



two: Soups and Stews

Black Bean Soup with Chipotle and Orange	34	Portuguese Potato and Kale Soup	41
Borscht.	35	Prawn and Snapper Stew with Leeks and White Wine	42
Dal	36	Spicy Squash Soup with Roasted Garlic and Yogurt	43
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Chilled Avocado Soup	38	Caldeirada de Peixe — Portuguese Fish Stew	45
Pear and Parsnip Soup	38	Lemon-Lentil Soup	46
Fresh Green Soup	39		
Mixed Bean Chili with Corn	40		

THREE: Entrées

Baked Samosas	48	Nut Loaf	63
Barbecued Salmon with Mixed Garden Herbs	49	Prawns with Roasted Red Pepper Sauce . . .	64
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Clams or Mussels, Portuguese Style	51	Salmon Polenta Casserole	66
Caponata with Serpentine Pasta	52	Salmon Mousse Quiche	66
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FOUR: On the Side

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Fragrant Saffron Rice	85	Mango Salsa.	97
Garlic Potato Gratin with Chèvre	86	Pico De Gallo Salsa	97
Oysters	87	Banana Chutney	98
Green Beans Indian Style	88	Cashew Chutney	98
Mashed Potatoes with Roasted Garlic and Chives.	89	Coconut Cilantro Chutney	99
Moroccan Baked Squash	90	Mango Chutney.	99
Pattypan Squash with		Miso Gravy	100
		Nut Butter Gravy	100

FIVE: Dips, Sauces and Pâtés

Ginger-Miso Sauce.	102	Fresh Curry Paste	107
Hollyhock Oyster Barbecue Sauce	102	Creamy Cheese Spreads	108
Mexican Red Sauce	103	Green Olive Tapenade.	109
Nut Butter Sauce	103	Hot Artichoke Dip.	109
Roasted Red Pepper Sauce	104	Hummus with Roasted Red Peppers.	110
Sorrel Sauce for Salmon	105	Lentil Spread with Walnuts and Curry	111
Sweet Basil Tomato Sauce	105	Mushroom Miso Pâté.	112
Thai Red Curry Sauce	106	White Bean Spread with Roasted Garlic and Sage	112
Caesar Tofu Dip or Salad Dressing	106		



FIVE: Dips, Sauces and Pâtés *cont'd*

Cilantro Pesto with Sesame and Lime	113	Sesame Dill Butter	117
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SEVEN: Desserts

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