
Dhamma Suttama

RECIPE BOOK

**VIPASSANA CENTRE
Montebello, Qc**



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MENU SUMMARY 10-DAY COURSE

DAY 0

Couscous
Chick peas with vegetables
Salads
Bread
Cheese

EVENING
Soup and cheese

DAY 1

Penne
Tomato, lentil & vegetable sauce
Herb Bread
Brown rice
Salads
Bread
Cheese

DAY 2

Succotash
White rice
Steamed green beans or
cabbage
Salads
Bread
Cheese

Anjali cookies

DAY 3

Chili
Roasted potatoes
White rice
Steamed broccoli
Salads
Bread
Cheese
Ketchup

DAY 4

Marinated tofu
Miso soup
Brown rice
Steamed kale
Salads
Bread
Cheese

EVENING
Spiced apple juice

DAY 5

Rice noodles
Miso sauce with mushrooms
Brown rice
Steamed broccoli & carrots
Salads
Bread
Cheese

DAY 6

Couscous
Pois chiches et légumes
Brown rice
Steamed green beans
Salads
Bread
Cheese

Date squares

DAY 7

Dahl (red lentils)
Vegetable curry
White rice
Salads
Bread
Yogurt

DAY 8

Roasted tofu with yeast
Sweet potatoes
Brown rice
Steamed kale
Salads
Bread
Cheese

Banana or Carrot cake

DAY 9

Rotini with vegetables
Hummus and raw vegetables
Brown rice
Steamed broccoli
Salads
Bread
Cheese

DAY 10

Tofu burgers
Roasted beets
Brown rice
Salads
Bread
Ketchup, mustard, relish

EVENING
Soup and cheese

DAY 11

Breakfast

No hot cereal
No cooked food

BREAKFAST

PREPARE THE PREVIOUS EVENING

Number of students		60	80	100	120	140	160	180
PORRIDGE								
Cooking pots***		2 S	2 S	2 M	2 M	2 M	3 M	3 M
Oats	Cups	18	24	30	36	42	48	54
Water	Litres	11	15	18	22	26	29	33
WARM FRUITS								
Cooking pots***		2 S	2 S	2 S	2 S	2 S	2 S	2 S
Dried prunes	Pounds	3	3½	4	5	5½	6	7
Dates	Pounds	3	3½	4	5	5½	6	7
Dried raisins	Pounds	2	2½	2½	3	3½	4	4½
Chopped apples	Fruits	5	7	8	10	11	13	14
Cinnamon	Sticks	1	2	3	4	5	6	7
Water		Cover with water 2 inches (5cm) above fruits						

*** S = Small; M = Medium; L = Large

WARM FRUIT MIXTURE

- Put the dried fruits, cinnamon and cut apples (2½ cm or 1-inch pieces) into appropriate cooking pot.
- Add water, cover and soak overnight.

DAY 0**LUNCH**

COUSCOUS

CHICK PEAS WITH VEGETABLES

SALADS

BREAD

CHEESE

EVENING

SOUP AND CHEESE

MOROCCAN VEGETABLE COUSCOUS

Number of students		20	30	35	40
VEGETABLES					
Cooking pots***		1 S	1 S	1 M	1 M
Vegetable oil	Cups	½	¾	1	1¼
Green peppers	Pounds	1½	2	2½	3
Carrots	Pounds	1½	2	2½	3
Celery	Pounds	1	1½	2	2½
Tomatoes (with juice)	100 oz bags	1	1	1½	2
Chick peas	100 oz cans	½	½	½	1
SEASONING					
Mexican chilli powder	TBSP	2	2 ½	3	4
Coriander	TBSP	2	2 ½	3	4
Cumin seeds	TBSP	1	1 ½	1 ½	2
Salt	TBSP	1	1 ½	1 ½	2
Thyme	Teaspoons	2	3	3	4
Ginger	Teaspoons	2	3	3	4
Nutmeg	Teaspoons	1 ½	2	2 ½	3
Cinnamon	Teaspoons	1	1 ¼	1 ½	2
Ground cloves	Teaspoons	¼	¼	½	½

*** S = Small; M = Medium; L = Large

DAY 0 (CONT.)

MENU LUNCH COUSCOUS, CHICK PEAS WITH VEGETABLES, SALADS, BREAD, CHEESE
EVENING SOUP AND CHEESE

MOROCCAN VEGETABLE COUSCOUS (CONT.)

COUSCOUS					
Cooking pots***		1 S	1 S	1 S	1 S
Dry couscous	Cups	6	8	10	12
Olive oil	Cups	¼	¼	¼	½
Water	Cups	6	8	10	12
Fresh cilantro chopped	Bunches	1	1	1	1

VEGETABLES

- Wash and cut into 1-inch cubes (2½ cm), green peppers, carrots and celery.
- Heat oil and cook green peppers, carrots and celery. Stir well. High heat 10 to 12 minutes.
- Lower heat to medium. Cover and cook for 10 to 12 minutes more.
- In the meantime, drain chickpeas and rinse thoroughly. Set aside.
- Add seasonings to vegetables. Stir. Cook an extra 2 to 3 minutes.
- Add tomatoes and chickpeas and bring to a boil.
- Lower heat and cook for 20 minutes more.

COUSCOUS

- Bring water to a boil or take water from hot water dispenser in the dining room
- 30 minutes before serving, put dry couscous into a serving dish, add olive oil and mix. Couscous should be well coated with oil.
- Slowly pour boiling water onto the couscous. Give it a stir.
- Cover and let stand for 5 minutes.
- After 5 minutes, remove lid and gently fluff the couscous.
- Add chopped fresh coriander and serve.

DAY 0 (CONT.)

MENU LUNCH COUSCOUS, CHICK PEAS WITH VEGETABLES, SALADS, BREAD, CHEESE
EVENING SOUP AND CHEESE

LENTILS & RICE SOUP

Number of students		60	80	100	120	140	160
Cooking pots***		2 S	2 M	2 L	2 L	3 M	3 M
Rice	Cups	3	4	5	6	7	8
Water	Litres	22	29	37	44	51	59
Red lentils	Cups	5	7	9	11	13	15
Carrots (½ inch diced) (1½cm)	Pounds	4 ½	6	7 ½	9	10½	12
Celery (chopped)	Pounds	8	10	12	14	16	18
Tomatoes (with juice)	100 oz bags	½	½	¾	1	1½	2
SEASONING							
Ground coriander	TBSP	6	8	10	12	14	16
Ground cumin	TBSP	5	6	7	8	9	10
Thyme	TBSP	3	4	5	6	7	8
Marjoram	TBSP	5	6	7	8	9	9
Savory	TBSP	3	4	5	6	7	7
Black pepper	TBSP	2	2 ½	3	3½	4	4½
Salt	TBSP	4	5 ½	7	8	9½	11

*** S = Small; M = Medium; L = Large

DAY 0 (CONT.)

