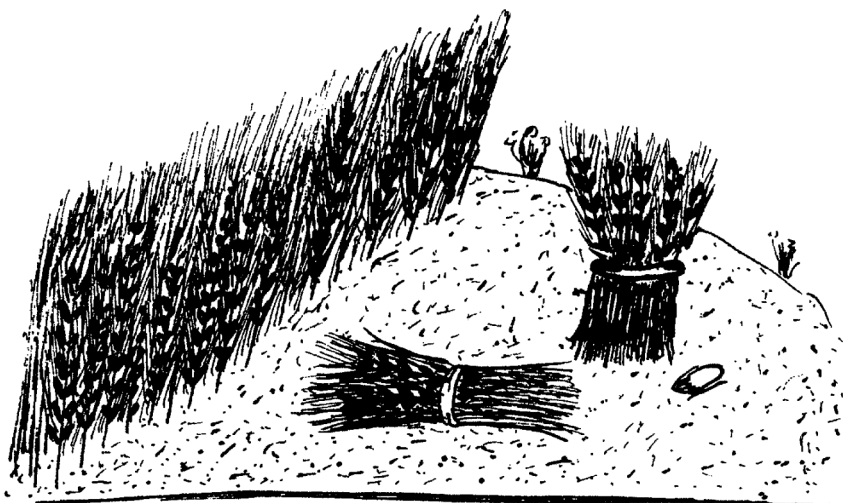


Full of Thy Glory:

Recipes for All Seasons



from the parishioners of

Holy Cross Antiochian Orthodox Church

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Introduction

Fasting in the Orthodox Church

Each recipe in this book contains a designation as to its fasting category, as follows. Recipes that have no designation are suitable for all fasts.

- I. **Meat:** includes flesh of animals and birds, as well as items like gelatin and lard that are made from meat.
- II. **Animal Products:** includes dairy products and eggs.
- III. **Fish:** includes all fish with backbones.
- IV. **Olive Oil and Wine:** some consume other types of oil and alcohol during fasts, while others interpret this category to include all types.

Orthodox Christians fast on the following days:

- ❖ **November 15 through December 24**, in preparation for the Feast of the Nativity (Advent)
- ❖ **Judgment Sunday through Holy Saturday**, in preparation for the Feast of Pascha (Great Lent)
- ❖ **Holy Spirit Monday through June 29**, in preparation for the Feast of Ss. Peter & Paul (The Apostles' Fast)
- ❖ **August 1 through 14**, in preparation for the Feast of the Dormition (The Dormition Fast)
- ❖ **Every Wednesday and Friday**, in commemoration of Christ's betrayal and passion (except when these days fall on a feast)

General practice among Orthodox Christians is to fast from categories I and II during all fasts and categories II and III at selected times, depending on the season and day. Many Orthodox calendars, both online and in print, contain fasting instructions for each day of the calendar year.

As with any discipline, fasting is meant to stretch, not break, one's spiritual stamina. It should be accompanied by prayer and almsgiving and always undertaken with the guidance and direction of a spiritual father.

Fasting Advice and Tips

from the women of Holy Cross

Menu Planning

- Above all, remember that the goal of the Lenten fast is to spend less time cooking and eating and more time in prayer.
- Make larger quantities and freeze the extra in order to minimize preparation time.
- Settle on one or two weeks' worth of menus and rotate them, rather than trying to cook a different dish every day.
- Look for soup and noodle mixes that are quick to prepare; many Asian cuisines (Thai, Chinese, Indian) are commonly vegan.
- Spend some time (*some* time) online perusing vegan food blogs and recipe sites for ideas. There are even several whose authors are Orthodox!

Recipe Substitutions

- Pureed tofu can stand in for dairy in dressings, sauces and desserts. Depending on your family's open-mindedness, it may be wise to keep this to yourself.
- Vegan margarine and "egg" powder can sometimes substitute for butter and eggs, but other times the results are disastrous. Be patient as you experiment!
- Try to simplify your meals by eating more natural foods: fruit on your oatmeal, vegetables on your pasta, nuts for a snack.
- Instead of spending lots of time trying to "Lentify" your favorite recipes, develop or discover some new ones that you make only when fasting. This will help you remember that this is a special, spiritual time.

Introduction

Fasting Menu Ideas

(Recipes from this book in italics)

Breakfast

- Oatmeal with fruit & nuts
- Gingerbread (“Jiffy” brand) or *Pancakes* with fruit
- Nut butter on an English muffin or whole-grain toast
- *Banana-Nut Bread* or *Martha’s Blueberry Scones*
- Fried potatoes and onions with fruit

Lunch

- *Vegetarian Chili* or *Lentil Soup*; salad; *Cornbread*
- Bean burrito or taco with toppings; corn; fruit
- Ramen noodles (there are many meatless flavors such as “oriental” or “shrimp;” check ingredients label)
- Hummus & pita bread, vegetable sticks and fruit
- Taco salad: lettuce, kidney beans, tomato, avocado, onion, olives, tortilla chips
- Nut butter with crusty bread; tomato soup; fruit
- Pasta Salad with vegetables, beans and vinaigrette

Dinner

- Vegetarian rice mix (check ingredients label) combined with canned beans and 1 cup vegetables
- Vegetable stir-fry: frozen vegetable mixture with tofu, nuts or shrimp; rice
- Baked potato with *Vegetarian Chili*; salad
- Vegetarian baked beans; fried potatoes & onions; cooked vegetable or salad
- Vegetarian “Burger” (purchased or homemade) on a bun with lettuce and tomato; oven fries; vegetable
- Vegetable Curry (using bottled or homemade curry sauce); rice; fruit

Vary your grains and vegetables; your family will thank you!

Liturgical Foods

PROSPHORA BREAD FOR DIVINE LITURGY

Yields 5 Loaves

In order to establish uniformity and consistency in this most holy honor of baking the Prospora used in the Divine Liturgy, Father Gregory has asked that everyone who bakes Prospora at Holy Cross use the following recipe and directions. In particular, please do not use any oil (or even nonstick spray) when preparing this.

Prayer Before Preparation

Dear Lord, bless this, the work of the hands of Your unworthy servant. Bestow upon me purity of heart, clarity of thought, strength and skill of hand to successfully complete this great honor. May it be to the upbuilding of Your kingdom and Your people through the transforming power of Your most Holy Eucharist.

Preparation: Hand Method (makes all 5 loaves at once)

- 1 ½ C warm water (110 – 115 degrees)
- 3 T RapidRise yeast
- 10 C bread flour (about one five-pound bag)
- 1 ½ C warm water (about 100 degrees)
- 1 T salt

Preheat oven to lowest setting, then shut off. Add yeast to warm water; let sit about 5 minutes until foamy. Stir salt into flour in a very large bowl. Stir yeast mixture to get mass off bottom; add to flour along with warm water. Work into a mass and knead until very smooth, 5-20 minutes; dough should be soft and pliable, not sticky. Cover and let rise in oven 60-90 minutes or until doubled in size.

Liturgical Foods

Preparation: Food Processor Method (makes 1/3 recipe)

Note: not all processors are powerful enough to make dough – see owner's manual to avoid overheating motor.

- 1 C + 1 T warm tap water
- 1 t RapidRise yeast
- 3 ¼ C bread flour
- ½ t salt

Stir together water and yeast; set aside. Place flour and salt in bowl of food processor fitted with plastic dough blade. Turn processor on and run while stirring yeast mixture to dissolve yeast. Slowly add yeast mixture to feed tube.

Dough will soon begin to wrap around center post and then form a ball. If no ball forms, add more warm water 1 teaspoon at a time. When ball is formed, count to 45 slowly and shut off processor. Remove top and test dough: a finger should leave a depression, but not get stuck. If dough is not soft and smooth, twist in half and replace in processor; mix again for 10 or 15 seconds and re-test. Toughness or rough surface texture means more processing and / or water is needed. Sticky dough means more flour is needed.

Temperature of kitchen, humidity and type of flour can all make a difference. Once dough is smooth, place into rising pan and cover. Repeat recipe twice more, so that three balls in total are in the rising pan. Allow dough to rise 60-90 minutes or until doubled in size.

Liturgical Foods

Shaping: Once dough has doubled, turn out onto a lightly-floured surface; it may feel very sticky, but work only briefly with floured hands. Divide dough into five pieces of roughly equal size; return four to rising pan while you prepare the first loaf.

