

Vipassana Hungary

Recipe book

10-day course
2023-05

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Tips

Scheduling

- Always start the day by **heating water (20-30 l)** as it takes more than half an hour.
- Vegetables have to be prepared the day before or in the morning as that can take up to an hour for many people.
- Cooking lunch takes at least one and a half - two hours. On the first days **start after 9:00 to be safe**. If there is a lot to do, you can start cooking before the 8:00 meditation and stop for the duration of the meditation.
- **Always use hot water** (almost boiling) while cooking, because the water in the cauldron will boil very slowly and the food won't be ready for lunch.

Serving

At least 20-30 minutes **before serving make a plan:**

- What **containers** to use to serve which food? Are those empty and clean?
- Take into account the quantity of the food.
- Each meal requires 2 containers (women + men).
- Are the **leftover foods** from yesterday heated?
- How to divide **serving utensils**, so there are 2 for each meal for both women and men?
- Put all the containers and tools on 2 sides of the long table (one side for women, the other for men).

A person may be appointed as the serving manager to take care of this.

Waste collection

To be clarified to every server in the meeting on Day 0. There are 3 plastic trash cans:

1. **Paper** (no milk cartons).
2. **Clean packaging** (plastic, cans, milk cartons).
3. **Mixed trash**.

Buckets for food leftovers, 1 bucket for compost (mark it visibly):

4. **Teabags, banana and orange peels** go into **mixed trash**.
5. **Seeds** go into the compost (not edible for pigs).
6. **Cooked food** leftovers only into the food leftover buckets (not compost).
7. Vegetable waste (**raw** plant material) that's edible for pigs can go into either the composting bin or the food leftover bucket.
8. Vegetable waste that doesn't seem edible for pigs goes onto the compost pile.

Collect food leftovers from the dining areas each day after lunch. On Monday, Wednesday, Friday take the full buckets to the electrical cabinet next to the entry gate before 13:30.

The compost pile is outside the kitchen on the left, surrounded by wooden pallets.

The mixed trash bin is emptied into the big rubbish container outside.

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More tips

Quantities

- To estimate the quantities to serve, take into account the daily number of participants provided by the male and female managers and that men's portions are generally larger than women's.
- Keep the **leftovers in containers** that you don't want to use for serving next day's meal, otherwise you'll have to do the washing twice.

Cooking, baking

- For cooking use the
 - **cauldron** for the main meal
 - **big aluminium pots** for rice, side dishes, etc.
 - **small pots** for leftovers, special diets
 - **big enamel pots** *only for boiling water* as the enamel is damaged and burns the food.
- **Using the oven:**
 - Remove all tools and tea boilers from the top of the oven because of the heat or use only the oven on the bottom.
 - Use stainless steel (gastronorm 1/1) trays lined with baking paper or greased with oil.
 - Don't put one tray above the other. The one below won't bake and the one above will burn. If unavoidable then replace the trays occasionally.
- **Heating food** in the oven: Preheat the oven and turn off when you put the food in it.

Day 0. dinner

Red lentil soup

Afternoon preparations:

- For dinner: **Around 15:30** put water on to boil for the soup in 2 pots (40-50 l).
- Peel and chop the onions.
- Peel the carrots and turnips, cut into 4 sticks then cut into 3-5 mm sized pieces with a knife or the food processor's thin slicer.
- Peel and grate the ginger or chop into mm sized pieces.
- Wash and chop the parsley.
- Around 16:30** begin cooking the soup. It boils very slowly in the cauldron (only add boiling water to it).
- At **17:45** put the soup in big steel containers for serving.

Red lentil soup

People		80	90	100	110	120
Onion	g	1600	1800	2000	2200	2400
Carrot	g	1600	1800	2000	2200	2400
Turnip	g	560	630	700	770	840
Ginger	g	240	270	300	330	360
Red lentils	g	4000	4500	5000	5500	6000
Tomato purée	g	1760	1980	2200	2420	2640
Parsley	bunch	16	18	20	22	24
Spices						
Lovage	g	23,2	26,1	29	31,9	34,8
Thyme	g	34,4	38,7	43	47,3	51,6
Bay leaves	piece	45,6	51,3	57	62,7	68,4
Asafoetida, optional	g	13,6	15,3	17	18,7	20,4
Coriander seed (ground)	g	16,8	18,9	21	23,1	25,2
Cardamom (whole)	piece	34,4	38,7	43	47,3	51,6
Cinnamon (ground)	g	23,2	26,1	29	31,9	34,8
Cumin seed (ground)	g	16,8	18,9	21	23,1	25,2
Turmeric	g	34,4	38,7	43	47,3	51,6
Smoked paprika	g	28,8	32,4	36	39,6	43,2
Water	l	32	36	40	44	48
Salt (to taste)	g	240	270	300	330	360
Pepper (to taste)	g	11,2	12,6	14	15,4	16,8

Bread	kg	5,6	6,3	7	7,7	8,4
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Preparing the soup:

1. First put water on the stove to boil (40-50l).
2. Prepare and measure the spices (**except the smoked red paprika**) in a bowl.
3. Place every ingredient in order on the table next to the cooking cauldron.
4. Heat oil. Fry all the measured **spices (except the smoked red paprika)** for **5-15 seconds**, continuously stirring.
5. Immediately put the prepared onions, carrots, turnip, ginger onto the spices, so they won't get burnt.
6. Keep frying and stirring until the onions get slightly translucent.
7. Then add the lentils and the tomato paste and fry them slightly.
8. After stirring for 1-2 minutes add the boiling hot water.
9. Add the herbs (coriander or parsley, celery, red paprika).
10. Add $\frac{3}{4}$ of the salt and taste whether more is necessary (use 2 spoons: 1 for the pot, 1 for yourself).
11. If you want to make it more spicy or add more flavor to it, add a bit of mustard.
12. Keep cooking on medium heat, occasionally mix and taste as the red lentils can easily overcook.
13. The red lentils become soft and fall apart in the end but it's not a problem. The aim is that all the ingredients should become soft and to get a moderately thick soup.

Preparations for tomorrow:

- For breakfast: Prepare bread spread (Yellow pea pâté recipe, near the end of the book).
- For breakfast: Prepare the sauce (recipe near the end of the book): chop apples, prunes, put in a pot with the raisins and lemon water.
- For lunch (in summer): Soak the yellow peas.
- For lunch (in spring): Peel the potatoes.
- For lunch: Peel the onions.
- For salad: Peel the carrots, beetroots.
- For salad: Make salad dressing (recipes at the end of the book).
- Inventory: Collect all ingredients for breakfast and lunch into boxes for the next 3 days. Inform Éva (who's doing the deliveries) about anything missing.

Day 1. lunch (in the spring)

Potato paprikash

Morning preparations:

- For lunch: Put water on to boil (20-30l).
- Peel the potatoes (preferable the previous day). Cut bigger potatoes in half lengthwise. Cut about 5 mm thick slices. The aim is to get similar sized pieces.
- Peel and dice the onions.
- Wash and cut the paprika in similar sized pieces as the potato.
- Wash and chop the parsley.
- For salad bar: Prepare the vegetables (recipe near the end of the book).

Potato paprikash

People		80	90	100	110	120
Potato	g	20000	22500	25000	27500	30000
Onion	g	4800	5400	6000	6600	7200
White/yellow bell pepper	g	2400	2700	3000	3300	3600
Tomato	g	2400	2700	3000	3300	3600
Tomato paste	ml	1600	1800	2000	2200	2400
Parsley	bunch	3,2	3,6	4	4,4	4,8
Spices						
Ground paprika	g	176	198	220	242	264
Smoked paprika	g	88	99	110	121	132
Caraway seed (ground)	g	16	18	20	22	24
Bay leaves	piece	16	18	20	22	24
Salt (to taste)	g	160	180	200	220	240
Pepper (to taste)	g	24	27	30	33	36

Cooking potato paprikash:

1. Heat oil in the cauldron, fry the onions with bay leaves until onions become translucent.
2. Add the paprika and fry until it shrinks slightly.
3. Lower the heat. Add the caraway seeds, fry lightly for **10-20 seconds**.
4. Add the drained potatoes. Fry, stirring constantly for a few minutes.
5. Add the tomatoes and the tomato paste. Continue frying until the tomato boils up.
6. Add enough hot water to cover.
7. Add the ground paprika and smoked paprika. Add salt, pepper, and taste it.
8. Stir occasionally, cook until the potato softens.
9. Serve with the chopped parsley on top.

