| Day 4 | |
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| **Lunch Menu** | **Preparations** |
| -Caribbean soup  -Potato salad  -Mung bean sprouts | -Soak butter beans overnight (d6)  -Rinse sprouts (d5, d7, d8)  -Prepare coleslaw (d5)  -Chop onion and ginger (d5)  -Soak red lentils overnight for dahl (d5)  -Soak dried fruits overnight for breakfast |

**Caribbean Soup**

| **Ingredients** | **10 p** | **90 p** | **100 p** | **110 p** |
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| Black eyed peas  Potatoes  Cabbage  Zucchini  Sweet pepper  Leek  Coconut milk  Orange juice  Vegetable broth (cubes)  Ginger  Cardamom  Sunflower oil  Water  Salt  Black pepper  Chili | 0,4  0,4  0,4  0,4  3  0,25 pcs  560ml  320ml  2-3 pcs  80g  1,4 dl  60 ml  600 ml | 3,6 kg  3,6 kg  3,6 kg  3,6 kg  23 pcs  2 pcs  5 L  2,9 L  23 pcs  720 g  12,2 dl  5 dl  5 L | 4 kg  4 kg  4 kg  4 kg  26 pcs  2,5 pcs  5,6 L  3,2 L  26 pcs  800 g  13,6 dl  5,6 dl  5,6 L | 4,4 kg  4,4 kg  4,4 kg  4,4 kg  28 pcs  2,75 pcs  6,2 L  3,5 L  28 pcs  880 g  15 dl  6,2 dl  6,2 L |

**Preparations (d3) :**

1. Soak beans overnight in a large amount of water
2. Slice cabbage and chop zucchini, celery, peppers in chunks. peel and cut potatoes in small cubes and reserve, soaked in water. refrigerate all the vegetables.

**Cooking :**

1. Discard the soaking water for the beans and replace with enough fresh water to cover the beans by 5 cm or so. Bring to boil over high heat and reduce the heat to let simmer for 45 to 60min. Start checking them at 45min to see if they’re tender. When they are, drain out the water.
2. Slice or grate ginger and fry lightly in large pot along with spices in previously heated oil over medium heat
3. Stir in the vegetables and then the water. Bring to a boil over high heat.
4. Add in the orange juice and cooked beans. Keep stirring and maintain a simmer
5. When the vegetables are tender, cut the heat and add in the coconut milk.
6. Correct with salt, pepper and chili as needed, water if too thick but keeping a certain creaminess.

**Potato Salad**

Proportions accordingly to amount of potatoes left. Make a green salad if not enough.

| **Ingredients** | **10 p** | **90 p** | **100 p** | **110 p** |
| --- | --- | --- | --- | --- |
| Leftover potatoes  Cucumber  Radish  Capre  Olive oil  Salt  Black pepper  Wine vinegar/ lemon juice | 1,35 kg  320 g  120 g  0,5 jar  0,6 dl  1 tsp  0,5 tsp  0,2 dl | 12,1 kg  2,9 kg  1,1 kg  5,5 jars  5,4 dl  7,2 tsp  3,6 tsp  1,6 dl | 13,5 kg  3,2 kg  1,2 kg  6 jars  6 dl  8 tsp  4 tsp  1,8 dl | 14,8 kg  3,5 kg  1,3 kg  6,5 jars  6,6 dl  8,8 tsp  4,4 tsp  2 dl |

**Preparation:**

1. Cut the potatoes into 2cm pieces, cucumbers and radishes into small dices
2. Mix in all the ingredients