

Irish Vipassana Trust

# Menu for 10-day Courses

**Please do not write on the pages.**

Please write feedback about quantities, timings, etc. on a post it note and attach them to the page itself.

**Revised July 2022**

## Menus Day by Day

<b>Day 0:</b>	Leek and Potato soup, bread, vegetable spread, olive oil, butter and fruit.
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### Day 1:

Main course	Salad bar	Dessert
Spiral pasta with tomato and lentil sauce, grated cheese. (brown rice for 20 people.)	Lettuce and rocket, sliced cucumber, corn, sunflower seeds, grated carrot, bread, vegetable spread, olive oil and butter.	Biscuits

### Day 2:

Main course	Salad bar	Dessert
Puy lentil stew, baked potatoes, steamed veg (broccoli and cauliflower).	Lettuce and rocket, sliced cucumber, corn, sunflower seeds, grated beetroot, bread, vegetable spread, olive oil and butter.	Fruit

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Main course	Salad bar	Dessert
Sweet & sour vegetables (with beans), brown rice.	Lettuce and rocket, sliced cucumber, corn, sunflower seeds, grated carrot, bread, vegetable spread, olive oil and butter.	Biscuits

### Day 4:

2 *tsb = levelled Teaspoon. 5 ml*

*TBS = levelled Tablespoon. 15 ml*

<b>Main course</b>	<b>Salad bar</b>	<b>Dessert</b>
Vegetable Curry and Khichadi.	Lettuce and rocket, raita, corn, sunflower seeds, grated beetroot, bread, vegetable spread, olive oil and butter.	Fruits

### Day 5:

<b>Main course</b>	<b>Salad bar</b>	<b>Dessert</b>
Baked beans, jacket potatoes, hummus, coleslaw.	Lettuce and rocket, sunflower seeds, grated cheese, corn, grated carrot, sliced cucumbers, bread, vegetable spread, olive oil and butter.	Flapjacks

### Day 6:

<b>Main course</b>	<b>Salad bar</b>	<b>Dessert</b>
Spiral pasta with tomato and lentil sauce, grated Cheese. (brown rice for gluten free diets)	Lettuce and rocket, sliced cucumber, corn, sunflower seeds, grated beetroot, bread, vegetable spread, olive oil and butter.	Fruit

### Day 7:

<b>Main course</b>	<b>Salad bar</b>	<b>Dessert</b>
Nut loaf, steamed potatoes, gravy, cabbage.	Lettuce and rocket, sliced cucumber, corn, sunflower seeds, grated carrot, bread, vegetable spread, olive oil and butter.	Biscuits

**Day 8:**

<b>Main course</b>	<b>Salad bar</b>	<b>Dessert</b>
Dhal, brown rice & roasted sweet potatoes.	Lettuce and rocket, sunflower seeds, corn, grated beetroot, sliced cucumber, bread, vegetable spread, olive oil and butter.	Flapjacks

**Day 9:**

<b>Main course</b>	<b>Salad bar</b>	<b>Dessert</b>
Vegetable cottage pie, steamed veg. (carrots and turnips)	Lettuce and rocket, grated carrot, sunflower seeds, sliced cucumber, corn, bread, vegetable spread, olive oil and butter.	Fruit

**Day 10:**

<b>Main course</b>	<b>Salad bar</b>	<b>Dessert</b>
Vegetable curry, white rice.	Lettuce and rocket, sunflower seeds, corn, cucumber raita, grated beetroot, bread, vegetable spread, olive oil and butter.	Biscuits
<b>5pm Meal</b>		
Leek and potatoe soup.	Bread, vegetable spread, olive oil, butter and fruit. (cheese if leftover)	

- **Bread, vegetable spread, olive oil and butter (at room temperature) are to be served at lunch every day.**

**Day 0**

**Fruit, bread, vegetable spread, olive oil and (room temperature) butter.**

**Leek and potato soup,**

**Biscuits**

### **Fruit**

- Oranges/nectarines, apples, bananas, fruit in season.
- Bring fruit to dining rooms at about 2pm.
  
- Top up the tea and biscuits in dining room throughout the afternoon.
- Make sure milk, plant milk and sugar is topped regularly.

### **Preparation for following days**

*Note: The more that can be done on Day Zero, the easier Day 1 (and the rest of the course) will be.*

- Make a large batch of Tahini and Italian dressings (refer to the Salad Dressing section at the back of the menu folders)
- Red Peppers (slice 6mm), Carrots (grated large eye) Onions (slice 3mm), Celery (slice 3mm), grate the cheese.
- Measure out the porridge oats and the stewed fruit for breakfast.
- Wash the fruit for breakfast. (leave out of the fridge overnight)

### **Preparation times**

Before 12pm: Prepare vegetables for the soup

12.00 pm: Prepare the dining rooms (refer to the Dining Room Day Minus 1)

5      *tsb = levelled Teaspoon. 5 ml*

*TBS = levelled Tablespoon. 15 ml*

- 2.00 pm: Put the tea, herbal teas, milks and trays of biscuits out.
- 3.00 pm: Start cooking the soup  
 Start the preparation for Day 1 (see above)  
 Check the dining rooms to check on milks, teas or biscuits.
- 5.55 pm: Close the partition wall between the two dining rooms
- 6.00 pm: Serve the soup

### **Leek and Potato Soup**

	<b>60</b>	<b>90</b>	<b>100</b>	<b>120</b>
<b>Onions, sliced</b>	0.5 kg	0.8 kg	0.9 kg	1.1 kg
<b>Potatoes, cubes</b>	5.2 kg	7.9 kg	8.8 kg	10.6 kg
<b>Leeks, sliced</b>	5.2 kg	7.9 kg	8.8 kg	10.6 kg
<b>Water</b>	10.5	15.75	17.5 l	21 kg l
<b>Bay leaves</b>	8 l	11 l	12	14
<b>Boullion powder</b>	75 ml	120 ml	135 ml	165 ml
<b>Cumin seeds</b>	75 ml	120 ml	135 ml	165 ml
<b>Salt</b>	6 tsp	9 tsp	10 tsp	12 tsp
<b>Pepper</b>	2 tsp	3.5 tsp	4 tsp	5 tsp

### **Method:**

1. Slice the onions finely using the robe coupe.

6 *tsb = levelled Teaspoon. 5 ml*

*TBS = levelled Tablespoon. 15 ml*

2. Wash the potatoes thoroughly and chop into medium sized pieces (no need to peel the potatoes).
3. Wash the leeks thoroughly with plenty of cold water and (cut lengthwise before slicing into smaller pieces.)
4. Heat two pots on a high heat, cover the base of one or two pots with a thin layer of vegetable oil (about 500 ml).
5. Bring the oil up to a high cooking temperature and add the onions.
6. Sauté for about 15-20 minutes, until the onions are soft and brown.
7. Add the sliced leeks and cumin seeds, and again sauté for about 10 minutes.
8. Add the chopped potatoes and fry for 5 minutes.
9. Add the water and the bay leaves.
10. Bring the soup to the boil. Gently sprinkle the bouillon powder in, stirring as you do, so that it does not form lumps.
11. Add salt and pepper to taste.
12. Turn temperature down and simmer for about 45 minutes, until the potatoes are soft.

***Leftover soup should be cooled and refrigerated. Only reheat once for students, twice for servers. Can freeze for later on.***

## **Breakfast Preparations (& extras)**

- ✓ Porridge
- ✓ Stewed Fruit
- ✓ Muesli, Cornflakes
- ✓ Milks & Yogurt (not vegan yoghurt)
- ✓ Fresh Fruit

- ✓ Toast & Rice Cakes
- ✓ Softened Butter, Vegetable spreads, Olive oil
- ✓ Jam, Marmalade
- ✓ Crunchy Peanut Butter
- ✓ Tea & Herb Teas, Coffee

### **Preparation Times**

#### **The day before:**

- Soak the stewed fruit in any leftover lemon water from 5.00 pm Tea. If necessary top them up with fresh water so that all the fruit is covered.
- Prepare two large bowls/pots of fresh fruit for each of the dining rooms and cover them with cling film overnight.
- Ensure that the condiments trays and the cereals are filled, and that the pots, jars and trays are clean.

#### **In the morning:**

- 5.35 Warm the stewed fruit on the stove.
- 5.35 Heat the porridge.
- 6.10 Fill the oven with toast.
- 6.15 Make the first round of toast in the oven.
- 6.25 Put the hot food out for serving in the dining rooms.

8 *tsb = levelled Teaspoon. 5 ml*

*TBS = levelled Tablespoon. 15 ml*



## **Porridge**

	<b>60</b>	<b>90</b>	<b>100</b>	<b>110</b>	<b>120</b>	<b>130</b>
<b>Oats</b> (Litres)	4.8L	7.2L	8L (3.2kg)	8.8L	9.6L	10.4L
<b>Water</b>	10.2L	15.3L	17L	18.7L	20.4L	22.1L

***Note: It is often the case that students will eat much more porridge at the beginning of a course (and if weather is cold) so be generous at the beginning and cut down as course proceeds.***

## **Method**

1. Divide the oats and half the required volume of water in two pots, put the lid on to soak overnight. (one pot for males and one for females)
2. In the morning at approx 5:35 measure out the remaining water (from the hot water urn) add to each pot accordingly and stir thoroughly.
3. Keep on medium heat and stir well until the porridge is cooked.
4. When the porridge is ready, switch off the heat.
5. At this point add some boiling water for a lighter consistency (if required) stir well, serve.

Note: Soaking the oats results in a creamier nicer porridge that's also easier to digest.

## **Stewed Fruit**

	<b>60</b>	<b>70</b>	<b>80</b>	<b>90</b>	<b>100</b>	<b>110</b>	<b>120</b>
<b>Total Amount</b>	2.4 kg	2.8 kg	3.2 kg	3.6 kg	4 kg	4.4 kg	4.8 kg
<b>Raisins</b>	0.8 kg	0.9 kg	1 kg	1.2 kg	1.4 kg	1.5 kg	1.6 kg
<b>Prunes</b>	1.6 kg	1.9 kg	2.2 kg	2.4 kg	2.6 kg	2.9 kg	3.2 kg
<b>Cinnamon</b>	100 or less one stick, 100+ two sticks.						