Afternoon:

- For tea: Wash fruits for the new students and put in bowls.
- For tea: Grate ginger without peeling or cut thin slices (recipe near the end of the book).
- Wash all dirty dishes. Put dry dishes on the cupboard and everything in its right place.
- Check refrigerators: discard 3 days old food into dedicated buckets for leftovers.
- Collect food leftovers from the dining areas (no teabags, banana or orange peels).
- Mon, Wed, Fri: Take food leftover buckets to the electrical cabinet next to the entry gate.
- Take out rubbish and compost to the bins outside the kitchen on the left. Sweep and mop.

Preparations for tomorrow:

- For breakfast: Prepare the sauce (recipe near the end of the book): chop apples, prunes, put in a pot with the raisins and lemon water.
- For lunch: Peel the potatoes.
 - If time allows then cut it in 2×2×2 cm cubes. Store in cold water for the night.
- For lunch: The cauliflower
 - If frozen: take out of the freezer, put in the refrigerator to thaw.
 - If fresh: remove the leaves, break into florets. Store covered in a cool place.
 - In both cases: cut into about 3 cm pieces, not much larger than the potato cubes.
- For lunch: Peel the onions.
- For salad: Peel the carrots, beetroots.

Day 2. lunch

Aloo Gobi, Rice

Morning preparations:

- For lunch: Put water on to boil (20-30l).
- Chop potatoes into ca. 2×2×2 cm cubes.
- Dice the onions.
- Peel and grate the ginger or chop into mm sized pieces.
- Cut the cauliflowers into about 3 cm florets, not much larger than the potato cubes.
- Prepare the spices in one or more bowls.
- For salad bar: Prepare the vegetables (recipe near the end of the book).

Aloo Gobi

People		80	90	100	110	120
Cooking oil	ml	800	900	1000	1100	1200
Onion	g	960	1080	1200	1320	1440
Ginger	g	240	270	300	330	360
Potato	g	12000	13500	15000	16500	18000
Cauliflower	g	8000	9000	10000	11000	12000
Tomato purée	g	2000	2250	2500	2750	3000
Spices						
Coriander seed (ground)	g	80	90	100	110	120
Cumin seed (ground)	g	80	90	100	110	120
Garam masala	g	80	90	100	110	120
Turmeric	g	40	45	50	55	60
Ground paprika	g	40	45	50	55	60
Chili powder	g	8	9	10	11	12
Salt (to taste)	g	120	135	150	165	180
Pepper (to taste)	g	16	18	20	22	24
Lemon juice (1l)	ml	160	180	200	220	240

Cooking Aloo Gobi:

1. Heat oil in the cauldron. Add the ginger, fry for **5-10 seconds**.
2. Add the onions, fry until translucent.
3. Reduce the heat, add the spices while stirring continuously, and fry for **10-20 seconds**.
4. Add the drained potatoes, keep stirring and frying for a few minutes.
5. Add the cauliflower and mix everything together.
6. Add the tomato puree, stir and add enough hot water just to cover the top of the vegetables. Add salt to taste.
7. Keep it covered and cook until vegetables get soft. Occasionally stir as it can get burnt.
8. When ready, add the lemon juice and salt if necessary.

Rice

People		80	90	100	110	120
Rice	g	6400	7200	8000	8800	9600

Cooking rice:

1. Boil water 1.5x the amount (volume) of the rice.
2. When boiling add the rice, salt (and optionally turmeric which gives it a nice yellow tint). You can slightly stir now.
3. Turn down the heat and cover the rice. Let it cook without stirring. Important: Don't stir the rice while it's cooking as it breaks apart and becomes mushy and hard to serve. If put in boiling water and cooked on low heat it should cook evenly.

Afternoon:

- For tea: Wash fruits for the new students and put in bowls.
- For tea: Grate ginger without peeling or cut thin slices (recipe near the end of the book).
- Wash all dirty dishes. Put dry dishes on the cupboard and everything in its right place.
- Check refrigerators: discard 3 days old food into dedicated buckets for leftovers.
- Collect food leftovers from the dining areas (no teabags, banana or orange peels).
- Mon, Wed, Fri: Take food leftover buckets to the electrical cabinet next to the entry gate.
- Take out rubbish and compost to the bins outside the kitchen on the left. Sweep and mop.

Preparations for tomorrow:

- For breakfast: Prepare the sauce (recipe near the end of the book): chop apples, prunes, put in a pot with the raisins and lemon water.
- For lunch: Peel the carrots.
- For salad: Peel the carrots, beetroots.

Day 3. lunch

Red lentil dhal, Rice

Morning preparations:

- For lunch: Put water on to boil (20-30l).
- Cut the carrots with the food processor's thin slicer.
- Peel and grate the ginger or chop into mm sized pieces.
- Wash and chop the parsley.
- Prepare the spices in one or more bowls.
- For salad bar: Prepare the vegetables (recipe near the end of the book).

Red lentil dhal

People		80	90	100	110	120
Cooking oil	ml	424	477	530	583	636
Ginger	g	171,2	192,6	214	235,4	256,8
Red lentils	g	5200	5850	6500	7150	7800
Water	l	9,76	10,98	12,2	13,42	14,64
Carrot	g	5200	5850	6500	7150	7800
Shredded coconut	g	480	540	600	660	720
Lemon juice (1l)	ml	200	225	250	275	300
Parsley	bunch	16	18	20	22	24
Spices						
Coriander seed (ground)	g	64	72	80	88	96
Mustard seed (whole)	g	64	72	80	88	96
Bay leaves	piece	14,4	16,2	18	19,8	21,6
Kaffir lime leaves	piece	14,4	16,2	18	19,8	21,6
Turmeric	g	48	54	60	66	72
Cayenne pepper	g	24	27	30	33	36
Cumin seed (ground)	g	68	76,5	85	93,5	102

Cooking red lentil dhal:

1. Wash the red lentils thoroughly, then drain it.
2. Heat oil in the cauldron. Add the grated ginger, fry for **5-10 seconds**.
3. Add the spices and fry for **10-20 seconds**.
4. Add the drained red lentils, mix and add enough hot water to cover the lentils by 4 cm.
5. Boil it and cook for 10 minutes. If necessary add more hot water.
6. Add the diced carrots and the coconut flakes.
7. Cook until the carrots become soft. Season with salt and black pepper.
8. Finally add lemon juice and chopped parsley.

Rice

People		80	90	100	110	120
Rice	g	6400	7200	8000	8800	9600

Cooking rice:

1. Boil water 1.5x the amount (volume) of the rice.
2. When boiling add the rice, salt (and optionally turmeric which gives it a nice yellow tint). You can slightly stir now.
3. Turn down the heat and cover the rice. Let it cook without stirring. Important: Don't stir the rice while it's cooking as it breaks apart and becomes mushy and hard to serve. If put in boiling water and cooked on low heat it should cook evenly.

Afternoon:

- For tea: Wash fruits for the new students and put in bowls.
- For tea: Grate ginger without peeling or cut thin slices (recipe near the end of the book).
- Wash all dirty dishes. Put dry dishes on the cupboard and everything in its right place.
- Check refrigerators: discard 3 days old food into dedicated buckets for leftovers.
- Collect food leftovers from the dining areas (no teabags, banana or orange peels).
- Mon, Wed, Fri: Take food leftover buckets to the electrical cabinet next to the entry gate.
- Take out rubbish and compost to the bins outside the kitchen on the left. Sweep and mop.

