

# Sunday Supper Recipes and Ingredients Lists for January 2024

## January 7th

Head Chef Shirley Smalley

### Italian Meatballs and Spaghetti Sauce

1. Brown 2-3 cloves garlic slowly in 1 cup olive oil. Remove the cloves when browned.
  2. Add ½ lb. spicy Italian sausage and brown.
  3. Add 3 cans tomato paste. Cook in oil until coagulated.
  4. Add 1 large can Italian tomatoes, allow to cook.
  5. Add 1 can water as needed.
  6. Add 4 T. grated parmesan cheese, 1 T oregano, 2 t parsley, 1 T sugar or to taste,
  7. 1 T salt, and a pinch of cinnamon.
- Cook slowly. May be made ahead.

### Meatballs

- 2 lbs. mixed ground beef, pork and veal
- 6 slices stale white bread (dry). Soak bread in water, then strain and squeeze, and add to meat.
- 1 or 2 eggs
- 1 t. parsley
- ½ c parmesan cheese
- Salt
- Pepper
- Garlic powder to taste
- 2-3 spoons sauce

1. Mix well with hands and knead for a few minutes.
2. Form into balls and drop into hot sauce. Do not stir for 5 minutes.
3. Cook for 30 minutes.
4. Serve with spaghetti.

**January 14<sup>th</sup>**

Head Chefs George and Donna Converse

Marinated Cucumbers for Satay

## Marinated Cucumbers for Satay

Cook, stirring, in a small pan until sugar dissolves

1 c white vinegar

2 cloves garlic

$\frac{3}{4}$  c sugar and water

1 t mustard seed

$\frac{1}{2}$  t salt

1 dried red chili

Add and marinate 2 hours

3 – 4 c sliced or cubed cucumbers

# Chicken Satay and Peanut Sauce

## DOUBLE SATAY

Satay is an Indonesian dish of grilled, skewered meat eaten with a spicy peanut sauce. I've recorded two recipes for satay on this page: one for chicken and the other for beef or pork. Therefore keep the ingredients in the left and right columns separate.

Make the meat marinates by combining

4 cloves garlic, pressed  
½ cup salad oil  
½ cup soy sauce  
2 T curry powder  
2 T sugar

*Double*  
1 clove garlic 2  
1 T salad oil 2  
2 T soy sauce 4  
1 t cumin 2  
1 t coriander 2

Slice the meats ½ inch thick, add to marinate and refrigerate 2 hours or overnight

3 lbs chicken breast

1 ½ lbs beef/pork

*Serves 10-12 people*

Thread meats on bamboo skewers. Grill or broil. Serve with peanut sauce.

*Chicken only*  
←

## PEANUT SAUCE

In a sauce pan, combine and cook over medium heat until mixture thickens, stirring often. Then remove from heat.

1 cup water  
2/3 cup peanut butter  
2 cloves garlic, pressed

Stir in

2 T brown sugar  
1 ½ T lemon juice  
1 T soy sauce  
crushed hot pepper flakes, to taste

# Tofu Satay

Thai Tofu Satay (Vegetarian/Vegan)

## Ingredients:

- 1/2 to 1 package firm tofu (approx. 12 oz./350 g)
- 1 red bell pepper
- 1/2 purple onion OR yellow cooking onion, sliced into wedges for skewering
- optional: 2 Tbsp. sesame seeds
- SATAY MARINADE:
  - 1/4 cup minced [lemongrass](#), fresh or frozen-prepared
  - 2 shallots OR 1/4 cup purple onion, sliced
  - 3-4 cloves garlic
  - 1-2 fresh red chilies, OR 1/2 to 3/4 tsp. cayenne pepper
  - 1 thumb-size piece galangal OR ginger, sliced
  - 1/2 tsp. turmeric
  - 2 Tbsp. ground coriander
  - 2 tsp. ground cumin
  - 2 Tbsp. dark soy sauce
  - 3 Tbsp. regular soy sauce
  - 6 Tbsp. brown sugar
  - 3 Tbsp. vegetable oil
  - salt to taste

## Preparation:

1. Slice tofu into thick cubes or long pieces, as shown in the photo. Place in a mixing bowl and set aside.
2. Place all marinade ingredients in a food processor or blender. Blitz to create a dark, rich Thai marinade.
3. Taste-test the marinade for salt, spice, and sweetness. Note: with this marinade, you should first taste SALTY, followed by SWEET and spicy. Add a little salt if needed, or more sugar if not sweet enough. Add more chili for more heat, if desired.
4. Pour marinade over the tofu, turning tofu to cover all sides. Add the bell pepper pieces and onion wedges and gently turn in the marinade together with the tofu. Set in the refrigerator to marinate at least 1 hour, or cover and leave to marinate up to 24 hours.
5. Thread the tofu, bell pepper, and onion onto wooden or stainless-steel skewers (soak wooden ones in your sink 10 minutes beforehand to prevent burning). Retain the bowl with the leftover marinade for basting.
6. Lightly brush grill with oil, then set skewers over the fire. Grill until tofu and vegetables are lightly browned. As you grill, baste with leftover marinade. If desired, sprinkle some sesame seeds over each satay stick after basting.
7. Serve with my [Easy Satay Peanut Sauce](#), and plain rice, [Coconut Rice](#), or [Sticky Rice](#). ENJOY!

**To Make this Dish in Your Oven:** Be sure to soak wooden satay sticks at least 10 minutes before using this method. Lay prepared satay on a baking sheet (cover first with parchment paper, if desired). Set oven to BROIL, and place a rack on the highest or second-highest rung of your oven. Slide tofu under the broiler and broil 5 minutes per side, or until tofu is nicely browned and vegetables are lightly charred. Baste halfway through cooking with leftover marinade, and sprinkle over the sesame seeds just before serving.

