



The Five Contemplations

♪ *Our teachers advise us to be mindful while we eat, to be in touch with our friends and the food.*

Dear Friends, when you hear the sound of the bell please meditate on the Five Contemplations. ♪

- 1. This food is the gift of the whole universe, the earth the sky and much hard work.*
- 2. May we live in mindfulness as to be worthy to receive it.*
- 3. May we transform our unskillful states of mind and learn to eat in moderation.*
- 4. May we take only foods that nourish us and prevent illness.*
- 5. We accept this food to realize the path of understanding and love. ♪*

Menu
Cultivating Peace Within
October 19 – 21, 2007

Friday:

Dinner (Page 28): Carrot and Sweet Potato Soup, Hummus, Green salad, Tabouleh, Pita Bread, Dessert.

Prep for Next Day: Page 21 and 28

Saturday:

Breakfast (Page 3): Oats, Stewed Apples, Cooked Fruit, Fresh Fruit (Bananas, Tangerines, Apples), Dry Cereal, Bread, Peanut and Almond Butter, Fruit Spread, Trail Mix, Ghee, Coconut Oil, Honey, Agave Nectar, Sugar, Soy and Cow Milk.

Lunch (Page 22): Dhal with Cabbage Curry, Turmeric Rice, Apple Chutney, Lettuce and Chard Salad, Citrus Dressing, Fresh Fruit.

Dinner (Page 30): African Beans, Brown Rice, Steamed Mixed Veggies, Sunflower Cabbage Salad, Gomasio, French Dressing, Dessert

Food Prep for next day: Make pancake batter

Sunday:

Brunch: Pancakes, Scrambled Eggs, Scrambled Tofu, Tofu Sausage, Cooked Fruit, Fresh Fruit (Bananas, Tangerines, Apples), Dry Cereal, Bread, Peanut and Almond Butter, Fruit Spread, Trail Mix, Ghee, Coconut Oil, Honey, Agave Nectar, Sugar, Soy and Cow Milk.

COOKING QUANTITIES

The quantity of food eaten varies a lot from course to course, so you will need to adjust the amounts according to what the students are eating. For example if you are cooking for 40, and there is consistently too much food, try cutting back and cooking for 30 or 35.

Bear in mind that it is important that there is plenty of food for everyone, so it's **better to have a little too much than not enough**.

NB: For all recipes, check for pre-opened ingredients e.g. check the cool store, small fridge, freezer, or pantry bins before opening new packages.

VEGETABLE WEIGHTS - (Approximate)

10 Zucchini	1 - 1 ½ kg
10 Mushrooms	200 grams
1 Cup Mushrooms (chopped)	120 grams
10 Carrots	1½ kg
10 Tomatoes	1 kg
10 Onions	1½ kg
10 Peppers (Capsicum)	1.2 kg
5 Medium Potatoes	1 kg
2 Heads Broccoli	1 kg
1 Cauliflower	¾ kg
10 Silverbeet Leaves	1 bunch
20 Bunches	1 large crate

OTHER MEASUREMENTS & ABBREVIATIONS

One standard measuring cup (brown arcoc glass cup) = 250 ml

Tbs = Tablespoon Dsp = dessert spoon Tsp = teaspoon

WTA = When time allows

KITCHEN WHIZZ (ROBOT-COUP) BLADE NUMBERS

- | | |
|---------------------|-----------------------|
| ❶ Blender | ❷ Chunky Grater |
| ❸ Big Cutting Blade | ❹ Small Cutting Blade |
| ❺ Grater | |

Note: Take care not to strain kitchen whizz by blending large or overly thick mixtures.

Amounts vary from course to course; so vary the amount according to students' appetites

BREAKFAST

PORRIDGE

Start at 5.30

<u>No. serves (1 cup dry=4 serves)</u>	<u>20</u>	<u>30</u>	<u>40</u>	<u>50</u>	<u>60</u>
oats, cups	4	6	8	10	12
water, litre	3	4 ½	6	7 ½	9
salt, tsp	½	¾	1	1 ¼	1 ½
<u>Optional:</u>					
sultanas/raisins, cups	1 ½	2 ¼	3	3 ¾	4 ½
cinnamon, Tbs	2	3	4	5	6

add a little extra water if the optional ingredients are used.