MENU LUNCH COUSCOUS, CHICK PEAS WITH VEGETABLES, SALADS, BREAD, CHEESE
EVENING SOUP AND CHEESE

LENTILS & RICE SOUP (CONT.)

- Measure water.
 - Measure rice. Rinse it several times then add to water.
 - Bring pots to a boil.
 - Cook over medium heat for about 30 minutes.
 - Rinse red lentils and add to pots.
- STIR THE SOUP FREQUENTLY.**
- Add to pots all vegetables (except tomatoes) and seasoning.
 - Simmer for 20 minutes.
 - Add tomatoes. Cover and keep hot until service.



USEFUL TIP

If the soup is prepared a day before service, put it in the cold room immediately after cooking (without lid).

DAY 1

LUNCH

PENNE

TOMATO, LENTIL AND VEGETABLE SAUCE

HERB BREAD

BROWN RICE

SALADS

BREAD

CHEESE

TOMATO SAUCE

Number of students		60	80	100	120	140	160
Cooking pots ***		2 M	2 M	2 M	2 M	3 M	3 M
Vegetable oil	Cups	2	3	3	4	5	5
Carrots (½inch diced) (1½cm)	Pounds	4	5	6	7	8	9
Celery (chopped)	Pounds	4	6	8	10	12	14
Green peppers (½inch diced) (1½cm)	Pounds	3	4	6	6	7	8
Tomatoes (with juice)	100 oz bags	3	4	5	6	6	7
Red lentils	Cups	2	3	4	4	5	5
Mushrooms (sliced)	Pounds	4	5	6	7	8	9
Frozen spinach	Packs	½	½	¾	¾	1	1

SEASONING

Ground cloves	Teaspoons	½	¾	1	1	1½	1½
Ground coriander	TBSP	4	6	7	8	9	10
Ground cumin	TBSP	3	4	5	6	7	8
Thyme	TBSP	3	4	4	5	5	6
Marjoram	TBSP	4	6	7	8	9	9
Oregano	TBSP	6	8	10	10	12	12
Black pepper	TBSP	2	2	3	4	4	5
Salt	TBSP	3	4	6	7	8	9

*** S = Small; M = Medium; L = Large

DAY 1 (CONT.)

MENU PENNE, TOMATO, LENTIL AND VEGETABLE SAUCE, HERB BREAD, BROWN RICE, SALADS
BREAD, CHEESE

TOMATO SAUCE (CONT.)

TO BE PREPARED ON THE DAY BEFORE IF POSSIBLE

- Wash and chop: carrots, celery and peppers (see table for cutting instructions)..
- Wash the mushrooms and chop in the food processor.
- Measure oil, add the vegetables (except the mushrooms and spinach). Cook for about 20 minutes.
- Add seasoning and tomatoes. Stir.
- When sauce starts boiling, reduce to low heat, add lentils, stir well and simmer for about 1 hour.

**BE CAREFUL NOT TO BURN THE LENTILS!
STIR FREQUENTLY.**

- When sauce is ready, turn off the heat and purée with the immersion stick for about 1 minute.
- Wait on day 1 to add mushrooms and spinach.
- Put the sauce it in the walk-in cooler immediately after cooking (without lid).

SAME DAY - IF THE SAUCE HAS ALREADY BEEN MADE

9H00

- Reheat sauce on medium heat, stirring frequently.
- When sauce is about to boil, add mushrooms and frozen spinach
- Turn the heat down very low and continue stirring.

DAY 1 (CONT.)

MENU PENNE, TOMATO, LENTIL AND VEGETABLE SAUCE, HERB BREAD, BROWN RICE, SALADS
BREAD, CHEESE

PENNE**Number of students**

		60	80	100	120	140	160
Cooking pots ***		1 M	1 M	1 L	2 M	2 L	2 L
Penne	Pounds	6	8½	11	13	15	17
Cooking water		Fill pots 2/3 full					

*** S = Small; M = Medium; L = Large

9:00

- Bring water to a boil, and then turn down to minimum heat.
- Prepare pasta: measure quantities.

10:15

- Bring to a hard boil on maximum heat.

COOKING TIME FOR PASTA IS 6 TO 7 MINUTES.

- Add pasta to first pot of boiling water.
- 2 to 3 minutes later, start cooking pasta in the second pot, and so on.
- Just before pasta is fully cooked, set aside some cooking water, then drain and place in deep hotel pans.
- 10 to 15 minutes before serving, add just enough boiling water to break up the pasta.

DAY 1 (CONT.)

MENU PENNE, TOMATO, LENTIL AND VEGETABLE SAUCE, HERB BREAD, BROWN RICE, SALADS
BREAD, CHEESE

HERB BREAD

Number of students		60	80	100	120	140	160
Metallic cooking dishes	50x30x6 cm	1	1	2	2	3	3
Sourdough bread	Loaves	4	5	7	8	9	10
Olive oil	Cups	2	2½	3	3	3½	4
Oregano	TBSP	6	7	8	8	9	9

10H00

- Preheat the Convection oven to 375°F.

10:15

- Open slightly the aluminum foil to allow moisture to escape during cooking.

10:20

- Put bread in the Convection oven for 30 to 35 minutes.



USEFUL TIP

You can turn leftovers into croutons for soup and salad.

DAY 2**LUNCH**

SUCCOTASH

WHITE RICE

STEAMED GREEN BEANS OR CABBAGE

SALADS

BREAD

CHEESE

ANJALI COOKIES

SUCCOTASH

Number of students		60	80	100	120	140	160
Cooking pots ***		2 M	2 M	2 L	2 L	3 L	3 L
Vegetable oil	Cups	1/2	3/4	1	1 1/2	1 3/4	2
Carrots	Pounds	11	13	15	17	18	19
Green peppers	Pounds	8	9	10	11	12	13
Lima beans (frozen)	2 kg bags	1	1	1 1/2	2	2 1/2	3
Apple juice	Cups	3	4 1/2	6	7 1/2	9	10
Butternut squash	Pounds	22	27	33	37	42	47

SEASONING

Coriander	TBSP	4	5	5	7	8	9
Basil	TBSP	5	6	7	8	9	10
Thyme	TBSP	1	1 1/2	1 1/2	2	2 1/2	3
Marjoram	TBSP	2	3	4	5	6	6
Oregano	TBSP	2	3	4	5	6	7
Black pepper	TBSP	1	1 1/2	1 1/2	2	2 1/2	3
Salt	TBSP	2	3	4	5	6	7

*** S = Small; M = Medium; L = Large

DAY 2 (CONT.)

