
FEAST FOR LOVE



What's at the heart of Valentine's Day?

It's a call to celebrate the love we have, and to find ways to share it. It's about the desire we have for connection and love. In that spirit, Eat for Equity is sharing our recipes for celebration, and recipes for bringing people together around a shared meal and a common cause.

We invite you to start a new tradition around Valentine's Day - a feast for love. This mini-cookbook gives you the tools to make a dinner for 2, 8, 20, 50 - or any number - of friends, lovers, neighbors, and strangers.

Invite your guests to give in a way that is meaningful to them, whether it's bringing one of these seasonal dishes to share, giving \$20 or more to support a local nonprofit cause, pledging two or more hours of volunteer time, or giving in another way.

Direct what you might have spent on a night out, a Hallmark card or flowers toward a nonprofit cause.

Maybe it's a nonprofit that you just love. Or it's a nonprofit that builds love in your community. Here are few ideas:

- Forgiveness - From Death to Life was started by a woman whose son was murdered. She forgave the young man who took her son's life, and with him and his mother, started healing groups for parents on both sides of the tragedy of homicide.
- Inclusion - Standing on the Side of Love is an interfaith public advocacy campaign that uses the power of love to stop oppression, on issues like immigrant justice and LGBTQ equality.
- Dignity - The Black Youth Project (BYP) produces research about the ideas, attitudes, and experiences of young black people; provides a platform for their voices and perspectives; and mobilizes young people and their allies to make positive change and build the world within which they want to live.
- Compassion - Programs that provide welcoming homes for young people experiencing homelessness. In Minneapolis, for example, organizations like Avenues for Homeless Youth and Ampersand work to find temporary and permanent homes for youth that restore belonging, dignity and hope.

Put your love into the meal you make, and it will taste good. You don't have to be a professional chef to cook well for a crowd. Our meals are made entirely by volunteers, and that's why we include tips for how to involve your guests in the process, when they inevitably ask "What can I do?" or "How can I help?"



Let us know how it goes! How'd the meal turn out? What causes did you support? What connections came out of it? **Share your meal with others by adding #feastforlove and tagging @eatforequity to your posts about the feast - and by sending us a quick note!**

We hope that this meal will be a way for you to connect to each other, and a way to connect to your greater community. That you'll use our template for a sustainable community feast, as your own way to help build a culture of generosity [and love]. And if you like it, show your love for Eat for Equity with a **donation of support.**

Enjoy the day,



Emily Torgrimson and Eat for Equity

MAIN Pork and Fennel Ragout

STARCHES Creamy Polenta
Beet Risotto

VEGETABLES Rainbow Salad with Golden Dressing

DESSERTS YOU CHOOSE:
Berry Macaroon Tart
Procrastinator's Chocolate Cake

DRINKS Hibiscus Punch

YOUR GAME PLAN

ONE - TWO WEEKS BEFORE

INVITE YOUR GUESTS

do they want to bring anything? Tell them what to bring
and how much to prepare, then cross that off your list!

TWO DAYS BEFORE

GO SHOPPING

make hibiscus concentrate
marinade pork
chop vegetables for ragout

UP TO ONE DAY BEFORE

make ragout
roast beets [or grate day of]
soak and cook polenta [sans parmesan]
make berry macaroon tart
make dressing

DAY OF FEAST

THREE HOURS BEFORE

chop vegetables for rainbow salad
make risotto

TWO HOURS BEFORE

make procrastinator's chocolate cake
reheat ragout
chop garnishes

ONE HOUR BEFORE

add water to hibiscus punch
assemble rainbow salad
reheat polenta, add parmesan
whip cream for procrastinator's chocolate cake