Soak oats over night in **thick-bottomed pot** and in the morning heat slowly, stirring regularly. You may add more water if desired to get a thinner porridge. If you have *a lot* of leftover porridge it can be reused (once) by adding a little water or coconut milk, raisins and seeds and re-heating.

Note: Because students generally eat more porridge at the beginning of a course you will need to decrease the quantities as the course progresses.

PRUNES

Start at 6.00

<u>No. serves:</u>	<u>20</u>	<u>30</u>	<u>40</u>	<u>50</u>	<u>60</u>
prunes, kg	¾	1 ¼	1 ½	2	2 ¼
raisins/sultanas mix kg	¾	1 ¼	1 ½	2	2 ¼
water	Enough to more than cover the prunes and raisins/sultanas				

Put fruit and water in a thick-bottomed pan. Cover and let sit overnight. At 6:00 am turn on med heat, bring to boil, turn off heat, do not stir. Consistency should be juicy for those who don't use milk. **Cook prunes only on the first morning, then alternate prunes and other fruit (apples usually). Can also combine leftover prunes and stewed apples every third day.**

STEWED APPLES

Start at 6.00

<u>No. serves:</u>	<u>20</u>	<u>30</u>	<u>40</u>	<u>50</u>	<u>60</u>
apples, med sized	20	30	40	50	60
<u>optional:</u>					
cinnamon, dsp	2	3	4	5	6

Apples: Peel (optional), core, and cut the apples into slices the night before. Cover with water and a little lemon juice to prevent browning. Place plate with a weight on top in pot to keep apples under water.

Cooking: Drain water and cook with 2 or 3 cups of water as apples are very juicy and do not need too much liquid, bring to boil, simmer for 10 minutes and switch off gas to allow the apples to cook in their own steam.

OTHER COOKED FRUIT

Alternative to apple or prunes: Feel free to occasionally use canned fruit, or cook other fruit (plums, apricots etc.) if it is leftover or getting too ripe (cook 1 ½ kg fruit per 10 people).

FRESH FRUIT

Take out of the cooler the evening before so it's not too cold (but keep away from ants and make sure there is no cut or open fruit in the bowl)

Day 5 (continued)

STIR FRIED CABBAGE AND TOMATO

<u>No. serves:</u>	<u>20</u>	<u>30</u>	<u>40</u>	<u>50</u>	<u>60</u>
Cabbage, small whole	1	2 ½	3	4	5
tomato, medium whole	4	6	8	10	12
fresh ginger, slices	12	18	24	30	36
oil, cups	1	1 ½	2	2 ½	3
salt, teaspoons	6	9	12	15	18

Slice the cabbage. Chop the tomatoes into chunks. Heat the oil. Fry the ginger slices first. Then add the tomato and fry until soft (watery). Add cabbage, stir well and fry a little. Add salt. Cover with lid until well cooked.

LETTUCE SALAD

WTA*

<u>No. serves:</u>	<u>20</u>	<u>30</u>	<u>40</u>	<u>50</u>	<u>60</u>
lettuce	1 ¼	2	2 ½	3 ¼	4
tomato, cut into eighths	6	9 ½	12	15	19
parsley, ③ bunch	1	1 ¼	2	2 ¼	2 ½
cucumber ③	1 ½	2 ½	3	4	5
capsicum ③	1	1 ¼	2	2 ¼	2 ½

FRENCH DRESSING

WTA

<u>No. serves:</u>	<u>20</u>	<u>30</u>	<u>40</u>	<u>50</u>	<u>60</u>
oil, cup	1	1 ½	2	2 ½	3
lemon juice, cup	¾	1 ¼	1 ½	2	2 ¼
pepper	to taste				
salt	to taste				

Add fresh or dried herbs, parsley, mint. Mix well in jar.

