containers) unsweetened coconut milk

12 (16floz) chicken broth (use veg broth instead)

60 kaffir lime leaves

12 lbs kabocha, acorn or butternut squash, peeled and cut into 1/2 inch pieces

12 tbs thai fish sauce

12 tbs lime juice

6 cups (6oz.) fresh basil leaves

4 bunches of cilantro

2tbs sugar

**What are kaffir  
lime leaves  
What's the ?**

Combine shallots, chiles, and lemongrass, and ginger, process in blender until smooth.

Open cans of coconut milk without shaking it, scrape the thick cream from the top into a large saucepan over medium high heat. Stir in the spice paste and bring to a boil. Reduce heat to medium and cook, stirring occasionally uncovered, until fragrant about 5 minutes. Add remaining coconut milk, broth or water, lime leaves, and squash and stir. Bring to a boil. Reduce heat to low and simmer uncovered stirring once or twice until the squash is tender about 15 minutes. Just before serving season with the fish sauce, add lime juice, sugar and basil leaves.

Add cilantro just before serving

**YELLOW OR GREEN SQUASH PATTIES ON LETTUCE**

1 1/2 c grated raw zucchini (quick in food processor)

3 tbs minced onion

1 small potato grated

2 eggs

2 tbs mayonaise

1/4 c flour

1/4 c grated parmesean

S & P

1 tb butter

Press excess moisture out of zucchini between paper towels or salad spinner. Mix together everything but butter to make the batter. Melt butter in skillet. Spoon batter

(about 2 tbs per patty) into skillet. Flatten lightly w/ spatula. Cook over medium heat until nicely browned on both sides. serve plain or with jellied relish or chutney

D I N N E R T U E S D A Y , A U G U S T 1 9 , 2 0 0 8

DINNER - DESSERT

(total count is 60: 47 regular, 8 fishetarians, 2 vegans & 2 bringing own food)

**MIXED BERRIES W/ WHIPPED CREAM**

B R E A K F A S T   W E D N E S D A Y ,   A U G U S T   2 0 ,   2 0 0 8

*Bagels Cream Cheese, lox, Hard Boiled Eggs, Oatmeal, Toast, Granola, Compote, Coffee, Tea, Juice*

BREAKFAST

(total count 58: 45 regular, 8 fishetarians, 3 vegans & 2 bringing own meal)

**BAGELS**

**LOX**

**WHITE FISH**

*with* onions, capers, tomatoes, cream cheese and lemon

**Did we order  
Cream Cheese?**

LUNCH WEDNESDAY, AUGUST 20, 2008

*Galveston Chicken, Grilled Onion Salad, Roasted Potatoes, Rice pudding dessert*

LUNCH - MAIN COURSE

(total count 61: 48 regular, 8 fishetarians, 3 vegans & 2 bringing own meal)

**GRILLED ONION SALAD WITH MESCLUN  
AND WALNUT W/ BALSAMIC GLAZE**

Serves 60

20 tbsp Unsalted butter  
2.5 cups honey  
10 c ups walnut halves  
10 large sweet yellow onion, peeled and cut into 7 in disks  
80 cipollini onions, cut in half crosswise  
40 tbsp extra virgin olive oil  
15 tsp coarse salt  
5 tsp. fresh ground pepper  
60 oz. mizuna or bitter greens such as arugula

**HONEY MUSTARD VINAIGRETTE**

Butter baking dish, set aside.

Heat remaining 2 tbsp butter and honey in large skillet over medium heat. Add walnuts and cook, stirring often, until liquid has thickened and nuts are well coated and have become dark amber.

Pour walnuts into prepared baking sheet separating them with a wooden spoon; let cool.

Heat grill or grill pan on medium-hi heat. Place onions in a bowl. Drizzle with salt and pepper. Toss to combine. Place on grill and cooked until browned on both sides, turning occasionally.

Transfer to bowl, cover with foil to steam until onions are soft about 10 min.

Arrange greens on a platter and place separated onions rings on top. Drizzle with vinaigrette, sprinkle with walnuts and serve.