ingredient	amount	substitutes
allspice	1 teaspoon	1/2 teaspoon cinnamon, 1/4 teaspoon ginger, 1/4 teaspoon cloves
arrowroot starch	1 teaspoon	1 Tablespoon flour OR 1 teaspoon cornstarch
broth	1 cup	1 bouillon cube plus 1 cup boiling water OR 1 Tablespoon soy cause plus water to make 1 cup OR 1 Tablespoon nutritional yeast plus 1 cup boiling water. Depending on the recipe, you might consider adding 1 cup of red or white wine or beer
brown sugar	1 cup, packed	1 cup white sugar plus 1/4 cup molasses and decrease the liquid in the recipe by 1/4 cup OR 1 cup white sugar
buttermilk	1 cup	1 cup plain yogurt OR 1 teaspoon lemon juice or neutral vinegar [apple cider or white] plus enough milk to make 1 cup
corn syrup	1 cup	1 cup honey OR 1 1/4 cup white sugar plus 1/3 cup water
cream, heavy	1 cup	3/4 cup milk plus 1/3 cup butter
cream cheese	1 cup	1 cup pureed cottage cheese OR 1 cup plain yogurt, strained overnight in a cheesecloth
egg	1 whole	1/4 cup silken tofu pureed OR half a banana mashed with 1/2 teaspoon baking powder OR 1 Tablespoon ground flax seed soaked in 2 Tablespoons water
flour, bread	1 cup	1 cup all-purpose flour plus 1 teaspoon wheat gluten
flour, cake	1 cup	1 cup all-purpose flour minus 2 Tablespoons
flour, self-rising	1 cup	7/8 cup all-purpose flour plus 1 1/2 teaspoons baking powder and 1/2 teaspoon salt
herbs, fresh	1 Tablespoon	1 teaspoon dried herbs
onions, green	1 cup	1.5 cups chives, combination chives and thinly sliced red onions
shallots	1 shallot	2 Tablespoons minced red onion

kitchen tool	substitutes
cheesecloth	fine strainer, coffee filter, clean kitchen towel
citrus juicer	spoon [cut citrus in half and over a bowl, twist each half around the spoon]
plastic gloves	clean ziplock bags over your hands
electric beater	whip, jar [if using for whipped cream, fill with cream and sugar and shake for 5 - 10 minutes]



pork ragout

INGREDIENTS (serves 8)

- 2 cups [half a bottle] dry red wine
- 1 red onion, coarsely chopped into half moons
- 2 bay leaves
- 1 Tablespoon dried sage leaves
- 1 Tablespoon crushed red pepper
- 3 large garlic cloves, grated
- 1/2 teaspoon ground cloves
- 1.5 pounds pork shoulder roast
- 1 teaspoon salt
- 2 Tablespoons extra-virgin olive oil
- 2 Tablespoons tomato paste
- 1 head of celery, largely chopped on the diagonal
- 6 carrots, largely chopped
- 1 large fennel bulb, roughly chopped
- 4 cups [2 -14 oz. cans] canned tomatoes
- 4 cups vegetable or chicken broth
- [opt] 2 tablespoons chopped parsley

EQUIPMENT large stockpots, skillet

DIRECTIONS In a large, resealable plastic bag, combine the wine, red onion, bay leaves, sage, red pepper, garlic, and cloves. Add the pork and seal the bag, pressing out the air. Refrigerate for at least 6 hours or overnight.

Remove pork from marinade, patting pork dry as you can and salting all sides. Set a large oven safe pot over medium heat on the stovetop. Add olive oil and heat until shimmering. Add the pork and brown all sides, about 5 minutes each side. Depending on how thick your cut of meat is, you may need to use tongs to sear the sides of the cut.

When you're prepping the vegetables, use the trimmings to make your own stock. Carrot peels and tops, fennel stalks, celery ends, onion peels are not garbage! They will add layers of flavor to this dish. Throw them in a stock pot and cover with water. Bring to a low boil for an hour while you work on the rest of the meal. Then strain and use as stock. If you have extra, stock freezes well.

Add the red onions from the marinade, and sauté for 5 minutes. Add tomato paste and mix in for a minute. Add in celery, carrots, fennel, and tomatoes, then add the wine marinade. Simmer over moderate heat until it's nearly evaporated, about 10 minutes. Add the stock and bring to a boil, then simmer. Partially cover the casserole and cook the stew over **very low** heat until the meat is very tender and the liquid has reduced by half, about 2 hours. Using a fork, shred the pork and remove the bone. Remove the bay leaves. Garnish with chopped parsley and fennel fronds.

"WHAT CAN I DO?"



Shred it up. With a large fork or tongs, remove the pork from the pot and rest on a cutting board. It should be tender enough for you to shred with a fork. Remove the bone and save it for stock or [with permission] give it to the dog. Put the shredded meat back into the stockpot.