Preparations for tomorrow:

- For breakfast: Prepare bread spread if running out (recipes near the end of the book).
- For breakfast: Prepare the sauce (recipe near the end of the book): chop apples, prunes, put in a pot with the raisins and lemon water.
- For lunch: Peel the carrots, onions.
- For salad: Peel the carrots, beetroots.
- For salad: Make salad dressing if running out (recipes at the end of the book).
- Inventory: Collect all ingredients for breakfast and lunch into boxes for the next 3 days. Inform Éva (who's doing the deliveries) about anything missing.

Day 4. lunch

Lentil dhal, Rice

Morning preparations:

- For lunch: Put water on to boil (20-30 l).
- Dice the onions.
- Peel and grate the ginger or chop into mm sized pieces.
- Cut the carrots with the food processor's coarse grater.
- For salad bar: Prepare the vegetables (recipe near the end of the book).

Lentil dhal

People		80	90	100	110	120
Onion	g	2400	2700	3000	3300	3600
Ginger	g	120	135	150	165	180
Lentils	g	4800	5400	6000	6600	7200
Carrot	g	3200	3600	4000	4400	4800
Tomato purée	g	1200	1350	1500	1650	1800
Coconut milk	ml	1200	1350	1500	1650	1800
Spices						
Cinnamon (whole)	piece	8	9	10	11	12
Coriander seed (ground)	g	160	180	200	220	240
Cumin seed (ground)	g	160	180	200	220	240
Curry powder	g	80	90	100	110	120
Turmeric	g	160	180	200	220	240
Cardamom (ground)	g	80	90	100	110	120
Bay leaves	piece	16	18	20	22	24
Mustard seed (ground)	g	40	45	50	55	60

Cooking lentil dhal:

1. Heat oil in the cauldron. Fry the onions with the cinnamon sticks.
2. While the onions are frying add bay leaves, coriander seed, mustard seed, cumin seed and freshly grated ginger (these burn easily, so it's important to add them later).
3. **Keep stirring to avoid burns.**
4. When the onion is about to caramelize, add a bit of water and then the soaked lentils. Add just enough water to cover the lentils. Don't add more water than necessary as you'll also add coconut milk and tomato puree. But add enough water to avoid burning it.
5. When the lentil is about to be cooked, add the diced carrots.
6. When the lentil and the carrots are cooked, take out a few scoops with a ladle, blend it and put it back in the soup — this will help to thicken the ragout.
7. Boil it once. When serving, remove bigger spices.

Rice

People		80	90	100	110	120
Rice	g	6400	7200	8000	8800	9600

Cooking rice:

1. Boil water 1.5x the amount (volume) of the rice.
2. When boiling add the rice, salt (and optionally turmeric which gives it a nice yellow tint). You can slightly stir now.
3. Turn down the heat and cover the rice. Let it cook without stirring. Important: Don't stir the rice while it's cooking as it breaks apart and becomes mushy and hard to serve. If put in boiling water and cooked on low heat it should cook evenly.

After lunch (Vipassana day timetable):

- On Vipassana day the afternoon schedule is different:
 - Prepare the afternoon tea by 13:00.
 - 14:00-15:00 is group meditation.**
 - 15:15-16:45 is Vipassana teaching**, also for the kitchen team.
- For tea: Wash fruits for the new students and put in bowls.
- For tea: Grate ginger without peeling or cut thin slices (recipe near the end of the book).
- Wash all dirty dishes. Put dry dishes on the cupboard and everything in its right place.
- Check refrigerators: discard 3 days old food into dedicated buckets for leftovers.
- Collect food leftovers from the dining areas (no teabags, banana or orange peels).
- Mon, Wed, Fri: Take food leftover buckets to the electrical cabinet next to the entry gate.
- Take out rubbish and compost to the bins outside the kitchen on the left. Sweep and mop.

Preparations for tomorrow:

- For breakfast: If there is leftover from the lentil stew and there is not enough bread spread then blend it, add oil, add spices (e.g. turmeric, curry powder, cumin, coriander).
- For breakfast: Prepare the sauce (recipe near the end of the book): chop apples, prunes, put in a pot with the raisins and lemon water.
- For lunch: Peel the onions, celeriac, potatoes. Cover the potatoes with cold water for the night.
- For lunch: Soak the white beans (in the evening).
- For salad: Peel the carrots, beetroots.
- If you think that tomorrow's schedule is too tight, you can bake tomorrow's cake today.

Day 5. lunch

Cream of celery soup, Tomato bean sauce, Pasta, Chocolate cake

Morning preparations:

- For breakfast: If there is leftover from yesterday's lentil stew and there is not enough bread spread then blend it, add oil, add spices (e.g. turmeric, curry powder, cumin, coriander) if necessary and serve it as lentil pâté for breakfast.
- For lunch: The cake can be prepared at the same time as the breakfast porridge and baked during breakfast so that it has time to cool down.
- For the sauce: Drain the beans, put in a pan with fresh water and 3-4 bay leaves. Start cooking on low heat without a lid. Occasionally skim off the foam from the top.
- For the soup: Put water on to boil (20-30l).
- Dice the onions.
- Grate the celery with the food processor.
- Chop potatoes into ca. 2×2×2 cm cubes.
- Wash and slice the leeks.
- For salad bar: Prepare the vegetables (recipe near the end of the book).

Cream of celery soup

People		80	90	100	110	120
Onion	g	800	900	1000	1100	1200
Celery	g	6400	7200	8000	8800	9600
Potato	g	3200	3600	4000	4400	4800
Coconut cream	l	2,4	2,7	3	3,3	3,6
Water	l	8	9	10	11	12
Spices						
Nutmeg	g	6	6,75	7,5	8,25	9
Salt (to taste)	g	200	225	250	275	300
Pepper (to taste)	g	40	45	50	55	60

Cooking celery soup:

1. Heat oil in the cauldron. Fry the onions.
2. Add the celery and keep frying a bit.
3. Add the potatoes and add enough hot water to cover everything.
4. Season with salt, pepper, and ground nutmeg.
5. When the vegetables are cooked, blend everything with the blender.
6. Add coconut cream and water. Add extra seasoning as needed.

Tomato bean sauce

People		80	90	100	110	120
White bean	g	3440	3870	4300	4730	5160
Onion	g	1720	1935	2150	2365	2580
Leek	g	624	702	780	858	936
Tomato purée	g	6880	7740	8600	9460	10320
Spices						
Bay leaves	piece	9,6	10,8	12	13,2	14,4
Cloves	piece	16	18	20	22	24
Ground paprika	g	68	76,5	85	93,5	102
Marjoram	g	104	117	130	143	156
Caraway seed (ground)	g	20	22,5	25	27,5	30
Cumin seed (ground)	g	40	45	50	55	60
Turmeric	g	40	45	50	55	60
Salt (to taste)	g	80	90	100	110	120
Pepper (to taste)	g	40	45	50	55	60

Cooking the sauce:

1. Drain the water off the cooked beans. Keep it to thin the sauce if it's too thick.
2. Heat oil in a big pot. Add the bay leaves and the ground cloves, fry for a few seconds.
3. Add the sliced onions and the leek. Fry them until they soften.
4. Add the tomato puree.
5. When it's boiling add the drained beans and the rest of the spices.
6. Stir occasionally and keep cooking for 20 minutes. Keep adding from the cooking water of the beans to get a sauce consistency, not too thick or too thin.
7. Boil it. Add salt and pepper in the end.

Pasta

People		80	90	100	110	120
Spaghetti pasta	g	7200	8100	9000	9900	10800

Cooking pasta:

1. Make sure you use plenty of water when cooking the pasta. Add salt to the water and add cooking oil (about two tablespoons every 2 liters).
2. When the pasta is about to get cooked (should be slightly hard in the middle), rinse off the water. As the pasta will be still hot, make sure it does not get overcooked.