Stamping and Rising: Flatten the dough for one loaf into a disc about 1 inch thick. Dip prosphora seal into flour and tap off excess. Press down seal as hard as you can and remove, using the tip of a sharp knife if necessary to lift the seal from the dough. The seal's impression should remain. Cover and allow to rise again in warm oven for 30 minutes. (Loaves will rise more when baking.) Repeat for a total of five loaves.

Baking: Remove loaves from oven, but keep covered while preheating oven to 350°. While oven is preheating, pierce each loaf with something like a chopstick: thinner than a pencil but thicker than a toothpick. Pierce at the four corners of the lamb (the center portion of the seal) and 8 times around the circumference of the seal opposite the four corners of the seal, for a total of twelve piercings. This allows steam to escape from the baking loaf without puffing up the loaf too much, and makes the lamb very visible for the priest in case the seal becomes hard to see after baking. Bake loaves 25-30 minutes, rotating pans after 15 minutes to ensure even baking of all loaves.

Cooling: Place cooling racks inside plastic or paper bags. As you remove loaves, place on racks inside bags and allow to puff up before loosely closing tops. Hard crusts form quickly, so don't let bread cool before placing bags. Do not let top of loaf come in contact with top of bag, which will cause tops to become soggy; if this happens, wipe moisture off immediately and allow to air dry for a few minutes.

Liturgical Foods

(Alternately, place the loaves on cooling racks and cover with lint-free cloth towels. This also keeps the loaves from becoming soggy while keeping them from drying out.)

Storage: When loaf is completely cool, remove and discard bag. Place dry, cool loaves in new, dry plastic bags. Do not refrigerate; this will cause bread to go stale. Instead, make bread no earlier than one day before Liturgy. Bring Prosphora to church the evening before morning Liturgy or the morning before an evening Liturgy. (It's also fine to wrap the loaves in lint-free towels and pack in a paper bag to keep them from getting damp, especially if they are still warm.)

Prayers: Create two lists of those for whom you would like prayers: one of living souls (beginning with your own name and those of your family members) and one of departed. Please use first (or saints') names for everyone on the list, rather than family names. When possible, e-mail your lists to Fr. Gregory in advance.

Prayer After Preparation

Dear Lord, this bread that we have baked represents each one of us in this family and in our congregation. We are offering ourselves to You, our very lives, in humble obedience and total commitment to You. We place ourselves on Your holy altar through this bread, to be used by You in any way that You feel will help enlarge Your kingdom. Accept our gift and make us worthy to receive the greater gift that You will give us when You consecrate this bread and give it back to us as Your precious body. Amen.

Liturgical Foods

KOLLIVA FOR MEMORIAL SERVICES

Margo Sinkevitch: this recipe is a simplification of her friend Athina's recipe. Athina lives in Ano Voula, a suburb of Athens, and everyone at her church says her kolliva is the best!

Yields about 12 cups

- 2 C wheat berries
- 2 C almonds (slivered or chopped; toasted)
- 1 C raisins (golden raisins preferred)
- 2/3 C walnuts (finely chopped)
- ½ C pine nuts (toasted)
- 2/3 C pistachios (shelled and chopped)
- ¼ C sesame seeds (toasted)
- 2 T ground cinnamon
- ¼ C parsley, finely chopped
- 2 pomegranates, seeded (when not in season, 1 cup of dried cranberries may be substituted)
- 2 C powdered sugar
- ½ C Jordan almonds

Prepare ingredients the evening before. Rinse and pick over wheat berries; boil about an hour, or until most have popped open. (Sometimes this takes much longer than an hour, depending on the age of the wheat, so keep watching and be patient.) Drain and spread out to dry on a tea towel. Prepare next 6 ingredients as directed and combine in a large bowl. Prepare parsley and pomegranates, but keep separate. The morning of the memorial service, combine all ingredients except sugar and almonds. Form into a mound on serving dish; using a damp paper towel, smooth and firm the surface of the mound. Sift sugar over mound. (Proper Greek kolliva is somewhat dry.) Decorate with Jordan almonds in the shape of a cross. At church, light a candle and place in the kolliva at the *beginning* of Liturgy to represent the departed.

Liturgical Foods

SAINT PHANOURIOS' BREAD

Janet Roseland (from the Handmaiden magazine): St. Phanourios endured many tortures and entered the Kingdom of Christ as a martyr. During his earthly life, oral tradition from the region where he lived (the Greek island of Rhodes) states that he had a great love for his mother, a harlot, who died in a state of unrepentance. Phanourios never stopped praying for her conversion, and prayed for those who will pray for the salvation of his mother, even at his time of death. The bread may be offered in his honor by taking to church to be blessed with the Litya service. Once blessed, it must be shared. When you take a piece of bread, tradition states that you should recite, "May God forgive the mother of Saint Phanourios." St. Phanourios's name literally means "I reveal" and he is also known as the patron for finding lost things. If you call on him for help in finding something lost, you may also like to bake the bread as an offering.

- 1 C sugar
- 1 C vegetable oil
- 2 C orange juice
- 1 t baking soda
- 4 C flour
- ¼ t ground cloves
- ¾ C raisins
- ¾ C chopped walnuts

Mix together oil and sugar; beat until creamy and pale yellow. This may take a long time. Combine baking soda with orange juice and stir until dissolved. Use a large container to do this, because the orange juice fizzes and expands. If soda doesn't dissolve completely, lumps will appear in the cake. Add flour and cloves, then raisins and nuts. Stir well. Pour into ungreased 9 x 13" pan (or Bundt pan) and bake at 350' F for 45 minutes or until a clean toothpick dipped into cake comes out clean. It's really more like cake than bread; a stiff glaze made of powdered sugar, lemon juice, and water can be added if desired.

Liturgical Foods

ARTOKLASIA BREAD FOR GREAT VESPERS

Lillian "Yia-Yia" Athas of Eternal Memory

Yields 5 loaves

- 6 ½ - 7 C flour
- 1 C sugar
- 1 t salt
- 2 T yeast
- 1 t cinnamon
- ½ t nutmeg
- ½ t cloves
- 1/3 C vegetable oil
- 2 ½ - 3 C hot water (not boiling)

Combine dry ingredients in large mixing bowl and mix well. Add water and oil and knead about 5 minutes. Place in greased bowl and let rise in a warm place till doubled in size, about 1 hour. Punch down and let rest for 10 minutes. Knead and divide into 5 equal parts and place in pans. Let rise until doubled again. Bake at 400° for 15-20 minutes, watching carefully to ensure loaves are browned but not burned. Remove from oven and let cool for 10 minutes; while still slightly warm, wrap in tea towels to keep loaves soft. Keep wrapped in towels until ready to use.

PASCHA QUICHE (I)

Roxann Ashworth: There are endless combinations to this recipe; some favorites are spinach and Swiss or ham and cheddar.

Yields 2 pies

- 2 9-inch pie shells
- 4 beaten eggs
- 2 C milk
- ¼ t salt
- 1/8 t pepper
- Dash of ground nutmeg
- 2 C meat
- 1 C shredded cheese
- ½ C vegetables (optional)
- 2 T flour

Pre-heat oven to 325. In a bowl, stir together eggs, milk and seasonings. Stir in meat and vegetables. Toss together cheese and flour; add to egg mixture and stir well. Pour into pie shells. They should be pretty full, but not higher than the bottom of the crimped part of the pie shell. If not full enough, add more cheese or other ingredients. Bake 50-55 minutes, until a knife inserted near the center comes out clean. Cool 10 minutes to set the eggs, then refrigerate uncovered; cover when cool. On Pascha, please bring cold, sliced quiches in disposable tins, covered with foil. They will be heated and placed on tables at the end of Liturgy.

PASHKA CHEESE FOR PASCHA (II)

Pat Disharoon: Unlike most recipes for Pashka, this one uses simple ingredients and "molds" available in anyone's cabinet.

