

SOUFFLÉ DE KIWICHA/AMARANTO

Amaranto, better known in the Andes as kiwicha, was another sacred grain of the Indians that almost disappeared after the arrival of the Spaniards. Fortunately, these grains are coming back, thanks to the efforts of the scientific community, and are spreading worldwide because of an impressive nutritional profile.

Yield: Serves 24

Butter, unsalted	12 TBSP
Dry Bread Crumbs	as needed
Flour, all-purpose	12 TBSP
Salt	1 TBSP
White Pepper	1¼ tsp.
Nutmeg, freshly grated	1 pinch
Milk, hot	6 cup
Eggs	24 each, large, separated
Gouda or other good melting cheese, shredded	1 ½ lbs.
Amaranth, cooked *	6 cups

Method

1. Preheat the oven to 400°F. Prepare 3 or 4 6- to 8- cup soufflé' molds (or 24 individual 1 cup size molds) by buttering them thoroughly, especially the sides, and sprinkling it evenly with the bread crumbs. Shake out any excess crumbs.
2. Heat the butter over medium heat in a small saucepan. Add the flour, salt, pepper, and nutmeg and cook, stirring with a wooden spoon, until foamy, about 2 minutes. Do not let brown. Remove from the heat and, with a wire whisk, beat in the milk, stirring until smooth. Return to the heat and bring to a boil. Cook, stirring with a wooden spoon, for 1 minute. Remove from the heat and beat in the egg yolks one at a time. Add the cheese and stir until melted. Mix in the amaranth.
3. In a large mixing bowl with an electric mixer, beat the egg whites with a pinch of salt until they hold firm peaks. Fold a third of the whites into the amaranth mixture to lighten it, then fold in the rest.
4. Transfer the mixture to the prepared molds. Place in the middle of the oven, reduce the oven temperature to 375°F, and bake until golden brown and puffed, 30 to 35 minutes. Turn off the oven and leave the soufflés' inside for another 5 minutes, if necessary.
5. Serve hot, dipping a serving spoon in the center and dishing the soufflé' out with the help of a serving fork.

NOTES: If using quinoa instead of amaranth, you will need 2 cups cooked quinoa. Leftovers reheat very well in a preheated 300°F oven. Of course, they won't puff.

This recipe has been multiplied to serve 24. Use 1/4 the amount of each ingredient for a single soufflé to serve 6.

Potato and Chard Gratin with Goat Cheese

Yield: 48 servings

Garlic, cloves	15 large
Olive Oil	4 TBSP
Swiss or Red Chard	10 lb., stemmed and washed
Salt and Pepper	to taste
Waxy Potatoes	15 lb., peeled and ¼ inch sliced
Eggs	20 large, beaten
Milk	7 qts.
Mild Goat Cheese	2 1/2 lbs., about 10 cups
Black Pepper	to taste
Nutmeg, freshly ground	to taste

Method:

1. Preheat oven to 400 degrees. Cut a garlic clove in half and rub the inside of (2) swallow hotel pans. Brush pans with olive oil.
2. In a large pot of salted boiling water, blanch the chard about 1 minute. Drain, rinse with cold water. Squeeze out any water and chop coarsely, should have about 1 gallon of chopped chard.
3. Toss together the chard and potatoes with a little salt and pepper. Set aside.
4. In a food processor or blender, while blade is running, drop in garlic and process. Add the eggs, milk, cheese, and salt. Process until smooth. Combine with potatoes and chard. Add pepper and a pinch of nutmeg.
5. Turn into the hotel pan. During the first 40 minutes, stir every 10 minutes or so to bring the potatoes up from the bottom and break up. Bake for a total of 1-1 ½ hours, until milk is absorbed and the gratin is brown and crusty.

