

Beet Salad & Cornbread

For 40 people

- Wash all vegetables.
- The Sangha kitchen oven takes at least 30 minutes to pre-heat.
- All items are from Trader Joe's, although you can get most of it anywhere. Just take into account the size/amount if you get different brands.
- Remember to use cloth bags at the store!

Ingredients

14 Romaine lettuce heart. These come three(3) to a bag, so you'll have to buy 5 bags.
4 boxes baby beets (in refrigerated vegetable/fruit section)
2 bags dried cherries
8 carrots
16 green onions
3 cartons crumbled Gorgonzola cheese
1 large bag walnut pieces
2 boxes whole wheat couscous
3 boxes cornbread mix
3 bottles Raspberry dressing
vegetable oil
eggs
milk

Preparation

It's mostly just a lot of chopping. Get two of the largest stainless bowls and one medium stainless bowl. You'll evenly divide your chopped ingredients between the two large bowls, then take enough of the completed, tossed mixture for the medium bowl. This medium bowl is WITHOUT CHEESE for the vegans.

First cook the full two boxes of couscous. When it's done, fluff it with a fork and let it cool.

Chop the lettuce, medium pieces.

Chop the onions to very thin slices.

Same with the carrots.

Chop the beets into small pieces.

Chop the cherries just enough to get them to smaller pieces.

Add the walnuts.

Add the cooled couscous.

The bowls are full, so, using two large stainless spoons, slowly mix the ingredients, being sure to bring up what's on the bottom so everything is thoroughly blended. Take enough of the salad from the large bowls to fill the medium bowl.

Add the cheese to the two large bowls. DO NOT add cheese to the medium bowl.

At some point you will mix the cornbread and put it in the oven. Do this with enough time to let the cornbread cool – it's much easier to get out of the pans that way. Cut it into SMALL pieces (in the pan) so it goes farther among the Sangha.

I've found that one regular aluminum baking pan and one large glass pan (which gets about twice what the other one does) work for the corn bread. This way they both fit into one oven. I've found the smaller pan is done first, then the larger one takes about 5-10 minutes more. Be sure to check regularly so it doesn't burn.

Use the blue tape and marker to make signs you put above each salad bowl: DIG DEEP – GOOD STUFF ON THE BOTTOM. Also put a sign that identifies the VEGAN salad.

Put out the salad dressing and butter for the corn bread.

In gassho
Genkai