### **Preparation for Day before:**

1. Soak the stewed fruit overnight in leftover lemon water from 5pm.

### **Method**

2. Heat the fruit on a low heat on the stove. Stir the mixture so that not all the prunes are at the top. Make sure the fruit is completely covered with liquid (You may need a little extra water). Do not boil.
3. Once the liquid starts to boil turn off the heat and leave covered until service.
4. Put out covered pots in the dining rooms for serving.

### **Notes:**

- ***Leftover stewed fruit may be reheated and served once to students, but must never be mixed with freshly prepared stewed fruit.***
- ***Always label as being leftover from the day before.***

## **Toast**

- Toast is made in the oven.
- Please be extra careful making toast.
- One server can make the toast and another server can bring it out to the Dining Hall.
- Turn the oven on convection mode (normal oven mode) @ 220 degrees.
- Place bread directly into the oven on top of metal wire racks.
- Once toasted remove and serve in GN containers.
- Start next batch of toast.

### **Notes:**

- ***Making breakfast for 80 students will require approximately 90 slices of toast.***
- ***Monitor the consumption of toast during the course and adjust the amount accordingly.***

## **Condiments & Cereals**

- ✓ Jam,
- ✓ Muesli,
- ✓ Marmalade,
- ✓ Cornflakes,
- ✓ Peanut Butter,
- ✓ Room Temp butter,
- ✓ Vegetable spread,
- ✓ Olive oil.

**Tahini and yeast extract (Vegemite or Marmite) are required for recipes later in the course and are not to be served for breakfast.**

- At the beginning of the breakfast service all the condiments and cereals should be full, and the pots, jars and trays should be clean and presentable.
- When refilling the breakfast cereals, do not add fresh cereals on top of old cereals. Rotate the stock: empty the old cereals into a separate pot, place the fresh cereals in the bottom of the container and add then older ones on top.
- Take time to remove toast crumbs and traces of any spreads from the butter, and to remove any traces of butter & toast crumbs from the spreads.
- Return the jam and the marmalade to the kitchen fridge after service.

## Salads

### Green Salad

Green salads are generally composed of all (or some of) the following:

	<b>60</b>	<b>70</b>	<b>80</b>	<b>90</b>	<b>100</b>	<b>110</b>	<b>120</b>
<b>Lettuce heads</b>	8	9	10	11	12	13	14
<b>Rocket bunches</b>	3	3.5	4	4.5	5	5.5	6

### Method

- Thoroughly wash and **DRY** green salad leaves.
- Mix the lettuce and rocket.
- Serve two large bowls of green salad, one for male, one for female.
- Put two tongs out on each side for the mixed salad leaves.

## **Carrot Salad**

	<b>60</b>	<b>70</b>	<b>80</b>	<b>90</b>	<b>100</b>	<b>110</b>	<b>120</b>
<b>Carrots</b>	3.5 kg	4 kg	4.5 kg	5 kg	5.5 kg	6 kg	6.5 kg

### **Method:**

- Peel carrots before grating in the robe coupe.
- Serve in glass bowls.

## **Corn**

	<b>60</b>	<b>70</b>	<b>80</b>	<b>90</b>	<b>100</b>	<b>110</b>	<b>120</b>
<b>Corn</b>	4 cans	4.5 cans	5 cans	5.5 cans	6 cans	6.5 cans	7 cans

### **Method:**

- Drain and strain tinned corn.
- Serve in glass bowls.

## **Sliced Cucumber**

	<b>60</b>	<b>70</b>	<b>80</b>	<b>90</b>	<b>100</b>	<b>110</b>	<b>120</b>
<b>Cucumbers</b>	6	7	8	9	10	11	12

### **Method**

- Wash the cucumbers before slicing finely in the robe coupe.
- Serve in glass bowls.

## **Beetroot Salad**

	<b>60</b>	<b>70</b>	<b>80</b>	<b>90</b>	<b>100</b>	<b>110</b>	<b>120</b>
<b>Beetroot</b>	3.3 kg	3.6 kg	3.9 kg	4.2 kg	4.5 kg	4.8 kg	5.1 kg

## **Method**

- Peel beetroots, cut in half if very large.
- Use the robe coupe (small eye disc) to grate the beetroot.
- Divide into glass serving bowls, keep covered until service.

## **Sunflower Seeds**

500g for each side, serve in a small bowl with a teaspoon.

# Roast Sunflower Seeds



## Salad Dressing

Olive oil and vinegar are put on the salad bar buffet every day, also Lemon Tahini Dressing and Italian dressing are made up every couple of days.

### Italian Style Dressing

	<b>4 Litres</b>	<b>8 Litres</b>
<b>Tamari</b>	120 ml	240 ml
<b>Lemon Juice (number)</b>	2	180 ml
<b>Vinegar</b>	1.5 l	3 l
<b>Vegetable Oil</b>	1.5 l	3 l
<b>Olive Oil</b>	250 ml	500 ml
<b>Apple Juice Concentrate</b>	120 ml	240 ml
<b>Salt</b>	2 TBS	4 TBS
<b>Pepper</b>	2 TBS	4 TBS
<b>Dill</b>	8 TBS	16 TBS
<b>Mixed herbs</b>	4 TBS	8 TBS
<b>Mustard Powder</b>	1 TBS	2 TBS

### Method

1. First mix the dried herbs with the vinegar, lemon juice, tamari and apple juice concentrate first.
2. Add the mustard powder and the salt and pepper and blend well.
3. Slowly add the oil whilst continuing to blend manually.

## **Lemon Tahini Dressing**

	<b>4 litres</b>	<b>8 Litres</b>
<b>Tahini</b>	1.5 l	3 l
<b>Water</b>	2.5 l	5 l
<b>Lemon Juice (no of lemons)</b>	6	12
<b>Ground Cumin</b>	2 TBS	4 TBS
<b>Salt</b>	4 TBS	8 TBS

### **Method**

- Add all ingredients and mix together using the robe coupe.
- Mix to a smooth texture.

## **5.00 PM TEA**

New students: Fresh Fruit (two pieces each)

Herbal Teas,

Black Tea, Rooibosh,

Milk and Plant Milk.

*Note: Use the sign "Two Pieces for New Students Only Please"*

Old students:

### **Lemon Water**

	<b>20</b>	<b>30</b>	<b>40</b>	<b>50</b>	<b>60</b>
<b>Lemons</b>	2	3	4	5	6
<b>Water</b>	4 l	6 l	8 l	10 l	12 l

### **Method**

- Squeeze the lemons and place the juice in the bottom of two of medium sized pots.
- At 4:40pm start adding hot water from the hot water urns.
- Place a tray of clean cups beside the pot.
- Serve with a two ladles per pot.

***Use the sign "Lemon Water for Old Students Only"***

# Day 1

## Main Course

**Spiral Pasta**

**Tomato & Lentil Sauce**

**Grated Cheese**

**Brown Rice (if needed for gluten free diet)**

## Salad Bar

**Green Salad (Lettuce, Rocket)**

**Sliced Cucumbers**

**Corn (canned)**

**Sunflower Seeds**

**Grated Carrot**

**Dressing**

**Bread, olive oil, vegan spread and softened butter.**

## Dessert

**Biscuits**

### Preparation for day 2 (on Day 1)

- Cut onions (3mm), prepare carrots (6mm), prepare Mushrooms (quarter or 6mm), prepare garlic (finely dice), prepare broccoli & cauliflower (cut in florets).
- Soak puy lentils. (page 28 for quantities.)

## **Preparation Times**

6.30: Start making the pasta sauce.

Start preparing the salad and dressing.

9.00: Grate the cheese *\*Please see below\**

9.10: Boil water for pasta.

Prepare the rice (if needed for gluten free diet)

10.15: Cook the pasta.

Start reheating the sauce.

10.40: Transfer the sauce to two pots.

10.50: Put the food out for service.

## Grated Cheese

	<b>60</b>	<b>70</b>	<b>80</b>	<b>90</b>	<b>100</b>	<b>110</b>	<b>120</b>
<b>Cheese</b>	3 kg	3.5 kg	4 kg	4.5 kg	5 kg	5.5 kg	6 kg

### **Note:**

- **Grate the cheese in the robe coupe. Use it AFTER the salad is prepared.**
- **Take cheese out of fridge just before grating as the cheese grates better when hard and cold.**

### **Method**

Grate the cheese about an hour before lunch break. Cover and keep refrigerated.

(The above quantities are estimates only – adjust if needed.)

Servers can use leftover cheese but it should not be given to students the following day.

## Tomato & Lentil Sauce

	<b>60</b>	<b>80</b>	<b>90</b>	<b>100</b>	<b>120</b>
<b>Red split lentils</b>	1.8 kg	2.4 kg	2.7 kg	3 kg	3.6 kg
<b>Red Peppers</b>	1.5 kg	2 kg	2.25 kg	2.5 kg	3 kg
<b>Carrots</b>	1.5 kg	2 kg	2.25 kg	2.5 kg	3 kg
<b>Onions</b>	1.8 kg	2.4 kg	2.7 kg	3 kg	3.6 kg
<b>Celery (heads)</b>	2	3	3.5	4	4.8
<b>Tinned tomatoes</b>	4.5 kg	6 kg	6.75 kg	7.5 kg	9 kg
<b>Tomato purée</b>	0.7 kg	0.9 kg	1.05 kg	1.2 kg	1.45 kg
<b>Mixed herbs</b>	12 tsp	16 tsp	18 tsp	20 tbs	24 tbs
<b>Lemon (juice)</b>	2	3	3.5	4	4.5
<b>Water</b>	3 l	4 l	4.5 l	5 l	6 l
<b>Sugar</b>	6 TBS	8 TBS	9 TBS	10 TBS	12 TBS
<b>Salt</b>	1.2 TBS	1.6 TBS	1.8 TBS	2 TBS	2.4 TBS
<b>Vegetable oil</b>	Enough for frying.				

## **Method**

1. Wash and rinse the lentils two-three times in fresh water before cooking.
2. 6:30am: Put lentils in a pot and cover with water. Bring the water to the boil and simmer for 10 minutes.
3. When lentils are cooked, drain the water off.
4. In another pot cover the base with sunflower oil, and heat the oil till it's very hot.
5. Add the onions and fry for 15 minutes, stir regularly.
6. Add the carrots and fry for about 10 minutes.
7. Add the celery and peppers and cook for another 10 minutes.
8. Add water and the other ingredients.
9. Bring it to the boil, simmer for about 5 minutes.
10. Add the cooked lentils, mix in well; turn off the heat stirring occasionally so that the lentils do not stick or burn.
11. Before serving, stir the sauce a little and cover with lids.