Yields 6 loaves

- 1 stick butter, softened
- 8 oz cream cheese, softened
- 2 lb ricotta cheese
- 4 hard-boiled egg yolks, crumbled
- 1 C powdered sugar
- 1 t vanilla
- ½ t almond extract
- ¼ t salt
- 1 T freshly grated orange zest
- 2 t orange extract
- ¾ C finely chopped almonds
- ¾ C golden raisins
- ½ C cherries, dried or maraschino (optional)

Beat all ingredients except raisins and cherries together in order shown. Line several bowls, paper cups, or plastic containers with cheesecloth. Pour in the cheese mixture; press down and refrigerate. When firm, turn mold over onto plate, remove cheesecloth, and decorate with dried fruit and nuts in the form of a cross.

Liturgical Foods

KULICH BREAD FOR PASCHA (II)

*Pat Disharoon, adapted from Lydia Agafanoff of St. Andrew's
OCA Church in Baltimore*

Yields 5-10 loaves, depending on size

- 1 t almond extract
- 1 T vanilla
- 2 ½ sticks butter,
melted
- 3 pkgs. yeast, dissolved in 1 C warm water with 1 T
sugar
- 2 ¼ C milk, plus more for glaze (optional)
- 1 C golden raisins, soaked in brandy or rum
- 1 C slivered almonds
- 1 C powdered sugar (optional; for glaze)
- 1 t vanilla (optional; for glaze)
- 1 t salt
- 8 eggs
- 1 ½ C sugar
- 12 C flour

Heat 2 ¼ cups milk with almond extract and vanilla to lukewarm. Add melted butter. Cream together eggs, salt and sugar. Add yeast mixture. Beat in 2-3 cups flour. Allow mixture to rest 30 minutes. Slowly add remaining flour until it forms a dough. Knead the dough. Allow it to rise until doubled in size. Punch down dough. Knead in raisins and almonds. Allow dough to rise again until doubled. Punch down dough. Knead. Prepare aluminum cans of all different sizes by greasing. Form sections of dough into balls that fill the can ½ - 2/3 full and place in cans. Bake 35-45 minutes at 350°. Remove from cans and cool. Make glaze, if using, and pour over bread. Can be decorated with colored sprinkles.

Liturgical Foods

KOLACHKI BREAD (II)

Elaine Papp

Yields 6 loaves

- 1 C butter
- 4 C flour
- 1 C sour cream
- 1 package dry yeast
- 4 egg yolks
- 2 lb ground walnuts
- 1 - 2 C sugar
- 6 egg whites, beaten stiff
- 1 t lemon juice
- 1 t vanilla

Whisk yeast into sour cream and let stand. Cut butter into flour with pastry cutter or two forks to create small clumps. Add egg yolks to sour cream mixture; combine thoroughly with flour mixture. Refrigerate for 2 hours or overnight. Divide dough into 6 equal parts. Keep each ball in refrigerator until ready to roll out. Roll out each ball into a 9" x 12" rectangle, flouring as necessary to prevent sticking.

Combine remaining ingredients to make filling (or use canned poppyseed filling, available in many supermarkets.) Place filling on one long end of dough; roll into a log. Pinch seam to seal and place, seam-side down, on a greased baking sheet. Brush with 2 egg yolks beaten with water. Let rise for about 1 hour. Bake at 350° for 40 - 45 minutes. Brush tops with melted butter. May be frozen. When ready to serve, sprinkle with confectioner's sugar.

Liturgical Foods

VASILOPITA (ST. BASIL'S BREAD) (II)

Saydeh Karabatis: This is a cake recipe that I learned from the Greek ladies of St. Andrew, New Jersey. It's traditional to serve on St. Basil's Feast Day, January 1.

- 1 C unsalted butter
- 1½ C sugar
- 4 eggs
- 3 C flour
- 4 t baking powder
- Pinch salt
- 1 C milk
- Grated rind of 1 lemon and 1 orange

Put the butter and the sugar in a bowl and mix well in an electric mixer until it becomes creamy. Add the eggs one at a time while continuing mixing. Add the flour, the baking powder and the salt followed by the milk. Add the lemon and orange skin. Continue to mix until well mixed. Preheat the oven to 350. Pour into a greased 12-inch round baking pan and bake on the middle rack of the oven for 35 minutes. Wash a coin and wrap it in aluminum foil; insert into the cake. Continue to bake 5 more minutes or until the cake is light golden brown. Remove from oven, invert and cool on a rack. When cool enough, transfer to a serving plate and sprinkle with powdered sugar.

There are many traditions about how to cut and serve Vasilopita; an order of service can be found on Bishop BASIL's site, www.dowama.org/sites/docs/Vasilopita.PDF. Always begin with pieces for Christ, the Theotokos, St. Basil, and the poor. Some also cut a piece for the host or the cook. The center piece is always for Jesus. The rest is distributed to all present, praying that the blessings of St. Basil will always accompany them through the coming year!

Liturgical Foods

BASKET FOR PASCHA (I)

Stephanie Glassman, after the Russian tradition

Yields one pleasantly-stuffed basket

- **Liner or cover:** white, to represent the grave clothes and the Resurrection; often fine linens with embroidery or cross-stitch
- **Candle:** represents Christ as the Light; also traditionally white or beeswax; some people use baptismal or wedding candles for sentimental reasons
- **Eggs:** hard boiled for eating, or raw and decorated, as the Ukranian pysanky: signify the Resurrection
- **Cheese:** many different types: richer types for the feast, and blander types signifying moderation
- **Bread:** a rich egg-based bread, often with golden raisins and decorated with spiritually-significant symbols, such as knots, circles and crosses; signifies Christ, the Bread of Life.
- **Meat:** signifies Christ's sacrifice and the killing of the fatted calf upon the return of the Prodigal son; spicy sausages symbolize the favor and generosity of God
- **Red Horseradish:** Horseradish recalls the bitter drink of vinegar and gall Christ drank at His crucifixion; the red color, beet juice, reminds us of His sacrifice
- **Butter:** reminds us of the goodness of Christ; usually lamb-shaped or decorated with a cross
- **Salt:** used in covenants in the Old Testament; reminds us of the promise God made to send the Redeemer to us; also, Christ called us to be the "salt of the earth"
- **Sweets:** many kinds, from chocolate to marshmallow and caramel; often shaped like lambs or eggs; symbolize the joy of the Resurrection

Appetizers

ORTHO-FRITTERS

Debra Mattingly

Serves 4

- 1 ½ C corn meal
- ½ C flour
- 1 t salt
- ½ t baking soda
- 3 t baking powder
- 5 teaspoons garlic pepper
- 2 teaspoons garlic powder
- 1 cup corn
- 12 oz. crab meat
- ¾ cup soy milk
- Oil for frying

Mix dry ingredients; add corn and crab and mix well. Add soy milk. Batter should be thick enough to drop from a spoon into hot oil. Fry in ½" of oil until golden brown; drain on paper towels. (Alternatively, bake at 350 until done.)

SNACK MIX

Khouria Frederica Mathewes-Green: You can also add other seeds, nuts or snacks, such as chow mein noodles or bagel chips.

- 8 C Chex cereal
- 2 C rice crackers
- 2 ½ C sesame sticks
- 2 C pumpkin seeds
- 14 oz generic mixed nuts
- ½ C oil
- ¼ C Worcestershire sauce
- 1 t onion powder
- 1 t garlic powder

Layer first 5 ingredients in a very large baking pan. Whisk remaining ingredients together and pour over dry ingredients. Mix gently to combine; bake 15 minutes, remove and stir. Repeat 3 times for a total of 1 hour.

Appetizers

TWO-LAYER BEAN DIP

Adele Pastor: This is the traditional Seven-Layer Bean Dip modified by combining the veggie layer as one and omitting the dairy and meat. All amounts are flexible, and you can add all kinds of vegetables and herbs to the top layer: cauliflower, broccoli, cilantro, even bok choy. Have fun; use whatever you have on hand.

Yields 8 cups

- 1 (15-oz.) can vegetarian refried beans
- ½ C salsa
- 1 package taco seasoning mix
- 1 C guacamole
- 5 C green-leaf lettuce, chopped
- ¼ C onion
- ½ C frozen corn
- ½ C tomatoes, chopped
- ½ C red bell pepper, chopped
- ½ C black olives, sliced

Mix first three ingredients and spread on the bottom of a shallow serving dish. Spread guacamole on top. Mix vegetables and spread on top. Serve with tortilla chips, crackers and / or celery sticks for dipping.