EIGHT FLAVOR BEAN CURD

Serves 24

Hoisin Sauce	¾ cups
Soy Sauce, reduced-sodium	6 TBSP
Hot Bean Paste	6 TBSP
Sesame Oil, toasted	4 TBSP
Chinese Black Vinegar or Balsamic	4 TBSP
Peanut Oil	4 TBSP
Green Beans, cut in 1 inch pieces	3 cups
Water Chestnuts, quartered	1 ½ cups
Zucchini, diced	1 ½ cups
Carrots, diced	1 ½ cups
Straw Mushrooms	24 each
Bamboo Shoots,	1 ½ Cups
Pressed Tofu , ¼ inch cubes	3 lb.
Corn Starch	2 TBSP
Vegetable Stock	3 TBSP
Peanuts, roasted, chopped coarsely	1 ½ cups

Method:

1. Prepare the sauce by combining the Hoisin, soy sauce, hot bean paste, sesame oil, and vinegar in a bowl.
2. Heat the wok to high. Pour in the peanut oil; add the vegetables and stir- fry 2-3 minutes.
3. Add tofu and sauce and simmer 2 minutes.
4. Dissolve the cornstarch in the vegetable stock and add to vegetable tofu mixture; bring to a boil until sauce around vegetables begins to thicken.
5. Serve hot.

BARLEY AND SHIITAKE “RISOTTO”

While Arborio rice is the true staple for risotto, this barley dish is made creamy through the use of cream and butter, plus the slow-cooking technique that brings out barley’s natural starches. If you would like this recipe to be vegan, simply omit the cream and butter, and use ½ cup olive oil instead.

Yield: Serves 24

Ingredients	Amounts
Barley	12 cups
Salt plus extra to taste	3 Tbsp.
Shiitake mushrooms, dried, sliced	3 oz.
Butter	1½ cup
Shallot, minced	6 Tbsp.
Garlic, minced	6 Tbsp.
Basil	3 Tbsp.
Oregano	3 Tbsp.
Rice Beans, cooked	3 cup
Heavy cream	¾ cup
Parmesan cheese, grated, plus more for garnish	¾cup
Black Pepper	to taste

Method

1. Combine barley, 12 cups water and 2 tbsp. salt in 4 qt. saucepan, and bring to a boil. Reduce to a simmer, and cook 30 to 45 minutes, or until tender. Strain barley, reserving liquid in mixing bowl.
2. Pour 2 cups boiling water over dried mushrooms in small mixing bowl; cover tightly. Allow mushrooms to rehydrate for 20 minutes. Remove mushrooms, set aside and reserve remaining liquid.
3. Heat 2 qt. saucepan over medium-low heat, and add butter to melt. Add shallot and garlic, and cook until soft and translucent, about 5 minutes.
4. Add barley and enough barley cooking liquid to cover grains by half. Add mushrooms, ½ cup mushroom rehydrating liquid, cooked rice beans, basil and oregano, and cook over medium-low heat 2 minutes.
5. Remove pan from heat, and add heavy cream, Parmesan and salt and pepper to taste. Serve garnished with Parmesan

ROASTED VEGETABLE CASSOULET

Serves 24

Shiitake Mushrooms, sliced 1/3 inch thick	24 each
Carrots, peeled and cut into ¾ inch pieces	8 each
Red Bell Pepper, seeded, quartered and cut into 3/4inch pieces	4 each
Fennel, sliced crosswise into ¾ inch pieces	4 each
Onion, peeled and quartered	4 each
Rutabaga, peeled, ¼ inch dice	1 large
Fresh Thyme Leaves	20 sprigs
Enova Oil	1 cup
Shallots, peeled	20 each
Garlic, peeled	20 cloves
Vegetable Broth	1 quart
Small White Beans, drained and rinsed	8 cans (15 ounces each)
Dry Bread Crumbs	2 cups
Parsley, chopped	1 cup
Parmesan Cheese, grated	1 cup

Method:

Preheat Oven to 400°F.

1. Combine all vegetables with the thyme sprigs and coat with oil. Season with salt and pepper and spread out on a sheet pan. Roast for 15 minutes.
2. Reduce oven temperature to 350F.
3. Combine roasted vegetables with beans and adjust seasoning.
4. Mix bread crumbs, parsley and Parmesan cheese together and sprinkle over casserole and bake for 30 minutes. Run under salamander until top is crispy.

BUTTERNUT SQUASH GRATIN-SOUFFLE

Serves 24

Butternut Squash, peeled, ½ inch dice	5 quarts
Fresh Bread Crumbs	4 cups
Butter	½ pound
Milk	6 cups
Shallots, diced	12 each
Gruyere Cheese, grated	3 cups
Eggs, separated	12 ea
Nutmeg	1 tsp
Salt	1 TBSP
Pepper	1 ½ tsp

Method:

Preheat oven to 375°F.