FRUIT BOWLS

FOOD PREP FOR TOMORROW

- Make salad dressing
- Rinse sprouts
- Rinse tofu
- Cut and soak fruit/prunes
- Shred cabbage for curry
- Grate carrots for curry
- Make coconut halva
- Make apple chutney
- Make Dhal if there is time (tastes better when made the day before)
- Soak oats for tomorrow – see breakfast page

Day 6

Menu: Dhal, tumeric rice, cabbage curry, apple chutney, plain yoghurt, salad, salad dressing, coconut halva

DHAL Start at 9:30

<u>No. serves:</u>	<u>20</u>	<u>30</u>	<u>40</u>	<u>50</u>	<u>60</u>
green lentils, cups	5	7½	10	12½	15
water, litres	2	3	4	5	6
soya oil, Tbs	3	4 ½	6	7 ½	9
salt, Tbs	1	1 ½	2	2 ½	3
cumin powder, Tbs	¾	1	1 ½	1 ¾	2 ¼
coriander powder, Tbs	1 ½	2 ¼	3	3 ¾	4 ½
chilli powder, tsp	¾	1	1 ½	1 ¾	2 ¼
sugar, tbsp	1	1 ½	2	2 ½	3
mustard seeds, tsp	1 ½	2 ¼	3	3 ¾	4 ½
lemons, juiced	2	3	4	5	6
paprika, tsp	2	3	4	5	6
tomatoes, canned, kg	½	¾	1	1 ¼	1 ½

Cook dahl on low heat, **in thick bottomed pot**, with lid, until soft, split. Make liquid with blender. Heat oil, add mustard seeds. When popped add spices and heat gently to release flavour of spices, being careful not to burn spices and oil. Add tomatoes. Cook for 10-15 minutes. Add to dahl. Boil dahl for 10 - 15 minutes. Its like liquid soup to go with rice.

TUMERIC RICE Start at 9:50

Sauté 5 black cloves, 5 cardamon pods, 1 tsp tumeric in some margarine. Add to rice cooker at the start of cooking and stir well. Follow instructions on "How to make rice" page.

CABBAGE CURRY Start at 10:15

<u>No. serves:</u>	<u>20</u>	<u>30</u>	<u>40</u>	<u>50</u>	<u>60</u>
cabbages, shredded④	1	1 ½	2	2 ½	3
carrots, grams grated②	300	450	600	750	900
frozen peas, grams	300	450	600	750	900
soya oil, white cup	1	1 ½	2	2 ½	3
mustard seeds, tbsp	1 ½	2 ¼	3	3 ¾	4 ½
cumin powder, tbsp	¾	1	1 ½	1 ¾	2 ¼
coriander powder, tbsp	1 ½	2 ¼	3	3 ¾	4 ½
tumeric, tbsp	½	¾	1	1 ¼	1 ½
salt, tsp	3	4 ½	6	7 ½	9
ginger, 4 cm piece grated	2	3	4	5	6

Defrost the peas by washing in hot water. In the wok heat oil, add mustard seed. When seeds are popped add grated carrot. Cook on medium heat, uncovered, stirring intermittently. Add salt, ginger, tumeric. Takes around 10 - 15 minutes to cook carrots. Once tender add cabbage, cumin & coriander powder. Once cabbage is nearly cooked, add defrosted peas. Cook until the peas are done (5 - 10 minutes).

APPLE CHUTNEY

<u>No. serves:</u>	<u>20</u>	<u>30</u>	<u>40</u>	<u>50</u>	<u>60</u>
cooking apples, grated	6	9	12	15	18
cumin powder, tsp	1	1 ½	2	2 ½	3
sugar, tsp	2	3	4	5	6
salt, tsp	1	1 ½	2	2 ½	3
lemons, juice of	1	1 ½	2	2 ½	3
onions	1	1 ½	2	2 ½	3

Cut apples and put straight into cold water so they don't go brown. Then grate apples and cover with lemon juice immediately. Grate onion. Mix all ingredients.