SPICY GARBANZOS

Stephanie Glassman and Janet Roseland

Makes 2 cups

- 2 C garbanzo beans
- 2 t chili powder
- ½ t garlic powder
- Other spices

Cook garbanzo beans; don't drain too well, or spices won't stick. Mix ingredients well on an ungreased baking sheet. Bake at 350 for 45 minutes. Alter seasonings as desired!

Appetizers

SHRIMP REMOULADE

Shemassy Ina O'Dell: This New Orleans specialty was a favorite at the consecration of Holy Cross Church, March 8, 1998.

- 10 T oil
- ¼ C minced celery
- ¼ C prepared mustard
- 2 T grated onion
- 1 ½ T vinegar
- 2 T snipped parsley
- ½ t salt
- 2 T minced green pepper
- ¼ t Tabasco
- 1 T paprika
- 1 lb. cleaned medium shrimp

If using frozen shrimp, thaw in refrigerator and drain before mixing with other ingredients. If serving cold as a salad or appetizer, drain off some of the liquid to your desired consistency before serving. If using as a hot entree over rice, you may want to drain off marinade and heat it first, then add the shrimp to the hot liquid in order to keep the shrimp from shrinking too much when heated.

THE VERY BEST HUMMUS

Emily Lowe
Yields 2 cups

- 2 cans chickpeas (or ½ pound dried; cook first)
- 2 cloves garlic, minced
- ¼ C lemon juice
- ¼ C tahini
- 2 t ground cumin
- ¼ t cayenne (or to taste)
- ¼ C pitted olives or jarred tapenade

Puree all ingredients in a blender. Taste and adjust seasonings. Serve with lightly-toasted pita triangles.

Appetizers

CAPONATA (IV)

Sheila Pritchard of Eternal Memory

- 2 T olive oil
- 4 C eggplant, chopped fine
- 1 C chopped onion
- ½ lb. mushrooms, chopped
- 1 green pepper, chopped
- 3 cloves garlic, minced
- 3 T chopped fresh basil
- 1 ½ T chopped fresh oregano
- 1 (14 ½ oz.) can diced tomatoes
- 1 (8 oz.) can tomato sauce
- 1 t pepper
- ¼ t salt
- ½ C balsamic vinegar
- ½ C chopped olives
- 10 drops Tabasco

In oil, saute vegetables and herbs. Blend in tomatoes and sauce. Simmer ten minutes. Stir in remaining ingredients. Serve warm or cold.

TARAMOSALATA (III)

Saydeh Karabatis

- ½ loaf French bread
- 1/3 small onion
- 1 T red wine vinegar
- Juice of 1 lemon
- 1 C canola oil
- ½ C tarama (fish roe)

Appetizers

Cut crusts off bread; dip soft part into water and squeeze dry. Place in food processor along with onion and vinegar; blend until pasty, about 2 minutes. Add lemon and oil (alternating little of each at a time) and continue blending. Add tarama and mix for about 1 minute. Serve with bread.

ARTICHOKE DIP (II)

Janet Roseland

Yields 3 cups

- 14 oz. artichoke hearts, drained and chopped
- $\frac{3}{4}$ C mayonnaise
- 1 C parmesan cheese
- 1 clove garlic, minced
- $\frac{1}{4}$ t Worcestershire sauce
- 3 drops Tabasco

Combine all ingredients in a greased casserole. Bake for 20 minutes at 350°.

PIMENTO CHEESE (II)

Laura Nee: I grew up watching my mother make this Southern staple, so I never measure the ingredients; everything is to taste. Serve on crackers or in a grilled cheese sandwich.

Yields 2 cups

- 8 oz cheddar cheese, grated
- $\frac{1}{2}$ cup mayonnaise
- 1 t Worstershire sauce
- 1 4-oz jar pimentos
- Salt and pepper to taste

Mix all ingredients and chill.

Soups

HEARTY LENTIL SOUP

Roxann Ashworth: This is a great all-purpose recipe; I've never made it the same way twice. You can add other vegetables, such as corn and broccoli, and / or canned black beans. Look for the lentils that come with a garlic and spice packet, as they make the broth even more flavorful.

Serves 8

- 1 pound lentils
- 2 quarts vegetable broth
- 4 carrots, sliced thinly
- 1 chopped onion
- 4 cloves minced garlic
- 1 lb spinach (optional)
- 1 28-oz. can diced tomatoes in juice (optional)
- 1 cup dry barley
- 1 T coriander
- 1 T cumin
- 2 t paprika
- salt and pepper to taste

Add all ingredients to pot except spinach; cook over low heat until lentils are soft, about 30 minutes. Alternatively, cook in Crock Pot over high heat for several hours. Add water as needed to thin to desired consistency. Stir in spinach just before serving. When not fasting, this soup is also delicious with smoked kielbasa or ham.

GREEN SOUP

Jim Nee: This versatile soup can be made with many different vegetables, such as collards or cauliflower. You can also vary the texture by cooking and pureeing half of the vegetables, chopping the other half into small pieces and cooking until just tender.

Serves 4

Soups

- 1 quart vegetable stock
- 1 head broccoli
- 1 cup coconut milk
- Salt, pepper, and additional spices as desired

Bring stock to a boil and add vegetables. Keep at a bare simmer for 5 minutes. Puree using an immersion blender. Stir in coconut milk; season to taste.

AFRICAN CURRIED PEANUT SOUP

Janet Roseland

Serves 4

- 1 large onion, chopped
- 4 cloves garlic, minced
- 1 T oil
- 2 T curry
- 1/8 to 1/4 tsp cayenne
- 4 C vegetable stock
- 1 15-oz can diced tomatoes
- 3½ C peeled, diced yams
- 2 C almond or coconut milk
- ½ C nut butter
- ½ C chopped cilantro
- 2 limes, quartered

In large pot over medium-high heat, sauté onion and garlic in oil until tender, 6-8 minutes. Add curry, cayenne, and stir until fragrant, about 30 seconds. Add stock & tomatoes; bring to boil. Stir in yams. Cover and simmer until yams are tender, about 20 minutes. In medium bowl, stir peanut butter until smooth. Gradually stir in milk. Pour mixture into soup and heat. Puree in a blender until smooth. Garnish with cilantro and serve with lime wedges.

Soups

ROASTED SQUASH SOUP

Emily Lowe

Serves 10

- 4 T extra virgin olive oil
- 1 C diced onion
- ¾ C diced celery
- ¾ C diced carrots
- 8 C vegetable stock
- 1 T curry powder
- 1 t nutmeg
- ½ t cinnamon
- ¼ C brown sugar
- 3 hubbard or butternut squash
- 1 C coconut milk
- salt and pepper to taste

Cut squash in half; scoop out insides, drizzle with oil, and place cut-side down in a baking pan. Add 1 inch of water, and bake at 350 until fork-tender (depending on size, this can take 30-60 minutes.) Heat olive oil in a large saucepan over medium heat until hot. Add onion, celery, and carrots. Sauté until soft but not brown, about 10 minutes. Season with salt and pepper. Add vegetable stock, curry, nutmeg, cinnamon, and sugar; bring to a boil. Simmer for several minutes. Stir in the squash until smooth, then simmer gently to let the flavors meld -- about 10 minutes. Puree soup in a blender until smooth. (The soup can be made ahead at this point, cooled, covered, and refrigerated for several days or frozen. It will thicken as it cools and may need thinning with stock or water when reheating.) Just before serving, add coconut milk and adjust seasonings.

Soups

BLACK BEAN SOUP

Janet Roseland

Serves 4

- 1 lb dry black beans
- 1 onion, diced
- 2 cloves garlic
- 2 t salt
- 1 T oil
- 1 green pepper, diced
- 15 oz can tomato sauce
- ½ t black pepper

About 4 hours before serving, rinse beans and add to soup pot with 8 quarts water. Boil 3 minutes. Remove from heat; cover and let beans stand 1 hour. Sauté chopped garlic in hot oil. Add onion, green pepper and cook until tender. Stir into undrained beans. Add tomato sauce, salt, and black pepper. Heat to boiling. Reduce to low, cover and simmer about 2 hours or until beans are tender. Serve hot.

VERY EASY VEGETARIAN CHILI

Roxann Ashworth: Use any beans, or a variety; you can also substitute a pureed vegetable soup (tomato, squash) for the broth.

