

The Rock Lodger



Rock Lodge Club would like to take this opportunity to wish all Happy Holidays and a Healthy and Happy New Year.

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Winter 2007

Think Spring!

Rock Lodge is closed for the winter, but spring is just around the corner.

The club season runs from May 1 through October 31st.

You can write in for information at any time as well as make room reservations for the upcoming 2008 season.

Be sure to continue to check the website in the winter and spring for continuing news.

Gary's Red Lentil Soup

Here is a wonderful recipe that will keep you warm over the winter months.

Vegan, no wheat; serves 4-6.

INGREDIENTS:

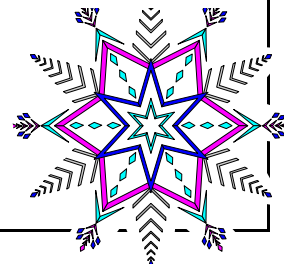
2 tablespoons vegetable oil
1 onion, large, chopped
2 celery stalks, chopped
3/4 cup split red lentils (1/3 lb)
1 (14.5 ounce) can diced tomatoes
1 quart vegetable broth
2 teaspoons dried Herbes de Provence*
salt and pepper
lemon or lime juice/slice
chopped parsley

INSTRUCTIONS:

1. Heat oil in a large sauce pan. Add onion and celery and cook for 5 minutes on medium heat, stirring occasionally. Stir in lentils and cook for mixture for two more minutes, stirring occasionally.

2. Drain tomatoes and save the juice. Stir in tomatoes, vegetable broth, herbs. Bring to a boil, cover, and simmer on medium heat until

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Recipe continued...

lentils are cooked tender (about 20-30 minutes), stirring occasionally. Add juice of tomatoes to taste, but don't overwhelm the flavor of the lentils and herbs.

3. Puree with food processor, blender, or wand until smooth. If necessary, allow soup to cool slightly for safe handling. Add salt and pepper to taste. Add lemon or lime juice to taste or garnish with a slice.
4. Serve piping hot with parsley garnish.

*Herbes de Provence

If you don't have this herb concoction and can't find it, you can assemble it from scratch! Simply mix the following herbs in the proportions shown:

- 4 parts dried oregano
- 2 parts dried basil
- 2 parts dried sweet marjoram
- 2 parts dried thyme
- 1 part dried mint
- 1 part dried rosemary
- 1 part dried sage leaves
- 1 part fennel seed
- 1 part dried lavender (optional)

Enjoy!



This photograph will make you think both warm and nude along with a bit of humour!
Congratulations to Sandy K on his award winning photograph "I must be dreaming" that appeared in *Naturally Magazine*.



www.rocklodge.com

Rock Lodge Club is a proud member of AANR, AANR-East, TANR, TNS and the NY-NJ Trail Conference.

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