

## Appetizer - Chips with Guacamole and Salsa

### Guacamole

- **36 avocados**
- **9 yellow onions** (finely chopped)
- **18 Roma tomatoes** (diced)
- **3 large bunches of cilantro** (finely chopped)
- **12 jalapeños** (seeded and finely diced)
- **9-12 garlic cloves** (minced)
- **12-15 limes** (to taste)
- **Salt** (to taste)

### **Instructions:**

Wednesday prep.:

1. Use a food processor to chop **tomatoes, cilantro, jalapenos, garlic** and **onions**.
2. Hand mash **avocados**.
3. Combine **all ingredients**, adding **salt** and **lime juice** to taste.

### Salsa

- **42 Roma tomatoes** (chopped)
- **6.3 liters of diced tomatoes** (canned)
- **12 red onions** (finely chopped)
- **18 jalapeño peppers** (seeded and finely diced)
- **6 large bunches of cilantro** (chopped)
- **18-24 garlic cloves** (minced)
- **500 ml lime juice** (~ 16-20 limes)
- **40 g chili powder** (to taste)
- **40 g cumin** ( to taste)
- **75 g sugar** (to taste)
- **Salt and pepper** (to taste)

### **Instructions:**

Wednesday prep.:

1. Set aside half of the **diced tomatoes**.
2. Use a food processor to blend **roma tomatoes, diced tomatoes (half), red onions, jalapeño peppers, cilantro, garlic**, and **lime juice**.
3. Blend the other half of the **diced tomatoes** into bigger chunks for texture.
4. Add **spices, sugar, salt** and **pepper** to taste.

## Main - Jackfruit Tacos

### Jackfruit Filling

- 20 cans young green jackfruit (14-16 oz cans)
- 10 large onions (finely chopped)
- 20 cloves of garlic (minced)
- 150 mL olive oil
- 20 green peppers
- 60 grams chili powder
- 35 g cumin
- 35 g smoked paprika
- 30 g ground coriander
- 75 g soy sauce
- 10 cups vegetable broth
- 170 g tomato paste
- Salt and pepper (to taste)
- 126 g brown sugar
- MSG

### **Instructions:**

Tuesday prep.:

1. Blacken green peppers in the oven at the hottest temperature.
2. Cover in bowl with saran wrap and let steam for 20 minutes.
3. Peel 80% of blackened skin off.
4. Remove stems and seeds.
5. Chop into small pieces and store in refrigerator.

Wednesday prep.:

5. Cut the jackfruit into thin slices from the core.
6. Heat oil and sauté onions and garlic.
7. Add chopped jackfruit, green peppers, vegetable broth, brown sugar, soy sauce, tomato paste and spices.
8. Cover pot and simmer until tender.
9. Cool for 30 minutes (uncovered).
10. Mash until homogenous.

### Toppings

- 120 taco shells
- 2 large bunches of cilantro ( finely chopped)
- 2 red onions (pickled)
- 1.5 cups apple cider vinegar
- ½ cup water
- 2 tsp salt
- 4 tbsp brown sugar

### Instructions:

Tuesday prep.:

1. Slice **red onions** very thinly.
2. Mix **water, apple cider vinegar, salt, and brown sugar** until dissolved.
3. Pickle for one day.

Wednesday prep.:

1. Chop **cilantro** and set aside in a serving container.
2. Preheat **taco shells** in the oven until warm.
3. Serve **filling** with **pickled red onions, guacamole** (if extra), **salsa**, and **cilantro**.

## Dessert - Horchata Rice Pudding

### Pudding

- **11 L plant-based milk** (almond, oat, or rice milk)
- OR
- **6 L almond milk & 5 L rice milk** (if we can buy)
- **8.5 cups Mahatma long-grain rice** or **Arborio rice**
- **400 g sugar**
- **3 tsp ground clove**
- **250g ground cinnamon** (for garnish)
- **9 tsp vanilla extract**
- **Salt** (to taste)

### **Instructions:**

Wednesday prep.:

1. Combine **rice**, **clove**, **cinnamon** and **salt** in a rice cooker.
2. Add enough **plant-based milk** to cook rice.
3. Fluff rice and add additional **plant-based milk**, **sugar** and **vanilla extract**.
4. Cook in a pot to further break down rice (if needed).

### Coconut whip topping:

- **5 cans coconut cream**
- **2.5 tsp vanilla extract**

### **Instructions:**

Wednesday prep.:

1. Make sure coconut cream cans have been chilling in the fridge overnight
2. Do not mix and hold steady so that the coconut cream and liquid stays separated
3. Scoop out the coconut cream into a chilled bowl and beat for 1 min
4. **Make sure not to overbeat as it can separate**
5. Chill in da fridge