Chocolate cake

People		80	90	100	110	120
Flour	g	2000	2250	2500	2750	3000
White sugar	g	600	675	750	825	900
Cocoa powder (Holland)	g	240	270	300	330	360
Vanilla sugar	pack	8	9	10	11	12
Baking powder	pack	6	6,75	7,5	8,25	9
Water	l	2	2,25	2,5	2,75	3
Cooking oil	ml	720	810	900	990	1080
Vinegar (10%)	ml	240	270	300	330	360
Shredded coconut	g	400	450	500	550	600

Baking the cake:

1. Mix the baking powder well with 1/10th of the flour.
2. Mix the dry ingredients except the shredded coconut.
3. Gradually mix the wet ingredients.
4. Keep stirring and add just enough water to get a medium thick batter.
5. Pour it into baking trays covered with baking paper. (The dough will rise to at least double its height, so for 50 people use 2 trays, for 100 people use 4 trays.)
6. Spread the coconut flakes on top.
7. Bake for about 25 minutes at 180°C. 2 trays fit in the ovens behind each other. Don't put one tray above the other as the one below will bake much slower. Remove all tools and tea boilers from the top oven because of the heat.
8. Cut into rectangles, then halve those into triangles and serve.

Afternoon:

- For tea: Wash fruits for the new students and put in bowls.
- For tea: Grate ginger without peeling or cut thin slices (recipe near the end of the book).
- Wash all dirty dishes. Put dry dishes on the cupboard and everything in its right place.
- Check refrigerators: discard 3 days old food into dedicated buckets for leftovers.
- Collect food leftovers from the dining areas (no teabags, banana or orange peels).
- Mon, Wed, Fri: Take food leftover buckets to the electrical cabinet next to the entry gate.
- Take out rubbish and compost to the bins outside the kitchen on the left. Sweep and mop.

Preparations for tomorrow:

- For breakfast: Prepare the sauce (recipe near the end of the book): chop apples, prunes, put in a pot with the raisins and lemon water.
- For lunch: Peel the red onions.
- For lunch: Soak the chickpeas.
- For salad: Peel the carrots, beetroots.
- For salad: Make salad dressing if running out (recipes at the end of the book).

Day 6. lunch

Chickpea pâté (Hummus), Falafel, Rice, Tabbouleh (salad)

Morning preparations:

- For lunch: Put on the chickpeas to cook in salted water for 2 hours. Once cooked, the hummus can be prepared before group meditation.
- For the rice: Put water on to boil (ca. 12 l / 100 people).
- For the salad: Boil the same volume of salted water as the couscous (ca. 2 l / 100 people). Pour it on the couscous, cover and let it soak.
- For the salad: Wash and chop the tomatoes, paprika, cucumbers into ca. 4-5 mm cubes.
- For the salad: Dice the red onions.
- For the salad: Wash and chop the parsley.
- For the salad: Prepare the vegetables (recipe near the end of the book).

Chickpea pâté (Hummus)

People		80	90	100	110	120
Chickpea (dry)	g	4000	4500	5000	5500	6000
Tahini	g	1760	1980	2200	2420	2640
Spices						
Cumin seed (ground)	g	48	54	60	66	72
Coriander seed (ground)	g	48	54	60	66	72
Lemon juice (1l)	ml	400	450	500	550	600
Cold pressed sunflower oil	ml	1600	1800	2000	2200	2400

Cooking hummus:

1. After 5 AM cook the chickpeas for 2 hours (if short on time 1 hour is enough, but the hummus is more creamy if cooked longer).
2. Occasionally skim off the foam from the cooking water with a slotted or filter spoon.
3. Put aside half of the cooking water (don't discard it), this will be used to get the proper consistency.
4. Blend the chickpeas thoroughly. Add enough cooking water to make it creamy. It will thicken over time, so don't be afraid to use enough water, even if it seems slightly thin at the beginning.
5. Add the rest of the ingredients. More spices and mustard can be added for taste.
6. Tomorrow morning: Serve the leftovers as bread spread, cold.

Falafel

People		80	90	100	110	120
Falafel powder	g	4000	4500	5000	5500	6000
Cooking oil	ml	according to the recipe on the packaging				
Water	l	according to the recipe on the packaging				

Baking falafel (simplified):

1. Mix the falafel powder with the amount of water given in the instructions on the package. Make sure to match the amount of water to the amount of powder you use (check the packaging carefully, because it happened before that the amount of water was calculated for 250 g powder, even though the packages were 500 g).
2. Let it soak and rest a bit, then put into baking trays covered with baking paper or oil. Make it 1.5 cm thick.
3. Bake at 180°C for 10-30 minutes until the surface is light brown and the dough does not stick to a fork.
4. Cut into rectangles (ca. 2x3 cm) for serving in the baking trays or plastic trays.

Rice

People		80	90	100	110	120
Rice	g	4800	5400	6000	6600	7200

Cooking rice:

1. Boil water 1.5x the amount (volume) of the rice.
2. When boiling add the rice, salt (and optionally turmeric which gives it a nice yellow tint). You can slightly stir now.
3. Turn down the heat and cover the rice. Let it cook without stirring. Important: Don't stir the rice while it's cooking as it breaks apart and becomes mushy and hard to serve. If put in boiling water and cooked on low heat it should cook evenly.

Tabbouleh (salad)

People		80	90	100	110	120
Couscous	g	1120	1260	1400	1540	1680
Cold pressed sunflower oil	ml	720	810	900	990	1080
Tomato	g	7600	8550	9500	10450	11400
White/yellow bell pepper	g	5600	6300	7000	7700	8400
Cucumber	g	5600	6300	7000	7700	8400
Red onion	g	560	630	700	770	840
Lemon juice (1l)	ml	560	630	700	770	840
Parsley	bunch	44	49,5	55	60,5	66
Salt (to taste)	g	80	90	100	110	120
Pepper (to taste)	g	24	27	30	33	36

Making Tabbouleh:

1. Boil the same amount of water (same volume) as the couscous.
2. Add salt (optionally turmeric).
3. Pour the boiling water on the couscous, cover it and let it soak. No need to cook.
4. Carefully mix the ingredients of the salad.
5. **If there are gluten-sensitive students** then put some of the salad aside for them before mixing in the couscous.

Afternoon:

- For tea: Wash fruits for the new students and put in bowls.
- For tea: Grate ginger without peeling or cut thin slices (recipe near the end of the book).
- Wash all dirty dishes. Put dry dishes on the cupboard and everything in its right place.
- Check refrigerators: discard 3 days old food into dedicated buckets for leftovers.
- Collect food leftovers from the dining areas (no teabags, banana or orange peels).
- Mon, Wed, Fri: Take food leftover buckets to the electrical cabinet next to the entry gate.
- Take out rubbish and compost to the bins outside the kitchen on the left. Sweep and mop.

Preparations for tomorrow:

- For breakfast: Prepare the sauce (recipe near the end of the book): chop apples, prunes, put in a pot with the raisins and lemon water.
- For lunch: Peel the carrots, onions.
- For salad: Peel the carrots, beetroots.
- Inventory: Collect all ingredients for breakfast and lunch into boxes for the next 3 days. Inform Éva (who's doing the deliveries) about anything missing.

Day 7. lunch

Stir fry noodles, Gado-gado sauce, Falafel

Morning preparations:

- For breakfast: If there is leftover from yesterday's hummus then serve it as bread spread.
- For lunch: Put water on to boil (20-30l).
- Dice the onions.
- Peel and grate the ginger.
- For the pasta: Cut zucchini and carrots into strips using the food processor's coarse grater or a vegetable peeler.
- Cut the paprika into thin slices with a knife (it would release too much juice in the machine).
- Wash and chop the mushrooms.
- For salad bar: Prepare the vegetables (recipe near the end of the book).

