

# Gourmet Vegetarian Dinners

## December 2008 and January 2009

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>

### December 1

Farmhouse Miso Soup  
Sweet Simmered Aduki Beans with Kabocha Squash  
Short Grain Brown Rice  
Braised Napa Cabbage with Age Tofu  
Hijiki with Julienne Carrots and Toasted Sesame Seeds  
Baked Apples with Maple-Almond Cream  
Kukicha

### December 8

Black Bean Soup with Lime Creme  
Southwestern Corn Casserole  
Quinoa Pilaf  
Roasted Winter Squash with Toasted Cumin and  
Pumpkin Seeds  
Sautéed Greens with Caramelized Onions  
Chocolate, Chocolate Chip-Walnut Squares  
Tea

### December 15 – *Winter Solstice Celebration* *Chefs James Holloway and Gary Alinder* *(\$18 Sitdown, \$16 Takeout)*

Warm Spiced Apple Cider  
Gingery Kabocha Squash Soup  
Tempeh Stroganoff Stew  
Whole Grain Bruschetta with Parsley Pesto  
Quinoa Pilaf with Roasted Chestnuts  
Sautéed Collards and Kale with Fennel and Red Cabbage  
Winter Greens Salad with Local Persimmons and Walnuts  
Cranberry Orange Spice Cake  
Choice of Teas and Grain Coffee

*Laura Stec* speaks on  
*Cool Cuisine for the Holidays and the Planet*

**December 22 – *No Dinner, Happy Holidays!***

**December 29 – *No Dinner, Happy Holidays!***

### January 5 – *Southern New Year's Celebration*

Vegetable Gumbo  
Cornbread  
Three Grain Croquettes with Country Gravy  
Stewed Black-eyed Peas with BBQ Seitan  
Glazed, Roasted Sweet Potatoes  
Braised Collard Greens  
Benne-Raisin Bars  
Chicory Grain Coffee

### January 12 – *Guest Chef James Holloway*

Classic Split Pea Soup  
Tofu Frittata with Pearl Onions and Shiitake Mushrooms  
Brown and Wild Rice Pilaf  
Roast Winter Vegetables  
Green and Red Cabbage Slaw  
Millet Oatmeal Cookies  
Lemongrass and Mint Tea  
*Esther Gokhale* speaks on  
*Posture: The Missing Keystone of Health*

### January 19

Moroccan Chickpea and Lentil Soup  
Tagine of Sweet Potatoes, Carrots, Pearl Onions  
Couscous  
Wilted Arugula and Spinach Salad with  
Preserved Lemons and Olives  
Bessara Dip with Pita Crisps  
Date-Nut Bars  
Mint Tea

### January 26

Three Mushroom-Wild Rice Soup  
Chickpea Cutlets with Rich Onion Gravy  
Mashed Potatoes  
Roasted Root Veggies  
Braised Cabbage and Winter Greens  
Pear Cake  
Tea

## *The Peninsula Macrobiotic Community*

### Twenty-One 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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