

Gourmet Vegetarian Dinners

February and March 2008

Every Monday, 6:30 PM. Sit down or takeout, \$15. \$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>

February 4

Yellow Split Pea Soup
Kasha Varnishka with Onion Bechamel Sauce
Balsamic-Glazed Carrots
Roasted Beet Salad with Blood Oranges and Walnuts
Sweet and Tart Cucumber and Radish Sprout Salad
Mixed Greens Salad with Apple-Mustard Vinaigrette
Apricot-Pine Nut Squares
Tea

February 11 – *Sea Vegetable Celebration I*

Caldo Verde--Potato, Kale and Sea Greens Soup
Cranberry Bean, Hominy and Winter Squash Stew with
Tangy Parsley Salsa
Quinoa Pilaf
Winter Greens Sauté with Plantain Chips
Carrot, Radish Salad with Lime Dressing
Creamy Coconut Agar Custard with Mango Topping
Herbal Teas

February 18 – *Guest Chef Chuck Collison*

Wild Mushroom Broth with Vegetable Flowers
Hearth Vegetable and Tofu Cobbler with
Herbed Biscuit Topping
Sweet Rice and Aduki Beans
Balsamic Marinated Beets with Greens
Cabbage Carrot Salad with Sweet Lemon Flavor
Orange Ginger Oatmeal Crunch Cookies
Tea

February 25 – *Sea Vegetable Celebration II*

Rich Vegetable Broth with Farro and Spinach
Wild Mushroom Risotto Croquettes
Lentil Casserole with Caramelized Leeks, Kombu and Dulse
Roasted Winter Veggie Melange
Broccoli Rabe Sauté
Trail Mix Cookies
Chicory Grain Coffee

Elka Vera speaks on
*Meet the Healer Within: Using Hypnosis
to Access Inner Resources for Wellness*

March 3 – *Guest Chef James Holloway*

Navy Bean and Green Cabbage Soup
Shepherd's Pot Pie with Tofu
Continued

March 3 – *Guest Chef James Holloway (Cont'd)*

Brown Rice Pilaf
Cauliflower and Broccoli Braise with Ginger Vinaigrette
Mixed Green Salad with Apple Orange Vinaigrette
Poppy Seed Lemon Cake
African Rooibos Tea

March 10 – *Sea Vegetable Celebration III*

Squash, Aduki, Shiitake Mushroom Soup
Chickpea Cutlets with Rich Curried Onion Gravy
Basmati Rice
Spicy Arame, Carrot, Daikon Salad
Ginger-Braised Cabbage with Broccoli
Roasted Pear Bread Pudding with Tofu Cream
Tea

Christine Rosche speaks on
*Essential Cleansing for
Optimal Health and Weight Loss*

March 17 – *St. Patrick's Day*

Leek, Onion, Potato Soup
Seitan Irish Stew
Champ (Mashed Potatoes with Scallions)
Steamed Cauliflower with "Hollandaise" Sauce
Watercress Salad
Guinness Spice Cake
Decaf Earl Grey and Mint Teas

March 24 – *Sea Vegetable Celebration IV*

Farmhouse Miso Soup with Kombu and Wakame
Tofu Cutlets with Scallion-Shiitake Sauce
Short Grain Rice with Millet
Soy-Simmered Kabocha Squash
Braised Hijiki with Carrot and Lotus Root
Pickled Napa Cabbage
Sesame Cookies
Kukicha

March 31

Italian-Inspired Chick Pea Soup
Shepherd's Pie with Tempeh and Porcini Mushrooms
Herbed Long Grain Brown Rice Pilaf
Steamed Broccoli and Cauliflower
Radicchio and Mixed Greens Salad
Lemon Bars
Tea

The Peninsula Macrobiotic Community

Twenty Years of Gourmet Vegetarian Dinners

Chef: Gary Alinder
Assistant Chef (Honorary): 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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