Serves 8

- 1 28-oz. can chopped tomatoes with Italian seasoning
- 1 8-oz. can V8 juice (spicy optional)
- 3 15-oz. cans beans
- 1 15-oz. can corn
- 4 C vegetable broth
- ¼ C minced garlic
- 1 chopped onion
- 2 T chili powder
- 1 T cumin
- 1 t coriander
- 1 t paprika

Combine all ingredients in a Crock Pot and cook all day on low heat; or cook on stovetop approximately 45 minutes.

Soups

VEGETABLE SOUP

- 3 T vegetable oil
- 3 C chopped carrots
- 2 C chopped onion
- 1 C chopped celery
- 2 C shredded cabbage
- ½ C parsley, chopped
- ¼ t salt
- 4 C vegetable broth
- 2 C green beans
- ½ t caraway seed

Saute onions, carrots, celery and cabbage in oil about 15 minutes, stirring occasionally. Add remaining ingredients; bring to a boil, reduce heat to low, cover and simmer 15 minutes or until vegetables are tender.

RED LENTIL SOUP

Stephanie Glassman

- 2 T oil
- 2 onions, chopped
- 3 cloves garlic, finely minced
- 2 t ground cumin
- 8 C vegetable broth or water
- 1½ C red lentils, rinsed
- 2 T tomato paste
- 1 bay leaf
- 3 T fresh lemon juice
- salt and pepper

In a pot, heat the oil. Add onions and sauté until soft. Add garlic and cumin and sauté about one more minute. Add the broth, lentils, tomato paste and bay leaf. Mix well, bring to a boil and then reduce heat, and simmer covered, stirring occasionally until lentils are soft, about 30 to 45 min., till mushy and orange in color. Remove bay leaf and stir in lemon juice. Add salt and pepper to taste.

Soups

POTATO-LEEK SOUP (IV)

Stephanie Glassman

- 2 large leeks
- 2 T olive oil
- 3 T dry white wine
- 4 medium Yukon Gold potatoes, peeled and diced
- 1 C carrots, diced (optional)
- 4 sprigs fresh thyme
- ½ t finely-minced fresh rosemary
- 2 bay leaves
- 6 C vegetable stock or water
- 1 t salt, or to taste
- ¼ t black pepper
- 1 C plain soy milk

Rinse leeks well; thinly slice white and light-green parts. In a large stockpot, heat oil over medium-high. Add sliced leeks and sweat until they are softened, 3-5 minutes. Add wine and sauté for an additional minute. Add potatoes (and carrots if desired) and stir well to prevent sticking. Add stock, salt, bay leaves, rosemary and thyme. Bring to a simmer and cook until potatoes are soft, about 20 minutes. Add pepper and remove the bay leaves and thyme stems. Blend with an immersion blender or food processor until smooth. Once slightly cooled, stir in soy milk. Adjust seasonings. Garnish with truffle oil, chives, or toasted garlic.

FISH SOUP (III)

Saydeh Karabatis

Serves 8

- 1 C each onions, celery, carrots and peppers, chopped
- 1 14-oz. can crushed tomatoes
- ½ C orzo pasta
- ½ lb. tilapia fillets
- 5 T vegetable oil
- salt and pepper
- ¼ C parsley

Saute onion in ½ cup water over medium heat until soft. Add 4 tablespoons oil and sauté, covered, for an additional 5 minutes. Add celery, carrots, and peppers, cooking for a few minutes between each one. Add tomatoes and 4 cups water; bring to a boil, reduce heat and simmer for 10 minutes. In a separate pan, sauté orzo in 1 tablespoon oil until coated and slightly browned. Pour into boiling soup; stir well to prevent sticking, and cook about 15 minutes more. Add fish filets and cook 15 minutes undisturbed. Whisk to allow fish to break into small pieces, and continue cooking until mixture thickens a bit. Season to taste; serve garnished with chopped parsley.

CORN AND CHEDDAR CHEESE CHOWDER (II)

Colleen Oren

Serves 6

- 2 potatoes
- 1 bay leaf
- ½ t dried sage
- 1 t cumin
- 4 T butter
- 1 onion, chopped
- 1 C cream
- 2 C corn kernels
- 1 C grated cheddar
- ¼ C dry white wine
- chopped chives
- chopped parsley
- grated nutmeg

Peel and dice potatoes; add to 3 C boiling, salted water along with bay leaf, sage and cumin. Cook 20 minutes or until tender. Melt butter and sauté chopped onion. Sprinkle flour over onions and stir; slowly pour in cream, stirring until thickened. Add to potatoes along with corn and seasonings to taste. Simmer about 10 minutes; add cheese and wine and heat until cheese is completely melted. Garnish with herbs.

Soups

LEMON CHICKEN TORTELLINI SOUP (I)

Shemassy Ina O'dell: Adjust quantities below to the number of diners at your table; a good rule of thumb is 2-3 cups stock and one chicken breast per person. The key to the best soups is good stock. Always make the stock taste good enough to eat alone as a broth.

- Chicken stock
- Fresh or frozen spinach
- Tortellini
- Lemon juice
- Cubed chicken breasts
- Salt and pepper

Cook spinach and chicken in the stock until done. Add tortellini and cook according to package directions. Add lemon juice to taste (too little will make the soup taste sour, not flavorful, so be generous.) Season with salt and pepper.

WILD RICE SOUP (I)

Roxann Ashworth: this recipe was originally created by Byerly's, a chain of gourmet restaurants and grocery stores, to showcase Minnesota's native grain. This is my adaptation. You can also substitute cooked, cubed chicken breast for the ham.

Serves 6

- 1 C wild rice
- ½ C butter
- 1 onion, chopped
- ½ C flour
- 6 C chicken broth
- 6 oz. minced ham
- 2 carrots, grated
- ½ C chopped almonds
- 2 t salt
- 2 C half-and-half
- ¼ C sherry

Rinse and drain rice; place in a saucepan with 4 cups cold water and 1 teaspoon salt. Bring to a boil; simmer, covered, until kernels are open and tender but not mushy, about 50

Soups

minutes. Drain. Meanwhile, melt butter; sauté onion until tender. Blend in flour and gradually add broth. Cook, stirring constantly, until mixture boils; boil 1 minute and stir in rice, ham, carrots, almonds and remaining salt. Simmer 5 minutes; blend in half and half and sherry. Heat through; garnish with minced parsley or chives.

ALBONDIGAS (MEXICAN MEATBALL SOUP) (I)

This recipe is taken from Fr. John Finley's cookbook, Sacred Meals. Khouria Laura Monto served it (to rave reviews!) the weekend Fr.

John gave a retreat at Holy Cross.

Serves 6

- ½ C ground beef
- ½ C ground pork
- 1 onion, minced
- 1 T fresh mint, chopped
- 1 egg
- ½ t salt
- 1 t cumin
- 3 T uncooked rice
- 6 C chicken stock
- 1 bunch scallions, chopped finely
- 2 cloves garlic, minced
- 2 carrots, sliced
- 1 zucchini, chopped
- 2 potatoes, cubed
- 1 16-oz. can diced tomatoes
- ½ C fresh salsa
- ½ C sour cream
- ½ C chopped cilantro
- 1 C tortilla chips
- 2 avocados, cubed

Combine first 6 ingredients and form into small meatballs. Bring stock to a boil; slowly add the meatballs and return to a boil, skimming off any foam. Reduce heat; add onions, garlic and tomatoes. Cover and simmer 20 minutes. Add carrots, zucchini and potatoes. Taste and adjust seasonings; cover and continue cooking 30 minutes. Garnish with salsa, sour cream, cilantro, tortilla chips and avocados.

Salads

CALIFORNIA SALAD

Emily Lowe: Actually, this recipe came from my great-uncle in Indiana, but who would eat Indiana salad?

Serves 4

- 1 C rice
- 2 C water
- 1 t oil
- ½ t turmeric
- 1 t salt
- 2 14-oz. cans black beans
- 1 C diced tomato
- ¼ C onion
- 1 T lemon juice
- 2 T olive oil
- 1 T white vinegar
- Tabasco to taste
- 2 avocados
- ½ C chopped cilantro

Cook first 5 ingredients in a rice cooker or pan (if a pan, watch carefully, as it's easy to burn.) Cool slightly; stir in beans, tomato and onion. Combine liquid ingredients, pour over, and stir. Garnish with avocado and cilantro.