Bam! Garnish the ragout with chopped parsley and fennel fronds. You'll need a scissors or knife and cutting board. Snip the parsley into small pieces and dash on top. Make a "chef" sound when you do - like Emeril's "Bam!" or your own "Voila" or "Pow."

serves 2	serves 20	serves 50
1/2 cup	1 bottle	3 bottles [most of box of wine] dry red wine
1/4 cup	2 lbs.	6 lbs. red onions
1 bay	3 bay leaves	6 bay leaves bay leaves
1 teaspoon	2 1/2 Tablespoons	1/4 cup dried sage leaves
1 teaspoon	2 1/2 Tablespoons	1/4 cup crushed red pepper
1 clove	8 cloves	2 heads garlic cloves
1/4 teaspoon	1 1/2 teaspoons	1 1/2 Tablespoons ground cloves
1/2 lb.	3 1/2 lbs.	9 lbs. pork shoulder roast, bone-in
1/4 teaspoon	2 1/2 teaspoons	2 Tablespoons salt
2 teaspoons	1/4 cup	2/3 cup olive oil
2 teaspoons	1/4 cup	2/3 cup tomato paste
4 stalks	2 heads	5 heads [~8 lbs.] celery
2 carrots	5 lbs.	10 lbs. carrots
1/2 lb.	4 lbs.	8 lbs. fennel
1 - 14 oz. can	2 - 32 oz. cans	1 #10 can or 5 - 32 oz. cans canned tomatoes, chopped
2 cups	2 quarts	1 1/2 gallons vegetable broth
2 teaspoons	1/2 bunch	1 bunch flat-leaf parsley



ADAPTATIONS Making this for a crowd, and don't have containers big enough to marinade all that pork? At one Eat for Equity, we solved that problem by using a clean [unscented] garbage bag to seal in the marinade overnight in the refrigerator. And then we dubbed this dish "Trash Bag Pork." It has a classy ring to it, don't you think? And here's the thing - if you forget to marinade it, it's going to be okay. You'll inject that flavor in through slow simmering.

This recipe could be done entirely on the stovetop, or a combination of stovetop and oven. If you have other menu items that require stovetop cooking, then plan ahead and use an oven safe pot, crock pot, or casserole dish [so just nothing with plastic handles]. Heat oven to 300 degrees. Then, after you sear the pork, add in all remaining ingredients into your oven safe dish. Cover it with tinfoil or a pot lid, and bake until pork falls apart, 2 hours.

If you or your guests don't eat pork, you can make this dish successfully with beef. Choose a large, cut like a shoulder or brisket, and prepare in the same way. Sear, then braise over a couple hours to tenderize tough cuts of meat. You can also easily make this dish vegetarian by doubling the carrots or fennel and adding in whole crimini mushrooms.

garlic parmesan polenta

Polenta could be a body double for mashed potatoes. Like its look-alike, polenta is an flavorful, creamy base for just about anything - stews, sauces, sauteed vegetables. Leftover polenta is incredible the next morning with a fried or poached egg on top.

Polenta is even easier than mashed potatoes, though. If you can make oatmeal, you can make polenta. The only trick is to whisk quite frequently to prevent clumping and burning the bottom of the pot. If you're preparing for a crowd, know that polenta will take an hour or more to cook thoroughly.

INGREDIENTS (serves 8)

- 2 cups coarse cornmeal [polenta grind]
- 5 cups water
- 1 cup cream
- 1 clove garlic
- 1/2 cup parmesan
- 1 teaspoon salt [to taste]

EQUIPMENT stock pot or electric roaster/crock pot, whisk, microplane

DIRECTIONS Whisk the cornmeal and water together in a saucepan. Bring to a boil over medium high heat, and then reduce the heat to low and simmer. Whisk in cream and cook for about 30 minutes, whisking every few minutes until the liquid is absorbed and the grains are very soft.

Right before serving, use a microplane to finely grate the garlic into the hot polenta. Make sure to wait to add the cheese until the polenta is fully cooked. Add in cheese, and salt to taste, stirring gently until incorporated.





ADAPTATIONS Need to free up stovetop space? An electric oven or turkey roaster works well to heat evenly and slowly, or start it in a crock pot early in the day. You can save cooking time by soaking the polenta overnight or a few hours before cooking - add all the total water to soak, and after bringing it to a simmer, add the cream at the cooking stage.

"WHAT CAN I DO?"



