

## Missing UU Service Auction Menu

meals with ingredients that progress over 3 nights to match the 3 nights of the auction  
each night there is one big task which creates leftovers for the future nights

### First Night: Pasta!

Your favorite pasta with a homemade, veggie-rich red sauce

Big task: Beetza sauce

### Second Night: Pizza!

Your favorite pizza toppings with (homemade) dough and Beetza sauce

Big task: Assemble Pizza

Opt. Big task: Make dough if you're up for it. Save half for next night

Uses: Beetza sauce

### Third Night: Protein Parmesan!

Breaded chicken/eggplant/meat-sub baked with Beetza sauce and cheese. With rolls.

Big task: Bread and pan-fry protein

Uses: Beetza sauce, dough, pizza cheese

## First Night: Pasta! with Beetza Sauce

Your favorite pasta with a homemade, veggie-rich red sauce

### Beetza Sauce

*Ingredients (A large portion, Matt usually freezes half right away. You could half the recipe)*

- ¼ c cooking oil
- 2 large onions - diced
- 3-4 large carrots – grated or diced
- 2 large beets – grated or diced
- 2 6 oz can tomato paste – opened
- 1 head garlic - peeled, smashed, chopped
- 1.5 c red wine – something you like to drink, on the dry side
- ~3 oz fresh basil, or 1 T dried
- 1 t oregano
- ½ t thyme
- ½ t parsley
- Salt and pepper, a few grinds

### Full Assembly

Start sauce at least 1 h before you want to eat  
Start your favorite pasta as the sauce simmers  
Finish pasta + sauce in the pan. Top as you like

### Instructions

In a thick sauce-pan, over med heat, progressively cooking by addition

Half the oil (~1/8 c)

Dice onions, add to pan

As they cook

Peel and grate the carrots

Peel and grate the beets

Keep adding oil as needed

Continue to cook, stirring occasionally and scraping bottom, until cooked down by 1/3 to ½.

Meanwhile add to a prep plate

Peeled, smashed, and chopped garlic

Seasoning blend of basil, oregano, thyme, parsley, and pepper

Tomato paste

\*start a pot of water if you're eating soon

Once cooked down, reduce heat to low. Add prep plate of garlic, seasoning blend, and tomato paste. Mix well to combine, cook for up to 1 min longer to get fragrant. Then add wine and water. Stir well to combine. \*A good time to start the pasta

Return to a slow simmer. Salt to taste. Then add in water if too thick, cover. Leave uncovered if too thin. Simmer for at least 10 min while you prep other food. Or as long as you like.

## Second Night: Pizza! with Beetza Sauce

Assemble a homemade pizza using leftover beetza sauce and your favorite toppings

**Pizza Assembly (serves 4 with 2 modest slices each, or good leftovers for 2 ppl)**

### *Ingredients and special equipment*

- 1 pizza stone or baking sheet
  - 1 pizza peel or inverted baking sheet
  - ~¼ c flour for dusting the peel
  - 1 pizza dough ball, about fist sized. Homemade or frozen (and thawed). Or premade crust
  - ~1 c Beetza sauce, warmed
  - ~1 c pizza cheese, such as an Italian blend, mozzarella, or cheddar
  - ~½ c pizza toppings, your favorites
- Pizza wheel, rocking blade, or big knife for cutting

### *Instructions*

Put the pizza stone or baking sheet into the oven and preheat to 450°F (yeah, it's hot)

While preheating, get all your ingredients ready. Fast assembly prevent dough sticking.

One oven is hot, assemble the pizza quickly

Dust the peel or inverted baking sheet liberally with flour to prevent sticking

Spread the crust out over the sheet. I like about 1/8" thick. Be careful not to tare in the middle. Usually requires spreading the outer edges manually. Once finished verify the dough slides easily by jiggling the peel/pan. Add flour under sticky areas.

Spread with Beetza sauce. I add large drops and spread with a spoon.