PLEASE PUT OUT BOWLS OF PLAIN YOGHURT

LETTUCE AND SILVERBEET SALAD

<u>No. serves:</u>	<u>20</u>	<u>30</u>	<u>40</u>	<u>50</u>	<u>60</u>
lettuce, large heads	1	1 ½	2	2 ½	3
cucumber, sliced ③	¾	1 ¼	1 ½	2	2 ½
silverbeet*, leaves, sliced ③	4	6	8	10	12
avocado	2	3	4	5	6
celery, sticks ③	4	6	8	10	12
sprouts, cups	3 ¼	4 ½	6 ½	8	10
carrots ③	3 ¼	4 ½	6 ½	8	10

sunflower seeds, raw/toasted Sprinkle a layer on top

***Green part of silverbeet only. Needs to be sliced as finely as possible**

CITRUS DRESSING

<u>No. serves:</u>	<u>20</u>	<u>30</u>	<u>40</u>	<u>50</u>	<u>60</u>
oil, cups	2	3	4	5	6
lemon juice, cups	¾	4/5	1	1 ½	1 ½
orange, juiced	2 2/5	3 3/5	5	6	7 ¼
mustard, dspn	4/5	1 1/5	1 2/3	2	2 ½
honey, Tbs	4/5	1 1/5	1 2/3	2	2 ½

Place all ingredients in a jar and shake well

DO NOT PUT OUT FRUIT AS THERE IS A DESSERT

SEE NEXT PAGE FOR:

COCONUT HALVA RECIPE and

NEXT DAY'S FOOD PREPARATION

Day 7 (continued)

DATE SLICE

<u>No. serves:</u>	<u>20</u>	<u>30</u>	<u>40</u>	<u>50</u>	<u>60</u>
dates, gm	500	800	1000	1300	1600
water, ml	270	400	540	670	800
lemon (juice and rind of)	1 ½	2	2 ½	3	4
wholemeal flour, gm	450	700	900	1100	1400
oats , gm	450	700	900	1100	1400
raw sugar, gm	70	100	140	175	200
salt, tsp	½	1	1 ½	1 ½	2
butter, gm	500	800	1000	1300	1600

Pre-heat oven heat to 200C. Grease baking trays with butter. Put chopped dates, water and lemon rind in saucepan. Heat very gently, stirring until the dates have softened. You may need a bit more water. Grind porridge oats in robot coupe until medium ground. Melt butter and combine with flour, porridge oats, brown sugar, lemon juice. To get an even date sandwich, divide crumble mixture into two bowls Spread the contents of one of the bowls evenly into a shallow tray and press down firmly. It's hard to get it very thin but it should be no more than 1cm thick. Spread the date mixture on top as evenly as you can, then cover as best you can with the remaining crumble mixture. Flatten gently with a potato masher. Bake for approximately 20 minutes until golden. Don't wait until it's brown, as it will be very dry by then. Cool completely in the tin and then cut into the right number of slices.

DO NOT PUT OUT FRUIT AS THERE IS A DESSERT

FOOD PREP FOR TOMORROW

- Soak fruit/prunes
- Soak bulghur wheat for tabouleh
- Make Hummus (cook chick peas till soft, approx 1 hour)
- Scrub potatoes
- "Summer" Prepare ratatouille vegetables
- "Winter" Prepare Carrot and Kumara Soup, chop veges
- Soak oats - see breakfast page
- Rinse any leftover tofu

Day 8

Menu: Carrot & Kumara soup (winter), ratatouille (summer), baked potato, butter or margarine, hummus, tabouleh and salad **Note: Prepare EITHER soup OR ratatouille**

