

# Gourmet Vegetarian Dinners

## October and November 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>

### October 1

Saffron Broth with Chickpeas and Greens  
Whole Wheat Pasta and Butternut Squash Gratin  
Autumn Veggies with Roasted Tomatoes and Thyme  
Braised Broccoli Rabe  
Mushroom Ragout on Garlic Toasts  
Lemon-Pine Nut Squares with Lemon Syrup  
Mint Tea

### October 8

Mushroom-Barley Soup  
Tempeh Triangles with Rich Onion Sauce  
Herb Roasted Potatoes  
Peas, Carrots, Broccoli  
Sweet and Citrusy Red Cabbage with Orange Slices  
Walnut Brownies  
Tea

### October 15

Lentil Soup  
Seitan Stewed with Rich Onion and Tomato Sauce  
Macaroni and "Cheese"  
Roasted Cauliflower and Yellow Squash  
Mixed Greens with Italian Dressing  
Trail Mix Cookies  
Choice of Teas

### October 22

Red Kuri Squash and Onion Miso Soup  
Tofu Croquettes with Hearty Ginger-Kuzu Sauce  
Short Grain Brown Rice  
Lotus Root, Carrot and Arame with Edamame  
Sweet Cabbage Sauté  
Watercress Salad with Citrus Dressing  
Peanut Butter Cookies  
Kukicha

*Julie Bennett and Frits Levenbach* present  
*Aikido for Fun, Fitness and Health*

### October 29 – Halloween Celebration (\$16)

Creamy Pumpkin Soup  
Autumn Veggies in Cumin-Scented Tomato Gravy  
Basmati Rice  
Curried Red Kidney Beans  
Onion Pakora with Cilantro Chutney  
Tajore Style Wilted Greens  
Saffron-Sesame Crunch  
Chai

### November 5

Cranberry Bean Soup  
Three Rice Croquettes with Creamy Corn and Mushroom Sauce  
Mirin-Glazed Carrots  
Roasted Beets with Balsamic Dressing  
Romaine and Radicchio Salad  
Apple Brown Betty with Gingered Tofu Cream  
Barley Tea

*Patricia Becker and Gerard Lum* host  
*The Magic and Mystery of Macrobiotics:  
Sharing and Questions*

### November 12

Lima Bean and Corn Soup  
Herbed Tofu and Veggie Pot Pie  
Mashed Potatoes  
Maple-Glazed Butternut Squash  
Broccoli with Red Onion Vinaigrette  
Pear Upside-Down Cake  
Grain "Coffee"

### November 19 – Thanksgiving Celebration (\$22 Sitdown, \$20 Takeout)

*Chefs Gary Alinder and James Holloway*

Sparkling Fruit Punch  
Kuri Squash and White Bean Soup  
Tofu "Turkey" Loaf with Creamy Mushroom Gravy  
Wild and Brown Rice Stuffing  
Glazed Peas and Carrots  
Green Beans with Caramelized Shallots  
Cranberry-Orange Chutney  
Mixed Green, Asian Pear and  
Pomegranate Salad with Pear Vinaigrette  
Pecan Squares with Rice Dream Ice Cream  
Assorted Teas

### November 26

Soba Noodles in Broth with Onion-Carrot Tempura  
Braised Tofu with Creamy Leek-Miso Sauce  
Short Grain Brown Rice  
Soy-Simmered Shiitake Mushrooms  
Kabocha Squash with Aduki Beans  
Pickled Napa Cabbage and Carrots  
Sunny Lemon Cookies  
Jasmine Green Tea

## *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  
Newsletter Editor/Webmaster: Gerard Lum  
Volunteers: Jane Kos, Patricia Becker,  
Bob Griffin, K.C. Griffin, Kate Latham

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