SHRIMP SALAD

Rob Lowe: Although I prefer real mayonnaise, this is a Lenten version that's almost as good. Vegenaïse is our favorite brand, and you can find it at most high-end or organic grocery stores.

Serves 8

- 1 lb. cooked shrimp, chopped
- ½ C egg-free mayonnaise
- ½ C diced celery
- 1 t Old Bay

Combine all ingredients and chill.

Salads

STRAWBERRY & SPINACH SALAD

Janet Roseland

Serves 4

- 8 oz. spinach
- 1 pint strawberries, hulled & sliced
- 2 oz. almonds, toasted
- ½ cup sugar
- 2 T sesame seeds
- 1 T poppy seed
- 1½ t minced onion,
- ¼ t Worcestershire sauce
- ½ t paprika
- ¼ C cider vinegar
- ½ C salad oil

Arrange spinach and strawberries in clear glass bowl or on individual salad plates. Place all remaining ingredients, except oil, in blender. Add oil in a steady stream with blender on low speed. Blend until dressing is creamy and thick. Drizzle dressing over salad. Garnish with almonds.

MARINATED FRUIT SALAD

Janet Roseland

Serves 12

- 3 large apples
- 3 large navel oranges
- 1 small pineapple
- 1 small cantaloupe
- 2 C strawberries
- ½ C sugar
- ½ t lemon juice
- ½ C orange juice
- 2 cinnamon sticks
- ½ t whole cloves
- ½ t whole allspice

Peel fruit (except berries), cut into chunks and combine in a large bowl. Combine remaining ingredients and pour over fruit. Cover and refrigerate a few hours or overnight. Add berries and remove whole spices just before serving.

Salads

PICNIC CAVIAR

Janet Roseland

Serves 4

- ¼ C rice vinegar
- ¼ C vegetable oil
- 1 T sugar
- 2 cloves garlic,
minced
- 15 oz can pinto beans or black eyed peas
- 1 red, yellow, or orange bell pepper, finely chopped
- ½ small red onion, finely chopped
- 2 oz can diced green chiles with liquid
- ¼ C chopped cilantro
- ½ t dried oregano
- ½ t dried basil
- 1 ½ C frozen corn
- 15 oz can black
beans

Whisk together vinegar, oil, sugar, garlic, oregano, and basil in large bowl. Stir in beans (drained and rinsed), corn, pepper, onion, chiles, and cilantro. Season with salt and pepper. Refrigerate 1 hour before serving.

MINTED PEA SALAD

Colleen Oren

Serves 8

- 4 C peas
- 3-4 sprigs mint
- ½ C diced celery
- ½ C thinly sliced
green onions
- 2 T chives
- 1 t salt
- 3 T white wine
vinegar
- 1 T chopped mint

Cook peas with mint sprigs until just tender. Drain, discarding mint; add to celery and green onions. Combine all other ingredients; pour over peas, tossing to coat.

Salads

SESAME SALAD

Emily Lowe

Serves 8

- 3 T soy sauce
- 2 T rice vinegar
- 2 T roasted sesame oil (dark color)
- 5 T olive oil
- ½ t honey (optional)
- 1 large head lettuce
- ½ head red cabbage, shredded
- 2 carrots, grated
- 1 bunch radishes, sliced
- 1 cup halved cherry tomatoes
- 2 T sesame seeds

Combine first 5 ingredients in a jar; shake to emulsify. Layer vegetables in the order listed. Garnish with sesame seeds. Serve dressing on the side.

MUNICH POTATO SALAD

Stephanie Glassman

- 4-6 large red potatoes
- 1 large yellow onion
- 1 t kosher salt
- ½ C white vinegar
- ¾ C vegetable oil
- salt and pepper
- ½ -1 English cucumber, unpeeled

Boil unpeeled potatoes until tender; let cool, peel, and dice into ½" chunks. While the potatoes are cooking, dice cucumber into small chunks or slivers and chop onion. Mix with about 1 teaspoon salt, pressing and draining to get as much water out as possible. Add to potatoes. Combine remaining ingredients separately and dress to taste.

Salads

FIRECRACKER BEET SLAW (IV)

Janet Roseland: Raw beets have great color, flavor, and texture. I was skeptical until I made this for our family and they loved it!

Serves 6

- 3 raw beets, peeled and shredded
- 1 Granny Smith apple, shredded
- 4 green onions, thinly sliced
- 1/3 C cider vinegar
- 3 T olive oil
- 2 T Dijon mustard
- 2 T sugar
- 2 cloves garlic, minced
- ½ t salt

Toss together beets, apple, and green onions in bowl. Blend vinegar, oil, mustard, sugar, garlic, and salt. Add to beet mixture and toss to coat.

EASY PARADISE SALAD (II)

Janet Roseland: this sweet salad could be possibly be used as a dessert, too. So quick and popular.

Serves 6

- 20 oz. can crushed pineapple, drained
- 14 oz. can sweetened condensed milk
- 16-20 oz. can cherry or berry pie filling
- 8 oz carton whipped topping
- 1 cup marshmallows (optional)
- 2 tablespoons lemon juice

Mix together and pour into 13" x 9" pan. Refrigerate. Can also be frozen and sliced to serve when slightly thawed.

Salads

ASPEN VILLAGE SALAD (I)

Ina O'Dell

- | Salad: | Dressing: |
|--------------------------------------------------|------------------------------|
| • Romaine lettuce | $\frac{1}{4}$ C sour cream |
| • Monterey cheese strips or cubes | $\frac{1}{8}$ t garlic salt |
| • 1 chicken breast, cubed, or
pepperoni cubes | $\frac{1}{4}$ C mayonnaise |
| • 1 can mandarin oranges, drained | $\frac{1}{4}$ t ground cumin |
| • Pitted ripe olives, drained | 1 T lemon juice |
| • 1 avocado, peeled and sliced | 2 T green chili salsa |
| | $\frac{1}{8}$ t dry mustard |

Mix salad and dressing ingredients separately. Serve salad on a bed of tortilla chips, with dressing on the side.

BROCCOLI SALAD (I)

A popular Coffee Hour salad.

- 1 C mayonnaise
- 2 T vinegar
- $\frac{1}{2}$ C sugar
- 1 large bunch broccoli, finely chopped
- 8 strips bacon, cut into 1" pieces and fried crisply
- $\frac{1}{2}$ C raisins
- 1 medium onion, finely chopped
- $\frac{1}{2}$ C pecans, chopped
- 1 t salt

Blend salad dressing, vinegar, and sugar. Combine with remaining ingredients. Chill and serve.

Breads

MARTHA'S BLUEBERRY SCONES

Saydeh Karabatis: This recipe was passed to me by a lady named Martha. It's easy to make and good for those who do not want to consume a lot of sugar. You can vary the type of fruit and juice.

Yields 12

- 4 C flour
- 6 t baking powder
- 4 t sugar
- 1 t salt
- 1 C chopped walnuts or pecans
- 1 C blueberries
- 2/3 C canola oil
- 1 ½ C apple juice

Mix dry ingredients. Add nuts and blueberries. Mix oil and juice separately and add to dry ingredients. Batter will be thick and somewhat sticky. Place on a lightly floured board and pat into a 1-inch thick disk. Cut circles with a lightly-oiled water glass. Bake at 450 for about 12 minutes or until golden brown.

CORN BREAD

Roxann Ashworth: this Lenten version of corn bread doesn't require any added sugar; for a gluten-free version, use 2 cups corn meal instead of half flour.

Serves 4

- 1 C flour
- 1 C corn meal
- 2 t baking powder
- ½ t salt
- 1 C soy or almond milk
- ½ C applesauce

Mix dry and wet ingredients separately; combine and pour into an 8-inch square baking pan. Bake 1 hour at 350.

Breads

PANCAKES

Roxann Ashworth

Serves 4

- 2 C Bisquick
- 1 C vanilla-flavored almond milk
- ¼ C applesauce
- ½ C oatmeal
- ½ C chocolate chips
- ½ C chopped nuts
- ½ C chopped fruit
- 2 t cinnamon

Combine all ingredients; allow to stand for several minutes. Cook ¼-cup increments of batter on a griddle or in a pan.