Whisk, baby, whisk. There really can't be too many cooks in the kitchen looking out for the bottom of a polenta pan. Whenever you pass the polenta, give it a whisk, making sure to get to the bottom so it doesn't stick and burn! For an extra challenge [or to double as your workout for the day], use your non-dominant arm to whisk - work that bicep!

serves 2	serves 20	serves 50
1/2 cup	5 cups	12 1/2 cups coarse cornmeal
1 1/2 cups	11 cups	2 gallons water
1/4 cup	4 cups [1 quart]	6 cups [1 quart + 1 pint] cream
1/2 clove (1/2 teaspoon)	3 cloves	1 head garlic
2 Tablespoons	1 cup	3 cups shredded parmesan



If our volunteers can make polenta for 200 in a makeshift kitchen under a tent in 90 degree heat and humidity with Bonnaroo Music Festival happening all around them - then we know you can make it in your home!

beet risotto

One of my best friends hosts an annual Valentine's Day dinner for her friends. Single or partnered, our friends come together to celebrate the love they have for each other. It's a heart-warming potluck, and she always makes a big pot of this brightly colored beet risotto. This makes a great main dish for a vegetarian feast.

INGREDIENTS (serves 8)

- 2 Tablespoons butter or olive oil
- 2 yellow onions, diced
- 2 cups arborio rice [~ 1b.]
- 1.5 lbs. beets
- 1 1/2 quarts vegetable stock
- 1 teaspoon salt
- 1/2 cup parmesan

EQUIPMENT large stock pot, casserole dish, [grater]

DIRECTIONS You've got a couple of options when it comes to beets, and both will get you to a good place. You can either choose to roast the beets ahead of time or to grate them raw. When you roast the beets, their flavor concentrates and they're easier to peel - though you do have to plan ahead a couple hours. To roast them, place unpeeled, trimmed beets in a casserole dish, lightly oil and salt, and cover with tin foil. Cut up any especially large beets so all the beets are around the same size and bake evenly. Bake at 350 degrees or higher for an hour or more, until the beets are fork tender, so a fork easily pierces through the flesh. Once they





Photo by Austin Aho, Streaming Studios

cool, you can put on latex gloves, or if you're in a pinch, clean plastic bags or dish washing gloves and just rub away the skin. Cut into a small dice and add to the risotto.

The other option is to grate them raw. When you grate beets raw, you save yourself some time and oven space. Put on latex gloves [or adaptations above] or you will be caught red-handed! Clean the beets well and use a box grater or food processor attachment, grate the beets.

Heat the butter over medium heat in a large saucepan. Sauté the onions until they soften, about 5 minutes.

In a separate saucepan, heat the broth.

Add the rice to the onions and butter and sauté briefly, coating each grain with butter and toasting slightly. A cup at a time, stir in the hot broth. After the liquid has been absorbed, add the next cup, until the rice is tender but slightly toothy. This process makes the risotto creamy by coaxing rice to slowly release its starch. The process will take at least half an hour - during which time, you can add in the raw grated or diced roasted beets. When the grains are tender, fold in parmesan and then salt to taste.

"WHAT CAN I DO?"



Taste test to see if the risotto needs more salt and pepper or parmesan. Sometimes a splash of vinegar can brighten the dish. Keep mixing and tasting until you're satisfied. You'll need tasting spoons, a mixing spoon, and seasonings.

serves 2		serves 20	serves 50
2 teaspoons	1/2 stick [4 Tablespoons]	1 stick [1/2 cup]	butter or olive oil
1/2 cup	4 [3 lbs.]	8 [7 lbs.]	yellow onions, diced
1 cup	5 cups [~2 1/2 lbs.]	10 cups [5 lbs.]	arborio rice
1/2 lb.	3 lbs.	8 lbs.	beets
3 cups	[15 cups] just under a gallon	2 1/2 gallons	vegetable stock
pinch	2 teaspoons	1 1/2 Tablespoons	salt
2 Tablespoons	1 cup	2 1/2 cups	shredded parmesan



Photo by Austin Aho, Streaming Studios

love rainbow

My grandmother would always say that your plate should look like a rainbow. A little bit of green, a little bit of red, orange, yellow. It might have been her way of teaching us intuitive eating - when you have a range of colors on your plate, you also get a range of nutrients and vitamins. And her saying definitely inspired this salad packed with a whole lot of color and love.

