

Gourmet Vegetarian Dinners

October and November 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>

October 5

White Bean, Leek and Onion Soup
Butternut Squash Savory Bread Pudding
Quinoa-Corn Salad
Steamed Broccoli with Red Onion Dressing
Mixed Green Salad
Poached Pears with Whipped Tofu Cream
Tea

Verne Varona speaks on

Macrobiotics for Dummies – A 21st Century Multi-Cultural Approach Toward Body, Mind & Spirit Health

October 12

Autumn Veggie and Red Lentil Soup
Roasted Seitan and Potatoes with Onion Sauce
Herbed Long Grain Brown Rice
Sweet and Savory Braised Carrots
Kale and Shiitake Mushroom Sauté
Apple Galettes
Tea

October 19

Sweet Potato-Rice Congee
Shanghai Noodles with Braised Tofu
Stirfried Asian Greens with Garlic Sauce
Cantonese Style Pickled Veggies
Spicy Napa Cabbage
Ginger-Pine Nut Bars
Jasmine Green Tea

October 26 – Guest Chef James Holloway

Potato Leek Soup
Tofu Cutlets with Mushroom Sauce
Brown Rice Pilaf
Braised Kale with Gingery Vinaigrette
Baby Baked Beets with Balsamic Glaze
Millet Oatmeal Cookies
Lemon Grass Mint Tea

November 2

Split Pea Soup
Mushroom-Leek Tofu Frittata
Barley-Wild Rice-Veggie Salad
Gingery Kale and Collard Greens
Carrot-Tempeh-Arame Sauté
Mixed Greens Salad with Lemon-Tahini Dressing
Raspberry Gems
Tea

November 9 – Guest Chef James Holloway

Creamy Mushroom Soup
Tempeh Vegetable Tart
Millet Pilaf
Braised Broccoli and Carrots
Wild Greens with Meyer Lemon Vinaigrette
Chocolate Chip Oatmeal Cookies
Tea

November 16

Chana Dal with Cayote Squash
Spiced Basmati Rice with Cashews
Long Beans with Tahini and Garlic
Cauliflower and Zucchini Sauté
Savory Curried Kidney Beans
Papadums
Carrot Cake
Chai

November 23 – Thanksgiving Celebration

\$22 Sitdown, \$20 Takeout

Chefs Gary Alinder and James Holloway

Sparkling Punch
Savory Sage Soup Broth
Bread Basket with Miso Tahini Spread
Tempeh Vegetable Cutlets with Mushroom Gravy
Corn Bread Stuffing
Mashed Sweet Potatoes
Green Bean Casserole
Salad Served Family Style
Orange Ginger Cranberry Sauce
“Mince Meat” Pie with Tofu Crème
Assorted Teas

November 30

Country Miso Soup with Autumn Greens
Steamed Millet and Quinoa
Glazed-Roasted Red Kuri Squash
Stewed Adzuki Beans
Sea Palm, Onion and Carrot Sauté
Pressed Salad with Ginger and Sesame Seeds
Brown Rice Crispy Bars
Kukicha

Dr. Lawrence Kushi speaks on *Dietary Prevention and Management of Cancer and Other Chronic Diseases*

The Peninsula Macrobiotic Community

Twenty-Two Years of Gourmet Vegetarian Dinners

Chef: Gary Alinder
Assistant Chef (Honorary): Chuck Collison
Guest Chef: James Holloway
Backup Chefs: Robyn Gillette, 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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