## Whole Wheat Pasta

	<b>60</b>	<b>70</b>	<b>80</b>	<b>90</b>	<b>100</b>	<b>110</b>	<b>120</b>
<b>Pasta</b>	6 kg	7 kg	8 kg	9 kg	10 kg	11 kg	12 kg
<b>Water</b>	Enough to have at least five inches of water above the level of the pasta.						
<b>Salt</b>	2.4 tsp	2.8 tsp	3.2 tsp	3.6 tsp	4 tsp	4.4 tsp	4.8 tsp
<b>Olive Oil</b>	360 ml	420 ml	480 ml	540 ml	600 ml	660 ml	720 ml

## Method

1. Cook pasta in 2 pots for convenience and safety when straining.
2. **9:10am:** (as soon as you come from group-sit): Put hot water in pots turn bring to boil.
3. **10:20am:** water is at a rolling boil – at highest heat.
4. Add pasta and keep on the highest heat, stir to ensure it does not stick.
5. Bring to boil again and boil for 15 minutes or until barely soft, al dente. (Remember that pasta will continue to cook when removed from the water especially when it is in large quantities. Avoid overcooking as it results in mushy pasta.)
6. Strain off water using a strainer. Be very careful when carrying large pots of boiling water, get help from others to make it easier. Then return drained pasta to pots.
7. Add half the olive oil quantity to each pot and stir in very gently – avoid breaking down and making a mush of the pasta.
8. Keep pots covered on the dining room tables, until service.

<b>Brown Rice</b>					
INGREDIENTS	70 people	80 people	100 people	120 people	140 people
Rice	4kg	4.5 kg	5.7 kg	6.9kg	8 kg
Salt	1 teaspoon for 1 kg of rice				
Water	<b>2.8 Litres of water for 1.5Kg Rice</b>				

**PREPARATION IN THE OVEN:**

- Put the rice into medium depth GN containers and rinse with water, do not exceed the quantity of 1.5 kg of rice for one GN container.
- With the help of a sieve, rinse the rice.
- Rinse by pouring water over the rice until fully immersed.
- Stir until the water becomes milky, pour out the water slowly and carefully from the corner of the GN tray.
- Repeat two to three times until clear.
- Add the water to the rice.
- Do not cover the rice.
- Put into the oven.

**Time: 40minutes (if it is not ready after this time, cook for another 5 mins and cover with a lid until service).**

**Mode: steam** 

**Temperature: 130°C**

- After it is prepared, turn off the oven, leave the door ajar and cover with lids.
- Keep the rice warm in the oven until service.
- Serve in GN containers.

# Day 2

## Main Course:

**Puy Lentil Stew**

**Baked Potatoes**

**Steamed Broccoli & Cauliflower**

## Salad Bar:

**Green Salad**

**Sliced Cucumbers**

**Corn**

**Sunflower Seeds**

**Grated Carrot**

**Dressing**

**Bread, olive oil, vegan spread and softened butter.**

## Dessert:

**Fruit**

### **Preparation for day 3 (on Day 2)**

- SOAK THE (ADUKI) BEANS
- Red Onions (3mm), Cabbage (3mm), Carrot sliced (6mm), Cauliflower (small florets), Courgette (small quarters), Leek (white part lengthwise into sticks and the green part thinly sliced 3mm).
- Roast sunflower seeds.

- Make sweet & sour sauce. (PM)

### **Preparation Times**

- 6.30 Cook puy lentils.  
 9.15 Prepare salad and dressing.  
 9.30 Steam broccoli & cauliflower.  
 10.50 Put all the food out for service.

### **Puy Lentil Stew**

	<b>60</b>	<b>70</b>	<b>80</b>	<b>100</b>	<b>110</b>	<b>120</b>
<b>Puy lentils</b>	2.7 kg	3.15 kg	3.6 kg	4.5 kg	4.95 kg	5.35 kg
<b>Vegetable broth (boullion stock)</b>	1.5 l	1.75 l	2 l	2.5 l	2.75 l	3 l
<b>Onions</b>	1.2 kg	1.4 kg	1.6 kg	2 kg	2.2 kg	2.4 kg
<b>Mushrooms</b>	1.2 kg	1.4 kg	1.6 kg	2 kg	2.2 kg	2.4 kg
<b>Carrots</b>	1.2 kg	1.4 kg	1.6 kg	2 kg	2.2 kg	2.4 kg
<b>Garlic cloves</b>	6	7	8	10	11	12
<b>Bay leaves</b>	4.5	5.25	6	7.5	8.25	9
<b>Veg stock powder / Boullion powder</b>	30 gr	35 gr	40 gr	50 gr	55 gr	60 gr
<b>Mixed herbs</b>	10 gr	12 gr	15 gr	20 gr	22 gr	25 gr
<b>Pepper</b>	3 tsp	3.5 tsp	4 tsp	5 tsp	5.5 tsp	6 tsp
<b>Tamari (Soya Sauce)</b>	3 cup	3.5 cup	4 cup	5 cup	5.5 cup	6 cup
<b>Vegetable oil</b>	Enough for frying					

## **Method:**

### **Lentils**

1. Drain the lentils (that have soaked overnight) and rinse until the water runs clear.
2. Add fresh water to cover the lentils, add veg stock powder, bay leaves, mixed herbs.
3. Bring to boil, turn down the heat and simmer the lentils on a low heat for 1 hour.
4. Turn off the heat and leave covered in the pot.

### **Vegetables**

1. Sauté onions in vegetable oil on a high heat for 10-15 min, stirring constantly.
2. Add mixed herbs, pepper and garlic.
3. After 5 min add carrots and continue to sauté for further 5 min, continue to stir constantly.
4. Add mushrooms and sauté for a 5 minutes further.
5. Add soya sauce and black pepper and stir. Turn down the heat to a low flame and allow the vegetables to sweat slowly on a low heat for 15 min. (Add a little water if needed and watch to ensure that it does not dry out or burn.)
6. Mix the cooked lentils with the prepared vegetables, once combined simmer on a low heat for a further 10-20 minutes.
7. After at least 10 minutes, taste and adjust seasoning as necessary. Keep an eye on water, add if needed.

## **Baked Potatoes**

	<b>60</b>	<b>70</b>	<b>80</b>	<b>90</b>	<b>100</b>	<b>110</b>	<b>120</b>
<b>Potatoes</b>	17 kg	20 kg	24 kg	27 kg	30 kg	33 kg	36 kg

## **Method**

Note: As soon as group sitting is over, place potatoes in the oven. This must be the priority on returning from the group sitting.

1. Turn on the oven to 180 degrees Celsius.
2. Cut each potato in half.
3. Cover each potato in vegetable oil.
4. Sprinkle with sea salt.
5. Cook for 1hour, then check with a fork to see if they are soft.

(Once cooked turn off the oven, leave the door open to leave out steam.)

6. 30 minutes before service crisp the potatoes in the oven @210 for 15 minutes.

## **Steamed Broccoli and Cauliflower**

10 kg broccoli and 7 kg of cauliflower for 100 people.

### **Method**

1. Cut crown away from the large stem of the broccoli. Break crown up into bite sized florets. Rinse the broccoli florets thoroughly.
2. Peel or cut the thick hard outer skin off the stems. Cut the soft centre part of the stem into bite sized pieces.
3. Pre-heat combi oven for steaming @ 130c.
4. Place broccoli on perforated GN tray.
5. Steam for approx. 8 minutes or until tender but still bright green in colour.
6. Serve in GN trays.

### **Salad**

**Bread, olive oil, vegan spread and softened butter.**

**Dessert** - Fruit

# Day 3

## Main Course:

**Sweet & Sour Vegetables (with beans)**

**Brown Rice**

## Salad Bar:

**Green Salad**

**Sliced Cucumbers**

**Corn**

**Sunflower Seeds**

**Grated Carrot**

**Dressing**

**Bread, olive oil, vegan spread and softened butter.**

## Dessert:

**Biscuits (approx. 2 per person)**

### Preparation for Day 4 & 5 (on day 3)

- Cut potatoes into bite size pieces and cover them with cold water.
- Cut cauliflower into 3cmx3cm florets.
- Slice onions finely in robe coupe.
- Measure out the spices – put cumin seeds in a small dish; in a larger dish, put turmeric, coriander, ginger and half of the salt.
- After final group sit, drain and rinse aduki beans, drain again and leave to sprout overnight.



## **Sweet & Sour Sauce**

	<b>60</b>	<b>70</b>	<b>80</b>	<b>90</b>	<b>100</b>	<b>110</b>	<b>120</b>
<b>Aduki beans</b> (dry weight)					4kg	4.4kg	4.8kg
<b>Fresh Ginger</b>	150g	175g	180g	200g	225g	225g	250g
<b>Water</b>	2.4 l	600ml	750ml	900ml	1l	1.15l	1.3l
<b>Vegetable Oil</b>							
<b>Pineapple</b> (or apple Juice)	1.5l	1.8l	2.1l	2.2l	2.5l	2.8l	3.1l
<b>Salt</b>	2 tbs	2.2tbs	2.4tbs	2.6tbs	3tbs	3.2 tbs	3.4 tbs
<b>Sugar</b>	140g	160g	170g	200g	230g	260g	290g
<b>Apple cider vinegar</b>	300ml	350ml	400ml	450ml	500ml	550ml	600ml
<b>Corn/rice flour</b>	130g	150g	170g	200g	220g	240g	260g
<b>Roasted Sunflower Seeds</b>	1.3kg	1.6kg	1.9kg	2.1kg	2.4kg	2.6kg	2.8kg

## **Method**

1. Peel and grate ginger.
2. Dissolve the corn flour in 1 litre of water and put to the side.
3. Heat up the oil and fry the ginger in a medium sized pot.
4. Add the fruit juice and water (with cornflour) and bring to the boil.
5. Allow the corn flour to thicken.
6. Turn off the heat and add sugar, salt and vinegar.