**VINAIGRETTE:**

20 tbsp balsamic vinegar  
30 tbsp honey mustard ( 2:1 Dijon to honey)  
10 tsp kosher salt  
2.5 tsp fresh ground pepper  
5 cup olive oil

## **GALVESTON CHICKEN**

Serves 4 (X12)

3.5 lb chicken (12, 3 ½ lb chickens)  
juice of 1 lemon (12 lemons)  
4 garlic cloves, finely chopped (48 garlic cloves)  
1tbsp cayenne pepper (12 tbsp)  
1 tbsp paprika (12 tbsp)  
1tbsp dried oregano (12 tbsp)  
2 tsp olive oil (24 tsp)  
fresh coriander sprigs, to garnish  
salt & fresh ground pepper  
10 each red, yellow, green sweet peppers, to serve

1. With a sharp knife or poultry shears, remove the backbone from the chicken. Turn it breast side up. With the heel of your hand, press down to break the breastbone, and open chicken flat like a book. Insert a skewer through the chicken at the thighs, to keep it flat.
2. Place chicken in a shallow dish and pour over lemon juice.
3. In a small bowl, combine the garlic, cayenne, paprika, oregano, oil and pepper. Mix well. Run evenly over the surface of the chicken.
4. Cover and leave to marinate for 2-3 hours at room temperature, or refrigerate overnight and return to room temperature before roasting.
5. Season the chicken with salt on both sides. Transfer to a shallow roasting tin, skin side up.
6. Put the tin in a cold oven and set the temperature to 400 degree Fahrenheit. Roast for about 1 hour, until the chicken is done, turning occasionally and basting with the pan juices. To test whether the chicken is cooked, prick the thickest part of the flesh with a skewer: the juices that run out should be clear. Garnish with sprigs of fresh coriander and serve hot, with mixed sweet peppers.

## **ROASTED POTATOES**

30 Idaho potatoes, washed and cut lengthwise into 8 pieces  
spray or drizzle with olive oil,  
sprinkle kosher salt on baking sheets and arrange potato slices  
bake 30-45 minutes or until done

LUNCH - DESSERT

**RICE PUDDING**

Serves 6 (X10)

Serves 60

**Why are  
there ? in  
this recipe?**

Combine in a large heavy saucepan:

? cup medium or long grain white rice (7.5 cups)

1 ? cups water (15 cups)

Heaping ? tsp salt (2.5 tsp)

Bring to a simmer over medium-high heat, then reduce the heat to low, cover, and simmer until the water has been absorbed, about 15 minutes. Stir in:

4 cups whole milk (40 cups)

? cup sugar (5 cups)

Cook, uncovered, over medium heat for 30 to 40 minutes, stirring frequently, especially toward the end of cooking. The pudding is done when the rice and milk have amalgamated into a thick porridge. Do not over cook, or the pudding will be solid instead of creamy once cooled. Remove from the heat, then stir in:

? tsp vanilla (5 tsp)

Turn into the bowl or cups, then press plastic wrap directly onto the surface to prevent a skin. Serve warm, at room temperature, or cold. If you wish, sprinkle with:

Ground cinnamon

The pudding can be accompanied with:

Whipped cream or fruit sauce

D I N N E R   W E D N E S D A Y ,   A U G U S T   2 0 ,   2 0 0 8

*Spinach Lemon & Meatball soup, Chocolate Cake, Cantaloupe*

**DINNER** - MAIN COURSE

(total count 61: 48 regular, 8 fishetarians, 3 vegans & 2 bringing own food)

**SPINACH LEMON SOUP WITH MEATBALL**

Serves 6 (X 8)

2 large onions (16 onions)  
3 tbsp oil (24 tbsp)  
1 tbsp ground turmeric (8 tbsp)  
? c yellow split peas (4 cups)  
5 c water (40 cups)  
8oz minced lamb (64 oz) or (4 lbs)  
1 lb spinach, chopped (8 lbs)  
? c rice flour (4 cups)  
juice of 2 lemons (16 lemons)  
1-2 garlic cloves, very finely chopped (8-16 cloves)  
2 tbsp chopped fresh mint (16 tbsp)  
4 eggs, beaten (32 eggs)  
salt and freshly grounds pepper