Gado-gado sauce

People		80	90	100	110	120
Onion	g	2800	3150	3500	3850	4200
Ginger	g	560	630	700	770	840
Tomato purée	g	4000	4500	5000	5500	6000
Tomato paste	ml	240	270	300	330	360
Peanut butter	g	2800	3150	3500	3850	4200
Soy sauce	ml	344	387	430	473	516
Lemon juice (1l)	ml	200	225	250	275	300
Water	l	4,32	4,86	5,4	5,94	6,48
Starch (optional)	g	80	90	100	110	120
Cooking oil	ml	240	270	300	330	360

Cooking Gado-gado sauce:

1. Heat oil in the cauldron. Add the onions, add little salt and fry until translucent.
2. Add the ginger and keep frying on low heat for a minute or two (shouldn't be brown).
3. Add the peanut butter, $\frac{2}{3}$ of the water, and soy sauce.
4. Keep stirring until it becomes homogeneous, without chunks and knots.
5. Add the tomato puree and mix it.
6. Keep cooking it on low heat for a few minutes, stirring continuously so it does not stick or burn at the bottom.
7. In the end add the lemon juice and just enough water to attain sauce consistency (not too liquid). **Less water is needed if the peanut butter is liquid.**
8. Add salt if necessary.

Stir fry noodles

People		80	90	100	110	120
Spaghetti pasta	g	6400	7200	8000	8800	9600
Vegetables						
Zucchini	g	4000	4500	5000	5500	6000
Carrot	g	4000	4500	5000	5500	6000
Onion	g	800	900	1000	1100	1200
Mushroom	g	1600	1800	2000	2200	2400
Red pepper	g	1600	1800	2000	2200	2400
Peanut	g	480	540	600	660	720
Spices						
Ginger	g	160	180	200	220	240
Soy sauce	ml	560	630	700	770	840
Sriracha sauce (optional)	g	240	270	300	330	360
Lemon juice (1l)	ml	600	675	750	825	900

Cooking pasta:

1. Start preparing the pasta right after the morning meditation. Put the pasta in boiling, salty water with cooking oil added.
2. When the pasta is about to get ready (the middle is still slightly hard), rinse it in cold water to stop the pasta overcooking in its own heat – this is important. The pasta getting cold is not a problem as it will be fried with the vegetables.

Frying pasta:

1. In a small dry pan fry the peanuts, put them aside.
2. Heat a little oil. Fry the vegetables, then put them aside in a container.
3. Heat a little oil in the cauldron. Fry the ginger and the garlic for **10-20 seconds**.
4. Add and fry the pre-cooked pasta. Add a little soy sauce if too dry.
5. Add the vegetables, mix well and fry together for a short time. The vegetables should remain crunchy.
6. Add the soy sauce, sriracha, lemon juice, a bit of pepper, and the brown sugar. Mix well.
7. Serve it with fried peanuts and coriander leaves or parsley on top.

Falafel

People		80	90	100	110	120
Falafel powder	g	4000	4500	5000	5500	6000
Cooking oil	ml	according to the recipe on the packaging				
Water	l	according to the recipe on the packaging				

Baking falafel (simplified):

1. Mix the falafel powder with the amount of water given in the instructions on the package. Make sure to match the amount of water to the amount of powder you use (check the packaging carefully, because it happened before that the amount of water was calculated for 250 g powder, even though the packages were 500 g).
2. Let it soak and rest a bit, then put into baking trays covered with baking paper or oil. Make it 1.5 cm thick.
3. Bake at 180°C for 10-30 minutes until the surface is light brown and the dough does not stick to a fork.
4. Cut into rectangles (ca. 2×3 cm) for serving in the baking trays or plastic trays.

Afternoon:

- For tea: Wash fruits for the new students and put in bowls.
- For tea: Grate ginger without peeling or cut thin slices (recipe near the end of the book).
- Wash all dirty dishes. Put dry dishes on the cupboard and everything in its right place.
- Check refrigerators: discard 3 days old food into dedicated buckets for leftovers.
- Collect food leftovers from the dining areas (no teabags, banana or orange peels).
- Mon, Wed, Fri: Take food leftover buckets to the electrical cabinet next to the entry gate.
- Take out rubbish and compost to the bins outside the kitchen on the left. Sweep and mop.

Preparations for tomorrow:

- For breakfast: Prepare the sauce (recipe near the end of the book): chop apples, prunes, put in a pot with the raisins and lemon water.
- For lunch: Cut the tofu into ca. 1×1×2 cm cubes, put into plastic containers or pots. Marinate with part of the grated ginger and soy sauce. Store in the fridge for the night.
- For lunch: Take out the spinach from the freezer and leave it overnight to thaw.
- For lunch: Peel the sweet potatoes, onions.
- For salad: Peel the carrots, beetroots.

Day 8. lunch

Spinach tofu curry (Palak tofu), Rice

Morning preparations:

- For lunch: Put water on to boil (20-30l).
- Dice the onions.
- Chop sweet potatoes into ca. 2x2x2 cm cubes.
- For salad bar: Prepare the vegetables (recipe near the end of the book).

Spinach tofu curry (Palak tofu)

People		80	90	100	110	120
Tofu	g	4800	5400	6000	6600	7200
Soy sauce	ml	400	450	500	550	600
Ginger	g	64	72	80	88	96
Onion	g	3200	3600	4000	4400	4800
Sweet potato	g	4000	4500	5000	5500	6000
Spinach	kg	12,8	14,4	16	17,6	19,2
Spices						
Nutmeg	g	0,8	0,9	1	1,1	1,2
Coriander seed (ground)	g	8	9	10	11	12
Ginger (ground)	g	8	9	10	11	12
Salt (to taste)	g	80	90	100	110	120
Pepper (to taste)	g	24	27	30	33	36

Cooking spinach tofu curry:

1. Fry the onions until translucent.
2. Add the rest of the ginger.
3. Add the marinated tofu and the sweet potatoes.
4. When the surface of the tofu and sweet potatoes are fried slightly brownish, add a bit of water and the spinach and spices.
5. Keep cooking until the sweet potatoes get soft.

Rice

People		80	90	100	110	120
Rice	g	6400	7200	8000	8800	9600

Cooking rice:

1. Boil water 1.5x the amount (volume) of the rice.
2. When boiling add the rice, salt (and optionally turmeric which gives it a nice yellow tint). You can slightly stir now.
3. Turn down the heat and cover the rice. Let it cook without stirring. Important: Don't stir the rice while it's cooking as it breaks apart and becomes mushy and hard to serve. If put in boiling water and cooked on low heat it should cook evenly.

Afternoon:

- For tea: Wash fruits for the new students and put in bowls.
- For tea: Grate ginger without peeling or cut thin slices (recipe near the end of the book).
- Wash all dirty dishes. Put dry dishes on the cupboard and everything in its right place.
- Check refrigerators: discard 3 days old food into dedicated buckets for leftovers.
- Collect food leftovers from the dining areas (no teabags, banana or orange peels).
- Mon, Wed, Fri: Take food leftover buckets to the electrical cabinet next to the entry gate.
- Take out rubbish and compost to the bins outside the kitchen on the left. Sweep and mop.

Preparations for tomorrow:

- For breakfast: Prepare the sauce (recipe near the end of the book): chop apples, prunes, put in a pot with the raisins and lemon water.
- For lunch: Peel the onions.
- For lunch: Soak the lentils (in the evening).

Day 9. lunch

Squash pottage, Lentil stew, Rice, Pickled cucumbers

Morning preparations:

- For lunch: Put water on to boil (20-30l).
- Start cooking the lentils.
- Dice the onions.
- Clean, cut and grate the squash with the food processor's coarse grater.
- Dice the paprika and tomatoes.
- Wash and chop the dill and the parsley.

