

FOOD



Simple Vegan Burger by Paul A. Neufeldt (makes 1 dozen)

INGREDIENTS:

- 1 cup mixed dried beans (at least 3 types)
- 1/2 cup nutritional yeast
- 1/2 cup quinoa
- 1/4 cup red rice flour
- 1/2 cup ground dried mushrooms
- 1/2 cup grated carrot
- 2 tablespoons Soup Spice Mix
- 1/2 cup dried seaweed cut into 1/4 inch by 1 inch strips
- 2 tablespoons soy sauce
- 1 cup whey water

DIRECTIONS:

1. Put beans, quinoa, mushrooms and Soup Spice Mix in a saucepan with 3 cups water, bring to a boil then let simmer on medium for an hour. Stir periodically.
2. Pour entire contents of saucepan in a blender. Add soy sauce and whey water. Blends well, some chunks are okay.
3. Combine all ingredients in a large mixing bowl and mix thoroughly by hand.
4. Set oven to 250f. Bake in a large greased casserole pan for half an hour. Let cool, then store in covered container until used to make burgers (makes about a dozen).
5. Burgers may be frozen, separated by cooking parchment, in a sealed container.
6. Fry burgers on medium heat with olive oil until browned on both sides.

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An Evening in Paris

December 31, 2017
8pm - 2am

75 per person
Non-Refundable

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Balloon Drop • Champagne Toast

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CALENDAR November 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6 National Nachos Day James Naismith, Inventor of Basket- ball, born, 1861	7 Hug-a-Bear Day Scientist Marie Curie born in 1867	8 X-Ray Day X-Ray was discovered on this day in 1895	9 First 'Rolling Stone' magazine is pub- lished in 1967 Great Boston Fire 1872	10 Sesame Street De- buted in 1969 Veteran's Day (Celebrated)	11 Remembrance Day In Canada Veteran's Day	12 Elizabeth Cady Stan- ton, Women's Rights Leader, was born in 1815
13 Mom's and Dad's Day Vietnam Veterans Memorial was dedi- cated in 1982	14 Young Reader's Day National Clean Out Your Refrigerator Day	15 America Recycles Day Pack Your Mom Lunch Day	16 Jean Fritz born, 1915 Fall of the Inca Em- pire (1533) Button Day	17 Homemade Bread Day Lewis & Clark Reached Pacific, 1805 Take A Hike Day	18 Antarctica discov- ered in 1820 William Tell Day	19 Gettysburg Address Delivered in 1863 by President Lin- coln Prime Minister Indi- ra Gandhi in 1917