You can adapt this dish to use vegetables that are in season. Go through the produce aisle or your farmer's market and pick a little bit of red, a little bit of orange, yellow, that looks good to you. In winter, use radishes, carrots, golden beets, red cabbage and blue potatoes. In summer, use tomatoes, bell peppers, cucumbers.

- Red/Pink: red beet, heirloom tomato, watermelon radish, red pepper, apple
- Orange: carrot, orange bell pepper, orange
- Yellow: golden beet, yellow bell pepper
- Green: broccoli, cucumber, romanesco, green bell pepper, snap pea, kale, green radish, cucumber
- Blue/Purple: red cabbage, red beet, blue potato, red onion, purple carrot

INGREDIENTS (serves 8)

- Red: 1 beet
- Orange: 5 carrots
- Yellow: 2 golden beets
- Green: ½ lb. of salad greens
- Blue/Purple: 1 cup chopped cabbage

EQUIPMENT sharp knife or mandolin, cutting board

DIRECTIONS

Cut vegetables however you darn like. Some options include shaving the beets and carrots thinly into half moons or circles with a mandolin - or shredding the root vegetables. A reminder that golden beets will lose their color when cooked [they turn almost black] and when exposed to air for a long time, so it's helpful to soak them in water after cut or to toss them with the salad dressing. And red beets will share their color with everything they touch, so you may want to keep them separated from other vegetables until right before serving.

Romanesco or broccoli can benefit from a quick blanching in salt water. Cut them into florets and drop them in simmering water for 30 seconds, then drain into a bowl of ice water, and drain again.

If using red onions, slice as thinly as possible and soak in water, vinegar, or the salad dressing to remove a little of its sharp bite. Potatoes can be cut in half and sautéed in a pan on the stovetop or oven roasted.



ADAPTATIONS Can't find watermelon radish or golden beets? Don't be broken hearted. Any vegetable will likely work in this dish. Use what's in season and available at your local grocery store. Use your favorite vegetable. Use what you love, and it will be delicious.

serves 2	serves 20	serves 50
1 small	1 lb.	2 lbs. golden beet
1 small	1 lb.	2 lbs. red beets or chiogga beets
1 small	1/2 lb.	1 1/2 lbs. radishes
3 oz.	1 1/4 lbs.	3 lbs. mixed salad greens
—	1 lb.	2 lbs. romanesco or broccoli
—	1/2 lb.	1 small red cabbage
—	1 lb.	3 lbs. blue potatoes
2	1 1/2 lbs.	3 lbs. carrots
—	1/4 cup	1 red onion

"WHAT CAN I DO?"

Tell the cook what your favorite color in the rainbow is. Introduce yourself to another guest, and ask them, "What was your favorite veggie growing up, and what's your favorite vegetable now?"



golden dressing

This dressing is so good you might just find yourself drinking it. And why not, when it's packed with B vitamins, amino acids, and healthy oils? This recipe is adapted from the Hollyhock cookbooks. It's an easy recipe to whip up or quadruple on short notice.

Just make sure you have the secret ingredient (nutritional yeast) in stock. If this is a new ingredient for you, note that it is **not** baker's yeast but is sometimes called brewer's yeast. It has an addictive nutty and cheddar-like taste, is yellow, and either in a fine powder or flake form. You can usually find nutritional yeast in the bulk or spice aisle in a grocery cooperative or at most Whole Foods [sometimes, in the vitamins and supplements section, since it's so darn good for you].

INGREDIENTS (serves 8/makes 1 cup)

- ¼ cup nutritional yeast
- 3 Tablespoons tamari/soy sauce/amino acids
- 3 Tablespoons apple cider vinegar
- 3 Tablespoons water
- 1 large clove garlic
- 1/2 cup sunflower or olive oil

EQUIPMENT blender [immersion or regular]

DIRECTIONS In a blender, combine all ingredients except for the oil. Blend until the garlic is smooth, then pour in the oil as you continue to blend. And that's it. Drink up!



serves 20 (makes 2 cups)**serves 50**

1/2 cup	1 1/4 cup	nutritional yeast
1/3 cup	3/4 cup	tamari
1/3 cup	3/4 cup	apple cider vinegar
1/3 cup	3/4 cup	water
3 cloves	most of a head	garlic
1 cup	2 1/2 cups	sunflower or olive oil



ADAPTATIONS Making this for 2? We recommend making the recipe for 8 so that you have extra for salads all week.