## **Note:**

- It's ok if it tastes rather strong as it will add taste to the vegetables.
- This sauce can be made the day before.

## **Vegetables for Sweet & Sour Sauce**

	<b>60</b>	<b>70</b>	<b>80</b>	<b>90</b>	<b>100</b>	<b>110</b>	<b>120</b>
<b>Red Onions sliced</b>	0.9 kg	1 kg	1.1 kg	1.2 kg	1.5 kg	1.8 kg	2.1 kg
<b>Cabbage thinly sliced</b>	3 kg	3.5 kg	4 kg	4.5 kg	5 kg	5.5 kg	6 kg
<b>Carrot sliced</b>	1.8kg	2.1kg	2.4kg	2.7kg	3kg	3.3kg	3.6kg
<b>Cauliflower small chunks</b>	2.4 kg	2.8 kg	3.2 kg	3.6 kg	4 kg	4.4 kg	4.8 kg
<b>Courgette small quarters</b>	3 kg	3.5 kg	4 kg	4.5 kg	5 kg	5.5 kg	6 kg
<b>Leek</b> (white part lengthwise into sticks and the green part thinly sliced in food processor)	3 kg	3.5 kg	4 kg	4.5 kg	5 kg	5.5 kg	6 kg

## **Method and Preparation Times**

1. Heat oil in a large pan and fry the red onion.
2. Add carrots and cabbage and fry for 10 minutes.
3. Add the cauliflower and fry 5 min.
4. Add the courgette and fry another 5 minutes
5. The vegetables should be 'al dente' but also soft.
6. Pour in sweet and sour sauce and heat it for a couple of minutes. Add the leek, and bring to the boil.
7. Add sunflower seeds to a large pan, keep stirring until they are golden brown. Place in a dish to serve on the side.

8. Transfer vegetable mixture into two deep gastronome trays and s

<b>Brown Rice</b>					
INGREDIENTS	70 people	80 people	100 people	120 people	140 people
Rice	4kg	4.5 kg	5.7 kg	6.9kg	8 kg
Salt	1 teaspoon for 1 kg of rice				
Water	<b>2.8 Litres of water for 1.5Kg Rice</b>				

**PREPARATION IN THE OVEN:**

- Put the rice into medium depth GN containers and rinse with water, do not exceed the quantity of 1.5 kg of rice for one GN container.
- With the help of a sieve, rinse the rice.
- Rinse by pouring water over the rice until fully imersed.
- Stir until the water becomes milky, pour out the water slowly and carefully from the corner of the GN tray.
- Repeat two to three times until clear.
- Add the required amount of water.
- Do not cover the rice.
- Put into the oven.

**Time: 40minutes (if it is not ready after this time, cook for another 5 mins and cover with a lid until service).**

**Mode: steam** 

**Temperature: 130°C**

- After it is prepared, turn off the oven, leave the door ajar and cover with lids.
- Keep the rice warm in the oven until service.
- Serve in GN containers.

***Ideally the rice should be ready by 10.45 am.***

## **Salad**

**Bread, olive oil, vegan spread and softened butter.**

**Dessert** : Serve biscuits (approx. 2 per person).

# Day 4

**Main dish:**  
**Vegetable Curry**

**Khichadi**

**Salad Bar:**  
**Green Salad**  
**Sliced Cucumbers**

**Corn**

**Sunflower Seeds**

**Grated Carrot**

**Dressing**

**Bread, olive oil, vegan spread and softened butter.**

**Dessert:**

**Fruit**

## **Preparation on Day 4 for Day 5**

- 5:30am Rinse chickpeas again and leave them to sprout all day.
- Cook the chickpeas before going on lunch break @1pm.
- Make hummus for day 5.
- Make flapjacks for day 5.

## **Preparation Times**

- 6.30 Measure out and wash the Khichadi mixture  
Start preparing salads and dressing  
(Start preparing the vegetables for Day 6)
- 9.00 Cook the curry
- 9.00 Preheat the combi oven for steaming the Khichadi
- 9.10 Steam the Khichadi
- 10.30 Transfer curry from pots to the deep gastronome trays for serving
- 10.50 Put all the food out for service

## Vegetable Curry

	<b>60</b>	<b>80</b>	<b>90</b>	<b>100</b>	<b>110</b>	<b>120</b>
<b>Cauliflower</b>	9 heads	12 heads	13.5 heads	15 heads	16.5 heads	18 heads
<b>Potatoes</b>	4.4 kg	6 kg	6.8 kg	7.6 kg	8.4 kg	9.1 kg
<b>Turnips</b>	3 kg	4 kg	4.5 kg	5 kg	5.5 kg	6 kg
<b>Onions</b>	1.6 kg	2 kg	2.3 kg	2.6 kg	2.9 kg	3.1 kg
<b>Carrots, cubed</b>	2.4 kg	3.2 kg	3.6 kg	4 kg	4.4 kg	4.8 kg
<b>Cumin Seeds</b>	5 TBS	6.5 TBS	7 TBS	8 TBS	9 TBS	10 TBS
<b>Turmeric</b>	5 TBS	6.5 TBS	7 TBS	8 TBS	9 TBS	10 TBS
<b>Fresh Ginger</b>	90g	120g	135g	150g	165g	180g
<b>Ground Coriander</b>	5 TBS (50g)	6 TBS (60g)	7 TBS (70g)	8 TBS (80g)	9 TBS (90g)	10 TBS (100g)
<b>Creamed Coconut</b>	600g	800g	900g	1 kg	1.1 kg	1.2 kg
<b>Frozen Peas</b>	1.2 kg	1.6 kg	1.8 kg	2 kg	2.2 kg	2.4 kg
<b>Lemon</b> (Juice of)	2	3	3.5	4	4.5	5
<b>Salt</b>	3.5 tsp	4.7 tsp	5.4 tsp	6 tsp	6.6 tsp	7.2 tsp
<b>Water</b>	2.4 l	3 l	3.4 l	4 l	4.4 l	4.8 l
<b>Vegetable Oil</b>	Enough for sauteing.					

## **Method**

1. Put a 2 large pots on the stove, add oil and heat on a high flame.
2. Sauté onions in vegetable oil on a high heat for 10-15 min, stirring constantly.
3. Add fresh ginger and cook for 5 minutes more.
4. Add turmeric and coriander, cook for 5 minutes, turn down the heat.
5. Drain the potatoes, turnip and carrot, add them to the spices & onions and continue to cook over a low heat, stirring gently from time to time until tender.
6. Add the water and bring to the boil.
7. Once the water boils turn down the heat and add the cauliflower florets, cook for 10 minutes.
8. Grate the cream of coconut and stir in well.
9. Add the salt.
10. Just before serving add the peas and the lemon juice and cook for 2 or 3 minutes until the peas are warmed through.
11. Transfer the curry to the deep gastronome trays for serving.

**Note: USE TWO POTS TO ENSURE EVERYTHING WILL BE COOKED ON TIME.**



## **Khichadi (white rice with moong dahl)**

Khichadi is steamed in the oven on steam setting at 130 degree, use the large gastronome trays.

Per tray of Khichadi you will need:

Khichadi mix	1.5 kilo (750g white rice, 750g moong dahl)
Turmeric Powder	2 tsp (10 ml)
Black Pepper	2 tsp (10 ml)
Salt	1 TBS (15 ml)
Vegetable Oil	250 ml
Water	3.5 l

	<b>50</b>	<b>75</b>	<b>100</b>	<b>125</b>
<b>Khichadi</b>	2 trays	3 trays	4 trays	5 trays

### **Method**

1. In a large bowl measure / weigh out the total amount of moong dahl needed. Pick out any stones.
2. To this add the total amount of white rice and mix them together well.
3. Place 1.5 l of the mixture in each of the gastronome trays.
4. Wash the Khichadi mixture tray by tray in at least 3 changes of water.
5. Now sprinkle turmeric, black pepper, oil and salt on top of the wet Khichadi mixture, mix well.
6. Preheat the Combi oven on the steam setting, 130deg.  
(Note: *When opening the Combi oven be very careful and stand well back. Steam will exit the oven quickly at head height and can scald.*)
7. Load the trays into the oven.
8. Using the Combi oven's internal hose and a large measuring jug, fill each tray with the correct amount of water (3.5 l).
9. Close the door, set the timer. (130deg, 30 minutes)
  - Once cooked cover with lids and return the trays to the Combi oven to keep warm until service.

## **Salad bar**

### **Raita**

	<b>70</b>	<b>80</b>	<b>90</b>	<b>100</b>	<b>110</b>	<b>120</b>
<b>Vegan Yogurt</b>	2.3 l	2.6 l	2.9 l	3.2 l	3.5 l	3.8 l
<b>Cucumbers</b>	0.75	1	1.5	2	2.5	3

### **Method**

1. Peel and grate cucumber.
2. Place it in a clean tea towel and squeeze all the water out.
3. Add it to the yogurt and mix in well.
4. Add some chopped fresh mint leaves if available.

### **Bread, olive oil, vegan spread and softened butter.**

### **Dessert** - Fruit

# Day 5

## Main dish:

**Jacket Potatoes**

**Hummus**

**Baked Beans**

**Coleslaw**

## Salad Bar:

**Green Salad**

**Sliced Cucumbers**

**Corn**

**Sunflower Seeds**

**Grated Carrot**

**Dressing**

**Bread, olive oil, vegan spread and softened butter.**

## Dessert:

**Flapjacks**

### Preparation for Day 6 (on Day 5)

- Red Peppers (slice 6mm), Carrots (grated large eye) Onions (slice 3mm), Celery (slice 3mm).

## **Preparation times**

- 6.30 Prepare potatoes by putting them in GN trays.  
Start preparing the salads and dressing  
Grate the cheese.
- 8.00 Potatoes should be placed on trays.  
Heat the oven to 180 degrees.
- 9.00 Preheat the Combi oven.  
Start heating the baked beans.
- 9.15 Load the potatoes into the Combi oven.
- 10.50 Put out all the food for service

## **Baked Potatoes**

	<b>60</b>	<b>70</b>	<b>80</b>	<b>90</b>	<b>100</b>	<b>110</b>	<b>120</b>
<b>Potatoes</b>	17 kg	20 kg	24 kg	27 kg	30 kg	33 kg	36 kg

### **Method**

Note: As soon as group sitting is over, place potatoes in the oven. This must be the priority on returning from the group sitting.