Squash pottage

People		80	90	100	110	120
Onion	g	2000	2250	2500	2750	3000
Courgette/Zucchini	g	16000	18000	20000	22000	24000
White/yellow bell pepper	g	5600	6300	7000	7700	8400
Tomato	g	5600	6300	7000	7700	8400
Dill	bunch	16	18	20	22	24
Starch	g	160	180	200	220	240
Water	l			10 - 20		
Spices						
Ground paprika	g	60	67,5	75	82,5	90
Salt (to taste)	g	120	135	150	165	180
Pepper (to taste)	g	20	22,5	25	27,5	30

Sour cream (lactose free)	330g	6,4	7,2	8	8,8	9,6
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Cooking squash pottage:

1. Heat oil in the cauldron. Fry the onions until translucent.
2. Add the yellow peppers and the squash. Fry for some time.
3. Add the ground paprika and the tomatoes.
4. Add salt, pepper.
5. Dissolve the starch in cold water, mixing until smooth, so that you get a milky liquid.
6. When the vegetables are cooked, stir continuously and slowly pour the dissolved starch into it. This will thicken the pottage.
7. If needed add enough hot water to have a thinner stew-like consistency.
8. Season as needed.
9. For serving add dill on top. Serve the sour cream separately (in its packaging).

Lentil stew

People		80	90	100	110	120
Lentils	g	5600	6300	7000	7700	8400
Onion	g	3200	3600	4000	4400	4800
Tomato paste	ml	800	900	1000	1100	1200
Parsley	bunch	4	4,5	5	5,5	6
Spices						
Bay leaves	piece	8	9	10	11	12
Caraway seed (ground)	g	16	18	20	22	24
Ground paprika	g	120	135	150	165	180
Salt (to taste)	g	120	135	150	165	180
Pepper (to taste)	g	8	9	10	11	12

Cooking lentil stew:

1. Boil the lentils in a pot with bay leaves and salt. When cooked, drain the water.
2. Heat oil in a big pot. Fry the onions until soft.
3. Add the tomato puree and fry it slightly.
4. Take the pot off the fire and mix in the spices (except the parsley).
5. Add salt, pepper. Add water if needed and boil it.
6. Once it's boiling, continue boiling it on medium heat for **ca. 5 minutes**.
7. Add the cooked lentils and keep cooking on low heat for **10-15 minutes**.

Rice

People		80	90	100	110	120
Rice	g	2400	2700	3000	3300	3600

Cooking rice:

1. Boil water 1.5x the amount (volume) of the rice.
2. When boiling add the rice, salt (and optionally turmeric which gives it a nice yellow tint). You can slightly stir now.
3. Turn down the heat and cover the rice. Let it cook without stirring. Important: Don't stir the rice while it's cooking as it breaks apart and becomes mushy and hard to serve. If put in boiling water and cooked on low heat it should cook evenly.

Salad

People		80	90	100	110	120
Pickled cucumber	g	6000	6750	7500	8250	9000

Afternoon:

- For tea: Wash fruits for the new students and put in bowls.
- For tea: Grate ginger without peeling or cut thin slices (recipe near the end of the book).
- Wash all dirty dishes. Put dry dishes on the cupboard and everything in its right place.
- Check refrigerators: discard 3 days old food into dedicated buckets for leftovers.
- Collect food leftovers from the dining areas (no teabags, banana or orange peels).
- Mon, Wed, Fri: Take food leftover buckets to the electrical cabinet next to the entry gate.
- Take out rubbish and compost to the bins outside the kitchen on the left. Sweep and mop.

Preparations for tomorrow:

- For breakfast: If there is leftover from the lentil stew and there is not enough bread spread then blend it, add oil, add spices (e.g. turmeric, curry powder, cumin, coriander).
- For breakfast: Prepare the sauce (recipe near the end of the book): chop apples, prunes, put in a pot with the raisins and lemon water.
- For lunch: Soak the chickpeas.
- For lunch: Peel the onions.
- For lunch: Peel the carrots, potatoes, sweet potatoes, onions.
- For lunch: Clean the broccoli, break into florets. Clean and chop the stems also. Store covered in a cool place.
- For lunch: Soak the raisins, cashew nuts.
- For salad: Peel the carrots.

Day 10. lunch

Vegetable tajine, Couscous, Cabbage salad (Coleslaw), Chocolate cake with apricots

Morning preparations:

- For lunch: Put water on to boil (20-30l).
- For lunch: The cake can be prepared at the same time as the breakfast porridge and baked during breakfast so that it has time to cool down.
- For the Tajine: Put on the chickpeas to cook in salted water.
- Dice the carrots, potatoes, sweet potatoes.
- Clean and chop the eggplants, then put salt on it.
- Peel and grate the ginger or chop into mm sized pieces.
- Clean and slice the mushrooms.
- For the salad: Clean the white and red cabbage, remove the outer leaves, cut into 2/3/4 parts, remove the stem. Cut thin strips with the food processor or knife.
- For the salad: Cut the carrots with the food processor's coarse grater.
- For the salad: Wash and slice the leeks.

Cabbage salad (Coleslaw)

People		80	90	100	110	120
White cabbage	g	4000	4500	5000	5500	6000
Red cabbage	g	4000	4500	5000	5500	6000
Carrot	g	3200	3600	4000	4400	4800
Leek	g	640	720	800	880	960
Apple vinegar	ml	600	675	750	825	900
Mustard	g	200	225	250	275	300
Cold pressed sunflower oil	ml	1200	1350	1500	1650	1800

Making Coleslaw:

1. Mix the cabbage, the carrots and the leeks.
2. Separately mix the ingredients of the dressing (apple vinegar, mustard, oil).
3. Pour the dressing on the salad and mix.

Couscous (rolled durum wheat semolina)

People		80	90	100	110	120
Couscous	g	4000	4500	5000	5500	6000

Making couscous:

1. Boil the same amount of water (same volume) as the couscous.
2. Add salt (optionally turmeric).
3. Pour the boiling water on the couscous, cover it and let it soak. No need to cook.

Vegetable tajine

People		80	90	100	110	120
Onion	g	3200	3600	4000	4400	4800
Ginger	g	160	180	200	220	240
Carrot	g	3200	3600	4000	4400	4800
Potato	g	3200	3600	4000	4400	4800
Eggplant	g	3200	3600	4000	4400	4800
Chickpea (dry)	g	320	360	400	440	480
Sweet potato	g	4800	5400	6000	6600	7200
Mushroom	g	1600	1800	2000	2200	2400
Broccoli	g	3200	3600	4000	4400	4800
Raisin	g	160	180	200	220	240
Cashew nut	g	320	360	400	440	480
Spices						
Turmeric	g	80	90	100	110	120
Cinnamon (ground)	g	160	180	200	220	240
Nutmeg	g	16	18	20	22	24
Pepper (to taste)	g	24	27	30	33	36
Ginger (ground)	g	40	45	50	55	60
Cumin seed (ground)	g	80	90	100	110	120
Ground paprika	g	16	18	20	22	24
Coriander seed (ground)	g	40	45	50	55	60

Cooking tajine:

1. Fry the onions until translucent.
2. Add the ginger.
3. Add the carrots, potatoes and the eggplant.
4. When the potatoes start softening add the precooked chickpeas, the sweet potatoes and the mushrooms. These need less time to cook.
5. Add water if needed. The goal is to make a thick sauce, like a ragout.
6. Season, taste.
7. In the last 10 minutes of cooking add the raisins, cashew nuts and the broccoli, so they won't get overcooked and stay crisp.