MENU SUCCOTASH, WHITE RICE, STEAMED GREEN BEANS OR CABBAGE, SALADS, BREAD, CHEESE, ANJALI COOKIES

SUCCOTASH (CONT.)

- Heat oil over high heat.
 - Add carrots, cover and cook for 8 minutes.
 - Add butternut squash, cover and cook for 10 minutes.
 - Add green peppers. Cover and cook for 5 minutes more.
- STIR FREQUENTLY TO BE SURE THEY DO NOT STICK OR BURN.**
- Add the seasoning without stirring. Replace the lid and allow seasoning to “wake”. Cook for 5 more minutes.
 - Add apple juice and the Lima beans. Mix well, cover and cook for 15 to 20 minutes.
 - Reduce heat to low and cook until squash is soft, but not mushy.
 - Turn off heat and allow standing until serving time.
 - If using 1 pot, divide into 3 (men, women, servers) and serve.

DAY 2 (CONT.)

MENU SUCCOTASH, WHITE RICE, STEAMED GREEN BEANS OR CABBAGE, SALADS, BREAD, CHEESE, ANJALI COOKIES

ANJALI COOKIES

Number of students		60	120	150
Rolls of cookies	25 cookies / roll	8	16	20
Dates	Pounds	3	6	7½
Water	Cups	1	2	2½
Coconut milk	1 x 398 mL	1	2	2
Margarine	Pounds	1	2	2½
Flour	Cups	5	10	12½
Grated coconut	Cups	6½	13	17
Baking powder	TBSP	2	4	5
Salt	TBSP	1	2	2½

MAKE SURE YOUR HANDS AND ARMS ARE VERY CLEAN.

- Cook dates with coconut milk and water, for 5 to 10 minutes or until dates are mashed.
- Add margarine to the dates mixture and cover.
- In a big bowl, mix flour, baking powder, salt and grated coconut.
- Process the dates mixture with the immersion stick blender. Allow cooling.
- When cooled down, fold the date mixture into the flour mix.
- Cut parchment paper sheets in 4 pieces.
- Divide and form dough into rolls of 2-inches diameter (5 cm), using parchment paper.
- Refrigerate rolls of dough for about 3 hours or put in the freezer for the next course.

COOKING

- Pre-heat the Convection oven to 350°F.
- Take out rolls of dough from the freezer and slice dough 1 cm thick.
- Distribute slices on a cookie tray lined with parchment paper.
- Cook 10 minutes in the Convection oven. Let stand and serve.

DAY 3**LUNCH**

CHILI
 ROASTED POTATOES
 WHITE RICE
 STEAMED BROCOLI
 SALADS
 BREAD
 CHEESE

CHILI

Number of students		60	80	100	120	140	160
Cooking pots ***		2 S	2 M	2 M	2 L	3 M	3 M
Vegetable oil	Cups	2 ½	3	3½	4	4½	5
Carrots	Pounds	6	6½	8	9½	11	12½
Celery	Pounds	6	6½	8	9½	11	12½
Green peppers	Pounds	3	4	5	5	6	8
Tomatoes (with juice)	100 oz bags	2	2	3	4	5	6
Red kidney beans	100 oz cans	2¾	3	3	4	4	5
Salt	TBSP	3	4	5	6	7	8

SEASONING

Ground coriander	TBSP	1 ½	2	2 ½	3	3½	4
Ground cumin	TBSP	2 ½	3	4	5	6	6
Oregano	TBSP	2 ½	3 ½	4	5	6	6
Cinnamon	Teaspoons	2 ½	3	4	5	6	6
Mexican chilli powder	Cups	1½	2	2	2½	3	3
Cloves (powder)	Pinches	1	1	2	2	3	3

*** S = Small; M = Medium; L = Large

DAY 3 (CONT.)

MENU CHILI, ROASTED POTATOES, WHITE RICE, STEAMED BROCOLI, SALADS, BREAD, CHEESE

CHILI (CONT.)

9:00

- Put the oil in pots. Heat for 2 minutes over a high heat.
- Add carrots, green peppers and celery.
- Cover and cook for 10 to 12 minutes more.
- Add tomatoes with their juice, spices and salt. Continue cooking for still 10 to 12 minutes.
- Drain the kidney beans and rinse thoroughly.
- Add to the chili and stir.
- When the chili comes back to a boil, reduce heat to minimum.
- Simmer until serving time.
- Stir occasionally.

DAY 3 (CONT.)

MENU CHILI, ROASTED POTATOES, WHITE RICE, STEAMED BROCOLI, SALADS, BREAD, CHEESE

ROASTED POTATOES

Number of students		60	80	100	120	140	160
Cookie sheets		2	3	3	4	5	6
Potatoes	Pounds	22½	28½	35	40½	47½	54½
Vegetable oil	Cups	2¼	3	3½	4½	5½	5½
SEASONING							
Salt	TBSP	3	3½	4½	5½	6½	7
Pepper	TBSP	2	3	3	4	5	6
Rosemary	TBSP	4	4½	5½	6	7	7
Serving : Metal pans	50x30x10 cm	2	2	2	3	3	3

9H00

- Preheat Convection oven to 375°F.
 - Steam potatoes in the Steaming oven for 5 minutes.
 - Place potatoes in a large bowl and mix with oil and spices
 - Divide potatoes onto baking pans (cookie sheets).
 - Put the sheets in the Convection oven.
- IF NECESSARY, ADD GRIDS IN THE CONVECTION OVEN.**

9H45

- Turn over the potatoes.

10H15

- Turn over the potatoes once again.

DAY 4

LUNCH

MARINATED TOFU
MISO SOUP
BROWN RICE
STEAMED KALE
SALADS
BREAD
CHEESE

EVENING

SPICED APPLE JUICE

MARINATED TOFU

Number of students		60	80	100	120	140	160
Marinate: translucent containers		3	3	4	4	5	5
Tofu	Cubes	15	20	25	30	32	37
MARINADE							
Ginger (preparation)	Cups	1½	2	2½	2½	3	3½
Brown sugar	TBSP	8	10	12	14	16	18
Ground mustard	TBSP	10	11	12	13	14	15
Water	Cups	5	7	9	11	13	15
Tamari sauce	Cups	2	3	4	5	6	7

9:00

- Pre-heat the Convection oven to 350°F.
- Lay down tofu slices on cookie pans.
- Distribute the marinade equally over the tofu.

