

## Winter Wonderland Menu 2010

27th

Dinner: Tarka Dahl with Rice

Desert: Biscuits

28th

Breakfast: Beans on toast with Sosmix sausages and fried mushrooms (cereal & toast available)

Lunch: Minestrone Soup

Dinner: Three Bean Chilli with Rice

Desert: Raspberry or tropical fruit jelly

29th

Breakfast: Granola (cereals & toast available)

Lunch: Falafel wraps with hummus & salad

Dinner: Bean Hotpot with Bulgar Wheat

Desert: Selection of cakes

30th:

Breakfast: Porridge with bananas, pecans and maple syrup (cereals & toast available)

Lunch: Ready Steady Cook

### SCHEDULE:

TO TAKE:

DAHL SPICES

FALAFEL SPICES

HAND BLENDER

POTATO MASHER

POTATO PEELER

KNIFES

CHOPPING BOARDS

TEA TOWELS

VEGETABLE OIL

CAKE TINS

WHISK

SPATULA

MEASURING CUPS

MEASURING SCALES

27th:

Dinner: Tarka Dahl with Rice

Desert: Bourbons

D:

4kg brown rice with turmeric

5kg yellow split peas

4 onions

5 cloves garlic

4" ginger

2 chillis  
1kg chopped tomatoes  
1 bunch coriander  
Spice Mix

1. Get rice on and get peas on (salt & lemon juice & turmeric)
2. Fry onions, wet spices and dry spices. Add salt and pepper.
3. Add tomatoes, peas - and water if necessary.
4. Add chopped coriander, lemon juice.
5. Serve with the option of tabasco

SOAK OVERNIGHT:

1kg haricot beans  
1kg lentils  
1kg kidney beans  
1kg adzuki beans

28th

Breakfast: Beans on toast with veggie sausages and fried mushrooms (cereal & toast available)

Lunch: Minestrone Soup

Dinner: Chilli Con Carne with Rice

Desert: Cakes

B:

1. Soak sosmix
2. Put beans on
3. Shape then fry or bake sosmix
4. Fry mushrooms in garlic.
5. Serve with option of tabasco

L:

6 cloves garlic  
4 onions  
3 " ginger  
1 chilli  
1kg chopped tomatoes  
1kg haricot beans  
8 potatoes  
500g sweetcorn  
500g peas  
8 carrots  
2 celery  
2kg macaroni  
Mixed herbs  
Bouillon  
1 bunch basil

1. Get beans on
2. Fry onions with wet spices

3. Add potatoes and carrots
4. Add celery and chopped tomatoes
5. Add stock, mixed herbs and beans
6. Add sweetcorn, peas and macaroni
7. Add salt, pepper and lemon juice
8. Add basil

D:

4kg rice  
8 cloves garlic  
2 inches ginger  
2 chillis  
4 onions  
1kg chopped tomatoes  
Mixed herbs  
Paprika  
Bouillon  
Soy sauce  
Salt & pepper  
Lemon juice  
Corriander

Veg:

6 courgettes  
500g peas  
500g sweetcorn  
6 carrots

Sour cream:

2 pots soya yoghurt  
Lemon juice to taste

Beans:

1kg lentils  
1kg adzuki beans  
1kg kidney beans

1. Get rice on and get beans on (salt and lemon juice)
2. Fry onions and wet spices until translucent.
3. Add chopped veg and sauté
4. Add chopped tomatoes, mixed herbs, paprika, bouillon, soy sauce, salt & pepper and lemon juice
5. Make sour cream and add corriander
6. Serve with the option of tabasco

D:

29th

Breakfast: Granola (cereals & toast available)

Lunch: Falafel wraps with hummus & salad

Dinner: Bean Hotpot with Bulgar Wheat

Desert: Chocolate pudding

L:

72 wraps

40-50 tomatoes

4 icebergs

10 cucumbers

2kg hummous

1 tray/ 12 packs cress

Falafel

500g mixed seeds

10 sweet potatoes

1 bunch chopped coriander

Spice mix

Salt and pepper

Gram flour as needed

1. Peel (?) sweet potato, chop into small chunks and boil
2. Mash with all other ingredients
3. Add gram flour to thicken
4. Shape and bake for about 30 mins
5. Toast mixed seeds
5. Cut and put out all other ingredients

D:

4 onions

6 cloves garlic

1 chilli

3" ginger

8 potatoes

10 carrots

4 red peppers

1kg mushrooms

4 leeks

8 parsnips

Mixed herbs

2kg bean mix

3kg bulgar wheat

Vegan gravy powder

1. Get beans and bulgar wheat on.
2. Fry onions and wet spices.
3. Add potatoes, carrots, parsnips
4. Add leeks and peppers
5. Add mushrooms, gravy, mixed herbs, salt, pepper and soy sauce (and lemon juice)

D:

21 litres water  
360ml vanilla  
1tbsp salt  
720g cornstarch  
200g cocoa  
11 cups sugar

1. Mix dry ingredients and gradually add water
2. Whisk over medium heat until thickens and boils.
3. Take off heat and add vanilla
4. Refrigerate

30th

B:

250g pecans  
Bananas  
3 kg jumbo oats

1. Chop and toast pecans
2. Add water to oats, bring to boil then simmer.
3. Serve with chopped bananas, roasted pecans and maple syrup