CARROT AND KUMARA SOUP (WINTER) Start around 9:15

<u>No. serves:</u>	<u>20</u>	<u>30</u>	<u>40</u>	<u>50</u>	<u>60</u>
soup stock (or water), litres	5	7 ½	10	12 ½	15
coconut milk powder, cups	2 ½	3 ¾	5	6 ¼	7 ½
carrots, kg	¾	1 ¼	1 ½	2	2 ¼
kumara, kg	2	2 ½	3 ½	5	6
onions	2	3	4	5	6
tomato paste, gm	300	450	600	750	900
crushed black peppercorns, tsp	2	3	4	5	6
cayenne pepper, tsp	1	1 ½	2	2 ½	3
soy sauce	to taste				

Chop veges into small chunks. Saute onions in some soya oil until soft but not brown. Add carrots. Saute carrots for 5 minutes, add cayenne pepper, peppercorns, soy sauce and herbs to taste (fresh rosemary is nice). Mix the coconut powder with some of the water in a jar and shake until smooth, add the remaining water and coconut milk mix to the soup. Simmer gently for 35 minutes or until carrots are softish, add kumara and simmer until kumara is soft but not mushy. Add any left over baked pumpkin (remove skins and mash) from Day 7 to the soup in the last 10-15 minutes of cooking time. Blend if desired. Garnish with sesame seeds and **FINELY** chopped fresh rosemary when serving. **Put out croutons and bread and butter for those who like toast with their soup.**

RATATOUILLE ("SUMMER")

Cook by 9:15

<u>No. serves:</u>	<u>20</u>	<u>30</u>	<u>40</u>	<u>50</u>	<u>60</u>
*eggplant, large, cubed	2 ½	3 ¾	5	6	7 ½
*zucchini, kg, sliced ③	1	1 ½	2	2 ¼	3
tomato, canned, kg,	1	1 ½	2	2 ½	3
onion, small, sliced ③	2 ½	3 ¾	5	6 ¼	7 ½
green pepper, med, sliced ③	2	3	4	5	6
olive oil, cup	⅓	½	⅔	¾	1
salt, tsp	1	2	3	4	5
pepper, tsp	2	3	4	5	6
basil, dspn	1 ½	2	2 ½	3	3 ½

Cube the unpeeled eggplant, sprinkle lightly with salt** and let drain while you prepare the other vegetables. In a tray bake the eggplant cubes in some olive oil for 30 minutes at 180C or till cooked, stirring occasionally. While this is baking, sauté the onions with salt over low heat for 30 minutes, add peppers and zucchini and cook for a further 20 minutes. Add tomato, seasoning and herbs. Turn down heat. Cook slowly for 20 minutes. Once the tomato mixture has been cooked for 20 minutes, add the baked eggplant and mix together.

*If eggplants are unavailable double amount of zucchini, if both are unavailable, increase quantities of tomatoes, green peppers and add mushrooms.

**If eggplants are fresh, salting is not strictly necessary for this dish. If unsalted you will need to add a little water to prevent sticking when cooking.

BAKED POTATOES

Start at 9:30 am, must be in oven by 9.55 am

<u>No. serves:</u>	<u>20</u>	<u>30</u>	<u>40</u>	<u>50</u>	<u>60</u>
Potatoes, medium whole	25	37	50	62	75

Preheat oven to 190 C. Lightly brush with olive oil and prick with fork. Allow 50 minutes to cook. **Note:** Use potatoes of equal size so they cook in the same time, or cut into equal sized pieces.

Day 8 (continued)

HUMMUS

Prepare Day 7

<u>No. serves:</u>	<u>20</u>	<u>30</u>	<u>40</u>	<u>50</u>	<u>60</u>
chick peas, dry, cups	2 ½	3 ¾	5	6 ¼	7½
garlic, cloves	2 ½	3 ¾	5	6 ¼	7½
tahini, cups	1 ½	2 ¼	3	3 ¾	4½
lemons, (juice of) cups	1 ⅓	2	2 ⅔	3 ⅓	4
cumin, Tbs	1	1 ½	2	2 ½	3
salt, tsp	2	3	4	5	6
black pepper, olive oil	to taste				
parsley and paprika	sprinkle on top to garnish just before serving				

Soak chick peas overnight. Cook until soft (approx. 1 hour). Blend in batches in Robot Coupe with other ingredients to a thick paste. Add water as required to make hummus creamier. Take out of cooler at least an hour before serving.