BANANA-NUT BREAD

Katherine Mowers

Yields one loaf

- 1¾ C flour
- 1 t baking soda
- 1 t baking powder
- ½ t sea salt
- 2 T margarine
- 1/3 C sugar
- 2 T ground flaxseed
- 3 ripe bananas
- ½ C chopped walnuts

Dissolve ground flaxseed in 6 tablespoons hot water; allow to cool 5 minutes, until thickened. Combine flour, baking soda, baking powder and salt. In a separate bowl, cream margarine and sugar; into this stir the prepared flaxseed. Mash and add bananas; stir in flour mixture and walnuts. Spoon into greased loaf pan. Bake 50 minutes or until a skewer inserted in the center comes out clean. Cool completely and cut into 1-inch slices. Best when served the next day.

Breads

GINGERBREAD MUFFINS

Stephanie Glassman and Janet Roseland

Yields 24 small muffins

- 2 C flour
- 1 T pumpkin pie spice
- 1 t baking soda
- ½ t salt
- 1 C light molasses
- ¼ C brown sugar
- 1/3 C safflower or corn oil
- 1 C boiling water

Stir flour, spices, baking soda, and salt together. In another bowl, mix molasses, brown sugar and oil. Pour boiling water into molasses mixture and beat with mixer or whisk just until sugar is dissolved. Add flour mixture and mix just till all lumps of flour are dissolved, about 20 strokes. Spoon batter into greased muffin cups. Bake for 20 minutes at 400. Serve with lemon sauce spooned over each muffin.

LEMON SAUCE

- ½ C sugar
- 1 T cornstarch
- 1/8 t salt
- 1 C boiling water
- 1 T margarine
- 1 t lemon zest
- 3 T lemon juice

In saucepan combine sugar, cornstarch, and salt. Slowly stir in boiling water. Cook 5 minutes on medium heat, stirring until thickened. Remove from heat and stir in margarine, zest and juice.

Breads

LEMON / ORANGE PULL-APARTS

Janet Roseland

Yields 12

- Grated peel of 2 lemons or 1 orange
- ½ C sugar
- 12 frozen dinner roll dough balls, thawed 2 hours
- ¼ C + 1 T margarine, melted
- 1 C powdered sugar
- 2 T lemon or orange juice

Mix peel and sugar. Cut rolls in half and place in greased 12" deep-dish pizza pan or 9 x 12" pan. Pour ¼ C margarine over rolls. Sprinkle with sugar mixture, reserving some to sprinkle over rolls just before baking. Cover with plastic wrap. Let rise until double in size. Remove wrap and bake at 350 for 20-25 minutes. Remove from pan and place on rack within 4-5 minutes of removing from oven. Mix together powdered sugar, 1 T margarine, and juice and pour mixture over warm rolls as a glaze.

SCALLION BREAD (II)

Joan Peacock

Serves 8

- ½ C butter
- 3 sliced scallions
- 3 T grated Parmesan
- freshly ground pepper
- 1 16-oz. loaf French bread

Mix well all ingredients, except bread. Spread mixture on cut surfaces of bread. Place halves together. Wrap in foil. Bake 10 minutes at 400°. Open foil, separate halves, cut-side up. Bake 5-7 minutes, until bubbly. Cut into 1" slices.

Breads

SWEDISH TEA RING (II)

Roxann Ashworth: This is a traditional Swedish recipe made frequently in Minnesota. My mother always makes one for Christmas morning breakfast . . . lunch . . . dessert . . .)

Yields 2 rings

- ½ C warm water
- 2 pkg. yeast
- 1 ½ C milk, lukewarm
- ½ C sugar
- 2 t salt
- eggs
- ½ C soft shortening
- 7-7 ½ C flour
- ½ C butter, softened
- 4 t cinnamon
- 1 C sugar (for filling)
- 1 C raisins (optional)
- ¼ C milk (for frosting)
- ¼ C butter (for frosting)
- powdered sugar (for frosting; enough for a pouring consistency)

Dissolve yeast in water. Place shortening in a bowl; pour heated milk over it to soften, and let it cool. Add sugar, salt and eggs. Add yeast. Mix in 4 cups flour until smooth. Add more flour until the dough handles easily. Turn out onto floured board and knead 5 minutes ONLY. Form into a ball and place in a greased bowl. Cover with cloth and let rise until double, about 1 ½ hours. Punch down. Let rise again until almost double, about 30 minutes. Divide into two parts. Form one part into a rectangle; spread with butter and sprinkle with sugar, cinnamon and raisins as desired. (More sugar and cinnamon makes a gooey pastry.) Roll up, forming a tube, with open edge down. Pinch ends together, forming ring. Slice halfway through with kitchen scissors, every couple of inches around the ring. Repeat for second half of dough. Let rise until double. Bake at 375° for 20-40 minutes. May be frozen. Frost just before serving.

Breads

BANANA BREAD (II)

Mitchell Glassman

Yields 1 loaf

- 2-3 C bananas, slightly mashed but chunky
- 1 ½ C raisins
- 1/3 C butter, melted
- ¾ C honey
- 3 eggs
- 2 T lemon juice
- 1 T vanilla
- 2 t cinnamon
- 1 ½ C rolled oats
- 2 C flour (whole wheat or regular)
- 1 t salt
- 1 t baking soda
- ½ t baking powder
- 1 C chocolate chips

Combine all ingredients in a large bowl. Stir with large spoon or fork, just until well mixed (mixture will be fairly wet.) Pour into well-greased loaf pan. Bake at 325° for 1 ½ hours. Test with a fork in center; it should come out dry or slightly moist. Adjust time for individual oven conditions. Let cool before removing from pan. Can also make 2 small loaves (bake 55 minutes) or muffins (bake 30 minutes.)

Breads

SCOTTISH SCONES (II)

Liza Gutmeier: This recipe is for real, passed down from the McCormacks of the clan Buchanan in Airdrie, Scotland. By the way, it's pronounced "skONz," NOT "skOHnz" (short o)

Yields 12

- 2 C flour
- 1/2 t salt
- 1 t shortening
- 1 C buttermilk
- 1 t baking soda
- 1/4 C sugar (optional)

Warm a griddle on the stove over low flame. Cut shortening into sifted dry ingredients with fork and add buttermilk. Mix to a dough, too soft to roll, but firm enough to handle with floured hands. (Do not mix too much, as little as possible.) Divide into 3 parts. Shape each part into a ball and pat it down to 1/2 -inch thick. Cut each flattened round into 4 sections. Lay each triangular section on the griddle and cook until brown on each side. Stand on edges and brown all 3 edges. Keep a basket with a towel handy to keep your scones warm. Serve with butter and jam or honey.

GRANDMA CLARK'S IRISH SODA BREAD (II)

Emily Lowe: Grandma Clark is the grandmother of one of Rob's students. I make this every year for St. Brigid's day, February 1.

Serves 12

- 3 C flour
- 1 1/2 t salt
- 1 T baking powder
- 1 t baking soda
- 1/2 C sugar
- 2 T caraway seeds
- 1 1/2 C dried currants
- 6 T unsalted butter
- 1 3/4 C buttermilk
- 2 eggs

Breads

Preheat oven to 350. Generously grease a 10" cast-iron skillet or baking pan. Melt half the butter and allow it to cool to room temperature. Sift dry ingredients together in a large bowl. Add currants and seeds; toss well to coat. In another bowl, whisk together buttermilk, eggs, & melted butter. Add to the dry ingredients and mix until just blended. Spoon the batter into prepared skillet; dot the top with the remaining butter, cut into small pieces. Bake until puffed & golden brown, about 50 minutes. Cool slightly in the skillet; cut into wedges to serve.

ZUCCHINI BREAD (II)

Darlene Mikolasko

Yields 1 loaf

- 1 T butter
- 3 eggs
- 1 ¼ C oil
- 1 ½ C sugar
- 1 t vanilla extract
- 2 C grated unpeeled zucchini
- 2 C flour
- 2 t baking soda
- 1 t baking powder
- 1 t salt
- 1 t cinnamon
- 1 t ground cloves
- 1 C walnuts, chopped

Preheat oven to 350°. Butter a Beat eggs, oil, sugar and vanilla until light and thick. Fold in grated zucchini. Sift dry ingredients together and stir into zucchini mixture until just blended. Fold in walnuts. Pour batter into a buttered loaf pan. Bake on middle rack of oven for 75 minutes, or until a cake tester inserted in the center comes out clean. Cool slightly, remove from pan, and cool completely on a rack. Wrap the bread when cool. Let it stand overnight for best flavor.

