

A Warm Reception

Bag the chicken or beef options, and look at what just a few local eateries can plan for your meat-free reception...

From Ivy's Cooking: Fresh Fare

Appetizers:

Babaghanoush (Roasted Garlic & Eggplant Dip)

Black Bean & Garbanzo Bean Hummus (see recipe)

Main Dish:

Spanakopita: Flaky filo dough layered with feta cheese, spinach, sundried tomatoes and toasted walnuts.

Side dishes:

Roasted New Potatoes With Spring Herb Pesto
Green Beans With Fresh Tomato Herb Dressing

Black Bean & Garbanzo Bean Hummus

(Makes 4 cups)

2 15 oz. cans garbanzo beans

1/3 cup tahini (sesame seed paste)

1/3 cup fresh lime juice

4 tsp. chopped fresh garlic

1 15 oz. can black beans, rinsed, drained well.

Pinch cayenne pepper

Pita bread, cut into triangles

Drain garbanzo beans, reserving 1/2 cup liquid. Rinse and drain garbanzo beans well. Combine garbanzo beans, tahini, lime juice and garlic in a food processor; puree until smooth. Add black beans and process until beans are coarsely chopped. Transfer to large bowl. Stir in enough reserved garbanzo liquid to create consistency of thick mayonnaise. Add cayenne pepper. Season with salt and pepper. Serve with pita bread. Can be prepared a day ahead. Cover and refrigerate.

From Locomotive: A Wedding at Home

Starters:

Middle Eastern Appetizers

Mesclun Salad

Main Dish:

Fresh Tomato Tarts (see recipe)

Dessert:

Homemade Ice Cream

Fresh Tomato Tart

(Serves 6)

Rich, savory pastry crust to fit 9 1/2- to 11-inch pie or tart pan (recipe online)

1 small (1/4 lb.) onion

6 large cloves garlic

3/4 lb. (12 oz.) whole milk mozzarella

10 medium-size, firm, ripe tomatoes (preferably large Romas)

1-2 teaspoons olive oil for sauteeing, plus 1-2 teaspoons for top

1/2 teaspoon salt (or to taste)

Scant 1/2 teaspoon coarsely ground fresh black pepper

Scant 1 teaspoon dried oregano

Roll out pastry and fit into tart pan (preferably one with a removable ring) or pie pan. Chill in freezer 20 to 30 minutes. Preheat oven to 400 degrees.

Peel onion and chop finely. Trim and peel garlic, and slice crosswise. Grate the mozzarella. Core tomatoes and slice thinly. In a small pan over medium-low heat with just

enough oil to prevent sticking, sauté onion lightly until translucent and a little brown at edges. Add garlic and saute just until limp and lightly cooked, but not brown. Cool briefly.

When crust is chilled, spread onion-garlic mixture over it and top with mozzarella. Beginning at outer edge of crust, layer overlapping tomato slices in concentric circles. (You can alternate direction of circles for visual interest). Repeat until center is filled. Sprinkle tart with the salt, pepper and oregano. Drizzle tart with a touch of olive oil.

Bake at 400 degrees 40 to 50 minutes until crust is lightly golden and firm (rotate pan 180-degrees after 20 minutes for even baking). If tomatoes are very juicy, blot surface of tart with a doubled sheet of paper towels twice during baking — once when rotating pan and again 10 minutes later. Can be baked ahead of time and reheated 7 to 10 minutes at 375 degrees.

From Shining Sun Raw Food & Juice Bar (previously Conquering Lion): Raw Menu

Appetizers:

Veggie Sushi

Bruschetta

Magnificent Marinated Mushrooms w/Almond

Paté

Soup:

Cream of Spinach

Pumpkin Coconut Spiced Soup

Entrée:

Love Loaf with Barbecue Sauce

Vegetable Noodles w/ Creamy Macadamia Nut

Sauce, topped with Broccoli and Brazilian Nut

Parmesan

Dessert:

Carob Coconut Persimmon Crème Pie (see recipe)

Cherry Tiramisu

Carob Coconut Persimmon Crème Pie

(Makes one 9-inch pie)

2 c. walnuts

5 c. dates, divided

1 c. carob

4 avocados

2 young coconuts

2 persimmons *

Crust: Soak walnuts 6 to 8 hours. Rinse and drain, then blend in food processor until fine. Add 2 c. dates and blend. Press mixture into a 9-inch pie pan.

Filling: Blend avocados, carob and 2 1/2 c. dates until smooth. Spread onto pie crust.

Topping: Open coconuts, scrape out jelly and pour coconut water into a cup. Place remaining dates, coconut jelly, 1/4 cup of coconut water and both persimmons into a food processor and blend until smooth. Spread over filling.

Decorate pie with slices of bananas and a sprinkling of carob powder.

*If persimmon is not in season, simply add 1 1/2 c. of your favorite fruit. ■

— Compiled by Bobbie Willis



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