1. chop half of the onions, heat 16 tbsp of the oil in a large frying pan and fry the onion until golden. Add the turmeric, split peas and water and bring to boil. Reduce heat and simmer for 20 minutes.
2. Grate the remaining onions. Put it into a bowl, add the minced lamb and seasoning and mix well. Using your hands, form the mixture into small balls, about the size of walnuts. Carefully add to the pan and simmer for 10 minutes, then add the chopped spinach, cover and simmer for 20 minutes.
3. Mix the flour with about 4-8 cups of cold water to make a smooth past, then slowly add to the pan, stirring all the time to prevent lumps. Stir in the lemon juice, season with salt and pepper and cook over a gentle heat for 20 minutes.
4. Meanwhile, heat the remaining oil in a small pan and fry the garlic briefly until golden. Stir in the mint and remove the pan from the heat.
5. Remove the soup from the heat and stir in the beaten eggs. Sprinkle the garlic and mint garnish over the soup and serve.

**TIP:** If preferred, use less lemon juice to begin and then add more to taste once the soup is cooked.

**SALAD** consisting of fresh vegetables and choices from Susan Thompson's vegetables

## DESSERT-DINNER

### **CHOCOLATE STOUT CAKE**

Serves 12 (X5)

2 cups stout (10)  
2 cups unsalted butter (10)  
1 ½ cups unsweetened cocoa powder (preferably Dutch process) (15)

4 cups all purpose flour (40 cups)  
4 cups sugar (40 cups)  
1 tbsp baking soda (40 tsp)  
1 ½ tsp salt (15 tsp)  
4 large eggs (20)  
1 1/3 cup sour cream (6.5 cup)

#### ICING:

2 cups whipping cream (10 cups)  
1 lb bittersweet (not unsweetened) or semisweet chocolate, chopped (5 lbs)

#### FOR CAKE:

Preheat oven to 350°F. Butter three 8-inch round cake pans with 2 inch high sides. Line with parchment paper. Butter paper. Bring 2 cups stout and 2 cups butter to simmer in heavy large saucepan over medium heat. Add cocoa powder and whisk until mixture is smooth. Cool slightly.

Whisk flour, sugar, baking soda and 1 ½ teaspoons salt in large bowl to blend. Using electric mixture, beat eggs and sour cream in another large bowl to blend. Add stout-chocolate mixture to egg mixture and beat just to combine. Add flour mixture and beat briefly on slow speed. Using rubber spatula, fold batter until completely combined. Divide batter equally among prepared pans. Bake cakes until tester inserted into center of cakes comes out clean, about 35 minutes. Transfer cakes to rack; cool 10 minutes. Turn cakes out onto racks and cool completely.

#### FOR ICING:

Bring cream to simmer in heavy medium saucepan. Remove from heat. Add chopped chocolate and whisk until melted and smooth. Refrigerate until icing is spreadable, stirring frequently, about 2 hours.

Place 1 cake layer on plate. Spread 2/3 cup icing over. Top with second cake layer. Spread 2/3 cup icing over. Top with third cake layer. Spread remaining icing over top and sides of cake.

Cantaloupe

B R E A K F A S T   T H U R S D A Y ,   A U G U S T   2 0 ,   2 0 0 8

*Bacon & Eggs, Hard Boiled Eggs, Oatmeal, Toast, Granola, Compote, Coffee, Tea, Juice*

BREAKFAST

( total count 58: 46 regular, 7 fishetarians, 3 vegans & 2 bringing own food)

**BACON & SCRAMBLED EGGS**

LUNCH THURSDAY, AUGUST 21, 2008

*Thai Curry Stew with Sweet Potato and Sirloin, Salad, Pita bread, Ginger Peaches*

LUNCH - MAIN COURSE

( total count 58: 46 regular, 7 fishetarians, 3 vegans & 2 bringing own food)

