

who doesn't in the Solomon  
 Grundy's Black Bean Soup  
 recipe requested by Lucia  
 Trujillo of Castro Valley.  
 "This is the recipe from the  
 Original Solomon Grundy's  
 Cookbook," says Melba. "The

ago used to have the most  
 wonderful Pink Champagne  
 Cake that was out of this  
 world." She says Tartine  
 Bakery took over for Carl's,  
 but they don't have this cake  
 on the menu. Any ideas where

send your recipes, ideas or  
 requests to Second Helping  
 39737 Paseo Padre Parkway  
 Fremont, CA 94538 or e-mail  
 Jodie@chase-ink.com. Please  
 include your name, daytime  
 phone number and city of  
 residence.

## SOLOMON GRUNDY'S BLACK BEAN SOUP

Serves 10

- 8 ounces black beans
- 1 teaspoon oregano
- 1 teaspoon garlic powder
- 1 teaspoon black pepper
- 1 tablespoon ham base
- 3 quarts, 6 ounces water
- 2½ ounces sherry
- 6 ounces flour
- 6 ounces oil
- 1 teaspoon thyme
- ½ teaspoon celery salt
- 2 bay leaves
- 1 tablespoon grated egg

- Lemon slice**
1. Place black beans into a 4-quart cooking pot. Add spices, ham base and water. Bring to a boil and simmer for 2 hours.
  2. Add sherry. Prepare roux by mixing oil and flour in a small bowl. Mix thoroughly and add to the pot, stirring constantly.
  3. Set fire below simmer-

ing point and cook for 15 more minutes. Garnish with a lemon slice and grated egg.

— Recipe from "Solomon Grundy's Cookbook"

**Per serving: 300 calories, 7 g protein, 28 g carbohydrates, 18 g total fat, 3.5 g saturated fat, 20 mg cholesterol, 390 mg sodium, 4 g fiber. Calories from fat: 160.**

— Staff analysis

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