9:30

- Cook in the Convection oven for about an hour.

DAY 4 (CONT.)

MENU LUNCH MARINATED TOFU, MISO SOUP, BROWN RICE, STEAMED KALE, SALADS, BREAD, CHEESE
EVENING APPLE SPICED JUICE

MISO SOUP

Number of students		60	80	100	120	140	160	
Cooking pots ***		1 M	1 L	2 M	2 M	2 M	2 M	
Water	Litres	13	17	22	26	30	34	
Ginger (preparation)	Cups	1	1	1½	1½	2	2½	
Mushrooms	Pounds	4	5	6	7	8	9	
Celery	Pounds	2	3	4	5	5	6	
Miso (paste)	Cups	2	3½	4½	6	7½	10	
Green beans (Leftovers from day 2)			Cut in 3 pieces					

*** S = Small; M = Medium; L = Large

9:00

- Put water and ginger in cooking pots. Cover and bring to a boil.
 - In the meantime, sauté mushrooms on high heat in a cast-iron skillet.
 - Cook a small amount at a time (single layer) and set aside in a bowl.
- DO NOT USE OIL SO MUSHROOMS REMAIN DRY.**
- When water boils, reduce heat to medium

10:15

- Add celery, mushrooms, green beans (if any) and Miso paste.
- DO NOT LET SOUP BOIL ONCE MISO IS ADDED.**
- Mix well and turn off the heat.

DAY 4 (CONT.)

MENU LUNCH MARINATED TOFU, MISO SOUP, BROWN RICE, STEAMED KALE, SALADS, BREAD, CHEESE
 EVENING SPICED APPLE JUICE

SPICED APPLE JUICE

Number of students		60	80	100	120	140	160
Cooking pots ***		1 M	1 M	2 S	2 S	2 M	2 M
Apple juice	1,89L bottles	6	8	8½	11	12	13½
Water	Litres	3¾	4½	5	6½	7½	8½
Lemon juice	Cups	¾	1	1 ¼	1 ½	1¾	2
Ginger (preparation)	TBSP	3	4	5	6	7	8
Cinnamon	Sticks	6	7	8	9	10	10
Cloves (whole)	Teaspoons	3	4	5	6	7	8

*** S = Small; M = Medium; L = Large

DAY 5

LUNCH

RICE NOODLES
 MISO SAUCE AND MUSHROOMS
 BROWN RICE
 STEAMED CARROTS & BROCCOLI
 SALADS
 BREAD
 CHEESE

MISO SAUCE AND MUSHROOMS

Number of students		60	80	100	120	140	160
Cooking pots***		2 S	2 S	2 M	2 M	2 M	2 M
Vegetable oil	Cups	3	4	5	6	7	7
Celery	Pounds	3	4	5	6	7	8
Mushrooms	Pounds	6	8	10	12	14	16
Water	Litres	4	5	6	7	8	9
Miso (paste)	Pounds	1,9	2,6	3,2	3,9	4,5	5,2
Black pepper	TBSP	2	3	3	4	4	5

*** S = Small; M = Medium; L = Large

- Heat the oil on high heat.
- Add celery and cook 10 to 12 minutes, add mushrooms, stir and cook for 10 to 12 minutes.
- Add water, cover, and bring to a boil.
- Lower the heat and simmer for 10 to 12 minutes.
- Turn off the heat and add the Miso paste and pepper.

USE THE IMMERSION STICK BLENDER FOR A GOOD TEXTURE (3-4 MINUTES).

DAY 5 (CONT.)

MENU RICE NOODLES, MISO SAUCE AND MUSHROOMS, BROWN RICE, STEAMED CARROTS & BROCCOLI, SALADS, BREAD, CHEESE

RICE NOODLES

Number of students		60	80	100	120	140	160
Cooking pots ***		2 M	2 M	2 L	3 M	4 M	4 M
Rice noodles	Pounds	6	8	11	12	13	15
Cooking water	Fill pots up to 2/3						
Cooking water (set aside)	Cups	3	4	5	6	7	8
Kale	Bunches	3	4	5	5	6	6
Serving dishes (metal)	50x30x10 cm	2	2	3	4	4	4

*** S = Small; M = Medium; L = Large

9H00

- Bring water to a boil and turn down the heat to minimum.
- Measure the amount of noodles required

10H20

- Turn the heat back up to maximum.

COOKING TIME FOR NOODLES: 7 TO 8 MINUTES.

- Add noodles to first pot of boiling water.

ASK FOR AN ASSISTANT TO STIR NOODLES REGULARLY DURING COOKING.

- 2 to 3 minutes later, start noodles cooking in second pot, and so on.
- Halfway through cooking, add the kale and stir.
- When noodles are almost cooked, take them off the stove, drain and put aside the cooking water.
- Place in serving dishes and just before serving add the cooking water that has been set aside. Stir lightly to loosen noodles.

DAY 6

LUNCH

COUSCOUS

CHICK PEAS AND VEGETABLES

BROWN RICE

STEAMED GREEN BEANS

SALADS

BREAD

CHEESE

DATE SQUARES

VEGETABLE COUSCOUS

Number of students		60	80	100	120	140	160
VEGETABLES							
Cooking pots***		2 P	2 P	2 M	2 M	2 L	2 L
Vegetable oil	Cups	1½	2	2½	3	3½	4
Green peppers	Pounds	3¾	5	6¼	7½	8¾	10
Carrots	Pounds	3¾	5	6¾	8½	10¼	12
Celery	Pounds	6	7	8	9	10	12
Tomatoes (with juice)	100 oz bags	2	3	4	5	6	7
Chick peas	100 oz cans	2	2	3	4	5	6
SEASONINGS							
Mexican chilli powder	TBSP	6	7½	9	11	13½	15
Coriander	TBSP	6	7½	9	11	13½	15
Cumin	TBSP	3	4	4½	6	7	7½
Salt	TBSP	3	4	4½	6	6½	7½
Thyme	TBSP	2	2½	3	4	4½	5
Ginger	TBSP	2	2½	3	4	4½	5
Nutmeg	Teaspoons	4½	6	7½	9	10	11½
Cinnamon	Teaspoons	3	4	5	6	7	8
Ground cloves	Teaspoons	1	1¼	1½	2	2¼	2½

*** S = Small; M = Medium; L = Large

DAY 6 (CONT.)

MENU COUSCOUS, CHICK PEAS AND VEGETABLES, BROWN RICE, STEAMED GREEN BEANS, SALADS
BREAD, CHEESE, DATE SQUARES

VEGETABLE COUSCOUS (CONT.)

