

Crack the Plates

this week's menu

three:

kittee's *ye'miser bamia w'et* - red lentils & okra in a spicy red gravy
 spicy merlot-baked seitan & peppers
 chick'n salad-style tofu
 maple roasted sweet potatoes
 pineapple-glazed beets
 shells 'n cheeze casserole
 farmer's market *injera*

five:

kittee's *ye'miser bamia w'et azifa* - ethiopian brown lentil salad
munazalit Bathinjan - Syrian eggplant stew
 spicy merlot-baked seitan & peppers
 chick'n salad-style tofu
 maple roasted sweet potatoes
 pineapple-glazed beets
 millet with spanish flavors
 chilled citrus-broccoli salad
 shells 'n cheeze casserole
 farmer's market *injera*

dessert:

the best chocolate chip cookies

sesame hummus: extra tahini, toasted sesame oil & sesame seeds; crudites; organic mixed greens salad; *the Grit's* classic vinaigrette

week two!

Thank you so much for ordering this week's delivery! I'm living my dream & couldn't do so without your support.

I hope you enjoy full-flavored, spicy food, because this week menu boasts several Ethiopian recipes from Kittee Berns' new cookzine *Papa Tofu Loves Ethiopian Food!* At first I was anxious about introducing a new kind of cuisine so early in the meal delivery's existence, but my clients have already proven themselves to be a sophisticated, intrepid bunch. (Go you!)

Nevertheless, I didn't want to warm ya up with all that bold Ethiopian food without offering a couple of cool downs. My compromise? Old-fashioned macaroni & cheeze casserole and that infamous chicken-salad style tofu! There's also a bonus of injera bread for enjoying with the stews; the mains are great with rice, too, if you can make it easily.

You've probably heard that I make the chick'n salad only once a year, for the fourth of July - and that was true, 'til now. This week I'm making it not only as a contrast to the exciting Ethiopian menu, but in celebration of my return orders for week two. I know the families that ordered this week especially love that maddening tofu dish - making it is my way of honoring them (you!)! I hope it's just as you remember it.

Til next week!

chef spotlight: kittee berns!

Every great cook learns from others - MANY others! I am no exception. I'm a big fan of using recipes as guides, adjusting seasonings & making substitutions. Accordingly, each week I'll feature a cook who has influenced me.

Kittee Berns is best known for her *Papa Tofu* cooking zines and as a founding member of xgfx.com, the best online gluten-free vegan resource. This week's Ethiopian recipes come from her latest cookzine *Papa Tofu Loves Ethiopian Food!* While I've made lots of lentil dishes before, Kittee taught me how to prepare two distinctively Ethiopian condiments underlying many dishes: *niter kibbeh*, the seasoned veganized butter; and *berbere*, a homemade hot spice blend. Thanks, Kittee!

final thoughts

new this week! re-heating instructions & ingredient lists on the next page!
 comment cards: in your lunchbox you'll find a self-addressed stamped postcard. please fill it out & send me mail!

ordering next week: let me know by 09/09/11
 publicity: please tell the world about your lovely meals via fbook, twitter, blog, etc! I need a minimum # of clients per week to keep this up. Thanks!

ingredients & reheating instructions

main courses

ye'miser bamia w'et (red lentils and okra in red gravy): organic red lentils, filtered water, organic red onions, organic garlic, organic ginger, salt, niter kibbeh (Earth Balance vegan margarine, organic red onions, garlic, organic ginger, organic turmeric, organic fenugreek, organic cardamom, organic cinnamon, cloves, nutmeg), berbere (organic red onion, organic ginger, garlic, salt, Canadian canola oil, organic cardamom, coriander, cloves, organic fenugreek, organic cinnamon, sweet paprika, organic cayenne, organic purple basil), organic cumin, paprika, organic local tomatoes, organic local okra, vegetable stock. To enjoy: re-heat in a small saucepan on medium-low, stirring constantly, til heated through. serve on top of injera bread for best flavor.

azifa (brown lentil salad): organic brown lentils, salt, organic red onions, organic parsley, organic purple basil, organic local sweet peppers, organic local tomatoes, citrus vinaigrette (organic lime juice, dijon mustard, organic olive oil, organic black pepper, ground flax), organic coriander. To enjoy: toss & serve cold.

spicy merlot-baked seitan & peppers: home-made seitan (organic wheat gluten, organic nutritional yeast, organic flour, organic vegetable broth, organic shoyu, organic tomato paste, organic olive oil, garlic); organic hot & sweet local peppers; organic ginger, organic garlic, organic Merlot, organic olive oil, organic spices (cumin, cardamom, turmeric, cloves, cinnamon). To enjoy: re-heat in skillet with a little added moisture - water or vegetable broth - to cook through.

mains & sides

munazalit Bathinjan (Syrian eggplant & chickpea stew): local organic eggplants, organic olive oil, organic sweet onions, organic local garlic, organic chickpeas, organic tomatoes, organic cilantro, organic pepper, nutmeg. To enjoy: re-heat in a small saucepan on medium-low, stirring constantly, til heated through. Can be eaten alone or on top of pasta or other grain. Also freezes well for later use.

chick'n-salad style tofu: local tofu, Earth Balance vegan margarine, organic flour, organic nutritional yeast, organic soymilk, organic shoyu, vegan Worcestershire sauce, organic red onion, organic celery, organic lemon, organic vegan mayonnaise, organic vegan sugar, salt, Tabasco sauce, mustard, curry powder, organic pepper, organic garlic, organic herbs, Canadian canola oil, organic olive oil. To enjoy: Serve cold, either on top of a salad or as a sandwich.

millet with Spanish flavors: organic local garlic, organic millet, organic sweet onion, organic local jalepenos, organic vegetable broth, organic tomatoes, organic cumin, organic cilantro, organic lime. To enjoy: if you have a favorite way of re-heating cold rice, treat this millet similarly. Microwave.

shells 'n cheeze: Italian shell pasta, Earth Balance vegan margarine, organic flour, organic shoyu, organic garlic, organic turmeric, organic black pepper, organic nutritional yeast, Canadian canola oil. To enjoy: Microwave; also freezes well for later use.

maple-roasted sweet potatoes: organic sweet potatoes, organic maple syrup, organic olive oil, organic cinnamon, Jamaican allspice, salt. To enjoy: toss gently in skillet over medium heat til heated through.

pineapple-glazed beets: organic yellow & red beets, pineapple juice, organic mango juice, organic lemon juice, organic orange juice, organic orange zest, organic maple syrup, salt. To enjoy: serve cold.

chilled citrus-broccoli salad: organic broccoli, organic orange juice, organic lime juice, organic lemon juice, organic agave nectar, organic purple basil, organic local garlic, organic olive oil. To enjoy: serve cold.

sesame hummus: organic tahini, organic lemon juice, organic olive oil, filtered water, organic chickpeas, organic garlic, salt, organic pepper, organic cayenne, organic parsley; topped with toasted sesame oil and a mix of white and black sesame seeds.

cookies!: organic flour, organic fair-trade chocolate chips, organic molasses, vegan margarine, salt, organic agave nectar, organic vanilla extract, organic fair-trade sugar. To enjoy: you know what to do!

If you wanna have fun: spread out a piece of injera bread. Evenly space piles of your main courses and sides. Enjoy Ethiopian-style! (Note: this is a ***must*** with the red okra curry!)