Chocolate cake with apricots

People		80	90	100	110	120
Flour	g	2000	2250	2500	2750	3000
White sugar	g	600	675	750	825	900
Cocoa powder (Holland)	g	240	270	300	330	360
Vanilla sugar	pack	8	9	10	11	12
Baking powder	pack	6	6,75	7,5	8,25	9
Cooking oil	ml	720	810	900	990	1080
Apricots (canned)	g	3360	3780	4200	4620	5040
Water	l	2	2,25	2,5	2,75	3
Vinegar (10%)	ml	240	270	300	330	360

Baking the cake:

9. Mix the baking powder well with 1/10th of the flour.
10. Mix the dry ingredients.
11. Gradually mix the wet ingredients.
12. Keep stirring and add just enough water to get a medium thick batter.
13. Pour it into baking trays covered with baking paper. (The dough will rise to at least double its height, so for 50 people use 2 trays, for 100 people use 4 trays.)
14. Bake for about 25 minutes at 180°C. 2 trays fit in the ovens behind each other. Don't put one tray above the other as the one below will bake much slower. Remove all tools and tea boilers from the top oven because of the heat.
15. Cut into rectangles, then halve those into triangles and serve.

Afternoon:

- For dinner: Before group meditation start heating water in 2 pots (40-50l).
- Wash all dirty dishes. Put dry dishes on the cupboard and everything in its right place.
- Check refrigerators: discard 3 days old food into dedicated buckets for leftovers.
- Collect food leftovers from the dining areas (no teabags, banana or orange peels).
- Mon, Wed, Fri: Take food leftover buckets to the electrical cabinet next to the entry gate.
- Take out rubbish and compost to the bins outside the kitchen on the left. Sweep and mop.

Day 10. dinner

Red lentil soup

After lunch preparations:

- Before group meditation: Put water on to boil for the soup in 2 pots (40-50l).
- Peel and chop the onions.
- Peel the carrots and turnips, cut into 4 sticks then cut into 3-5 mm sized pieces with a knife or the food processor's thin slicer.
- Peel and grate the ginger or chop into mm sized pieces.
- Wash and chop the parsley.

Red lentil soup

People		80	90	100	110	120
Onion	g	1600	1800	2000	2200	2400
Carrot	g	1600	1800	2000	2200	2400
Turnip	g	560	630	700	770	840
Ginger	g	240	270	300	330	360
Red lentils	g	4000	4500	5000	5500	6000
Tomato purée	g	1760	1980	2200	2420	2640
Parsley	bunch	16	18	20	22	24
Spices						
Lovage	g	23	26	29	32	35
Thyme	g	34	39	43	47	52
Bay leaves	piece	46	51	57	63	68
Asafoetida, optional	g	14	15	17	19	20
Coriander seed (ground)	g	17	19	21	23	25
Cardamom (whole)	piece	34	39	43	47	52
Cinnamon (ground)	g	23	26	29	32	35
Cumin seed (ground)	g	17	19	21	23	25
Turmeric	g	34	39	43	47	52
Smoked paprika	g	29	32	36	40	43
Water	l	32	36	40	44	48
Salt (to taste)	g	240	270	300	330	360
Pepper (to taste)	g	11,2	12,6	14	15	17

Bread	kg	5,6	6,3	7	7,7	8,4
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Preparing the soup:

1. First put water on the stove to boil (40-50l).
2. Prepare and measure the spices (**except the smoked red paprika**) in a bowl.
3. Place every ingredient in order on the table next to the cooking cauldron.
4. Heat oil. Fry all the measured **spices (except the smoked red paprika)** for **5-15 seconds**, continuously stirring.
5. Immediately put the prepared onions, carrots, turnip, ginger onto the spices, so they won't get burnt.
6. Keep frying and stirring until the onions get slightly translucent.
7. Then add the lentils and the tomato paste and fry them slightly.
8. After stirring for 1-2 minutes add the boiling hot water.
9. Add the herbs (coriander or parsley, celery, red paprika).
10. Add $\frac{3}{4}$ of the salt and taste whether more is necessary (use 2 spoons: 1 for the pot, 1 for yourself).
11. If you want to make it more spicy or add more flavor to it, add a bit of mustard.
12. Keep cooking on medium heat, occasionally mix and taste as the red lentils can easily overcook.
13. The red lentils become soft and fall apart in the end but it's not a problem. The aim is that all the ingredients should become soft and to get a moderately thick soup.

Day 11. breakfast

We serve the leftovers. The kitchen team can decide to make some warm food, especially when the weather is cold. The experience is that less is consumed as a large part of the team leaves quickly.

Breakfast warm meals

Porridge, Millet, Polenta, Apple sauce with raisins

Porridge

People		80	90	100	110	120
Oatmeal (fine)	g	4000	4500	5000	5500	6000
Cinnamon (ground)	g	20	22,5	25	27,5	30
Cardamom (whole)	piece	16	18	20	22	24
Salt	g	32	36	40	44	48
Water	l	18	20,25	22,5	24,75	27

Cooking porridge in a pot:

1. After 5 start boiling the water (can take more than half an hour). Add salt.
2. When boiling, pour the oatmeal into it and stir for a few minutes until it boils again.
3. Turn off the stove and cover. Let it sit for half an hour while the oats soak up the water and become mushy.
4. If the consistency is not uniform, stir it. If it's too thick then add 1-2 liters of hot water from a tea kettle.

Millet (gluten-free, on odd days)

People		80	90	100	110	120
Millet	g	800	900	1000	1100	1200
Cinnamon (ground)	g	4	4,5	5	5,5	6
Cardamom (whole)	piece	4,8	5,4	6	6,6	7,2
Salt	g	8	9	10	11	12
Water	l	2,4	2,7	3	3,3	3,6

Cooking millet:

We make millet for students asking for a gluten-free diet, but if it's favored then we can cook for all students occasionally. 1 kg millet is available per day. The gluten-free people are served at least 50g per person.

1. Put the millet, spices (optional) and salt in 3-4 times as much water. Boil it.
 2. On low heat, simmer it, covered, for 20-30 minutes until it's mushy. If it's not soft enough then add more hot water.
- If there are only a few gluten-free students then serve individually in bowls with their name written on a sign. Otherwise serve in a pot with the sign "gluten-free".
 - If you cooked just the right amount then make a sign "only for gluten sensitive". Ask the dining hall manager to observe whether those who asked for it had enough.

Polenta (gluten-free, on even days)

People		80	90	100	110	120
Cornmeal	g	800	900	1000	1100	1200
Cinnamon (ground)	g	4	4,5	5	5,5	6
Cardamom (whole)	piece	4,8	5,4	6	6,6	7,2
Salt	g	8	9	10	11	12
Water	l	4	4,5	5	5,5	6

Cooking polenta:

We make polenta for students asking for a gluten-free diet, but if it's favored then we can cook for all students occasionally. 1 kg polenta is available per day. The gluten-free people are served at least 50g per person.

1. Boil 4-5 times as much water as the polenta. Add spices (optional) and salt.
 2. Pour the polenta into the water while stirring continuously.
 3. Cook on medium heat for 10-20 minutes, stirring regularly until it becomes thick and harder to stir. If it's not mushy enough then add more hot water.
- If there are only a few gluten-free students then serve individually in bowls with their name written on a sign. Otherwise serve in a pot with the sign "gluten-free".
 - If you cooked just the right amount then make a sign "only for gluten sensitive". Ask the dining hall manager to observe whether those who asked for it had enough.

Apple compôte with raisins

People		80	90	100	110	120
Apple	kg	4	4,5	5	5,5	6
Raisin	g	1200	1350	1500	1650	1800
Prune	g	400	450	500	550	600
Cinnamon (whole)	piece	2,4	2,7	3	3,3	3,6
Water	l					

Cooking apple compôte:

1. The previous afternoon prepare the ingredients:
 1. Chop the apples.
 2. Chop the prunes into 3-4 pieces.
 3. Add the raisins, mix.
 4. Add enough lemon water to cover the fruits.
 5. If the apples float then use a plate or lid to weigh them down.
2. **After 5:30 AM** put on the stove, covered.
3. When it's boiling (about half an hour) turn it off.
4. Optional: Blend a little (just for a few seconds) to get a sauce-like consistency.