**THAI CURRY STEW WITH SWEET POTATO AND SIRLOIN  
(TOFU VEGETARIANS)**

1 tbsp oil  
2 tsp red curry paste  
2 tsp yellow curry powder  
2 tsp cumin  
? cup + 1 tbsp coconut milk  
? cup onions, minced  
1/4 c carrots, shredded  
2 c sweet potato, small cubes  
1/2 c tofu, cubed  
1 c. tomato  
2 tbl dark soy sauce  
2 tb light soy sauce  
2 tsp sugar  
1/2 c mushrooms  
1/2 c snow peas, chopped  
1/2 c water  
1 lime

**This  
is not  
quantified**

Heat oil in wok or fry pan on high and add red curry paste. Stir in the yellow curry powder and cumin. Add 1 tbsp coconut milk (top cream) stirring constantly. Add onions, sweet potato, tofu and tomato. Cook for 5 min. Add soy sauces, sugar, mushrooms, snow peas, ? c water and ? cup coconut milk. Turn down heat to medium high and let mixture cook for 7 min or until sweet potatoes are done. Add lime juice.

SALAD CONSISTED OF FRESH VEGETABLES CHOICES FROM SUSAN

PITA BREAD

LUNCH - DESSERT

**WARM GINGER PEACHES + COOKIE**

2 T unsalted butter  
1/4 cup light brown sugar  
1 t honey  
1/4 t minced fresh peeled ginger root  
1/2 t orange zest  
1 T fresh orange juice  
2 medium peaches washed pitted thinly sliced  
2 T Grand Marnier or other orange liqueur

In the original recipe the peaches are first sauteed with sugar/honey/butter and then simmered with remaining ingredients but I think just adding some of these ingredients and then following the cobbler instructions could work very nicely.

[IF YOU HAVE ANY QUESTIONS SEE AINO MILIKIN.](#)

*Cod Cakes, Coleslaw, Bread, Brownies*

DINNER - MAIN COURSE

( total count 58: 46 regular, 7 fishetarians, 3 vegans & 2 bringing own food)

**COD FISH CAKES WITH AIOLI**

Serves 6 (X9)

1lb potatoes, peeled and cubes ( 9 lbs)  
4 oz cod, (add more fish if you think this amount is not enough for 6) (36 oz)  
1 tbsp olive oil (9 tbsp)  
a small onion, finally chopped (9 )  
2 garlic cloves, finaely chopped (18 cloves)  
2 tbsp cchopped fresh parsley (18 tbsp)  
1 egg, beaten (9)  
Tabasco or chilli sauce  
Plain flour, for dusting  
Vegetable oil, for frying  
Salt and freshly ground pepper  
Flat leaf parsley and lemon wedges, to garnish  
Aiolo, to serve

**What is the  
question  
mark for**

1. Cook the potatoes in a saucepan of boiling water for 10-12 minutes until tender. Drain well, then mash until smooth. Set aside.
2. Place the cod in a frying pan, add water to cover and ving to the boil. Crain the fish, them remove the skin and bones. using a fork, break the flesh into small pieces.
3. Heat the olive oil in a small saucepan and cook the onion and garlic for 5 minutes until softened.
4. IN a large bowl, mix together the mashed potato, flaked fish, fried onion mixture and parsley. Bind with the egg, tyhen add salt, pepper and Tabasco or chilli sauce to taste. With floured hands, shape the mixture into 18 small balls.
5. Flatten the balls slightly and place on a large floured plate. Chil for about 15 minutes.
6. Heat ? vegetable oil in a large frying pan. Cook the fish cakes for 3-4 minutes on each side until golden. Drain on kitchen paper and serve hot, with the aiolo, garnished with parsley and lemon wedges

**AIOLI** Serves 4 (X14)

1 large egg yolk. at room temp (14)  
1 tsp white wine vinegar (14 tsp)  
5 tbsp oilive oil (70 tbsp)  
5 tbsp sunflower oil (70 tbsp)  
4 garlic cloves, crushed (56 cloves)

1. Make the aioli: Place the egg yolk and vinegar in a food processor. With the motor running, add the olive oil, about 2 tsp at a time.
2. When all the olive oil has been added, add the sunflower oil in the same way, until the aioli resembles a thick mayonnaise. If it is too thick, add a little more vinegar. Stir in the garlic and salt to taste. Cover and chill.

