

Lunch options for CF 2008 – based on 150 people

Monday

Vegetable soup (100ml finished product is more than ample to work with for this number people)

Hot Roast Pork rolls (100-150gm uncooked meat, with pork this also covers fat, add a bit if bone in per person)

Apple sauce

Salad

Mushroom pies

Jumbals x 2 batch

Butter for bread

Wednesday

Cabbage chowder

Losenge

Beef stew or interesting sausages of some kind (100gm boneless meat per person or 2 sausages is fine)

Bread and butter

Onion tart

Salad

Jumbals x2 batch

Vegetable Soup

2kg Carrots
1 whole Celery
4 Leaks
4 Turnips
4 Onions
1 bunch Parsley
1 tub vegetable stock

Jumbals (redacted as faithfully as possible from Gervase Markham)

4c flour
2c sugar
70g ground almonds (about 1/2c compacted)
180g unsalted butter, softened
2 tsp rosewater
1 whole egg + 1 egg white
about 1/3-2/3 c cream

Preheat the oven to 190C (375F) and grease some baking sheets or cover them with baking paper. Combine the flour, sugar, and almonds in a bowl. Add the butter, egg, and rosewater and work everything together with a fork (or fingers) until it resembles crumbs. Add cream a little at a time until you have a fairly stiff dough. Roll the dough into "snakes" and shape into scrolls, spirals, knots or whatever you like. Bake 10-15 min, or until slightly browned, then cool on a rack. Makes ~5 dozen

Can sprinkle cinnamon on top before baking

Cabbage chowder

2 cabbage
500 gm onions
4 leaks
1 t salt
1/2 t ground cinnamon
1/2 t sugar
1.7 L vegetable stock

Chop all, remove core from cabbage, put in pot with other veges, add remaining ingredients and cook gently for about 20min or until segments of cabbage are tender.

Shopping list

2kg Carrots
1 whole Celery
8 Leaks
4 Turnips
6 kg Onions
1 bunch Parsley
1 tub vegetable stock
Roast Pork 18kg boneless
400 bread rolls (200 each lunch)
1kg butter (500gm each lunch)
2x giant 2.5kg tin sliced apple (cheapest – will be sauce)
20 Lettuces (10 each lunch)
20 cucumbers (10 each lunch)
1 box 9.5kg savory pastry
25 pie dishes (should be left over from last year or just buy a pack of 50 from trents)
6kg mushrooms
3kg tasty grated cheese
2kg grated mozzarella
720g unsalted butter, softened
8 tsp rosewater (Indian shops are usually good to get this from)
4 whole egg + 4 egg white
1L cream
10 packs of family size fresh fettuccine (I think 400gm)
2 cabbage
Either 18kg diced beef or 300 yummy sausages
4L sour cream