

Gourmet Vegetarian Dinners

December 2010 and January 2011

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>

<http://macrochef.wordpress.com>

<http://www.meetup.com/Peninsula-Macrobiotic-Community-Vegetarian>

December 6

Lentil-Swiss Chard-Tomato Soup
Three-Mushroom Rice Pilaf
Sweet Potato-Potato Latkes
Roasted Root Vegetable Mélange
Arugula-Broccoli Salad with Sesame Dressing
Chocolate Chip Cookies
Tea

December 13

Country Style Miso Soup
Toasted Millet and Quinoa Pilaf
Stewed Kidney Beans with Butternut Squash
Kale and Collards with Fried Shallots
Crisp Carrot, Daikon and Sprout Salad
Raspberry Gem Cookies
Tea

December 20 – *Winter Solstice Celebration* *Chefs James Holloway and Gary Alinder* *(\$18 Sitdown, \$16 Takeout)*

Cranberry Punch
Gingered Butternut Squash Soup with Roasted Corn and Sage
Wild Rice-Seitan Croquettes with Creamy Mushroom Sauce
Roasted Brussels Sprouts with Hazelnuts and Lemon Zest
Cranberry-Apple Compote
Baby Greens Salad with Pomegranate, Pecans and
Balsamic Vinaigrette
Holiday Fruit and Nut Cake
Variety of Herbal Teas

Maral Haddeland demonstrates
The Ginger Compress and Other Macrobiotic Home Remedies

December 27 – *No Dinner, Happy Holidays!*

January 3 – *No Dinner*

January 10

White Cabbage, Potato and Celery Root Chowder
Polenta-Veggie Squares with Wild Mushroom Sauce
Chick Peas with Garlicky Mustard Greens
Balsamic Roasted Beets, Carrots, and Parsnips
Mixed Green Salad
Orange-Kumquat Spice Bars
Grain Coffee

January 17

Beet Borscht with Dill Tofu Sour Crème
Kasha Varniska with Rich Onion Sauce
Lentil and Root Vegetable Stew
Cabbage Sauté
Mixed Green Salad with Sweet and Tart Dressing
Apple Cake
Tea

Meredith McCarty speaks on
Freedom from Food Cravings:
Moving Towards Balanced Health

January 24 – *Guest Chef James Holloway*

Winter Squash and Sweet Potato Soup
Tempeh Lentil Mushroom Patties with Curry Onion Sauce
Millet and Quinoa Pilaf
Braised Red and Yellow Beet Salad
Red Russian Kale Greens and Red Cabbage with Ginger Sauce
Carrot Cake
Lemon Grass Chamomile Tea

January 31

Yellow Split Pea Soup
Seitan-Pumpkin Curry
Basmati Brown Rice
Kale, Cabbage, Carrot Sauté with Mustard Seeds
Radish Pickle
Poppadoms
Saffron-Sesame Crunch Bars
Tea

The Peninsula Macrobiotic Community

Twenty-Three Years of Gourmet Vegetarian Dinners

Chef: Gary Alinder
Guest Chef: James Holloway
Backup Chef: Paul Schmitt
Clean-up: Colleen Corey, Paul Moran

President: Ken Becker
Dinner Manager: Ilona Pollak
Newsletter Editor/Webmaster: Gerard Lum
Volunteers: Jane Kos, Kate Latham

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