1. Turn the oven on to 180 degrees Celsius.
2. Cut each potatoe in half.
3. Cover each potatoe in vegetable oil.
4. Sprinkle with sea salt.
5. Cook for 1hour, then check with a fork to see if they are soft.

(Once cooked turn off the oven, leave the door open to leave out steam.)

6. 30 minutes before service crisp the potatoes in the oven @210deg for 15 minutes.

## **Baked Beans**

*Note: When opening the tins, make sure the lids are taken off fully since they can be sharp.*

	<b>60</b>	<b>80</b>	<b>100</b>	<b>110</b>	<b>120</b>
<b>Baked Beans</b>	6.3kg	8.4kg	10.5kg	11.5kg	12.6kg

*Note: Generally the male students eat more baked beans than the female students, so allow a ratio of 60:40.*

## **Method**

1. Split the beans into a pot for males and a pot for females.
2. Heat the baked beans in a large pot.
3. Start at 10.00 am on a low heat, stir regularly so that the beans do not stick and burn.

## Hummus

	<b>60</b>	<b>80</b>	<b>90</b>	<b>100</b>	<b>110</b>	<b>120</b>
<b>Chickpeas</b> (dry weight)	2.4 l	3.2 l	3.6 l	4 l	4.4 l	4.8 l
<b>Tahini</b>	650 ml	950 ml	1.1 l	1.25 l	1.37 l	1.5 l
<b>Lemon</b> (Juice of)	4	6	7	8	9	10
<b>Oranges</b> (Juice of)	2	2.6	3	3.3	3.6	4
<b>Garlic Puree</b>	12 cloves	16 cloves	18 cloves	20 cloves	22 cloves	24 cloves
<b>Cumin Powder</b>	60g	80g	90g	100g	110g	120g
<b>Ground Coriander</b>	18g	24g	27g	30g	33g	36g
<b>Paprika</b>	30g	40g	45g	50g	55g	60g
<b>Olive oil</b>	630 ml	850 ml	950 ml	1060 ml	1160 ml	1270 ml
<b>Salt</b>	65g	90g	100g	110g	120g	130g
<b>Pepper</b>	1.8 TBS	2.4 TBS	2.7 TBS	3 TBS	3.3 TBS	3.6 TBS
<b>Chickpea Water</b>	1 l	1.4 l	1.6 l	1.75 l	1.9 l	2.05

### Notes:

- Ideally make the hummus the day before serving and store in the fridge overnight.
- Soak the chickpeas on the morning of Day 3; in the evening, drain and rinse them and leave them to sprout overnight.
- Rinse again @ 5:30am on Day 4, and leave them to sprout.
- Boil them before 1pm on Day 4, and prepare the hummus after kitchen meeting.
- Alternatively, make the hummus in the morning of Day 5 – start at 6.30am.

47 *tsb = levelled Teaspoon. 5 ml*

*TBS = levelled Tablespoon. 15 ml*

## **Method**

### *Cooking the chickpeas:*

1. Drain and wash the chickpeas well.
2. Boil chickpeas in plenty of fresh water in a large pan on the stove.

(Sprouted chickpeas take about 30 minutes to cook. If they are not sprouted, or only partially sprouted, leave them to boil vigorously for an hour and 15 minutes. Check to see if they are soft enough to eat – if not, bring them back to the boil for a further 30 minutes, then drain the water, saving enough for the recipe later.)

### *Making the hummus:*

1. Cook the garlic in a frying pan with a little oil for 10 mins. (Once cooked squeeze the garlic to remove the skin.)
2. Put the chickpea water, olive oil & the lemon juice in a large clean pan.
3. To this add about half of the cooked, drained chickpeas and blend them gradually in the robe coupe.
4. (When they are well blended, empty the blended chickpeas into a big bowl. Then add some more of the chickpeas for blending. Then empty these chickpeas into a bowl - repeat the process until all chickpeas are blended.)
5. Now add tahini, roast garlic, cumin powder, ground coriander, paprika, salt & pepper and mix.
6. Blend the hummus once more in the robe coupe to ensure an homogeneous paste is formed.

If the hummus is quite dry, add a little more water so that it is a loose paste.



## **Grated Cheese**

	<b>60</b>	<b>70</b>	<b>80</b>	<b>90</b>	<b>100</b>	<b>110</b>	<b>120</b>
<b>Cheese</b>	3 kg	3.5 kg	4 kg	4.5 kg	5 kg	5.5 kg	6 kg

## **Method**

1. Grate the cheese with the robe coupe.
2. Serve in two bowls with long handled spoons (not tongs) – one bowl each side.

## Coleslaw

	<b>60</b>	<b>70</b>	<b>80</b>	<b>90</b>	<b>100</b>	<b>110</b>	<b>120</b>
<b>Grated Cabbage</b>	2.4 kg	2.8 kg	3.2 kg	3.6 kg	4 kg	4.4 kg	4.8 kg
<b>Grated Carrot</b>	2.4 kg	2.8 kg	3.2 kg	3.6 kg	4kg	4.4 kg	4.8 kg
<b>Soy Mayo</b>	2.4 l	2.8 l	3.2 l	3.6 l	4 l	4.4 l	4.8 l

***Note: Soya Mayonnaise recipe is on the next page.***

## Method

1. Grate cabbage and carrots using the robe coupe.
2. Mix all the ingredients together.

# Soy Mayonnaise

This recipe has to be made twice for 90 people, trice for 140.

INGREDIENTS	
Soy milk	800ml
Sunflower Oil	1350ml
Mustard (if powder use half)	2tsp
Salt	2.5tsp
Herbs de Provence	2tsp
Black Pepper	1.5 tbsp
Vinegar	30ml

**Note: This recipe can only be made in single portions as the robot coup machine does not have the capacity to hold double or triple the recipes volume.**

## Preparation:

1. Measure the soy milk, mustard, salt, herbs de Provence, pepper and vinegar into either 2 (90 ppl) or 3 (140 ppl) portions. (one portion equals the full recipe above)
2. Measure the required oil into either 2 (90ppl) or 3 (140ppl) portions.
3. Put one portion in the robot coup machine and press start.
4. Slowly pour one portion of oil into the robot coup machine.
5. Repeat for each portion.

## **Salad bar**

**Bread, olive oil, vegan spread and softened butter.**

**Dessert** - Flapjacks

## **Flapjacks** (100 people)

### **Ingredients**

- 1.8 kg Coconut oil (or vegan spread if coconut oil not available)
- 2.4 kg rolled oats
- 1kg brown sugar
- 8g salt

### **Method**

1. Melt vegan spread in saucepan over very gentle heat.
2. Mix in sugar, oats and salt, stir well.
3. Put mixture into a GN tray lined with greaseproof paper and press lightly together.
4. Smooth top surface with the back of a metal spoon and bake at 160°C for 25mins minutes in the oven.
5. When very light golden brown remove from oven and allow to cool for a few minutes before cutting into square slices.

Note: Must be cut while warm.

# Day 6

## Main Course:

**Spiral Pasta**

**Tomato & Lentil Sauce**

**Grated Cheese**

**Brown Rice (for gluten free if necessary)**

## Salad Bar:

**Green Salad**

**Sliced Cucumbers**

**Corn**

**Sunflower Seeds**

**Grated Carrot**

**Dressing**

**Bread, olive oil, vegan spread and softened butter**

## Dessert:

**Biscuits**

### **Preparation for Day 7 (on Day 6)**

- Peel potatoes, cut evenly in pieces the size of an egg. Put in container and cover in water.
- Nut Loaf: slice onions (3mm), grate carrots (Large eye).
- Leek Gravy: slice leek (3mm), weigh other ingredients.
- Slice cabbage (6mm).

## **Preparation Times**

6.30: Start making the pasta sauce

Start preparing the salad and dressing

9.00: Grate the cheese *\*Please see below\**

9.10: Boil water for pasta

Prepare the rice (if there are gluten free special diets.)

10.15: Cook the pasta

Start reheating the sauce

10.40: Transfer the sauce to two pots

10.50: Put the food out for service

## **Grated Cheese**

	<b>60</b>	<b>70</b>	<b>80</b>	<b>90</b>	<b>100</b>	<b>110</b>	<b>120</b>
<b>Cheese</b>	3 kg	3.5 kg	4 kg	4.5 kg	5 kg	5.5 kg	6 kg

### **Note:**

- ***Grate the cheese in the robe coupe. Use it AFTER the salad is prepared.***
- ***Take cheese out of fridge just before grating as the cheese grates better when hard and cold.***

### **Method**

Grate the cheese about an hour before lunch break. Cover and keep refrigerated. (The above quantities are estimates only – adjust if needed.)

Servers can use leftover cheese but it should not be given to students the following day.



## Tomatoe & Lentil Sauce

	<b>60</b>	<b>80</b>	<b>90</b>	<b>100</b>	<b>120</b>
<b>Red split lentils</b>	1.8 kg	2.4 kg	2.7 kg	3 kg	3.6 kg
<b>Red Peppers</b>	1.5 kg	2 kg	2.25 kg	2.5 kg	3 kg
<b>Carrots</b>	1.5 kg	2 kg	2.25 kg	2.5 kg	3 kg
<b>Onions</b>	1.8 kg	2.4 kg	2.7 kg	3 kg	3.6 kg
<b>Celery</b>	2	3	3.5	4	4.8
<b>Tinned tomatoes,</b>	4.5 kg	6 kg	6.75 kg	7.5 kg	9 kg
<b>Tomato purée</b>	0.7 kg	0.9 kg	1.05 kg	1.2 kg	1.45 kg
<b>Mixed herbs</b>	12 tsp	16 tsp	18 tsp	20 tbs	24 tbs
<b>Lemon (juice of)</b>	2	3	3.5	4	4.5
<b>Water</b>	3 l	4 l	4.5 l	5 l	6 l
<b>Sugar</b>	6 TBS	8 TBS	9 TBS	10 TBS	12 TBS
<b>Salt</b>	1.2 TBS	1.6 TBS	1.8 TBS	2 TBS	2.4 TBS
<b>Vegetable oil</b>	Enough for frying.				