1. Cook butternut squash in boiling salted water until tender, drain and mash coarsely.
2. Brown the breadcrumbs in 6 ounces butter in a sauté pan, then stir in the milk and heat until hot but not boiling.
3. Sauté shallots in remaining butter.
4. Combine squash, milk and bread crumb mixture and shallots and stir in the cheese and egg yolks.
5. Season with salt, pepper, and nutmeg.
6. Beat the egg whites until stiff and fold them into the mixture.
7. Pour into hotel pan that has been sprayed with non-stick spray and bake until puffed and brown (25 minutes). Serve immediately.

TWO-BEAN TAMALE PIE

Yield: 50 servings

- 8 medium green pepper, chopped (6 cups)
- 8 small onion, chopped (2 ½)
- 12 cloves garlic, minced
- ½ cup Canola oil
- 8 ea (15 oz) cans pinto beans, drained and rinsed, slightly mashed
- 8 ea (15oz) can kidney beans, drained and rinsed, slightly mashed

- 5 cups tomato or vegetable juice
- 2 cup cilantro, snipped
- 2 tBS chili powder
- 2 tBS ground cumin
- 4 cups yellow cornmeal

- 4 cup whole wheat flour
- 3 TBS baking soda
- 18 eggs
- 4 cups buttermilk
- 1 lb. chopped green chili
- 2 cups oil
- 4 cups (16 oz) Cheddar cheese, shredded

1. Grease 2 swallow hotel pans; set aside. In a medium skillet cook green pepper, onion, and garlic in ½ Cup hot oil till tender not brown. Stir in the kidney beans, pinto beans, tomato juice, cilantro or parsley, chili powder, and cumin. Heat through. Spoon the bean mixture into baking dish.

2. In a medium bowl, stir together cornmeal, flour, baking soda, and salt. Combine egg, buttermilk, green chili peppers, and 2 cups oil. Add to cornmeal mixture, stirring just till combined. Fold in cheese. Spread cornmeal mixture evenly over the top of the bean mixture. Bake, uncovered, in a 400°F oven about 20 minutes or until golden brown.

ITALIAN FRITTATA TIMBALE

Serves 24

Extra Virgin Olive Oil	¼ cup
Onion, chopped	1 large
1 lb Zucchini, grated	2 lbs.
24 ea, Grape Tomatoes, quartered	24 each
½ cup Basil, chopped	½ cup
Salt and Pepper	to taste
Eggs	12 each, large
Parmigiano Cheese, grated	½ cup

Method:

1. Saute onions in olive oil until golden.
2. Add zucchini and continue to cook.
3. Add tomatoes and chopped basil.
4. Season with salt and pepper to taste.
5. Portion vegetable mixture equally among 24 four oz. tins.
6. Mix eggs and Parmigiano cheese together and pour over vegetables.
7. Bake in a water bath at 350F until firm.
8. Serve with Tomato Sauce.

Tomato Sauce:

Garlic, sliced	3 cloves
Extra Virgin Olive Oil	2 TBSP
Onions, minced	½ cup
Tomatoes with juice, chopped	1 can, 28 oz.
Salt	1 tsp.
Sugar	½ tsp.

Method:

1. Saute the garlic in the olive oil.
2. Add the onions and cook till translucent.
3. Add the tomatoes and juice and season with salt and sugar.
4. Put the sauce through a food mill and adjust seasoning.

RED LENTIL BURGERS (ADAPTED FROM ANNE COOPER'S "LUNCH LESSONS")

24 servings

Red Lentils	3 lbs
Vegetable Stock	3 qts plus 3 cups
Onion, minced	3 cups
Carrot, minced	1 ½ cups
Garlic, minced	2 TBS
Crimini Mushrooms, chopped	6 cups
Fresh Oregano, chopped	3 TBS
Salt	1 ½ tsp or to taste
Pepper	½ tsp or to taste
Panko Bread Crumbs	2 ¼ cups
Lemon Juice	4 TBS
Tofu, pureed in blender	2 lbs
Olive Oil, extra virgin	¾ cup, divided

Method:

- 1 Boil lentils in stock until very tender (almost overcooked); cool lentils.
- 2 Sauté onions, carrots and garlic in 1 TBS of the olive oil.
- 3 Add the mushrooms, oregano, and season to taste. Cook until mushrooms are tender and liquid has evaporated.
- 4 Add the breadcrumbs, cooked lentils, lemon juice, pureed tofu, 6 TBS olive oil and mix.
- 5 Transfer to a large bowl. Chill for 30 minutes and form 24 patties.
- 6 Pan fry in remaining oil till crisp and golden. Finish in 350° F oven if necessary.