**COLE SLAW ON RED OF LETTUCE**

D I N N E R   T H U R S D A Y ,   A U G U S T   2 1 ,   2 0 0 8

This recipe must be doubled to make 6 dozen

DINNER - DESSERT

Brownies			
<u>1 doz.</u>	<u>2 doz.</u>	<u>3 doz.</u>	
1	2	3	cups sugar
1/2	1	1 1/2	cups softened butter
1	2	3	teaspoons vanilla
2	4	6	eggs
2/3	1 1/3	2	cups flour
1/2	1	1 1/2	cups cocoa
1/2	1	1 1/2	teaspoons baking powder
1/2	1	1 1/2	teaspoons salt

Blend together the sugar and butter, then vanilla and eggs. Set aside. In separate bowl, mix together the remaining dry ingredients. Add to the first mixture.

Bake in three (for 36), well-greased and floured 8 X 8 pans at 350 degrees for about 25 to 30 minutes. Cool and frost.

Frosting:

<u>1 doz.</u>	<u>2 doz.</u>	<u>3 doz.</u>	
1 to 2	2 to 3	3 to 4	cups powdered sugar
2 to 3	3 to 4	4 to 5	tablespoons dry cocoa, or to desired color and taste
1 to 2	2 to 3	3 to 4	tablespoons softened butter
1	2	3	teaspoons vanilla and/or almond extract
some	some	some	milk

Cream butter into sugar. Add vanilla to milk, and then gradually add it to the sugar mixture, beating well with each small addition. Beat well with mixer or vigorously by hand, adding only a few drops of at a time of the milk+extract mixture until desired spreading consistency.

B R E A K F A S T F R I D A Y , A U G U S T 2 2 , 2 0 0 8

*Muffins, Hard Boiled Eggs, Oatmeal, Toast, Granola, Compote, Coffee, Tea, Juice*

BREAKFAST

(total count 57: 45 regular, 7 fishetarians, 3 vegans & 2 bringing own food)

**MUFFINS, FRUIT, OATMEAL, BOILED EGGS**

**NEED  
MUFFIN  
RECIPE**

LUNCH FRIDAY, AUGUST 22, 2008

*Salad Nicoise, 7-grain bread, Peach Cobbler*

LUNCH

(total count is 57: 45 regular, 7 fishetarians, 3 vegans & 2 bringing own food)

**SALAD NICOISE**

FOR THE VINAIGRETTE:

21 tablespoons best quality cider vinegar  
7 tablespoon Dijon-style mustard  
7 cup plus 2 tablespoons extra virgin olive oil  
7 medium new white onion, sliced paper-thin  
14 cloves garlic, minced  
21 cups flat-leaf parsley leaves, loosely packed  
4 cup mixture of tarragon and fresh chervil leaves, loosely packed  
Sea salt and freshly ground black pepper to taste

FOR THE SALAD:

30 cans tuna  
7 tablespoon extra-virgin olive oil  
Sea salt and freshly ground black pepper  
7 pound green beans, trimmed

14 pounds of tiny new potatoes, scrubbed

40 medium red and yellow tomatoes, stemmed and quartered  
35 farm eggs, hard-cooked and peeled  
3 cans nicoise olives  
Sprigs of parsley and chervil, for garnish

PREPARATION

MAKE THE VINAIGRETTE:

In a large bowl make the vinaigrette by whisking together the vinegar and the mustard. Slowly whisk in the oil in a thin stream to emulsify the mixture. Stir in the garlic and the onions. Mince the parsley and add it, with the tarragon and chervil, to the dressing, mixing well. Season to taste with salt and pepper.

*salad nicoise, cont.*

**MAKE THE SALAD:**

with about 21 tablespoons of the vinaigrette, then reserve at room temperature.