Don't have a blender? Work the garlic into a paste with a little salt, or finely grate with a microplane. Pour into a jar and shake, shake, shake.

"WHAT CAN I DO?"

You can do it! This is a great job for your guests to take on all by themselves. You'll need the ingredients and measuring cups, and either a blender or a jar to mix it in.



Photo by Emily Rumsey

Wondering how to serve salad for a crowd? A Macgyver trick we've used is to serve the salad on rimmed cookie sheets on the serving table, or to saran wrap over clean storage lids and lay the salad right on top. It makes for quite a statement to see the salad take over the table - and you may be able to make a claim for World's Largest Salad.





Photo by Austin Aho, Streaming Studios

berry macaroon tart

Yes, love can be complicated. It can be bittersweet. It can be hard work and still be worth it.

And love can also be simple. It can be sweet. It can fall into place without much work, and be just what you needed. This tart is that second kind of love - and you should eat your heart out. This recipe is adapted from 101 cookbooks.

INGREDIENTS (makes 18 bars)

- 10 Tablespoons unsalted butter, melted
- 1 1/2 cups white whole wheat flour or all-purpose flour
- 3/4 cup unsweetened shredded coconut
- 3/4 cup white or brown sugar
- 1/2 teaspoon salt
- 1/2 cup white or brown sugar
- 2 cups unsweetened shredded coconut
- Optional: 1/3 cup unsweetened coconut flakes
- 4 large egg whites
- 1/2 pound [8 oz. - up to 10 oz.] berries, frozen

EQUIPMENT casserole dish or rimmed cookie sheet [parchment]

DIRECTIONS Preheat oven to 350F degrees with racks in the middle. Butter a 9 x 11 casserole dish and if available, line with parchment paper. If you're making this for a crowd, a double batch fits well into a rimmed cookie sheet.

In a small saucepan, melt the butter over medium heat. You can use the same saucepan as your mixing bowl for the crust, by combining the flour, 3/4 cup coconut, 3/4 cup sugar, and salt. Mix until dough well-combined, and press the mixture into the prepared pan. Bake for 15 minutes. Remove and set aside.

Combine the remaining coconut, the remaining sugar, and egg whites for the macaroon topping.

Spread the topping in dollops across the shortbread base. Scatter the berries or cherries across, just making sure there is an even enough layer of berries and macaroon. A pretty option is to then scatter large dried coconut flakes on top, and press in - it makes it look luscious. Bake for about 30 minutes. Let tart cool, before cutting each pan in to 18 pieces - though you can be more generous [with as few as 10 large pieces] or more exacting [you could cut this into as many as 48 bite-size pieced].



ADAPTATIONS Want to make this gluten free? Substitute almond flour OR rice flour for the 1 1/2 cups of regular flour.

serves 50

7 1/2 sticks [almost 2 lbs.] unsalted butter

4 1/2 cups white whole wheat flour

2 1/4 cup unsweetened shredded coconut

2 1/4 cup sugar

1 1/2 teaspoon salt

1 1/2 cup sugar

12 large egg whites

6 cups unsweetened shredded coconut

1 1/2 lbs. berries

1 cup [opt] coconut flakes

procrastinator's chocolate cake

There are many things to love about this cake. Number 1: you can make it on short notice, whenever a chocolate craving hits, or you have unexpected guests, or you forgot you were supposed to bring something to that potluck. Number 2: you can make it with pantry staples, even when you're out of milk or eggs or butter. Number 3: it happens to be vegan, so when you find out a guest is vegan or lactose-intolerant, you've got a cake up your sleeve that they and everyone else will love.

INGREDIENTS (serves 8)

- 1 1/2 cups all-purpose flour
- 1/3 cup cocoa powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup sugar
- 1/2 cup vegetable oil or melted coconut oil
- 1 cup of coffee [or water, if unavailable]
- 2 teaspoons vanilla extract
- 2 Tablespoons vinegar [white or apple cider]

Preheat the oven to 375°F. Many kinds of baking dishes will work for this - everything from an 8 inch square pan or 9 inch round cake pan, to a 9 x 13 pan. It depends on how thick you like your cake. I've also doubled this recipe for a sheet pan - when your layers are really thin, line the pan with parchment to help get it out and serve cleanly. And adjust your time accordingly, checking as soon as 10 minutes into baking.