PUMPKIN RAVIOLI WITH SAGE AND PECAN PESTO

Serves 24

Pasta Dough 4X the recipe

Filling:

Olive Oil	2 TBSP
Onions, minced	2 lb.
Garlic	6 cloves
Pumpkin Puree	5 cups
Parsley, chopped	½ Cup
Nutmeg	to taste
Sugar	pinch
Salt and Pepper	to taste
Parmesan, grated	2 cup
Ricotta, drained	1 lb,
Eggs	10 each

Pesto:

Olive Oil	2 cup
Pecans, toasted	1 cup
Parmesan, grated	½ cup
Sage, chopped	6 TBSP
Parsley, chopped	6 TBSP

Pasta Recipe: 1 lb

Flour	12 oz.
Semolina	4 oz.
Olive Oil	1 tsp.
Eggs	5 ea.
Salt	pinch

Pumpkin Ravioli with Sage and Pecan Pesto (continued)

Method:

1. Sauté the onions and garlic in oil, add pumpkin, parsley and seasonings.
2. Fold in the eggs, ricotta, sugar, salt and pepper and parmesan. (If too loose, add some bread crumbs.)
3. Adjust seasoning; cool the mixture.
4. Make the pasta according to chef's direction.
5. Fill the ravioli and cook in salted boiling water.
6. Make the pesto by pureeing the sage leaves, parsley, pecans and olive oil.
7. Pour pesto over cooked ravioli.

ASIAN HOT AND SPICY EGGPLANT

Serves 24

Eggplant	6 pounds
Canola Oil	3 ounces
Ginger, minced	4 TBSP
Garlic, minced	4 TBSP
Scallions, sliced	1 cup
Green Peppers, finely diced	6 ounces
Red Peppers, finely diced	6 ounces
Hot Bean Paste	¼ cup
Rice Wine Vinegar	½ cup
Sugar	¼ cup
Salt	1 TBSP
Pepper	1 TBSP
Soy Sauce, reduced sodium	1 cup
Vegetable Stock	2 cups
Oyster Sauce	½ cup (Strict vegetarians substitute miso.)
Cornstarch	1 TBSP
Water	½ cup
Sesame Oil	2 TBSP

Method:

1. Peel and cut eggplant into 2 inch-long strips. Steam until half cooked. Reserve.
2. Stir fry ginger, garlic and scallions in the canola oil.
3. Add peppers and stir fry until tender.
4. Add bean paste, vinegar, sugar, salt, pepper, soy sauce, stock and oyster sauce and bring to a simmer.
5. Combine corn starch and water and mix well; add, return to a simmer.
6. Add eggplant and simmer long enough to finish cooking eggplant and blend flavors.
- 7.** Add sesame oil.

EGGPLANT SMOTHERED WITH CHARMOULA

Serves 24

Eggplant, peeled and cut into ½ inch slices	4 each
Kosher Salt	as needed
Tomatoes, Plum, quartered, seeded	5 each
Enova or Canola Oil	1 1/3 cupS, divided

Charmoula:

Lemon Juice	1 cup
Garlic, peeled and minced	12 cloves
Ground Cumin	5 TBSP
Cilantro, chopped	2 cups, approximately 4 bunches
Parsley, chopped	2 cups, approximately 4 bunches
Olive Oil	¼ cup
Chicken Stock	2 cups
Salt	to taste
Cayenne Pepper	to taste
Hot Paprika	2 TBSP

Vegetable Base:

Onion, sliced thinly with the grain	2 pound
Celery, julienne	½ pound
Red and green peppers, julienne	2 pound total

Garnish

Preserved lemon, julienne	12 each
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Method:

Preheat oven to 350F.