# Almond Float

2x = 12 servings

4	1 envelope	unflavored gelatine	3
1/3	1/3 cup	cold water	2/3
3	3/4 cup	boiling water	1/2
1/3	1/3 cup	sugar	2/3
4	1 cup	milk (homogenized)	2
4	1 tsp	almond extract	2
		food coloring	
		fruit and syrup	
		mint garnish	

## ALMOND FLOAT

6-8 SERVINGS

杏仁豆腐

1. Soften gelatine in  $\frac{1}{3}$  cup cold water. Add  $\frac{3}{4}$  cup boiling water and sugar. Stir until thoroughly dissolved. Pour in milk and extract, or food coloring (to shade desired). Mix well. Put in cake pan and chill until set.

2. Cut in  $\frac{1}{2}$  inch cubes and serve with fruits and syrup such as canned Mandarin oranges, fruit cocktail, sliced peaches, or fresh strawberries. Garnish with mint leaves which will make it more colorful.

There is not enough syrup from the canned fruit, and no syrup with fresh fruits. So mix  $\frac{1}{3}$  cup sugar with 2 cups of water and  $\frac{1}{2}$  tsp almond extract and chill. Add to fruit and almond float as desired.

Originally from Peking, this is a widely welcomed summer banquet dessert. In China we use the Japanese agar-agar and grind raw blanched almonds into a kind of milk which makes the flavor and whiteness. Here, I use gelatine instead, as well as milk and almond extract, which are much easier to handle and give about the same result.

The original Almond Float is without any fruit; just sugar water is added so that it can float. I have added Mandarin oranges to it since we first opened the restaurant. I believe the Mandarin orange not only enriches the flavor and color but also gives an oriental feeling as it is imported from Japan. The colors especially match

# January 21st

Head Chef Susan Hyne

## Corn Chowder

- 2 big yellow onions, diced
  - 4 cloves garlic, peeled and minced
  - 1/4 teaspoon dried thyme
  - 4 T unsalted butter or olive oil
  - 7 c frozen or canned corn, or 8 ears, shucked and kernels cut off cobs
  - 8 c vegetable or chicken stock
  - 2 t sugar
  - 4 T unsalted butter, clarified or ghee or olive oil
  - 2 T Madras curry powder
  - 1/2 cup canned unsweetened coconut milk
  - 2 T chopped fresh cilantro
  - 2 t salt, or to taste
  - A few turns of freshly ground pepper
1. In large pot over medium-high heat, saute onion, garlic and thyme in 4 tablespoons butter, stirring occasionally to keep onion and garlic from sticking.
  2. When onion begins to reduce in volume, in 5 to 10 minutes, lower heat to medium and cook 10 to 15 minutes, until onion is translucent.
  3. Add corn, stock and sugar and bring to a boil. Lower heat, and let simmer for 30 minutes.
  4. In separate saute pan, warm the 4 tablespoons clarified butter over medium. Add curry powder, and cook until it becomes fragrant, 3 to 5 minutes.

5. Remove soup from heat to puree. If using an immersion blender, puree soup in the pot. Otherwise, let soup cool a bit. Then transfer half the soup to bowl of food processor (or blender) fitted with metal blade and blend until smooth. Return pureed soup to pot.
6. Return pot to stove over medium heat and stir in curry butter. Stir in coconut milk, cilantro, salt and pepper and cook another 15 minutes, until flavors come together.

### **Buckwheat Flax Sweet Potato Tortillas**

- 4 c buckwheat groats (grind into flour and measure 8 cups; use extra when rolling tortillas)
  - 1.2 lb. white sweet potato (1 cup pureed)
  - 1/4 c olive oil
  - 1/4 c ground flax
  - 3/4 c water
1. Grind buckwheat groats into flour.
  2. Mix flax meal into water and let sit for 15 minutes.
  3. Blend all ingredients.
  4. Roll into rounds.
  5. Cook in hot skillet, flipping once.
  6. Stack on plate covered with damp towel.

### **Sprouted Lentil Salad**

6 cups lentil sprouts

6 c grated carrots

6 T olive oil

9 T lemon juice

Salt

3 c chopped walnuts

Mix sprouts, carrots and walnuts. Season with lemon, olive oil and salt. Sprinkle nuts on top.



## Raw Squash Cabbage Salad

- 6 cups grated butternut squash
  - 6 cups shredded cabbage
  - 6 green onions, chopped
  - 1/2 cups finely chopped cilantro or parsley
  - 2 jalapenos (or other hot pepper) seeded & finely chopped
  - 1/4 cup rice vinegar
  - 2 shallots, finely chopped
  - 1/2 teaspoon salt
  - 2 teaspoons tamari
  - 2 teaspoons toasted sesame oil
  - 1 cup olive oil
1. Peel the butternut squash, take out the seeds and cut the squash into chunks. Grate the squash – a food processor is by far the easiest way to accomplish this.
  2. Combine the grated squash, cabbage, green onions, cilantro and hot pepper in a large bowl.
  3. In a small bowl, whisk together vinegar, shallot, salt, tamari, and both of the oils.
  4. Pour the dressing over the slaw. Mix well before serving

Source: <http://www.marksdailyapple.com/raw-butternut-squash-slaw/#ixzz2BDhduqyd>

## **Kalamata Olive Tapenade**

- 1 1/2 c kalamata olives
- 1 c Chopped Red Onion
- 2 T capers, rinsed, drained, and coarsely chopped
- 3 T fresh lemon juice
- 1 t Dijon Mustard
- 2 garlic, finely chopped
- 1/2 t thyme
- black pepper to taste
- 2 T olive oil
- 1/2 t oregano

Process until smooth in food processor.