## **Method**

1. Wash and rinse the lentils two-three times in fresh water before cooking.
2. 6:30am: Put lentils in a pot and cover with water. Bring the water to the boil and simmer for 10 minutes.
3. When lentils are cooked, drain the water off.
4. In another pot cover the base with sunflower oil, and heat the oil till it's very hot.
5. Add the onions and fry for 15 minutes, stir regularly.
6. Add the carrots and fry for about 10 minutes.
7. Add the celery and peppers and cook for another 10 minutes.
8. Add water and the other ingredients.
9. Bring it to the boil, simmer for about 5 minutes.
10. Add the cooked lentils, mix in well; turn off the heat stirring occasionally so that the lentils do not stick or burn.
11. Before serving, stir the sauce a little and cover with lids.

## Whole Wheat Pasta

	<b>60</b>	<b>70</b>	<b>80</b>	<b>90</b>	<b>100</b>	<b>110</b>	<b>120</b>
<b>Pasta</b>	6 kg	7 kg	8 kg	9 kg	10 kg	11 kg	12 kg
<b>Water</b>		l	l	l	70 l	l	l
<b>Salt</b>	2.4 tsp	2.8 tsp	3.2 tsp	3.6 tsp	4 tsp	4.4 tsp	4.8 tsp
<b>Olive Oil</b>	360 ml	420 ml	480 ml	540 ml	600 ml	660 ml	720 ml

### Method

1. Cook pasta in 2 pots for convenience and safety when straining.
2. **9:10am:** (as soon as you come from group-sit): Put hot water in pots turn bring to boil.
3. **10:20am:** water is at a rolling boil – at highest heat.
4. Add pasta and keep on the highest heat, stir to ensure it does not stick.
5. Bring to boil again and boil for 15 minutes or until barely soft, al dente. (Remember that pasta will continue to cook when removed from the water especially when it is in large quantities. Avoid overcooking as it results in mushy pasta.)
6. Strain off water using a strainer. Be very careful when carrying large pots of boiling water, get help from others to make it easier. Then return drained pasta to pots.
7. Add half the olive oil quantity to each pot and stir in very gently – avoid breaking down and making a mush of the pasta.
8. Keep pots covered on the dining room tables, until service.

<b>Brown Rice</b>					
INGREDIENTS	70 people	80 people	100 people	120 people	140 people
Rice	4kg	4.5 kg	5.7 kg	6.9kg	8 kg
Salt	1 teaspoon for 1 kg of rice				
Water	<b>2.8 Litres of water for 1.5Kg Rice</b>				

**PREPARATION IN THE OVEN:**

- Put the rice into medium depth GN containers and rinse with water, do not exceed the quantity of 1.5 kg of rice for one GN container.
- With the help of a sieve, rinse the rice.
- Rinse by pouring water over the rice until fully immersed.
- Stir until the water becomes milky, pour out the water slowly and carefully from the corner of the GN tray.
- Repeat two to three times until clear.
- Add the water to the rice.
- Do not cover the rice.
- Put into the oven.

**Time: 40minutes (if it is not ready after this time, cook for another 5 mins and cover with a lid until service).**

**Mode: steam** 

**Temperature: 130°C**

- After it is prepared, turn off the oven, leave the door ajar and cover with lids.
- Keep the rice warm in the oven until service.
- Serve in GN containers.

## **Salad Bar**

## **Bread, olive oil, vegan spread and softened butter**

## **Dessert** - Fruit

# Day 7

## Main Course:

**Nut loaf**

**Steamed potatoes**

**Gravy**

**Cabbage**

## Salad Bar:

**Green Salad**

**Sliced Cucumbers**

**Corn**

**Sunflower Seeds**

**Grated Carrot**

**Dressing**

**Bread, olive oil, vegan spread and softened butter**

## Dessert:

**Biscuits**

### **Preparation for Day 8 (on Day 7)**

- Make flapjacks.
- Onions (3mm), Garlic (finely dice), Jalapeno (3mm), Cherry Tomatoes (cut in half) weigh the spices.
- Broccoli & Cauliflower (florets).
- Cut Sweet Potatoes in half and remove the top and bottom.

## **Preparation Times**

- 6.30 Prepare the potatoes.  
Start preparing the salads and dressing.  
Start preparing the vegetables for Day 8.
- 9.00 Make the gravy.
- 9.00 Preheat the Combi oven for baking the Nut Loaf.
- 9.40 Bake the Nut Loaf.
- 10.10 Steam the potatoes.
- 10.50 Put all the food out for service.

## **Nut Loaf**

**Note: This dish must be labelled "Contains Nuts" and "Contains Oats"**

	<b>60</b>	<b>80</b>	<b>90</b>	<b>100</b>	<b>110</b>	<b>120</b>
<b>Onions</b>	1.3 kg	1.8 kg	2.16 kg	2.4 kg	2.65 kg	2.9 kg
<b>Margarine</b>	360 g	510 g	675 g	750 g	825 g	900 g
<b>Carrots</b>	1.4 kg	2 kg	2.7 kg	3 kg	3.3 kg	3.6 kg
<b>Chopped Mixed Nuts</b>	2.9 kg	4.1 kg	5.4 kg	6 kg	6.6 kg	7.3 kg
<b>Oats</b>	2.9 kg	4.1 kg	5.4 kg	6 kg	6.6 kg	7.3 kg
<b>Bouillon Powder</b>	3 TBS	4 TBS	4.5 TBS	5 TBS	5.5 TBS	6 TBS
<b>Hot Water</b>	1.8 l	2.5 l	3.15 l	3.5 l	3.85 l	4.1 l
<b>Yeast Extract</b>	5.5 TBS	9 TBS	225g	11 TBS	12 TBS	13 TBS
<b>Mixed Herbs</b>	10 TBS	14 TBS	16 TBS	18 TBS	19 TBS	20 TBS
<b>Thyme</b>	2.5 TBS	3.5 TBS	4 TBS	4.5 TBS	5 TBS	5.5 TBS
<b>Vegetable oil</b>	0.6 l	0.8 l	0.9 l	1 l	1.1 l	1.2 l
<b>Salt/pepper</b>	Add salt till it tastes good.					



## **Method:**

1. Add vegetable oil to a large saucepan.
2. When the oil is at a high temperature, sauté the onions for 15 mins.
3. Then add the carrots, cook for 10 minutes.
4. Add the margarine and allow it to melt.
5. Measure out hot water from the Burko into a container/bowl. Add the yeast extract to the water, mix until the yeast extract is completely dissolved.
6. Add the Bouillon powder to the hot water, mix well.
7. Add the chopped nuts, oats, the dried herbs and the liquids to the onions and carrots, combine all the ingredients well.

(The consistency should be moist & firm – not too wet, but not at all dry. Add more water if necessary.)

8. Put the mixture into GN trays, flatten the mixture into the trays.
9. **Cut trays into 24 slices, divide the trays into slices, -4x6- before you bake it**, use a plastic spatula or plastic knife.

***All of the above can be done the day before, and the trays can be placed in the fridge overnight for roasting the following morning.***

## **Cooking:**

1. Preheat the oven, dry heat setting, set temperature to 160 °C.
2. Load the trays into the oven and set the timer for 30 minutes.

**Note:** When the Nut Loaf is ready, if you are using the oven for steaming vegetables. You will have to stack the trays one on top of the other, there ambient temperature will stay high until service. Otherwise, leave the trays in the oven until serving.

## **Leek Gravy**

	<b>60</b>	<b>80</b>	<b>90</b>	<b>100</b>	<b>110</b>	<b>120</b>
<b>Leeks</b>	1.2 kg	1.6 kg	1.8 kg	2 kg	2.2 kg	2.4 kg
<b>Onions</b>	1.2 kg	1.6 kg	1.8 kg	2 kg	2.2 kg	2.4 kg
<b>Water</b>	5.4 l	7.2 l	8.1 l	9 l	9.9 l	10.8 l
<b>Rice Flour</b>	300 ml	400 ml	450 ml	500 ml	550 ml	600 ml
<b>Tamari</b>	290 ml	400 ml	455 ml	510 ml	555 ml	610 ml
<b>Apple Juice Concentrate</b>	120 ml	160 ml	180 ml	200 ml	220 ml	240 ml
<b>Bouillon Powder</b>	180 ml	240 ml	270 ml	300 ml	330 ml	360 ml
<b>Ginger Powder</b>	1.2 TBS	1.6 TBS	1.8 TBS	2 TBS	2.2 TBS	2.4 TBS
<b>Pepper</b>	0.6 TBS	0.8 TBS	0.9 TBS	1 TBS	1.1 TBS	1.2 TBS
<b>Salt</b>	0.6 tsp	0.8 tsp	0.9 tsp	1 tsp	1.1 tsp	1.2 tsp
<b>Fresh Parsley</b>	45 g	60 g	67.5 g	75 g	82.5 g	90 g
<b>Olive Oil</b>	Enough for frying the leeks					

### **Preparation the day before:**

- Cut the root end off the leeks, and the very tip of the green ends (keep most of the green part as this is the most nutritious bit). Cut them lengthways, along the centre and then wash them thoroughly.
- Slice the leek and onion very finely, using the robe coupe.

## **Method:**

1. Put a large pot on the stove, fry the onions in some vegetable oil for 15 minutes, add the leek and cook for another 10 mins.
2. Add ginger powder and stir it in.
3. Measure out the water, (remove 20% for the rice flour later) add the water to the leeks and bring it to the boil.
4. Add tamari, apple juice concentrate, black pepper and salt.
5. Add bouillon powder little by little, stirring constantly with a whisk so that it doesn't go lumpy.
6. Put the rice flour in a large bowl, take a whisk and carefully add 30 ml of the cold water to the flour, and mix it in thoroughly. Add 30 ml more water, and again mix thoroughly, then some more. (Like this, little by little, add all of the cold water to the rice flour – make sure that there are no lumps.)
7. When the gravy starts to boil vigorously, turn the heat down low.
8. Now add the rice flour and water mixture to the pot (stirring all the time with a whisk) turn the heat back up and bring it back to the boil.
9. Once the gravy is boiling again it should start to thicken – now turn the heat down very low and allow the gravy to simmer for about 5 minutes, stirring all the time so that it doesn't stick to the bottom, and so that it doesn't go lumpy.
10. Taste gravy – you may need to add a little salt.
11. Add the chopped parsley just before service, stir in well.