GREEN LETTUCE SALAD

<u>No. serves:</u>	<u>20</u>	<u>30</u>	<u>40</u>	<u>50</u>	<u>60</u>
lettuce, large, torn	1 ⅓	2	2 ⅔	3 ⅓	4
olives, cup	1 ⅓	2	2 ⅔	3 ⅓	4
cucumbers, med, diced	2	3	4	5	6
capsicum	2	3	4	5	6

Put in bowl .Squeeze lemon to generously cover salad (no more than ½ an hour before serving)

TABOULEH

Soak bulghur wheat the night before

<u>No. serves:</u>	<u>20</u>	<u>30</u>	<u>40</u>	<u>50</u>	<u>60</u>
bulghur wheat, cup	2 ½	3 ½	5	6 ¼	7 ½
garlic, crushed, cloves	2	3	4	5	6
lemon juice, cup	½	¾	1	1 ¼	1 ½
olive oil, cup	¼	⅓	½	⅔	¾
salt, tsp	½	1	1 ½	2	2 ½
pepper, tsp	1	1 ½	2	2 ½	3
parsley, finely chopped, cup	2 ½	3 ¾	5	6 ¼	7 ½
mint, fresh, tblsp	2	3	4	5	6
tomato, med, chopped small	10	15	20	25	30

Place bulghur in a bowl, cover with water and soak overnight. **Drain well**, add garlic, salt, lemon juice, oil and pepper. Mix well. Add parsley, mint and tomato. Take out of cooler at least an hour before serving.

FRUIT BOWLS - Take fruit out of cooler early so it's not too cold

FOOD PREP FOR TOMORROW:

- Soak/cut fruit/prunes
- Soak rice (not necessary if using rice cooker)
- Soak beans for African Beans at before breakfast. Later in day, pour off soaking water and rinse beans. Make African Beans using fresh water.
- Make dressing
- Make Melting Moments
- Chop veges for the steamed veges
- Make gomasio and store in an airtight jar when cool
- Soak oats - see breakfast page

Day 9

Menu: Brown rice, steamed veges, African beans, sunflower cabbage salad, gomasio, Melting Moments biscuits

BROWN RICE

Start at 9.35

See "How to make rice" page.

AFRICAN BEANS

Start by 9am

<u>No. serves:</u>	<u>20</u>	<u>30</u>	<u>40</u>	<u>50</u>	<u>60</u>
Black eye beans, cups	5	7 ½	10	12½	15
onions, chopped finely	7	10	13	17	20
soya oil, white cup	½	¾	1	1	1 ¼
salt, tsp	1⅔	2½	3⅓	4	5
mushrooms, kg	½	¾	1	1	1 ¼
tomato paste, gms	450	675	900	1125	1350
warm water, ml	1200	1750	2300	2900	3500
coconut milk powder, gms	600	875	1200	1450	1750
sugar, Tsp	7	10	13	17	20
chilli pwdr, tsp	1	1¼	1⅔	2	2½
cumin, tsp	2½	4	5	6½	7½
paprika, tsp	7	10	13	17	20
black pepper, tsp	1	1¼	1⅔	2	2½

Put beans on to cook in a pot with enough water to cover, cook for up till 1 hour or until soft (should not be mushy). Sauté onions in soya oil and salt till transparent on a medium low heat, add mushrooms and sauté for a further 5 minutes. Mix water and coconut milk powder together using the blender. Add coconut milk and tomato paste to the onions, add spices and mix well till smooth. Drain cooked black eye beans well in colander and mix with coconut milk mixture. Adjust seasonings to taste – **Do Not Make Spicy**

