

Gourmet Vegetarian Dinners

April and May 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>

April 2

Herbed Lentil Soup
Roasted, Marinated Tempeh and Red Potatoes
with Scallion-Miso Gravy
Rice, Barley, Veggie Salad
Steamed Broccoli with Citrus "Mayonnaise"
Mixed Green Salad
Almond-Chocolate Chip Bars
Tea

April 9 – Guest Chef Chuck Collison

Curried Watercress Bisque
Asparagus-Leek-Tofu Tart
Cumin-scented Quinoa Pilaf
Kale Salad with Arame and Pickled Red Onion
Steamed Cauliflower and Broccoli with Cashew "Cheese"
Sauce
Apricot-Apple Bran Muffins
Tea

April 16

Black Bean Soup with Lime "Cream" Topping
Seitan and Veggie Tacos with Avocado Salsa and
Pickled Red Onions
Quinoa and Corn Pilaf
Golden, Cuminy Braised Cauliflower
Mixed Green Salad with Scallion Dressing
Coconut-Pineapple Corn Cake
Cinnamon Grain Coffee

April 23

Cream of Split Pea Soup
Millet with Caramelized Shallots
Curried Red Kidney Beans and Butternut Squash
Sautéed and Roasted Cauliflower
Braised Cabbage and Kale with Mustard Seeds and Coconut
Apple-Cranberry Chutney
Saffron-Sesame-Sunflower Crunch
Tea

Laura Stec speaks on
The Global Warming Diet

April 30

Cantonese Spring Veggie Soup
Vegetarian Mu Shu with Plum Sauce
Long Grain Rice with Peas
Stirfried Baby Bok Choy
Martin Yan's Pickled Vegetables
Almond Cookies
Jasmine Green Tea

May 7 – Twentieth Anniversary Dinner, \$18

Sparkling Fruit Punch
Potato-Leek-Corn Chowder
Basket of Breads with Miso-Tahini Pâté
Wild Rice-Mushroom Pastry with Creamy Mushroom Sauce
Steamed Asparagus "Hollandaise"
Mashed Carrots and Sweet Potatoes Scented
with Cinnamon and Ginger
Radicchio, Romaine, Radish Salad with Italian Dressing
Lemon Bars with Raspberry Sauce
Chicory Grain Coffee

May 14

Creamy Napa Cabbage and Watercress Soup
Veggie-Lentil-Rice Croquettes with Onion Gravy
Sweet Potato Oven "Fries"
Jicama and Carrot Slaw
Mixed Green Salad with Green Goddess Dressing
Pecan Lace Cookies
Tea

Dr. Lawrence Kushi speaks on
Macrobiotics and Medical Research

May 21

Light Spring Veggie Miso Soup
Short Grain Rice Topped with Soy Simmered Shiitakes
Steamed Asparagus with Black Sesame Dressing
Arame with Eda Mame, Lotus Root and Carrot
Braised Cabbage and Greens
Ginger Pine Nut Bars
Kukicha Tea

May 28 – Memorial Day, No Dinner

The Peninsula Macrobiotic Community

Twenty 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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