***Serve the gravy in two pots, with ladles – one each for the male and female dining rooms.***

## **Steamed Potatoes**

	<b>60</b>	<b>80</b>	<b>90</b>	<b>100</b>	<b>110</b>	<b>120</b>
<b>Potatoes</b>	16.5 kg	21.4 kg	23.8 kg	26.2 kg	28.6 kg	31 kg
<b>Salt</b>	2.2 TBS	2.6 TBS	2.8 TBS	3 TBS	3.2 TBS	3.4 TBS

### **Method**

1. Put potatoes in perforated GN trays.
2. Steam in the combi oven on steam setting @ 130c for 30mins.

### **Note:**

- After 25 mins check to see if they are cooked, with a fork. (Do not allow them to overcook and go mushy.)
- Once potatoes are cooked you can keep them warm in the oven until service.

## **Cooked Cabbage**

	<b>60</b>	<b>80</b>	<b>90</b>	<b>100</b>	<b>110</b>	<b>120</b>
<b>Cabbage</b>	8.8 kg	10.4 kg	11.2 kg	12 kg	12.8 kg	13.6 kg
<b>Apple concentrate</b>	88 ml	104 ml	112 ml	120 ml	128 ml	136 ml
<b>Salt</b>	4.4 tsp	5.2 tsp	5.6 tsp	6 tsp	6.4 tsp	6.8 tsp

### **Preparation the day before:**

- Slice the cabbage into six pieces and remove the heart.
- Put through the robe coupe on the largest cutting setting.

### **Method:**

9.00 am:

1. Fill two large pots with the sliced cabbage.
2. Add 500ml of fresh water per pot.
3. Cover with lids to help retain the moisture.
4. Cook on the stove over a medium heat, stir regularly to make sure it doesn't stick and burn, turn down the heat if necessary.

*Note: The cabbage will take a minimum of 30 minutes to cook.*

5. When the cabbage is cooked, add apple juice concentrate and mix well.

## **Salad Bar**

### **Bread, olive oil, vegan spread and softened butter**

### **Dessert** - Biscuits

# Day 8

## Main Course:

Dhal

Brown Rice

Roasted Sweet Potatoes

Steamed Cauliflower & Broccoli

## Salad Bar:

Green Salad

Sliced Cucumbers

Corn

Sunflower Seeds

Grated Carrot

Dressing

Bread and softened Butter

## Dessert:

Flapjacks

### Preparation for day 9 (on Day 8)

- Soak Puy lentils @ 5:30am.
- Onions (3mm), Mushrooms (6mm), Carrots (half & 6mm), Garlic (finely diced), Weigh spices.
- Peel potatoes for pie top, (cut with robe coupe, thinnest slicing disc) store in water.
- Peel and chop carrots and turnips.

## Dahl

	<b>60</b>	<b>80</b>	<b>90</b>	<b>100</b>	<b>110</b>	<b>120</b>
<b>Red Lentils (dry)</b>	3.8 kg	4.8 kg	5.4 kg	6 Kg	6.6 kg	6.2 kg
<b>Black Mustard Seeds</b>	10 tsp	14 tsp	16 tsp	18 tsp	20 tsp	22 tsp
<b>Water</b>	2 l	6 l	10 l	12 L	14 l	16 l
<b>Cumin Seeds</b>	4 TBS	5 TBS	5.5 TBS	6 TBS	6.5 TBS	7 TBS
<b>Onions</b>	2.4 kg	3.2 kg	3.6 kg	4 kg	4.4 kg	4.8 kg
<b>Ginger (freshly grated or powdered)</b>	10 TBS	15 TBS	17 TBS	20 TBS	22 TBS	25 TBS
<b>Jalapeno Green Chillies</b>	4	6	7	8	9	10
<b>Garlic finely chopped</b>	13 tsp	19 tsp	22 tsp	25 tsp	27 tsp	30 tsp
<b>Coriander fresh (bunch)</b>	2	3	3.5	4	4.5	5
<b>Cherry Tomatoes</b>	36	48	54	60	66	72
<b>Salt</b>	4 tsp	5 tsp	5.5 tsp	6 tsp	6.5 tsp	7 tsp
<b>Sunflower Oil (for frying onions)</b>	420 ml	560 ml	630 ml	700 ml	770 ml	840 ml

### **Preparation before group sit:**

1. Wash red lentils in cold water, drain.
2. Soak lentils for 1 hour, drain.
3. Put lentils in a pot, cover with water.
4. Bring to a boil and simmer in water until very soft, stirring from time to time.  
(the lentils will take approximately 30 minutes to cook on a gentle heat until they are soft.)

### **Method**

1. Cook the onions for 15 minutes until browned and slightly caramelised.
2. Put the onion to the side of the pot and add a little more oil.
3. Heat the oil now add the mustard seeds, when they crackle add the cumin seeds and cook for 30 seconds more.
4. Then add the finely chopped green chilli.
5. Sauté for about 8 mins and then add garlic and the ginger and sauté for 10 mins more.
6. Now add the water, lentils, salt and cherry tomatoes, simmer for 5 minutes.
7. Just before service, add the chopped coriander. (Stir once and turn off the heat immediately, this will keep the coriander fresh and bright green.)



## **Roasted Sweet Potatoes**


	<b>60</b>	<b>80</b>	<b>90</b>	<b>100</b>	<b>110</b>	<b>120</b>
<b>Sweet Potatoes</b>	9 kg	12 kg	13.5 kg	15 kg	16.5 kg	18 kg

### **Method**

1. Cut the top and the bottom of all the sweet potatoes, now cut them in half.
2. Place the potatoes in the roasting trays and brush them with vegetable oil.
3. @ 9.00 am, preheat the oven to 180 degrees.
4. The potatoes take approximately 50 minutes to roast.
5. When they are ready, cover with lids and leave till service.

<b>Brown Rice</b>					
INGREDIENTS	70 people	80 people	100 people	120 people	140 people
Rice	4kg	4.5 kg	5.7 kg	6.9kg	8 kg
Salt	1 teaspoon for 1 kg of rice				
Water	<b>2.8 Litres of water for 1.5Kg Rice</b>				

### PREPARATION IN THE OVEN:

1. Put the rice into medium depth GN containers and rinse with water, do not exceed the quantity of 1.5 kg of rice for one GN container.
2. With the help of a sieve, rinse the rice.
3. Rinse by pouring water over the rice until fully imersed.
4. Stir until the water becomes milky, pour out the water slowly and carefully from the corner of the GN tray.
5. Repeat two to three times until clear.
6. Add required amount of water.
7. Do not cover the rice.
8. Put into the oven.
  - **Time: 40minutes (if it is not ready after this time, cook for another 5 mins and cover with a lid until service).**
  - **Mode: steam** 
  - **Temperature: 130°C**
9. After it is prepared, turn off the oven, leave the door ajar and cover with lids.
10. Keep the rice warm in the oven until service.
11. Serve in GN containers.

## **Steamed Broccoli and Cauliflower**

10 kg broccoli and 7 kg of cauliflower for 100 people.

### **Method**

1. Cut crown away from the large stem of the broccoli. Break crown up into bite sized florets. Rinse the broccoli florets thoroughly.
2. Peel or cut the thick hard outer skin off the stems. Cut the soft centre part of the stem into bite sized pieces.
3. Pre-heat combi oven for steaming @ 130c.
4. Place broccoli on perforated GN tray.
5. Steam for approx. 8 minutes or until tender but still bright green in colour.
6. Serve in GN trays.

### **Salad Bar**

### **Bread, olive oil, vegan spread and softened butter**

**Dessert** - Flapjacks - See Day 5 for recipe

# Day 9

## Main Course:

**Vegetable Cottage Pie**

**Steamed Turnip and Carrot**

## Salad Bar:

**Green Salad**

**Sliced Cucumbers**

**Corn**

**Sunflower Seeds**

**Grated Carrot**

**Dressing**

**Bread, olive oil, vegan spread and softened butter**

## Dessert:

**Fruit or Biscuits**

### **Preparation for day 10 (on Day 9)**

- Cauliflower (florets), Potatoes (small chunks), Turnips ( Cubes), Onions, (3mm) Carrots, (roughly sliced), Fresh Ginger (grated).
- Prep for soup @5pm, onions (3mm), potato's

## **Preparation Times**

- 6.30 Cook lentils.  
Start preparing the salad and dressing.
- 9.00 Make puy lentil filling.
- 9.15 Prepare Green Salad.
- 9.45 Steam potatoes for mash pie topping.
- 10.10 Bake puy lentil pie.
- 10.20 Steam carrots and turnips.
- 10.50 Put all the food out for service.

## **Vegetable Cottage Pie**

	<b>60</b>	<b>70</b>	<b>80</b>	<b>90</b>	<b>100</b>	<b>110</b>	<b>120</b>
<b>Puy Lentils</b>	2.7 kg	3.15 kg	3.6 kg	4.05 kg	4.5 kg	4.95 kg	5.4 kg
<b>Water</b>	1.5 l	1.75 l	2 l	2.25 l	2.5 l	2.75 l	3 l
<b>Onions</b>	1.2 kg	1.4 kg	1.6 kg	1.8 kg	2 kg	2.2 kg	2.4 kg
<b>Mushrooms</b>	1.2 kg	1.4 kg	1.6 kg	1.8 kg	2 kg	2.2 kg	2.4 kg
<b>Carrots</b>	1.2 kg	1.4 kg	1.6 kg	1.8 kg	2 kg	2.2 kg	2.4 kg
<b>Cloves of garlic</b>	4	5	6	7	8	9	10
<b>Bay leaves</b>	4	5	6	7	8	9	10
<b>Olive Oil</b>	for frying						
<b>Pepper</b>	3 tsp	3.5 tsp	4 tsp	4.5 tsp	5 tsp	5.5 tsp	6 tsp
<b>Mixed Herbs</b>	10 gr	12 gr	15 gr	17 gr	20 gr	22 gr	25 gr
<b>Veg stock powder</b>	30 gr	35 gr	40 gr	45 gr	50 gr	55 gr	60 gr
<b>Soya Sauce (Tamari)</b>	3 tsp	3.5 tsp	4 tsp	4.5 tsp	5 tsp	5.5 tsp	6 tsp

### **Method:**

#### ***Preparing the lentils***

1. Rinse the lentils and add fresh water, enough to cover the lentils.
2. Add veg stock powder, bay leaves and mixed herbs.
3. Bring to the boil, turn down the heat and simmer the lentils on a low heat for 1 hour.
4. Turn off the heat and leave them in the pot with a lid, when they are ready (soft) drain the liquid.