COUSCOUS								
Cooking Pots ***			1 M	1 M	1 L	1 L	2 M	2 M
Dry couscous	Cups		14	21	25	30	35	40
Olive Oil	Cups		¾	1¼	1¼	1½	1¾	2
Water	Cups		14	21	25	30	35	40
Freshly chopped cilantro	Cups		2	2	3	3	4	4

*** S = Small; M = Medium; L = Large

VEGETABLES

- Wash and cut into 1-inch cubes (2½ cm), green peppers, carrots and celery.
- Heat oil and cook green peppers, carrots and celery. Stir well.
- Lower heat to medium. Cover and cook for 10 to 12 minutes.
- In the meantime, drain chickpeas and rinse thoroughly. Set aside.
- Add seasonings to vegetables. Stir. Cook an extra 2 to 3 minutes.
- Add tomatoes and chickpeas and bring to a boil.
- Lower heat and cook for 20 minutes more.

COUSCOUS

- Bring water to a boil or take water from hot water dispenser behind the steaming oven.
- 30 minutes before serving, put dry couscous into a serving dish, add olive oil and mix. Couscous should be well coated with oil.
- Slowly pour boiling water onto the couscous. Give it a stir.
- Cover and let stand for 5 minutes.
- After 5 minutes, remove lid and gently fluff the couscous.
- Add chopped fresh cilantro and serve.

DAY 6 (CONT.)

MENU COUSCOUS, CHICK PEAS AND VEGETABLES, BROWN RICE, STEAMED GREEN BEANS, SALADS
BREAD, CHEESE, DATE SQUARES

DATE SQUARES

Number of students		60	80	100	120	140	160
	Cooking pots ***	1 S	1 S	1 M	1 M	1 M	1 L
	Dates	Pounds 7	9	11	13	15	17
	Boiling water	Cups 5	6½	8	9½	10½	12
	Flour	Cups 8	11	14	17	20	23
	Oats	Cups 15	20	25	30	35	40
	Brown sugar	Cups 1	2	3	4	5	6
	Margarine	Pounds 2	2½	3	3½	4	4½
	Vegetable oil	Cups 1	1¼	1½	2	2¼	2½
	Cooking: Shallow stainless steel dishes, greased	2	2	3	3	4	4

*** S = Small; M = Medium; L = Large

- Preheat the Convection oven to 375°F.
- In a cooking pot, mix the dates with boiling water. Cook over medium heat until the dates have absorbed the water and are really soft. Remove from heat and allow cooling.
- Mix the dry ingredients in a bowl. Add the margarine and the vegetable oil. Mix in order to create dough made up of big lumps.
- Spread half of the oat preparation into the greased baking dishes. Press on the oat mix to compress it.
- Cover with the date mixture.
- Pour the rest of the oat mixture onto the dates. Press down and flatten again with a spatula to compress.
- Cook in Convection oven for about 30 minutes.
- Remove from oven and allow cooling. Cut into pieces before serving.

DAY 7**LUNCH**

DAHL

VEGETABLE CURRY & YOGURT

WHITE RICE

SALADS

BREAD

YOGURT

VEGETABLE CURRY

Number of students		60	80	100	120	140	160
Cooking pots ***		2 S	2 M	2 M	2 L	2 L	3 M
Vegetable oil	Cups	1	1 ¼	1 ¾	2	2 ¼	2 ½
Ginger (preparation)	Cups	½	1	1 ½	2	2 ½	3
Carrots	Pounds	5	6	8	9	10	11
Potatoes	Pounds	8	10	13	16	18	20
Water	Cups	3	4	5	6	7	8
Coconut milk	1 x 398 ml	3	4	5	6	7	8
Tomatoes (with juice)	100 oz Bags	1	1 ½	2	2 ½	3	3 ½
Cauliflower	Heads	5	6	8	10	12	14
Frozen peas	1.75 kg bags	2	2	4	4	6	6
SEASONING							
Turmeric	TBSP	5	6	8	10	12	14
Curry powder	TBSP	4	5	7	8	9	10
Black Mustard seeds	TBSP	4	5	7	8	9	10
Ground cumin	TBSP	3	4	5	6	7	8
Ground fennel	TBSP	5	6	8	10	12	14
Ground coriander	TBSP	4	5	7	8	9	10
Salt	TBSP	4	5	7	8	9	10
GARNISH							
Fresh coriander (cilantro)	Bunches	1	1	2	2	3	3

*** S = Small; M = Medium; L = Large

DAY 7 (CONT.)

MENU DAHL (RED LENTILS DISH), VEGETABLE CURRY, WHITE RICE, SALADS, BREAD, YOGURT

VEGETABLE CURRY (CONT.)

9:00

- Prepare and put aside all seasonings and ingredients before heating oil.
- Heat oil at medium heat.
- *DELICATE STEP*: add mustard seeds to oil. Listen carefully. Once the seeds have been added, they will begin to “pop”. Once they are almost finished popping, immediately add the other seasonings and ginger. Be careful not to burn them. Cook for 1 minute.
- Add carrots, potatoes, water and tomatoes.
- Bring to a boil, cover and cook at medium heat during 30 minutes.

STIR FREQUENTLY TO PREVENT STICKING OR BURNING.

9:45

- Add cauliflower, cover and continue cooking.

10:30

- Add peas and mix well.
- Garnish with chopped coriander (cilantro), before serving.

DAY 7 (CONT.)

MENU DAHL (RED LENTILS DISH), VEGETABLE CURRY, WHITE RICE, SALADS, BREAD, YOGURT

DAHL

Number of students		60	80	100	120	140	160
Cooking pots ***		2 S	2 S	2 M	2 L	2 L	2 L
Red lentils	Cups	12	16	20	23	27	30
Water	Litres	8	12	14	16	20	24
Vegetable oil	Cups	1	1 ¼	1 ½	1 ¾	2	2 ¼
Tomatoes (with juice)	100 oz bags	½	1	1 ½	2	2 ½	3
Ginger (preparation)	Cups	½	1	1 ½	2	2 ½	3

WHOLE SPICES (DO NOT GRIND)

Cumin seeds	TBSP	4	4	5	6	7	8
Mustard seeds	Cups	¼	½	¾	1	1 ¼	1 ½

SPICES

Turmeric	TBSP	6	8	10	12	14	16
Cumin powder	TBSP	4	5	6	7	8	9
Coriander powder	TBSP	3	4	5	6	7	8

FINISHING

Salt	TBSP	4	5	6	6.5	7	8
Lemon juice	Cup	⅓	½	½	⅔	¾	¾

*** S = Small; M = Medium; L = Large

DAY 7 (CONT.)

