

Happy Valentine's Day

Project Bread's 2011 Walk for Hunger



Join other walkers on May 1, 2011 for Project Bread's Walk for Hunger. Every year more than 42,000 walkers and 2,000 volunteers participate in this wonderful event to help raise money.

If you are interested in being a walker for WLP please click on the email link below:

[2011 Walk for Hunger](#)



It's Valentine's Day and our Chef, Joshua, would love to share with you his ideas on what makes a great holiday!

Dear Friends,

Let's be honest, Valentine's Day often presents as much stress and anxiety as it does pink hearts and fuzzy feelings. Expectations can run high, and failure seems to take on epic proportions. If you are dining at home (and I hope you are) keep it relaxed and realistic, you don't have to be a "Top Chef".

Face it, you've gone out too many times before and paid for over-priced prix-fix menus that just don't deliver. Stay home, keep the food simple, and remember that Valentine's day isn't about haute' cuisine, its about the person who is sitting across the table! If you can make them feel loved and appreciated, you've won the day.

With all that aside, I still wouldn't recommend a plate of meatloaf and brown rice; unless of course your husband or wife absolutely adores your meatloaf). For me, the Valentine's Day meal offers an opportunity to forget that it is winter and there's six feet of snow outside. Cook something light, elusive, and just a bit coy. Here's what I will be cooking for Valentine's Day Dinner... just don't tell my wife, it's supposed to be a surprise!

Chef Joshua

A note about the meal: *The idea behind this menu is that it is quick and easy to prepare, leaving you more time to sit in the candle light. The mousse, the pea puree, even most of the salad prep can be made the day ahead. The entree is all stove top, no oven required, and its all about timing. Do all your prep work first, then light up your best saute pans and*

have some fun. If you need to do each component one at a time so its perfect, then by all means do it. And remember don't skimp on the ingredients. No frozen scallops!! Buy the sexiest looking mushrooms you can find, and baby bellas don't count. Enjoy!

**crab and fennel salad
seared curry dusted sea scallops over a puree of peas
with wilted greens
saute' of wild mushrooms, shallots, bacon, hazelnuts
chocolate mousse**

Crab and Fennel Salad:

1/2 teaspoon fennel seeds
1/2 teaspoon salt
1/4 teaspoon black pepper
1 1/2 tablespoons fresh lemon juice
2 tablespoons mild extra-virgin olive oil
1 small fennel bulb, reserve fronds
1/2 ruby red grapefruit, segments removed
1/4 lb jumbo lump crabmeat (about 1/2 cup)
chopped fresh chives
1 cup mesculn, or shredded Boston lettuce.

Toast fennel seeds in the oven for a few minutes, pulse in a spice grinder until finely ground. Combine with salt, pepper and lemon juice. Make vinaigrette by slowly streaming in olive oil while whisking. Halve fennel bulb and remove "core". Shave fennel bulb very finely on a mandolin or slice thinly with a chef's knife, it should be as thin as you can safely make it. Remove the peel and pith of the grapefruit with a knife, then cut out the flesh from the grapefruit in segments, chop into bite size pieces. Combine crab, chives with vinaigrette to taste, **noting that too much will overpower the crab**. Combine grapefruit, fennel, and mesculn, then dress with vinaigrette. This salad can be plated very attractively with the use of a ring mold, or can simply be tossed together and plated rustically, both are lovely. If using the ring mold, place in the center of the plate, fill with crab, pressing firmly. Then top with fennel and grapefruit mixture, and finely with greens. Garnish the plate with vinaigrette and reserved fennel fronds.



Treat your Daughter to a day fit for a Princess at the upcoming Father Daughter Dance!

When: Sunday, February 13th 2011

Time: 12:30pm until 3:00pm

Where: Taj Boston

Adorned with complimentary boutonnieres and corsages, father and daughter pairs will enjoy dance lessons led by Ballroom Dance New England instructors, followed by a plated lunch and dessert, with dancing under crystal chandeliers with views of the Public Garden.

Please call 617-598-5255 to reserve your space

\$59 per person (inclusive of tax and gratuity)

Recommended ages: 5-16 years old

Are you looking to do something different and have been wondering how to get your family, friends, and co-workers involved in the Women's Lunch Place? Then...HOST A HOUSE PARTY!!!

It is simple and easy and makes a huge impact on our guests.

Invite your favorite people over to your home, supply them with food and drinks, and have each of them bring a small something to be donated directly to the Women's Lunch Place.



All in-kind donations are 100% tax deductible and each item will be given out immediately to one of our guests - so each donation really matters!

Some past themes of house parties have included:

Scent of a Woman - *small perfume, lotions, or body spray.*

Bras & Undies - *bras, underwear, nylons/tights, or thermal underwear (variety of sizes).*

Game Day - *board games, decks of cards, or small electronic games.*

Make-Up My Day - *inexpensive cosmetics including lipstick, blush, or eyeshadows (variety of colors).*

Singing In the Rain - *umbrellas, rubber boots, and ponchos (variety of sizes).*

We are particularly in need of items to be given out each month when we hold our monthly Birthday Celebration at the shelter. Any guest whose birthday falls during that month will get a gift. Such items can include: a small gift card (pharmacy, grocery store, or clothing store), small inexpensive jewelry, large size lotions, perfumes, or hair products.

If you are looking to hold a house party, or just want a bit more information, please contact Lauren or Jennifer at development@womenslunchplace.org



The Women's Lunch Place has been serving women and their children who are poor and homeless in the city of Boston for more than 28 years. It is one of the few places where women can find safety, comfort, and sustenance during the day. The WLP provides a nutritious breakfast and lunch as well as social, educational, wellness, and advocacy services six days a week.

The Women's Lunch Place
67 Newbury Street
Boston, MA 02116
617-267-1722
WLP Website

Also find us on   