Breakfast bread spreads

Yellow pea pâté, Chickpea pâté (Hummus), Bean pâté

Yellow pea pâté - day 1-3 breakfast

People		80	90	100	110	120
Yellow pea	g	800	900	1000	1100	1200
Onion	g	200	225	250	275	300
Carrot	g	400	450	500	550	600
Cold pressed sunflower oil	ml	160	180	200	220	240
Lemon juice (1l)	ml	200	225	250	275	300

Cooking yellow pea pâté:

1. Start cooking the yellow peas in just enough boiling to cover. Add bay leaves and rosemary.
2. Peel and dice the onions and the carrots.
3. Heat oil in a pan. Fry the vegetables on medium heat. Add salt, pepper.
4. When the peas are cooked remove the bay leaves and rosemary.
5. Add lemon juice, the fried vegetables.
6. Blend into a fine paste.

Chickpea pâté (Hummus) - day 4-6 breakfast

People		80	90	100	110	120
Chickpea (dry)	g	1600	1800	2000	2200	2400
Tahini	g	640	720	800	880	960
Spices						
Cumin seed (ground)	g	20	22,5	25	27,5	30
Coriander seed (ground)	g	20	22,5	25	27,5	30
Lemon juice (1l)	ml	160	180	200	220	240
Cold pressed sunflower oil	ml	640	720	800	880	960

Cooking hummus:

1. Cook the chickpeas for 2 hours (if short on time 1 hour is enough, but the hummus is more creamy if cooked longer).
2. Occasionally skim off the foam from the cooking water with a slotted or filter spoon.
3. Put aside half of the cooking water (don't discard it), this will be used to get the proper consistency.
4. Blend the chickpeas thoroughly. Add enough cooking water to make it creamy. It will thicken over time, so don't be afraid to use enough water, even if it seems slightly thin at the beginning.
5. Add the rest of the ingredients. More spices and mustard can be added for taste.

Bean pâté - day 8-11 breakfast

People		80	90	100	110	120
Red bean	g	560	630	700	770	840
Onion	g	320	360	400	440	480
Tomato	g	320	360	400	440	480
Spices						
Ground paprika	g	200	225	250	275	300
Lovage	g	8	9	10	11	12
Bay leaves	piece	3,2	3,6	4	4,4	4,8
Apple vinegar	ml	120	135	150	165	180
Sriracha sauce (optional)	g	4	4,5	5	5,5	6
Salt (to taste)	g	8	9	10	11	12

Cooking bean pâté:

1. Soak the red beans hours before or the night before.
2. Start cooking the beans with the spices and salt. Add just enough water to cover the beans by 4 cm (don't use too much water as the beans will be blended with the water).
3. Heat oil in a pan. Fry the onions and tomatoes.
4. When the beans are cooked, mix with the vegetables.
5. Blend into a fine paste. Add salt, pepper, extra spices if needed.

Lunch salad bar

On days 1–8 serve a variety of salads for lunch following the recipe below.

On day 9 serve pickled cucumbers.

On day 10 serve Cabbage salad (Coleslaw)

On day 6 there's Tabbouleh also, therefore prepare less salad or just serve the leftovers.

Salad (daily)

People		80	90	100	110	120
Iceberg / Butter lettuce	head	8	9	10	11	12
Carrot	g	2400	2700	3000	3300	3600
Red / White cabbage	g	4000	4500	5000	5500	6000
Beetroot	g	2000	2250	2500	2750	3000
Sour cabbage	g	1600	1800	2000	2200	2400

Preparing salads:

The table shows the quantities ordered for 1 day. The kitchen team can decide what veggies to serve each day (at least 3 kinds) and how much. **The total weight of the vegetables served each day is important.** Aim to use all the vegetables bought for salad by the end of the course. Use vegetables that are getting old first.

Take into account the consumption of students as well. If there wasn't enough salad then prepare more and order the extra vegetables for the following days from Éva. If the consumption is less then use the remaining vegetables in other dishes or make something, e.g. braised cabbage or beetroot dressing.

1. Separate the lettuce leaves and wash them thoroughly in cold water. Drain, then tear or cut into pieces.
2. Cut the iceberg salad into 2 cm strips.
3. Peel the carrots and beetroot. Cut into pieces that fit the food process and grate it using the coarse grater.
4. Clean the white and red cabbage, remove the outer leaves, cut into 2/3/4 parts, remove the stem and damaged parts. Cut thin strips with the food processor or knife.
5. Serve each vegetable separately.

Salad dressings

Vinaigrette dressing, Tahini dressing, Italian dressing

Vinaigrette dressing - day 1-4

People		80	90	100	110	120
Cold pressed sunflower oil	ml	2400	2700	3000	3300	3600
Balsamic vinegar	ml	800	900	1000	1100	1200
Mustard	g	400	450	500	550	600
Brown sugar	g	120	135	150	165	180
Salt (to taste)	g	120	135	150	165	180
Pepper (to taste)	g	20	22,5	25	27,5	30

Making vinaigrette dressing:

1. Mix everything except the oil.
2. Slowly pour the oil into the vinegar mixture, while stirring continuously with the blender.
3. Serve in 2 suitable containers, e.g. plastic jugs. Can be mixed in those containers as well.
4. Put a dressing spoon next to it.

Tahini dressing - day 4-6

People		80	90	100	110	120
Rice milk and/or Oat milk	ml	1200	1350	1500	1650	1800
Tahini	g	400	450	500	550	600
Cold pressed sunflower oil	ml	1200	1350	1500	1650	1800
Lemon juice (1l)	ml	800	900	1000	1100	1200
Cumin seed (ground)	g	16	18	20	22	24
Salt (to taste)	g	80	90	100	110	120
Pepper (to taste)	g	24	27	30	33	36

Making tahini dressing:

1. While mixing the plant milk with the blender slowly pour the tahini then the oil into it. This will make the mixture a bit creamy.
2. Stir in the lemon juice, spices and salt.
3. Serve in 2 suitable containers, e.g. plastic jugs. Can be mixed in those containers as well.
4. Put a dressing spoon next to it.

Italian dressing - day 6-8

People		80	90	100	110	120
Cold pressed sunflower oil	ml	2800	3150	3500	3850	4200
Balsamic vinegar	ml	400	450	500	550	600
Lemon juice (1l)	ml	400	450	500	550	600
Brown sugar	g	200	225	250	275	300
Thyme	g	20	22,5	25	27,5	30
Basil	g	20	22,5	25	27,5	30
Oregano	g	20	22,5	25	27,5	30
Pepper (to taste)	g	20	22,5	25	27,5	30

Making Italian dressing:

1. Mix everything except the oil.
2. Slowly pour the oil into the vinegar mixture, while stirring continuously with the blender.
3. Serve in 2 suitable containers, e.g. plastic jugs. Can be mixed in those containers as well.
4. Put a dressing spoon next to it.

Afternoon tea

Ginger tea, Lemon juice

Ginger tea (daily)

People		80	90	100	110	120
Ginger	g	480	540	600	660	720
Water	l	24	27	30	33	36

Cooking ginger tea:

The amount of ginger tea served is decided based on the previous day's consumption.

1. **After 15:30** put on the water to boil.
2. Grate ginger without peeling or cut thin slices. Put in the water.
3. Cover and boil for ca. **10 minutes** on low heat, then turn off.
4. **Around 16:45** serve in the 2 big square containers.

Lemon juice (daily)

People		80	90	100	110	120
Lemon juice (1l)	ml	1120	1260	1400	1540	1680

Serving lemon juice:

We also serve lemon juice with the ginger tea in a 0.5 liter IKEA glass with a pouring spout. Students can make their own lemon water. The amount of lemon juice available for one day is shown in the table above.

Alternatively, the kitchen team may decide to make lemon water, in which case more containers and less ginger tea will be needed. Heat a little less water than for the ginger tea, then add lemon juice to taste before serving.