### **Preparing the Vegetables.**

1. Sauté onions in vegetable oil on a high heat for 15 minutes, stirring constantly.
2. Add mushrooms and cook for 10 mins.
3. Now add the carrots with 5g of mixed herbs and some pepper, continue to sauté for a further 5 mins, stir constantly.
4. Add the garlic, cook for 5 minutes.
5. Add soy sauce and black pepper, stir.
6. Turn down the heat to a low flame and allow the vegetables to sweat slowly on a low heat for a while, maybe 15 mins.
7. Add a little water if needed and watch to ensure that it does not dry out or burn.
8. Mix the lentils with the prepared vegetables, simmer on a low heat for a further 10 mins.
9. Check seasoning when everything has been combined and has cooked together for at least 10 mins.
10. Preheat the oven to 190° C and assemble the pie.

**Note:** *Make sure the mix is not too moist as the potato needs to sit on top.*

## **Pie Topping (Non Dairy)**

	<b>60</b>	<b>70</b>	<b>80</b>	<b>90</b>	<b>100</b>	<b>110</b>	<b>120</b>
<b>Potatoes</b>	12 kg	14 kg	16kg	18 kg	20 kg	22 kg	24 kg
<b>Soya Milk</b>	0.75 l	0.9 l	1.05 l	1.25 l	1.4 l	1.6 l	1.75 l
<b>Olive Oil</b>	150 ml	175 ml	200 ml	225 ml	250 ml	275 ml	300 ml
<b>Pepper</b>	1 tsb	1 tsb	1.5 tsb	1.5 tsb	2 tsb	2 tsb	2.5 tsb

### **Method:**

#### ***Preparing the Potatoes***

1. Turn the combi oven on steam mode @130c.
2. Drain the potato slices; use the perforated GN trays, held over a sink.
3. Put the GN trays with the potatoes into the oven for 10-15mins.
4. Check if they are soft.
5. Transfer to a large pot, add oil, salt and soya milk.
6. Using the large hand held masher, mash potatoes until smooth.
7. Add more milk and oil if needed to get a thick, creamy consistency.

#### **Assembling the Pie**

1. Spread the filling evenly into oiled GN trays, 5cm deep.
2. Spread mashed potato evenly over the filling, potato no deeper than 3cm.
3. Bake at 190° C for 30 min.



## **Turnips & carrots**

	<b>60</b>	<b>70</b>	<b>80</b>	<b>90</b>	<b>100</b>	<b>110</b>	<b>120</b>
<b>Turnips</b>	3.75 kg	4.4 kg	5 kg	5.6 kg	6.25 kg	6.8 kg	7.5 kg
<b>Carrots</b>	3 kg	3.5 kg	4 kg	4.5 kg	5 kg	5.5 kg	6 kg

### **Preparation the day before:**

1. Peel the vegetables.
2. Cut the veg using the largest slicing disc for the robe coupe.
3. Coat all the veg in a little oil to prevent discolouration, store in walk in.

### **Method**

4. Mix the turnips and carrots in perforated GN trays.
5. Steam in oven for 15 mins (or until cooked).
6. If ready before serving, keep warm in oven.

### **Salad**

### **Bread, olive oil, vegan spread and softened butter**

### **Dessert** - Biscuits

# Day 10

## Main course:

**Vegetable curry**

**White Basmati rice**

## Salad Bar:

**Green Salad**

**Sliced Cucumbers**

**Corn**

**Sunflower Seeds**

**Grated Carrot**

**Dressing**

**Bread, olive oil, vegan spread and softened butter**

## Dessert:

**Fruit or Biscuits**

## 5 pm tea:

**Leek and Potato Soup**

### **Preparation for day 11 (on Day 10)**

- Start inventory of all food products.
- Move any unnecessary equipment from the kitchen to the store rooms.

## **Preparation Times**

3.30 pm Start cooking the soup

Start preparing the take-down. Consult with kitchen manager for instructions.

## **Vegetable Curry**

	<b>60</b>	<b>80</b>	<b>90</b>	<b>100</b>	<b>110</b>	<b>120</b>
<b>Cauliflower heads</b>	9	12	13.5	15	16.5	18
<b>Potatoes</b>	4.2 kg	5.9 kg	6.7 kg	7.6 kg	8.4 kg	9.1 kg
<b>Turnips</b>	3 kg	4 kg	4.5 kg	5 kg	5.5 kg	6 kg
<b>Onions</b>	1.6 kg	2.1 kg	2.35 kg	2.6 kg	2.85 kg	3.1 kg
<b>Carrots</b>	2.4 kg	3.2 kg	3.6 kg	4 kg	4.4 kg	4.8 kg
<b>Cumin Seeds</b>	4 TBS	6 TBS	7 TBS	8 TBS	9 TBS	10 TBS
<b>Turmeric</b>	4 TBS	6 TBS	7 TBS	8 TBS	9 TBS	10 TBS
<b>Fresh Ginger</b>	90 g	120 g	135 g	150 g	165 g	180 g
<b>Ground Coriander</b>	4 TBS	6 TBS	7 TBS	8 TBS	9 TBS	10 TBS
<b>Creamed Coconut</b>	0.6 kg	0.8 kg	0.9 kg	1 kg	1.1 kg	1.2 kg
<b>Frozen Peas</b>	1.2kg	1.6 kg	1.8 kg	2 kg	2.2 kg	2.4 kg
<b>Lemons (Juice of)</b>	2	3	3.5	4	4.5	5
<b>Salt</b>	4 tsp	5 tsp	5.5 tsp	6 tsp	6.5 tsp	7 tsp
<b>Water</b>	2 l	3 l	3.5 l	4 l	4.5 l	5 l
<b>Vegetable Oil</b>	For frying					


## **Method**

1. Put two large pots on the stove on the highest heat.
2. Add oil and when the oil is hot, add the onions and sauté for about 15-20 minutes, until they are slightly browned.
3. Next move the onions to the side and then add cumin seeds and cook them for just 30 seconds.
4. Then add the rest of the spices, cook for 5 minutes, now turn down the heat.
5. Add potatoe, carrot and turnip to the spices/ onion mix, continue to cook over a low heat, stirring gently from time to time until tender.
6. Add the water and heat.
7. Once warm add the florets of cauliflower, stir carefully so that the vegetables do not disintegrate.
8. Slice or grate the cream coconut and add this and stir in well.
9. Add salt.
10. Just before service add the peas and the lemon juice and cook for 2 or 3 minutes until the peas are warmed through.
11. Transfer the curry to the deep gastronomie trays for serving.

## White Rice

INGREDIENTS	80 people	100 people	120 people	140 people
White rice	4.5 kg	5.7kg	6.85kg	8 kg
Water	9 l	11.4L	13.7L	16 l
Salt (tablespoons)	2.3	2.8	3.5	4

### PREPARATION IN THE OVEN 9:30

1. Put the rice into **medium depth** GN containers (do not exceed 1.5 kg of rice per GN container).
2. With the help of the biggest sieve rinse the rice several times (rinse by stirring the water and draining, continue until it becomes clear).
3. Do not cover and put in the oven.
  - **Time: 30minutes (if it is not ready after this time, cook for another 5 minutes).**
  - **Mode: steam** 
  - **Temperature: 130°C**
  - **Air: 100%**
4. After the rice is cooked, take out of the oven (to avoid overcooking).

## **Raita**

	<b>60</b>	<b>70</b>	<b>80</b>	<b>90</b>	<b>100</b>	<b>110</b>	<b>120</b>
<b>Vegan Yogurt</b>	1.8 l	2.1 l	2.4 l	2.7 l	3 l	3.3 l	3.6 l
<b>Cucumbers</b>	0.5	1	1.5	2	2.5	3	3.5

## **Method**

- Peel and grate the cucumber.
- Place it in a clean tea towel and squeeze all the water out.
- Add it to the vegan yogurt and stir well.
- Add some chopped fresh mint leaves if there is any available.

**Salad Bar**

**Bread, olive oil, vegan spread and softened butter**

**Dessert** - Fruit or Biscuits

## Leek and Potato Soup

	<b>60</b>	<b>90</b>	<b>100</b>	<b>120</b>
<b>Onions, sliced</b>	0.5 kg	0.8 kg	0.9 kg	1.1 kg
<b>Potatoes, cubes</b>	5.2 kg	7.9 kg	8.8 kg	10.6 kg
<b>Leeks, sliced</b>	5.2 kg	7.9 kg	8.8 kg	10.6 kg
<b>Water</b>	10.5	15.75	17.5 l	21 kg l
<b>Bay leaves</b>	8 l	11 l	12	14
<b>Boullion powder</b>	75 ml/g	120 ml/g	135 ml/g	165 ml/g
<b>Cumin seeds</b>	75 ml	120 ml	135 ml	165 ml
<b>Salt</b>	6 tsp	9 tsp	10 tsp	12 tsp
<b>Pepper</b>	2 tsp	3.5 tsp	4 tsp	5 tsp

### Method:

1. Slice the onions finely using the robe coupe.
2. Wash the potatoes thoroughly and chop into medium sized pieces (no need to peel the potatoes).
3. Wash the leeks thoroughly with plenty of cold water and (cut lengthwise before slicing into smaller pieces.)
4. Heat two pots on a high heat, cover the base of one or two pots with a thin layer of vegetable oil (about 500 ml).
5. Bring the oil up to a high cooking temperature and add the onions.
6. Sauté for about 15-20 minutes, until the onions are soft and brown.
7. Add the sliced leeks and cumin seeds, and again sauté for about 10 minutes.



8. Add the chopped potatoes and fry for 5 minutes.
9. Add the water and the bay leaves.
10. Bring the soup to the boil. Gently sprinkle the bouillon powder in, stirring as you do, so that it does not form lumps.
11. Add salt and pepper to taste.
12. Turn temperature down and simmer for about 45 minutes, until the potatoes are soft.