MENU DAHL (RED LENTILS DISH), VEGETABLE CURRY, WHITE RICE, SALADS, BREAD, YOGURT

DAHL (CONT.)

9:00

USE HEAT DIFFUSERS UNDER COOKING POTS, TO PREVENT STICKING OR BURNING.

- Measure lentils, rinse thoroughly.
- Measure water, turmeric and salt. Add to lentils and bring to a boil.
- Lower heat to medium.
- Measure other seasonings

SKIM THE FROTH OFF THE LENTILS FREQUENTLY WHILE COOKING.

STIR FREQUENTLY, TO PREVENT STICKING OR BURNING. LENTILS SHOULD BE WELL COOKED.

9:45 / USE A DIFFERENT POT

- ***DELICATE STEP***: cook mustard seeds and cumin seeds in vegetable oil. Be careful not to burn them. Cover until they are almost all burst. Listen carefully to the sound. Add cumin and coriander powders. Stir.
- Add tomatoes and ginger and bring to a boil.

10:15

- Divide the tomato mixture equally and add to the lentil mixture.

10:40

- Add lemon juice and salt just before serving.

DAY 8

LUNCH

ROASTED TOFU WITH YEAST
SWEET POTATOES
BROWN RICE
STEAMED KALE
SALADS
BREAD
CHEESE
CARROT AND/OR BANANA CAKE(S)

ROASTED TOFU WITH YEAST

Number of students		60	80	100	120	140	160
Cooking:							
Cookie sheets		2	3	4	4	5	5
Tofu	Pounds	18	25	32	37	43	50
Nutritional yeast	Cups	6	8	10	12	15	17
Marinade	Cups	7	13	17	20	24	27
Grated ginger	Cups	½	1	1½	2	2½	3
Vegetable oil	Cups	3	4	5	6	7	8
Tamari sauce	Cups	3	4	5	6	7	8
Apple cider vinegar	Cups	3	4	5	6	7	8
Pepper	TBSP	1	1½	2	2½	3	3½
Water	Cups	1	1	2	2	3	3

9:00

- Preheat the Convection oven to 350°F.
- Remove tofu from the marinade and distribute tofu cubes over the cookie sheets.
- Mix marinade with the nutritional yeast.
- Pour this mixture over the tofu and coat tofu all over.

9:30

- Put the baking sheets in the Convection oven.

10:30

- Turn off the oven.

DAY 8 (CONT.)

MENU ROASTED TOFU WITH YEAST, SWEET POTATOES, BROWN RICE, STEAMED KALE, SALADS
BREAD, CHEESE, CARROT AND/OR BANANA CAKE(S)

SWEET POTATOES

Number of students		60	80	100	120	140	160
Cooking pans	50x30x10	2	3	4	4	5	6
Sweet potatoes	Pounds	24	32	40	48	56	64
Vegetable oil	Cups	1	1½	2	2½	3	3½
Salt	TBSP	1	2	2½	3	3½	4
Pepper	TBSP	½	1	1½	2	2½	3

9:00

- Pre-heat the Gas oven to 400°F.
- Steam potatoes in the Steaming oven during 5 to 10 minutes.
- Put potatoes in a big bowl. Add oil, salt & pepper and mix.
- Distribute sweet potatoes evenly in cooking pans.

9:20

- Start cooking in Gas oven without lid.
- Turn the sweet potatoes every 30 minutes.

DAY 8 (CONT.)

MENU ROASTED TOFU WITH YEAST, SWEET POTATOES, BROWN RICE, STEAMED KALE, SALADS
BREAD, CHEESE, CARROT AND/OR BANANA CAKE(S)

CARROT CAKE

Number of students		60	80	100	120	140	160
Cooking dishes		2	2	3	3	4	4
Flour	Cups	14	19	23	28	32	36
Brown sugar	Cups	4	5	6	7	8	9
Baking powder	TBSP	6	8	10	12	14	16
Sodium bicarbonate	TBSP	2	3	3½	4	5	6
Cinnamon powder	TBSP	1	1½	1¾	2	2½	2¾
Nutmeg powder	TBSP	1	1¼	1½	1¾	2	2¼
Clove powder	Teaspoons	¼	½	¾	1	1¼	1¾
Vegetable oil	Cups	2½	3	3½	4	4½	5
Grated carrots	Cups	10	14	17	20	23	26
Raisins	Cups	3	4	5	6	7	8
Water	Cups	4½	6	7½	8½	10	11½

- Preheat the Convection oven to 350 °F.
- Mix all the dry ingredients in a large bowl.
- Add the oil and the carrots & raisins.
- Stir delicately with a wooden spoon just long enough to moisten the entire mixture, but not more. Do not over stir.
- Pour the mixture in the shallow oiled baking dishes.
- Decorate the top with sunflower seeds.
- Bake in the Convection oven to 350 °F for 45 to 60 minutes.
- Remove from the oven and allow cooling. Cut into pieces before serving.

DAY 8 (CONT.)

MENU ROASTED TOFU WITH YEAST, SWEET POTATOES, BROWN RICE, STEAMED KALE, SALADS
BREAD, CHEESE, CARROT AND/OR BANANA CAKE(S)

BANANA CAKE

Number of students		60	80	100	120	140	160
Cooking dishes		2	2	3	3	4	4
Flour	Cups	14	19	23	28	32	36
Brown sugar	Cups	4	5	6	7	8	9
Baking powder	TBSP	8	11	13	16	18	21
Sodium bicarbonate	TBSP	2	3	3½	4	5	6
Cinnamon powder	TBSP	2	3	3½	4	5	6
Salt	TBSP	1	1½	1½	2	2½	2½
Bananas	Fruits	30	40	50	60	70	80
Vegetable oil	Cups	2	2½	3	3½	4	4½
Yogurt	Cups	1½	2	2½	3	3½	4
Molasses	Cups	1	1¼	1¾	2	2¼	2½

- Preheat the Convection oven to 350 °F.
- Mix all the dry ingredients in a large bowl.
- In another bowl, mash half the bananas with fork or potato masher.
- Purée the other half of the bananas in the food processor.
- Add the oil, yogurt and molasses to the bananas in the food processor.
- Add this liquid mixture and the mashed bananas to the dry ingredients.
- Stir delicately with a wooden spoon just long enough to moisten the entire mixture, but not more. Do not over stir.
- Pour the mixture into the shallow oiled baking pans.
- Garnish the top with sunflower seeds.
- Bake in the Convection oven to 350 °F for 45 to 60 minutes.
- Remove from the oven and allow cooling. Slice before serving.