STEAMED VEGES

Cook at 10.10

<u>No. serves:</u>	<u>20</u>	<u>30</u>	<u>40</u>	<u>50</u>	<u>60</u>
veges, mixed*, kg	3 ½	5 ¼	7	8 ¾	10 ½

Wash and cut into medium sized pieces mixed hard veges. Steam hard veges (eg carrots, pumpkin, kumara, cauli) separately from soft veges (eg silverbeet, mushroom, capsicum, celery, leeks, cabbage). Bring steamer to the boil, place veges on top and steam for about 10 minutes. Veges should be still a little bit firm when cooked. *Depending on what and how much you steam, you might need to steam for 10-30 minutes. (Use carrots, pumpkin, kumara leeks, cabbage, cauli – or anything else left over in the cooler). Left over steamed veges can be used on the pizza, day 10.

SUNFLOWER CABBAGE SALAD

WTA

<u>No. serves:</u>	<u>20</u>	<u>30</u>	<u>40</u>	<u>50</u>	<u>60</u>
cabbage, med, shredded ⑤	½	¾	1	1 ¼	1 ½
carrots, grated ⑤, kg	1	1 ½	2	2 ½	3
sunflower seeds, toasted, cups	1	1 ½	2	2 ½	3
raisins, washed, cup	½	¾	1	1 ¼	1 ½
apple, grated ⑤	3	4 ½	6	7 ½	9

French dressing, see below.

Mix all the above ingredients and serve.

Day 9 (continued)

GOMASIO

<u>No. serves (for condiment tray)</u>	<u>1 Batch</u>
sesame seeds, cups	2
rock salt, tsp	2

Toast gently the sesame seeds and salt until brown. When cool, grind together in gomasio bowl or blender. Store in air tight jars on condiment tray. Great to sprinkle on rice, salads, pasta, anything!

FRENCH DRESSING

<u>No. serves:</u>	<u>20</u>	<u>30</u>	<u>40</u>	<u>50</u>	<u>60</u>
oil, cup	1 ½	2 ½	3	4	5
lemon juice, cup	¾	1 ¼	1 ½	2	2 ½
garlic, clove crushed	1 ½	2 ½	3	4	5
salt/black pepper	to taste				

Place all ingredients in a jar and shake well.

GINGER BISCUITS

<u>No. serves:</u>	<u>20</u>	<u>30</u>	<u>40</u>	<u>50</u>	<u>60</u>
wholemeal flour, kg	½	¾	1	1¼	1½
baking powder, level tsp	6	9	12	15	18
ground ginger, tsp	3	4½	6	7½	9
sugar, gms	200	350	400	550	700
Butter or margarine, gms	90	135	180	225	270
Tahini, gms	90	135	180	225	270
golden syrup, tablespoons	4	6	8	10	12
honey, tablespoons	4	6	8	10	12
lemon juice, tablespoons	3	4½	6	7½	9
lemon rind grated, lemons	2	3	4	5	6

Heat oven to 180°C. Grease an oven tray with butter or margarine. Sift dry flour, baking powder, ginger. Add sugar. Melt butter, tahini, syrup, honey, rind and lemon juice over a gentle heat. Combine all ingredients together and mix well to a stiff dough. Shape into balls, place on greased tray and press down with a fork. Bake in oven 180°C, for about 15 minutes. They should be nicely browned but still soft. When cold, they will harden

DO NOT PUT OUT FRUIT BOWLS AS THERE IS DESSERT

FOOD PREP FOR TOMORROW

Servers will be in the hall tomorrow until approx. 9.45am so prepare as much as possible today

- Make Anzac Biscuits
- Make dressing
- Make the pizza dough and pre cook bases
- Make tomato sauce for pizza
- Chop all the pizza topping ingredients and place in separate bowls in the cooler
- Vege prep, depending on what is available do as much advance prep as possible
- Soak/cut fruit/prunes
- Soak oats, see breakfast page
- Rinse tofu and sprouts