

## VEGETABLE STOCK

Yield: 1 gallon

Onions, quartered	4 medium
Carrots, peeled and sliced	4
Celery, sliced	4 ribs
Garlic, crushed	4 cloves
Olive Oil	4TBSP
Shiitake Mushrooms	12, if using dried, rehydrate in warm water
Dry White Wine	2 cups
Leeks, sliced	2
Fennel bulbs with tops, sliced	2
Fresh Thyme, chopped	2 TBSP
Fresh Parsley, chopped	2 TBSP
Cinnamon sticks, 3 inch	2 each
Bay Leaves	2
Water	1 gallon

### Method:

1. Preheat the oven to 425F. Toss all the vegetables in the olive oil and roast until browned.
2. Transfer vegetables to pot; add water and wine and simmer at least 1 hour.
3. Strain through fine sieve to remove all solids.

Note: This is an unsalted vegetable stock for many uses. Adjust seasoning with salt and pepper as appropriate.

## NORTH AFRICAN VEGETABLE STEW WITH COUS COUS

Serves 24

Olive Oil	1 cup
Garlic, chopped	12 cloves
Spanish Onion, diced	1½ pound
Saffron	1 tsp
Fresh Ginger, grated	3 TBSP
Whole Cloves	½ tsp
Cumin Seeds, roasted	9 TBSP
Whole Coriander	1 TBSP
Nutmeg	1 ½ tsp
Turmeric	3 TBSP
Bay Leaves	6 each
Vegetable Stock	1 gallon
Golden Raisins	6 ounces
Sweet Potato, peeled, cut into 8 pieces	6 each
Red Bliss Potatoes	24 each, small
Carrots, peeled, cut into 16 pieces	1 ½ pounds
Yellow Turnip, peeled, cut into 8 pieces	1 pound
Green Pepper, cut into 16 pieces	1 ½ pound
Zucchini, cut into 16 pieces	1 ½ pound
Chick Peas, canned, drained	6 cups
Tomatoes, peeled, wedges	3 pounds
Corn Starch	3-5 TBSP mixed with 1 cup cold stock
Cous Cous, (instant)	2 pounds
Sliced Almonds	12 ounces
Virgin Olive Oil	3 ounces
Harissa, canned	2 ounces

## Cous Cous (Continued)

Method:

1. Heat the olive oil in the bottom of the stock pot and sweat the onions and garlic.
2. Toast the spices in a sauté pan over medium heat and grind (except bay leaves and saffron).
3. Add spices to the onion and garlic mixture.
4. Reserve one pint of stock for later use. Add remaining stock and simmer for one hour.
5. Add the vegetables in order of required cooking time.
6. Adjust seasoning and thicken with corn starch mixed into 1 cup of the reserved stock.
7. While vegetables are cooking, plump the raisins by heating in remainder of reserved stock and allowing to cool in the liquid. Reserve to mix in with cous cous later.
8. Prepare the cous cous according to directions on the box.
9. Roast the sliced almonds on a ½ size sheet pan in a 350 degree oven until toasted.
10. Combine cous cous, raisins and almonds, season with olive oil and place in the middle of a round platter.
11. Arrange the cooked vegetables and sauce around the cous cous and serve.

## MISO SHIRO SOUP

Yield: 40 servings

Eggs, beaten	6 each
Oil	6 TBSP
Shredded Napa Cabbage	24 oz.
Wood ear Mushrooms, re-hydrated and julienne	1½ cups
Scallions, chopped	3 bunches
Hot Water	9 qts.
Katsuo Dashi (fish powder)	3 oz.
Miso Bean Paste	12 oz.
Black Pepper	1 TBSP
Spinach or Watercress, chiffonade	3 oz.
Dried Seaweed, julienne	6 sheets
Bean Curd (Tofu), small dice	1½ cups

### Method:

1. Make a thin omelet with the eggs, roll into a pinwheel, and cut into strips. Set aside.
2. In a pot, heat the oil and saute the cabbage, wood ear mushrooms. and scallion and saute until cabbage is soft.
3. Add the miso paste, water and katsuo dashi.
4. Add the seaweed, black pepper, spinach, and tofu. Adjust seasoning and serve.

Note: Omit fish powder for vegetarians.

## SMOKY BLACK EYED PEA SOUP WITH SWEET POTATO AND MUSTARD GREENS

Yield: 25 servings

Olive Oil	2 TBSP
Onion	2 each, peeled, ¼ inch dice
Celery	4 ribs, peeled, ¼ inch dice
Carrots	2 each, peeled. ¼ inch dice
Thyme, dried	1 TBSP
Oregano, dried	1 TBSP
Cumin	1 TBSP
Chipotle Peppers	2 each, halved
Bay Leaves	2 each
Vegetable Stock	1 gallon
Black Eyed Peas	6 cups, canned, drained and rinsed
Sweet Potatoes	2 each, peeled, diced
Mustard Greens	2 lb, blanched and chopped
Canned Tomatoes	2 each, 22 oz. cans, diced with juice
Salt	to taste
Pepper	to taste
Cilantro	1 cup, chopped, for garnish

Method:

1. Heat oil in a large heavy pot.
2. Add onions, carrots and celery and cook for 5 minutes or until onions are translucent.
3. Add stock, spices and chili peppers and bring to a boil.
4. Add the peas and sweet potatoes; simmer for 20 minutes.
5. Stir in chopped mustard greens and tomatoes; continue to simmer until all vegetables are tender.
6. Adjust seasonings and garnish with cilantro.

## VEGETARIAN POSOLE

Yield: 25 portions

### Ingredients:

Peanut Oil	1/2 cup
Onions	1 qt, small dice
Garlic	10 each, chopped
Mushrooms	1 qt, washed, quartered
Carrots	5 each, peeled, 1/2 inch dice
Soy Beans	1 qt, drained and rinsed
Squash	1 qt, butternut, peeled, 1/2 inch dice
Tomatoes	1 qt, canned with juice
Hominy	1 qt, canned, drained
Vegetable Stock	1 qt.
Cumin	3 TBSP
Red Pepper Flakes	2 TBSP
Cilantro	2 cups, chopped
Salt	To taste

### Method:

- 1 Brown the onions and garlic in the oil. Once brown, add the mushrooms and butternut squash.
- 2 Add the soybeans, tomatoes, hominy and carrots and cook until the vegetables are tender.
- 3 Add seasonings and simmer 10 minutes. Season with salt to taste.