

SEPT 25 Prep Doc (Paris-Olympic)

Prep Timing

Tuesday:

1. Cut fresh onions
 - a. maybe blend frozen onions and cook them in a separate pot
2. Caramelize onions and set aside in a container to cool to room temperature

Wednesday:

3. Make Chocolate batter
4. Bake chocolate cake and set aside to cool in Agora
5. Peel and boil potatoes
6. Cook French onion soup
7. Prep vinaigrette and herbs while potatoes cool down
8. Season potatoes and leave to side for flavors to meld
9. Toast Baggets
10. Service at 6pm

Appetizer – French Potato Salad (don't forget to bring peelers from home!)

Olive oil	750 mL
Apple cider vinegar	375 mL
Dijon mustard	250 mL
Garlic	10 cloves
Shallots OR Red onion	4 large shallots or 2 red onions
Parsley (fresh)	2 bunches (same size amount as last week)
Chives (fresh)	1 cup
Tarragon (fresh)	1 cup
Salt/black pepper	*I think we have pepper leftover*
Potatoes	20 lb

- 1) Wash and scrub the potatoes. Remove ~50% of skin and dark spots.
- 2) Boil the potatoes in salt water until they are just tender.
- 3) Drain and let them cool slightly before cutting into bite-sized pieces.

- 4) Blend olive oil, vinegar, Dijon mustard, garlic cloves, shallots, salt, and black pepper until the dressing is well emulsified.
- 5) Chop herbs and set aside.
- 6) Add vinaigrette to potatoes, being careful not to mash the potatoes.
- 7) Add the fresh parsley, chives, and tarragon. Gently fold everything together until the herbs are evenly distributed.
- 8) Let the potato salad sit for at least 1 hour before serving to allow the flavors to meld.

Main – French Onion soup w/ Baguettes

Onions	45 pounds
Olive oil	1500 mL
Red/white wine vinegar	750 mL
Garlic	270 g minced garlic (not sure about this amount – use your best judgement, but we need extra for garlic bread)
AP flour	1 cup
Chicken bouillon cubes	Do we have enough left over?
Thyme (fresh)	1 pack
Bay leaves (dried)	1 bag
Salt/black pepper	*I think we have some pepper left over*
Bread (any vegan bread, preferably whole grain)	90-100 slices
Vegan butter	4 blocks

1. Heat the olive oil over medium heat
2. Add the sliced onions and a pinch of salt.
3. Cook the onions for about 1.5 to 2 hours, stirring occasionally, until they are deeply caramelized.
4. Add minced garlic in the last 10 minutes of cooking the onions.
5. Once the onions are caramelized, add the flour, and mix until fully combined.
6. Add the wine vinegar, thyme, bay leaves, vegetable broth.
7. Bring the soup to a boil, then reduce the heat and let it simmer for another 30-45 minutes.
8. Season with salt and pepper to taste.

Dessert – Viral Olympic Chocolate Cake

Unsweetened soy milk	2072ml
Apple Cider Vinegar	7 teaspoons
All Purpose flour	1309g
Unsweetened cocoa powder	301g
Granulated sugar	1400g
Baking powder	14 teaspoons
Salt	3.5 teaspoons
Cornstarch	7 tablespoons
Canola Oil	553ml
Pure Vanilla Extract	7 teaspoons
Vegan Chocolate Chips	1890g

1. Preheat the oven to 400 degrees F. Line a standard muffin pan with liners and spray them lightly with oil.
2. Combine the soy milk and apple cider vinegar in a glass measuring cup or small bowl and set aside to curdle. This is your vegan buttermilk.
3. In a large bowl, whisk together all the dry ingredients: flour, cocoa powder, granulated sugar, baking powder, salt and cornstarch. If the cocoa powder is really clumpy, sift it in.
4. Pour the vegan buttermilk, oil and vanilla into the dry ingredients bowl. Stir with a spatula gently, being careful not to over mix. Over mixing muffin batter makes them hard instead of soft.
5. Fold in most of the chocolate chips, saving about 1/4 cup for the tops.
6. Fill muffin cups nearly to the top and sprinkle a few more chocolate chips on the tops.
7. Bake for 26-28 minutes, until a toothpick inserted in the middle comes out mostly clean. Be careful not to over bake, or the muffins will become dense and dry.