Top with cheese

Top with your favorite toppings

Load the pizza into the oven

Check the topped pizza slides easily. If not, flour under sticky areas

Slide pizza from the peel/pan into the hot oven using confident wiggles

Bake for ~12 min

When cheese is bubbly and crust golden brown, remove stone/baking sheet and place on stovetop to cool. Once cheese stops bubbling, cut and enjoy.

### **'Volcano' Topping**

#### *Ingredients*

- 1/3 lb bacon, diced
- 2 jalapenos, diced
- 1 c pineapple, diced, fresh is best but canned is OK

#### *Instructions*

In a cast-iron or other thick skillet, over medium heat

Render bacon to release fat, as it starts to brown and crisp

Add jalapenos, cook 1 min. Caution, the smoke hurts your throat, vent the area if you can

Add the pineapple, cook 1 min more

Remove from pan to cool slightly before topping pizza. Save the grease for delicious eggs.

## Third Night: Protein Parmesan!

Make some breaded protein parmesan (chicken or other item) topped with Beetza sauce and pizza cheese. Serve with rolls baked from leftover pizza dough.

### Chicken Parmesan (serves 2)

#### Ingredients

- 2/3 lb chicken tenders, pounded to ¼" thickness
  - Or: eggplant/zucchini slices, salted for at least 30 min.
  - Or: pre-breaded, frozen veggie-chicken tenders (Co-op has good ones, super easy)
- ½ stick butter, salted
- 1 eggs, mixed in a small bowl
- 1 c Panko bread crumbs, seasoned
- 1 c Beetza sauce, warmed
- ½ c topping cheese, grated. Could use the cheese from the pizza

#### Instructions

Prep the protein

- Thaw chicken overnight in fridge. Pound to ¼" thick inside a plastic bag
- Or, salt the eggplant/zucchini slices for 30+ min to pull out moisture
- Or, thaw the veggie tenders

Bread the protein, using one hand for wet and one for dry

- Dip the protein into the egg wash with wet hand
- Drop into breadcrumbs, mix to cover with dry hand touching only crumbs
- Remove to prep-plate with dry hand

Pan-fry the protein in a thick cast-iron or non-stick skillet over medium heat

- Add about 2/3 of the butter and pre-heat the pan till butter starts to brown
- Drop in the protein and cook without stirring to golden brown on edges (3-5 min)
- Add remaining butter near end of that side
- Flip the protein onto a pool of melted butter

\*start pre-heating your broiler

While second side is cooking, top

- Carefully spoon on ¼" of sauce
- As much cheese as you can fit

When second start is starting to brown, place the skillet under the broiler to melt the cheese

Serve with a convenient bread, such as rolls baked from leftover pizza dough

## Second Morning: Pizza Dough!

Make a batch of dough sufficient for both a pizza that night and a few rolls the next day. I know that flour is in incredibly short supply, so I don't suggest trying this unless you already like making bread. In which case, you don't need a recipe. But if you're curious, here's what I do.

### King Arthur Sourdough – slightly modified (enough for 4 pizzas or two loaves)

#### *Ingredients*

1 c (227 g)      ripe sourdough starter (if you don't have some, I'll share)  
13 oz            water. Use only 12 oz if you don't have whole wheat flour or vital gluten  
2 ½ t            salt  
2.5 c (300 g)    all purpose flour  
2.5 c (300 g)    whole wheat flour  
1 T              vital wheat gluten  
1 T              olive oil (for the dough after kneading)

#### *Instructions*

Make the dough

- Mix everything together except the olive oil
- Knead for 10 min, a stand mixer works well here
- Oil the outside of the finished dough

Ferment

- Separate ¾ and put in fridge. This long rise will be for the rolls on day 3 and extra pizza
- Leave ¼ loosely covered to ferment till doubled in size
- Once doubled, punch down and place in fridge
- 1 h before cooking pizza, take out of fridge to warm up

Baking rolls on day 2

- At least 3 h before dinner, pull off apple size hunks of bread for rolls
- Shape into balls, and set on well-floured baking sheet to proof
- Preheat oven to 450 with baking stone. Add a heat-proof bowl with 1 c water to make steam
- Once hot, transfer rolls to baking stone being careful to not deflate them

Bake for 20-25 min