1. Slice eggplant and sprinkle with salt on both sides. Place in a colander, cover with plastic and weigh down for 30 minutes until the eggplant exudes the bitter liquid.
2. Put seeded tomatoes on sheet pan and brush with oil, season with salt and roast.
3. Mix together the Charmoula ingredients and season to taste; reserve mixture.
4. Pat eggplant slices dry with paper towels and lightly brush with 1/3 cup of Canola or Enova oil. Place the slices in a single layer on a sheet pan and bake until tender and golden, (15 minutes). This will prevent eggplant from absorbing too much oil during frying. Remove from oven and allow eggplant to cool.
5. Sauté onion, peppers and celery in a small amount of olive oil and place in the bottom of a hotel pan.
6. Heat remaining Enova oil in a skillet over high heat. Add eggplant slices one at a time and fry until crisp and brown on each side, (1 minute). Drain.
7. Place eggplant on top of vegetables and top with roasted tomato. Drizzle Charmoula over all and serve.

QUINOA TORTE

Some of the best quinoa comes from Bolivia, and Bolivians excel in the preparation of many dishes using this nourishing grain. This torte is wonderful served with steamed spinach and mushrooms.

Yield: serves 24

Water	1 gallon plus 2 cups
Quinoa, rinsed	4 ½ cups
Canola oil	6 TBSP
Onion	3 cups, finely chopped
Tomatoes, peeled and finely chopped	30 ounces
Parsley leaves, fresh, minced	6 TBSP
Oregano, dried	3 tsp.
Sugar	1 ½ tsp.
Salt	1 TBSP
Allspice, ground	1 ½ tsp.
Black Pepper, freshly ground	1 ½ tsp.
Hot Pepper Sauce	to taste, about 1 Tbsp
Vegetable Stock	3 cups
Flour, all-purpose	1 ½ cups
Eggs	9 each, lightly beaten
Milk	2 ¼ cups
White Cheddar, Chihuahua, Mozzarella, or Muenster cheese, shredded	1 ½ lbs.
Eggs	12 each, hard-cooked, peeled and sliced
Parmesan Cheese, freshly grated	1 ½ cups

Method:

1. Preheat the oven to 375° F. Butter and flour a shallow baking pan.
2. Bring the water to a boil in a large pot. Add the quinoa, reduce the heat to medium-low, and cook until tender, about 12 minutes. Drain and set aside.
3. Heat the oil in a heavy skillet over low heat. Add the onion and tomatoes and cook, stirring occasionally, until the tomatoes have formed a sauce, about 10 minutes. Add a little water if it gets too dry. Add the parsley, oregano, sugar, salt, allspice, black pepper, hot pepper puree, and stock and simmer for 10 minutes.
4. Toss the quinoa with the flour. Add half of the tomato mixture, the beaten eggs, milk, and half of the shredded cheese and mix well. Spread half of the quinoa mixture in the prepared dish. Top with the sliced egg, the remaining tomato mixture, and the remaining cheese. Sprinkle the Parmesan evenly over the top and bake until the top is browned and crispy, about 40 minutes.
5. Remove from the oven and let rest for 5 minutes, then slice and serve.

TO SERVE: Serve with a green salad.

NOTE: This torte reheats very well. Cover loosely with aluminum foil and place in a preheated 350°F oven until heated through, about 20 minutes.

RATATOUILLE

Serves 24

Eggplants	9 each, medium size
Salt	9 TBSP
Red Peppers	2 lbs.
Green Peppers	2 lbs.
Onions	6 each, large, 1 inch dice
Garlic	6 cloves, peeled, chopped
Extra virgin olive oil	2 ¼ cups, divided
Zucchini	4 lbs.
Tomatoes	4 lbs., peeled, seeded, diced
Sugar	1 ½ tsp
Coriander Seeds	3 TBSP, toasted and coarsely ground
Capers	3 TBSP., chopped
Nicoise Olives	3 cups, pitted
Fresh Basil	3 cups, chopped
Salt & pepper	To taste

Method:

1. Peel and dice the eggplant into 1 inch cubes.
2. Place the cubes in a bowl and add the salt and water to cover, weighing down with a plate and a can to hold down the cubes under the brine. Set aside for one hour.
3. Roast and peel the peppers and dice 1 inch and hold in a bowl.
4. Sauté the onions and garlic in about ¼ of the olive oil...do not brown. Add to the peppers.
5. Drain the eggplant and pat dry with paper towels. Add more olive oil and sauté. Add to onions and peppers.
6. Cut the zucchini into 1 inch cylinders and then ¼ them. Add more olive oil and fry until browned.
7. Add the tomatoes, sugar, coriander and simmer.
8. Stir in capers.
9. Season with salt and pepper, chopped basil and olives