Bring 4 cups water to a boil in the bottom of a steamer. Add half the beans, cover, and steam until they are tender firm, about 6 minutes. Remove from the steamer and let cool on a wire rack covered with a cotton tea towel. Repeat with the remaining beans.

Transfer one-third of the dressing to a medium sized bowl.

Bring a medium-sized pot of salted water to a boil, and add the potatoes. Cook just until they are tender through, about 15 minutes. Drain. If you want to peel them, do so as soon as they are cool enough to handle. Add them, still warm, to the one-third of the vinaigrette. Toss, and reserve.

To assemble the salad, just before serving toss the beans and the tomatoes with enough vinaigrette to fully moisten them, and arrange them in the center of a serving platter. Quarter the eggs and place them around the beans. Drizzle them with 2 to 3 tablespoons of the vinaigrette.

Place the potatoes on another platter. Arrange the tuna attractively atop the potatoes. Sprinkle with the olives. Drizzle with any remaining vinaigrette, and garnish with several sprigs of parsley and chervil. Serve immediately.

**PEACH COBLER - DESSERT**

DOUBLE MIDDLE FIGURES (32) TO MAKE ENOUGH FOR 60 PEOPLE

Old Fashioned Peach Cobbler			
For 8 1/2	For 32 2	For 40 2 1/2	
			cup butter
1	4	5	cup sugar
1	4	5	cup flour
1	4	5	tablespoon baking powder
1/2	2	2 1/2	teaspoon salt
1	4	5	cup milk
4	16	20	cups fresh sliced peaches (or other fruit)
1	4	5	cup sugar (or less, to taste)
1 1/2	6	7 1/2	teaspoons almond extract
<p>Melt butter in bottom of a 9 X 12 baking pan.</p> <p>Mix together the flour, baking powder and sugar. Blend in the milk, just until moistened. Pour carefully over the butter in the pan.</p> <p>Mix together the fruit and remaining sugar. Bring to a boil; boil for about two minutes. Cool before adding extract.</p> <p>Carefully spread fruit on the batter. Bake at 350 to 375 degrees for about 45 minutes.</p>			

D I N N E R F R I D A Y , A U G U S T 2 2 , 2 0 0 8

*Lamb chops, Basmati Rice, Salad, Egyptian Custard - Dessert*

**LAMB CHOPS  
BASMATI RICE  
SPECIAL SALAD**

The main course is lamb chop, which Sagi will prepare with his team. Basmati rice and a salad will be served

DESSERT - DINNER

## **EGYPTIAN CUSTARD**

Serves 4 (X15)

10-12 sheets filo pastry (150 filo pastry)

2 ½ cups milk (37.5 cups)

1 cup double cream (15 cups)

1 egg, beaten (15)

2 tbsp rose water (30 tbsp)

¾ cup each chopped pistachio nuts, almonds and hazelnuts (7.5 cups each)

2/3 cup cup raisins (11 ¾ cups raisins)

1 tbsp ground cinnamon (15 tbsp)

single cream to serve

1. Preheat oven to 325°F. Bake the filo pastry on a baking sheet for 15-20 minutes until crisp. Remove from the oven and raise the temperature 400°F.
2. Scald the milk and cream by pouring into a pan and heating very gently until hot but not boiling. Slowly add the beaten egg and the rose-water. Cook over a very low heat, until the mixture begins to thicken, stirring all the time.
3. Crumble the pastry using your hands and then spread in layers with the nuts and raisins into the base of a shallow baking dish.
4. Pour the custard mixture over the nut and pastry base and bake in the oven for 20 minutes until golden. Sprinkle with cinnamon and server single cream.

S A T U R D A Y , A U G U S T 2 3 , 2 0 0 8

*Hard Boiled Eggs, Oatmeal, Toast, Granola, Compote, Coffee, Tea, Juice*

BREAKFAST-BRUNCH

Breakfast will be made up of anything left from the week including:

Hard Boiled  
Oatmeal  
Toast  
Granola  
Compote  
Coffee, Tea Juice

LUNCH

Lunch will be made up of anything left from the week including