DAY 9

LUNCH

FRESH VEGETABLES ROTINI
 BROWN RICE
 STEAMED BROCCOLI
 HUMMUS AND RAW VEGETABLES
 SALADS
 BREAD
 CHEESE

ROTINI WITH FRESH VEGETABLES

Number of students		60	80	100	120	140	160
Cooking pots ***		2 M	2 M	2 L	3 M	3 L	3 L
Vegetable oil	Cups	2	3	3	4	5	5
Carrots	Pounds	4	5	6	7½	9	10
Butternut squash	Pounds	5	5	6	7½	9	10
Green peppers	Pounds	3	4	4½	5	6	7
Tomatoes (with juice)	100 oz bags	2½	4	5	6	7	9
Kale	Bunches	3	4	5	5	6	6

SEASONINGS

Ground coriander	TBSP	4	6	7	8	9	10
Oregano	TBSP	3	4	5	6	7	8
Basil	TBSP	2	3	4	5	6	7
Black pepper	TBSP	1	1½	1½	2	2½	3
Salt	TBSP	3	4	6	7	8	9

GARNISH

Fresh coriander (chopped)	Bunches	1	1	2	2	3	3
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*** S = Small; M = Medium; L = Large

DAY 9 (CONT.)

MENU FRESH VEGETABLES ROTINI, BROWN RICE, STEAMED BROCCOLI, HUMMUS AND RAW VEGETABLES, SALADS, BREAD, CHEESE

ROTINI WITH FRESH VEGETABLES (CONT.)

9:00

- Measure oil, add green peppers, carrots and squash and cook 8-9 minutes, cover and simmer.

STIR FREQUENTLY TO PREVENT STICKING.

9:40

- Add tomatoes and seasonings and mix well.
- When sauce is about to boil, reduce heat to low and simmer.
- Add Kale a little before serving.

MIX WITH PASTA WHEN COOKING IS FINISHED.

DAY 9 (CONT.)

MENU FRESH VEGETABLES ROTINI, BROWN RICE, STEAMED BROCCOLI, HUMMUS AND RAW VEGETABLES, SALADS, BREAD, CHEESE

ROTINI WITH FRESH VEGETABLES (CONT.)

Cooking of pasta

Number of students		60	80	100	120	140	160
Cooking pots ***		2 M	2 M	3 M	3 M	3 L	3 L
Rotini	Pounds	7	9½	12	14	17	19
Water	Fill pots up to 2/3						

*** S = Small; M = Medium; L = Large

9:00

- Bring to a boil and then turn down the heat to minimum.
- Measure pasta.

10:20

- Bring to a hard boil with heat at maximum.

COOKING TIME FOR PASTA: 9 - 10 MINUTES.

- Add pasta to first pot of boiling water.

ASK FOR AN ASSISTANT TO STIR REGULARLY WHILE COOKING PASTA.

- 2 to 3 minutes later, start cooking pasta in the second pot, and so on.
- When pasta is cooked, drain them in colander.
- Put pasta in serving dishes.
- Add the vegetables; mix.

10:40

- Garnish with fresh cilantro and serve.

DAY 9 (CONT.)

MENU FRESH VEGETABLES ROTINI, BROWN RICE, STEAMED BROCCOLI, HUMMUS AND RAW VEGETABLES, SALADS, BREAD, CHEESE

HUMMUS

Number of students		60	80	100	120	140	160
Preparation containers	Litres	5	5	10	10	15	15
Chick peas	100 oz cans	$\frac{3}{4}$	1	$1\frac{1}{2}$	2	$2\frac{1}{2}$	3
Tahini (bulk)	Cups	2	2	3	4	5	6
Olive oil	Cups	2	3	4	5	6	7
Lemon juice	Cups	$\frac{1}{2}$	$1\frac{1}{2}$	2	3	4	5
Salt	TBSP	$1\frac{1}{2}$	2	$2\frac{1}{2}$	3	$3\frac{1}{2}$	4
Black pepper	TBSP	3	4	5	6	7	8
Cumin	TBSP	3	4	5	6	7	8
Coriander	TBSP	3	4	5	6	7	8
Water	Cups	1	$2\frac{1}{2}$	4	$5\frac{1}{2}$	7	$8\frac{1}{2}$
VEGETABLES (STICKS)	Pounds	10	14	18	22	26	30

- Rinse the chickpeas thoroughly.
- Check in table above for a proper size of container for preparation.
- Put in all ingredients except water and chickpeas.
- Use the immersion stick blender to process this mixture.
- Then gradually add chickpeas and water, until you get a smooth texture.
- Prepare plates of veggie sticks to serve along hummus: 2 for men, 2 for women and 1 for servers (check table for total quantities).

DAY 10

LUNCH

TOFU BURGERS WITH WHOLE-WHEAT BUNS
 BAKED ROTINI WITH CHEESE
 ROASTED BEETS
 BROWN RICE
 SALADS
 BREAD

EVENING

MISO SOUP (SAME AS DAY 4 - SEE PAGE 19)

ROASTED BEETS

Number of students

Perforated pans
 Then Metal pans

Beets

Vegetable oil

Black pepper

Salt

50x30x10 cm

Pounds

Cups

Teaspoons

TBSP

60

80

100

120

140

160

2

2

3

3

4

4

18

22

28

34

40

45

½

1

1½

2

2½

3

2

2½

3

3½

4

4½

1

1½

2

2½

3

3½

9:00

- Preheat the Steaming oven AND the Convection oven to 350°F.
- Put beets in the deep perforated pans.
- Steam for 10 min into the steaming oven.
- Transfer into non-perforated metal pans.
- Add all other ingredients and mix well.
- Put in the Convection oven - without lid - and cook for the entire duration of the Metta.

AFTER THE METTA SESSION

- Stir the beets.

THE COOKING IS FINISHED WHEN BEETS ARE SLIGHTLY CRUNCHY AND SWEET.

DAY 10 (CONT.)

MENU LUNCH TOFU BURGERS WITH WHOLE-WHEAT BUNS, BAKED ROTINI WITH CHEESE, ROASTED BEETS, BROWN RICE, SALADS, BREAD
 EVENING MISO SOUP (SAME AS DAY 4 - SEE PAGE 19)

TOFU BURGERS

Number of students		60	80	100	120	140	160
TOFU BURGERS	Patties	68	88	108	128	152	176
Cooking - Perforated pans	50x30x10 cm	2	2	3	3	4	4
Serving dishes	Put in 2 deep non-perforated serving dishes (1 for each side)						
BURGER BUNS	Buns	48	64	80	96	112	120
Cooking - Metal pans	50x30x10	2	2	3	3	4	4

9:00

- Preheat the Gas oven to 375°F.
- Prepare the tofu burgers for Steamer oven.
- Prepare burger buns for the Gas oven.