Sift the flour, cocoa, baking soda, salt and sugar straight into your pan, or into a bowl if you prefer. In a liquid [at least 2 cup volume] measuring cup, measure and mix the oil, coffee and vanilla.

Pour the liquid ingredients into the baking tin and mix the batter with a fork or small whisk.

When the batter is smooth, add the vinegar and stir quickly. Pale swirls will occur where the vinegar and baking soda react. Stir just until the vinegar is even distributed throughout the batter.

Bake for 20-25 minutes, checking after 15 minutes. Set aside the cake to cool briefly. Sprinkle with sifted powdered sugar or whipped cream. If you're feeling fancy, sprinkle with a dash of espresso or instant coffee, or a chocolate espresso bean.

"WHAT CAN I DO?"



If guests are helping make the cake, one can work on wet ingredients, and another can work on measuring the dry mix. You'll need measuring cups and spoons, and all the ingredients listed above. Make sure you hold off on adding the vinegar at the very last step, after you've combined the wet and dry.

Slice the cake. Use your judgment, but each cake will between 8 or 12 slices. Find a platter or plate and arrange the slices on it.

Garnish the cake, by sifting powdered sugar onto the top, or whipping the cream. If sifting powdered sugar, you'll need a small sifter and a plate [to contain the mess, rest the sifter on it, instead of the counter]. Once the cake is sliced and on a platter, gently tap a sifter with 1/4 cup of powdered sugar over the slices.

serves 20

serves 50

either make two batches of original or **one of the following**

make 3 batches of the following

3 cups	3 cups	all-purpose flour
$\frac{2}{3}$ cups	$\frac{2}{3}$ cups	cocoa powder
2 teaspoons	2 teaspoons	baking soda
1 teaspoon	1 teaspoon	salt
2 cups	2 cups	sugar
1 cups	1 cups	vegetable or coconut oil
2 cups	2 cups	coffee
1 Tablespoon + 1 teaspoon	1 Tablespoon + 1 teaspoon	vanilla extract
$\frac{1}{4}$ cup	$\frac{1}{4}$ cup	vinegar



Whip it, whip it good. If whipping cream, it helps to start with a cold bowl, but it's not necessary. If you remember, stick a bowl into the freezer or fridge for a few minutes up to an hour. You'll need an electric mixer and beaters, a bowl, whipping cream, and a sweetener. Add a drizzle of honey or maple syrup, or a couple tablespoons of sugar [either powdered or granulated] to start, and see how sweet you like it. Taste testing is just one of the perks of helping out.



Photo by Jesse Eustis, Lyra Designs

Put your bicep into it. Don't have an electric mixer? Find a whisk, and you've just found yourself a new party game. Pass the bowl from guest to guest and have them beat that whipping cream until their right arm has had enough! Then they pass it to the next guest, and eventually, you'll have whipped cream.



hibiscus punch

Dried hibiscus flowers give this punch a bold and passionate color. Make the concentrate ahead of time, and all you'll have to do is add water and ice. You can save the strained hibiscus flowers for use as a tea - much of the color and flavor remains after the first steeping.

INGREDIENTS [makes 3 quarts, serves 8]

- 1 cup hibiscus flowers
- 1/2 inch ginger
- 1 1/2 cups sugar
- 2 T lime juice
- 3 quarts water
- 1 lb. ice

EQUIPMENT strainer, citrus juicer [or spoon], pitcher

DIRECTIONS Combine **half** of the water and ginger in a large pot and bring to a boil over high heat.

Remove from heat and stir in hibiscus flowers and sugar until sugar has dissolved. Let steep 10 minutes.

Strain through a fine mesh strainer into a large, heat-resistant bowl or pot. Stir in lime juice and set aside to cool. Refrigerate until ready to use, then add the remaining half of water and serve over ice.

serves 20	serves 50
makes 2 gallons	makes 5 gallons
2 cups	5 cups dried hibiscus flowers
1 inch	1 big knob ginger
4 cups	9 cups sugar
1/4 cup [~4 limes]	2/3 cup [~ 9 limes] lime juice
1 gallon and 3 quarts	4.5 gallons water
2 lbs.	5 lb. bag ice



"WHAT CAN I DO?"

Mix the concentrate with the remaining water and taste test as you go. Think it needs another kick of lime juice? Add a splash. Pour into pitchers with ice and set out glasses for guests.