

Gourmet Vegetarian Dinners

December 2006 and January 2007

Every Monday, 6:30 PM. Sit down or takeout, \$14. \$5-10 donation suggested for lectures.
First Baptist Church, 305 North California Avenue at Bryant, Palo Alto, 1/4 mile East of Alma.
Sponsored by the Peninsula Macrobiotic Community. Chef Gary Alinder.

Reservations Requested by Monday 9:30 AM: 650 599-3320

<http://peninsulamacro.org>

December 4

Minestrone
Onion-Leek-Soy Mozzarella Tarte
Orzo Pilaf
Sweet Roasted Cauliflower, Carrots and Mushrooms
Winter Greens Sauté with Pine Nuts and Raisins
Almond-Anise Chocolate Squares
Tea

December 11

Mushroom-Barley-Veggie Soup
Tempeh-Potato Croquettes with Dilled "Mayo"
Hungarian Noodles and Cabbage
Sweet and Sour Carrots, Cauliflower and Red Onions
Mixed Green Salad with Cucumber, Tomatoes,
Mustard-Balsamic Vinaigrette
Baked Pear Halves with Cherry Sauce
Tea

December 18 – *Winter Solstice Celebration* (\$18 sitdown, \$16 takeout)

Sparkling Punch
Pumpkin Soup with Sage
Whole Wheat Toasts with Herbed Tofu "Cheese"
Seitan and Roasted Veggies with Mushroom Jus
Chestnut Rice Pilaf
Green Beans with Shallot Dressing
Frisée, Radicchio and Mixed Greens Salad with Asian Pears,
Pomegranates and Walnuts
Holiday Cranberry Fruit Cake
Choice of Teas and Grain Coffee
Jacquelyn Aldana speaks on
*How to Become an Irresistible Magnet for
Love, Money, Miracles, and More*

December 25

No Dinner, Happy Holidays

January 1

No Dinner, Happy Holidays

January 8

Winter Vegetable Chowder
Red Beans (with Barbecued Seitan) and Rice
Maple Glazed Butternut Squash
Cooked and Raw Veggie Salad with Scallion Dressing
Lafayette Gingerbread
Tea

January 15

Lentil Soup
Kasha Varnishka with Rich Onion Gravy
Braised Cabbage and Carrots with Caraway
Beet Salad with Tofu Sour Cream
Tangy Cucumber Salad
Poppy Seed Cake with Raisin Frosting
Tea
Darren Huckle speaks on *Beyond Food,
Simple Ways to Increase Health and Vitality*

January 22

Dark Miso Soup with Wakame and Sweet Potatoes
Short Grain Rice
Simmered Soy Beans with Carrots, Leeks and Ginger
Red Kuri Squash with Mirin Glaze
Soy Braised Arame with Shiitakes and Onions
Green Beans with Creamy Sesame-Miso Dressing
Triple Sesame Cookies
Gen Mai Cha (Roasted Brown Rice Green Tea)

January 29

Creamy Cabbage Soup with Watercress
Braised Tofu and Veggies in Rich Mushroom Sauce
Long Grain Brown Rice
Glazed, Roasted Sweet Potatoes
Asian Slaw with Wasabi Vinaigrette
Tofu Cheesecake with Raspberry Sauce
Grain Coffee

The Peninsula Macrobiotic Community Nineteen Years of Gourmet Vegetarian Dinners

Chef: Gary Alinder
Assistant Chef: Chuck Collison
Guest Chef: James Holloway
Backup Chef: Paul Schmitt
Clean-up: Colleen Corey, Paul Moran

President: Ken Becker
Dinner Manager: Miklane Janner
Dinner Manager (ex-officio): Ilona Pollak
Newsletter Editor/Webmaster: Gerard Lum
Volunteers: Jane Kos, Patricia Becker, Bob Griffin, K.C. Griffin

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