10:40

- Put burger buns in Gas oven for 10 minutes, to reheat them.

10:45

- Put the tofu burgers in Steamer oven for 5 minutes.

SECTION 12 RICE

Number of students		40	60	80	100	120	140	160
White rice: main dish	Cups	10	14	19	24	28	33	38
Water	Cups	12	17	23	29	34	40	46
Brown rice: main dish	Cups	9	13	17½	22	26	30	35
Water	Cups	16	23	31	39	46	54	62
Brown rice: side dish	Cups	5	8	11	13	16	19	22
Water	Cups	9	14	19	23	28	33	38

HOW TO COOK RICE

1 RICE COOKER = 70 PEOPLE.

CHECK THE LEFTOVERS OF THE PREVIOUS DAY IN THE FRIDGE AND COOK THE QUANTITY ACCORDINGLY.

DO NOT RELY ON THE MEASURES INCLUDED IN THE RICE COOKER BASKET.

9:00

- Measure rice and water.

9:30

- Start cooking.
- Plug in the rice cooker and lower the switch.
- At the end of the cooking cycle, when the switch rises, unplug the cooker to avoid the rice continuing cooking.
- Keep the lid closed until serving time.

UNPLUG COOKER WHEN NOT IN USE.

ONLY USE WOODEN OR PLASTIC UTENSILS.

SECTION 13

THE SALAD OPTIONS INCLUDES, EVERY DAY:

- Green salad
- Chickpeas
- Grated cheese (except on day 7 and 10-lunch time only)
- Grated carrots
- Sauerkraut
- Italian dressing
- Tahini Lemon Dressing
- Condiments:
 - Olive oil, apple cider vinegar, tamari sauce;
 - Salt and pepper;
 - Gomasio, ground flax seeds, Miso, nutritional yeast, sunflower seeds, raisins, dates.

Depending on availability, it is also possible to serve other kinds of raw vegetables and salads such as cucumber, green bean salad, tomatoes, beets, etc. Please check with the kitchen coordinator.

SECTION 13 (CONT.)

MARINATED BEETS (25 POUNDS BAG)

INGREDIENTS:

- 4 cups cider vinegar
- 3 TBSP salt
- $\frac{1}{4}$ cup lemon juice
- Water

METHOD:

- 1- Steam beets in the Steaming oven for 45 minutes (brush if very dirty).
- 2- Cut into 1 cm half-moons and put in a big plastic container.
- 3- Mix all the ingredients and pour on the beets.
- 4- Add water at level.
- 5- Marinate for at least 24 hours.

COLESLAW (CABBAGE SALAD)

Number of students		60	80	100	120	140	160
Grated cabbage	Pounds	6	8	10	12	14	16
Grated carrots	Pounds	2	3	3	4	4	5
DRESSING							
Vegetable oil	Cups	1	1½	2	2½	3	3½
Lemon juice	Cups	½	¾	¾	1	1¼	1½
Apple cider vinegar	Cups	½	¾	¾	1	1¼	1¼
Fennel seeds	Cups	¼	¼	¼	½	½	¾
Ground clove	Teaspoons	¼	½	½	¾	1	1¼
Black pepper	Teaspoons	2	3	3	4	5	6
Salt	TBSP	1	1½	1½	2	2½	3

SECTION 13 (CONT.)**ITALIAN DRESSING****Litres of dressing**

		4,5 L
Tamari sauce	Cups	1
Lemon juice	Cups	$\frac{2}{3}$
Apple cider vinegar	Cups	2
Olive oil	Cups	4
Vegetable oil	Cups	4
Water	Cups	6
Fennel seeds	Cup	$\frac{1}{3}$
Salt	TBSP	3
Black pepper	TBSP	3
Oregano	TBSP	1
Basil	TBSP	1
Ground mustard seeds	TBSP	1

TAHINI LEMON DRESSING**Litres of dressing**

		2½ L	4¼L
Water	Cups	5	8½
Tahini	Cups	4	6
Lemon juice	Cups	1	1½
Apple cider vinegar	Cups	$\frac{1}{2}$	$\frac{3}{4}$
Ground cumin	TBSP	1	1½
Ground coriander	TBSP	2	3
Salt	TBSP	1	1½
Black pepper	Teaspoons	2	3½

SECTION 13 (CONT.)

GOMASIO

PERFORM THE FOLLOWING STEPS IN ORDER.

- Toast 8 cups sesame seeds in the convection oven at 375°F. Toast for about 12 minutes until the seeds turn golden.

CHECK OFTEN TO AVOID BURNING THE SEEDS.

- Cool the seeds in a bowl.
- Add 2 tablespoons of salt and mix well.
- Grind together seeds and salt in the coffee grinder a few seconds only, shaking it.

USE THE COFFEE GRINDER “MAGIC BULLET”, USING THE POT AND BLADE LABELLED “GOMASIO”.

FILL THE COFFEE GRINDER UP TO 1/3 ONLY TO AVOID JAMMING.

- Store in glass jars in the fridge. Label and date.

SECTION 14

GINGER TEA

Number of students		60	80	100	120	140	160
Cooking pots		2 S	2 S	2 M	2 M	2 M	2 M
Water	Litres	13	17	22	26	30	34
Ginger preparation	Cups	2	2	3	3	4	5

*** S = Small; M = Medium; L = Large

ALTERNATIVES (USING SIMILAR AMOUNTS OF WATER)

Number of students		60	80	100	120	140	160
MINT TEA							
Fresh mint	Sprigs	7	9	11	13	15	15
OR Star anis	Stars	6	7	8	9	10	10
ROSEMARY							
Rosemary	Cups	½	½	1	1	1½	2
Honey	Cups	½	1	1	1½	1½	2

SECTION 14 (CONT.)

KHIR (RICE PUDDING)

MAKE THIS RECIPE TO USE RICE LEFTOVERS. SERVE AT BREAKFAST.

Number of students		60	80
Brown rice already cooked	Cups of cooked rice	21	28
Unsweetened Soy milk	Cups	25	33
Brown sugar	Cups	1	1½
Raisins	Cups	1¼	1½
Cinnamon	Sticks	5	6
Cardamom seeds	Cup	⅛	¼

- Mix all ingredients.
- Bring to a boil.
- Lower the heat and simmer for about 30 minutes, stirring frequently. Rice will melt in preparation as it thickens.