

CF 2012 Saturday Dinner Cooked by Isabell Winter

Recipes from Sent sovi

- Beef stew
- Carrot (parsnip) puree pg 141
- tender chickpeas pg 146
- Mushroom sauce pg 77
- Spinach pg 179
- green cabbage in broth pg213
- Honey, orange and ginger carrots

Sweets

- Strawberries, blackberries (total 80gm per person; if 120 people =9.6kg)
- 2L cream (to be whipped)
- 250gm icing sugar
- 3kg cheese (brie wheels or similar) (20-30gm per person)

Beef stew

- Chopped beef (150gm per person) (120 people = 18kg, 150 people = 22.5kg) or rump steak if cheaper than chopped beef.
- beef stock (gluten and dairy free please check labels) enough to make 15L if powder, 12L if liquid
- 500ml cooking oil (not soy)

Put chopped beef (remove fat first if using rump steak) into brat pan (giant pot), brown with some oil then add 5L beef stock and keep adding till meat covered. Then bring to boil, then lower to a simmer, stirring occasionally to ensure it does not stick. The longer you can leave to cook the better, don't be afraid to turn down the pan to a slow simmer once cooked. Add more beef stock if needed to keep liquidish. If left to cook long enough will start to thicken slightly as the beef disintegrates.

Tender Chickpeas

- Tinned chickpeas (50gm tinned weight person plus 1kg total: 150 people = 8.5kg tinned chickpeas)
- ground almonds (500gm)
- oil 100ml cooking oil (not soy)
- salt 50gm table salt
- onions 1kg red
- parsley fresh 2 good size bunches
- basil fresh 2 good size bunches
- marjoram fresh (if cannot get don't worry)
- thyme fresh 2 good size bunches
- dried ground ginger 50gm
- 100ml verjuice or lemon juice (4 lemons)
- muslin cloth 1m x 1m approx

(Sent sovi pg 146 & 147) If you want to prepare tender chickpeas, wash them well. Take almond milk, and cook them with the milk and oil and salt; and put in one or two onions scalded with boiling water. When they should be cooked, put in parsley, basil, marjoram and other good herbs, and a little ground ginger and a little sour grape juice. This is the way to cook them when they are

tender but not among the first.

Prepare scalded onions by skinning, and roughly slicing, blanch in boiling water, remove and drain. Put to one side.

Prepare almond milk: make almond milk by putting ground almonds into muslin cloth and seeping into near boiling water, after a while squeeze bag of ground almonds to extract more milk and repeat.

Prepare herbs: finely chop herbs, cover and put to one side

Take tinned chickpeas, drain, and rinse. Put into pot with almond milk add some salt and oil to cook. Separate off some chickpeas at this point into a small pot for those who cannot eat onions, then add scalded onions to the large pot of chickpeas. Once cooked, drain off and retain the almond milk then add chopped herbs, ground ginger and verjuice (or lemon juice). Stir to combine, taste and then add back some of the almond milk if wanted.

Carrot Puree (actually parsnips)

Parsnips (40gm per person plus 1kg: if 150 people then 7kg)

10L vegetable stock (gluten and dairy free please)

500gm ground almonds

1kg tasty cheese grated

(Sent sovi pg 140, 141) If you want to make carrot puree, take white carrots and set them to cook. When they are cooked, take them out and put them in cold water and peel them. When they are peeled, press them between two plates, as one does for cheese. If you find the heart, take them out. Then, once they are pressed, take a good mortar and grind them up. Put them to cook in mutton and salt pork broth, or whatever kind of broth you want, and cook them like squash. When they should be cooked, take almond milk, made with the best broth that you have, and put that in also. Put in cheese, in whole slices or grated. If you want to you can put in goats milk..

Top and tail parsnips and peel. Put in pot and cover with water, bring to the boil and simmer for approx 30mins till soft. Take out pour cold water over till they can be handled safely, chop in half length wise. Squeeze between two chopping boards and if the heart can be removed do so and discard. Chop roughly and then try and mash using masher.

Put in vegetable stock and return parsnips to the stock. When cooked/heated thru thoroughly, add almond milk. When ready to serve drain (separate a portion for dairy free people) and add grated cheese to the majority, stir.

Spinach

baby Spinach leaves (20gm per person if baby spinach and no stalks plus 300gm, if 150 people:

3.3kg – double this if adult spinach and on stalks)

100ml oil (not soy)

50gm table salt (fine granules)

(Sent sovi pg 178, 179) If you want to make spinach without water, take the spinach (leaves) and clean them well, and then wash them and make two or three pieces of them. Take a pot and put in a large spoon of oil, or according to the number of those you will serve it to. Then squeeze them well and put them in the pot, and put in a little salt, but in a way so it is not too much, until they have melted and cut them up.

Remove the stalks from the spinach and wash well and squeeze dry. Roughly chop. In a couple of large pots put some oil and put in the spinach with a sprinkling of salt, till it wilts.

Green cabbage with mutton or chicken broth

2 good size Cabbages
4L chicken broth (chicken stock – gluten and dairy free)
1L vegetable stock (gluten and dairy free)
500gm good quality smoked bacon

(Sent sovi pg 212, 213) when the broth is cooked, when one should go to the table, take eyes of the green cabbages, and put them in that broth that is well cooked, and flavour it with salt pork. When it will have cooked a bit, put it in bowls with plenty of broth. They are served after chicken sauce.

Thinly slice cabbages (have a small pot cooked in vegetable stock for vegetarians) and put in boiling broth, cook till tender, add chopped cooked smoked bacon.

Mushroom sauce

7kg Portabello Mushrooms
1kg red onions
2 good size bunches parsley
200ml wine vinegar or verjuice
20gm ground clove powder
20gm ground black pepper
20gm ground ginger
400ml extra virgin olive oil

(Sent sovi pg 76, 77) If you want to make sauce of mushrooms that are oiled, pressed and fried with oil, make the sauce like this: take onion, parsley, vinegar, and spices, and mix it with vinegar and a little water. Make pieces of the mushrooms, to fry, or serve with a fried mixture, and then put them in their sauce, or serve them grilled with salt and oil.

Finely chop red onions and parsley, mix up vinegar and spices with a little water, put to one side. Chop up mushrooms (put a small bowl of mushrooms to one side and fry in oil and keep separate for those that do not eat onions), fry in oil then mix thru sauce to moisten.

Honey Orange and Ginger glazed carrots

carrots (50gm per person; if 150 people 7.5kg)
300ml honey
1L orange juice
30gm ground ginger
150gm brown sugar
250gm margarine (make sure dairy free please)

Peel carrots, cut ends off, cut into circles and boil, make sauce using rest of ingredients. Drain carrots once cooked and add sauce just before serving.