Entrees

CAULIFLOWER & GINGER CURRY WITH CASHEWS

Janet Roseland

Serves 4

- 3 medium onions, thinly sliced
- 4 large garlic cloves, minced
- 1-inch piece fresh ginger root, peeled and minced
- 1 whole jalapeno chili, minced (seeds add more heat)
- 8 stems fresh cilantro, finely chopped
- 1/3 C raisins
- 1 25-ounce can chickpeas, drained and rinsed
- ¼ C vinegar (rice, cider, or wine)
- 2 T tomato paste
- 1 large cauliflower, cut into large florets
- Juice of ½ large lime or lemon
- ¼ C shredded sweetened coconut
- ½ C salted cashews, broken into large pieces

Saute onions in an oiled skillet over high heat; add salt and pepper to taste. Stir often until onions begin to change color. Stir in garlic, ginger, cilantro, raisins, and chickpeas; cook on medium-high heat for 2 minutes. Add vinegar; cook, stirring occasionally, until liquid has evaporated, about 2 minutes. Push onion mixture to sides of the pan and add tomato paste and jalapeno to the center. Saute about 30 seconds, add ½ cup water, and stir until paste and water are combined. Stir in onion mixture, cooking another 2 or 3 minutes. Taste for seasoning and set aside. Meanwhile, steam cauliflower until it shows little resistance when pierced with a knife. Heat onion sauté and spoon over steamed cauliflower, using any liquid in the pan. Squeeze lime or lemon juice over sauté; scatter with coconut and cashews, and serve.

Entrees

TOFU WITH THAI CURRY SAUCE

Stephanie Glassman and Irene Forssen

Serves 4

- 1 C coconut milk
- 2 T chopped fresh cilantro
- 1 t red curry paste, or to taste
- ½ t brown sugar
- ½ t salt, or to taste
- 14 oz extra-firm tofu, preferably water-packed
- 2 t extra-virgin olive oil
- 4 C baby spinach (6 ounces)
- 1 medium red bell pepper, sliced

Prepare sauce: Whisk coconut milk, cilantro, curry paste, brown sugar and salt in a small bowl. Prepare tofu: Drain and rinse; pat dry. Slice the block crosswise into eight 1/2-inch-thick slabs. Coarsely crumble each slice into smaller, uneven pieces. Heat oil in a large nonstick skillet over high heat. Add tofu and cook in a single layer, without stirring, until the pieces begin to turn golden brown on the bottom, about 5 minutes. Then gently stir and continue cooking, stirring occasionally, until all sides are golden brown, 5 to 7 minutes more. Add spinach, bell pepper and curry sauce and cook, stirring, until the vegetables are just cooked, 1 to 2 minutes more.

Entrees

BRAISED CABBAGE

Jim Nee: This is one of our family's fasting staples! It's a wonderful comfort food.

Serves 4

- 1 head cabbage, quartered
- 1 small onion, chopped
- 2 carrots, peeled and chopped into nickel-thin slices
- 2 tablespoons coconut or olive oil
- salt and pepper to taste
- 1 tablespoon curry

Place cabbage and vegetables in an oiled baking dish. Sprinkle with spices and oil and cover with foil; bake at 325 for 1 hour. Flip cabbage quarters over and return to oven, covered, for 1 hour. Raise heat to 425 and allow to brown, about 20 minutes. (For an expedited version, place in a covered Dutch oven and bake 1 hour at 350; cabbage will not brown, and watch carefully that it doesn't overcook.)

VEGETARIAN PASTA SAUCE

Saydeh Karabatis

Serves 6

- 3 T vegetable oil
- 1 medium onion, sliced into thin wedges
- 1 head garlic, separated into cloves and peeled
- 1 bell pepper (can use a combination of colors)
- 8 oz. button mushrooms
- ½ C spicy pitted olives, halved
- 1 14-oz. can crushed tomatoes
- 1 T fresh basil (or 1 t dried)
- salt and pepper to taste

Entrees

Heat oil over medium heat; sauté onion for a few minutes. Add peeled garlic cloves and sauté for another few minutes. Add peppers and sauté for 5 additional minutes. Add mushrooms, raise heat to high and cook, stirring occasionally, for about 10 minutes. Stir in olives, tomatoes and spices. Cover tightly, reduce heat to low and cook 15-20 minutes more, until mushrooms are cooked through.

JAMBALAYA

Jim Nee: The chopped cauliflower in this recipe really duplicates the taste and texture rice.

Serves 4

- 2 T coconut oil
- 1 onion, chopped
- 1 T minced garlic
- 2 green bell peppers, diced
- 1 14-oz. can diced tomatoes in juice
- 2 T curry
- 1 ½ t chili powder
- 1 t oregano
- ½ t thyme
- ½ t rosemary
- 1 small onion
- ½ pound shrimp, peeled
- ½ t. Old Bay (optional)

Coarsely chop cauliflower; pulse in food processor until the size and consistency of rice grains. Sauté onions in oil until just translucent; add garlic and sauté for an additional minute. Add peppers, tomatoes and spices; simmer, covered, for 10 minutes. Add cauliflower; simmer, covered, 10 minutes. Add shrimp and Old Bay; simmer, uncovered, 5 minutes or until pink.

Entrees

SOUTHWESTERN LINGUINI

Diane Stammer of Eternal Memory

- 1 lb. linguini
- 2 T vegetable oil
- 1 T margarine
- 2-3 large tomatoes, diced
- 1 large onion, diced
- 3 cloves garlic, minced
- 2-3 t parsley, minced
- 2 t dried Italian spices
- 1 can black beans, rinsed and drained
- 1 can corn, drained

Prepare linguini according to package instructions. Heat oil and margarine in large frying pan. Add salt and cracked black pepper to taste; add all other ingredients. Stir occasionally while cooking on medium heat until onion turns translucent. Add vegetables to linguini and serve.

SEAFOOD PAELLA

Pat Disharoon: I learned how to make paella in Spain. When not fasting, I add several pounds of chicken and / or sausage to the pan with the onions and garlic.

- ½ C olive oil
- 1 onion
- 3 cloves garlic
- 4 cups rice
- 2 shrimp bouillon cubes
- 1 can chopped clams
- 1 can diced tomatoes, drained
- ½ t ground pepper
- 2 T colorante or azafran seasoning
- 3 lbs. mussels
- 1 lb. shrimp
- 1 large jar pimentos
- 1 cup peas

Entrees

Heat oil in a Dutch oven; sauté onion and garlic until golden. Add rice and stir to coat. Add bouillon, clams, tomatoes, pepper, colorante and 3 cups water and bring to a boil. Add mussels and shrimp, bring to a boil and simmer until rice is done and shellfish are cooked, 30-40 minutes. Keep heat very low; expect some burning on the bottom. Paella can be made ahead up to this point and refrigerated; reheat in a rice cooker. Just before serving, stir in pimentos and peas.

BROCCOLI WITH TOFU (IV)

Stephanie Glassman

- 1½ t cornstarch
- ¾ C vegetable stock, divided
- 1 T dry sherry
- 2 T soy sauce
- 1 T sesame oil
- 1 scallion
- 4 T vegetable oil
- 2 slices ginger root
- 2 garlic cloves, sliced
- 2 C broccoli, florets and stems
- ½ t salt
- ½ lb. medium firm tofu, cubed

Put cornstarch into a cup; slowly add ¼ cup of the vegetable stock (at room temperature or cooler) and mix well. Add wine, soy sauce and sesame oil. Cut scallion into 1½-inch lengths. Heat vegetable oil in a wok over medium heat. Stir fry ginger and garlic for 10 seconds. Add scallion and broccoli; cook 1 minute. Add ½ cup vegetable stock and the salt. Bring to a simmer. Cover and cook over a medium heat for a minute, until broccoli is crisp-tender. Remove broccoli with a slotted spoon. Turn heat to low and add tofu. Let it heat through. Add cornstarch mixture. Stir very gently. Add broccoli; serve as soon as the sauce is thick and everything is heated through.

Entrees

PASTA PUTTANESCA (III)

Emily Lowe

Serves 2

- 4 T olive oil
- 3 cloves garlic, minced
- 5 anchovies
- ¼ t crushed red pepper flakes
- 2 T capers
- 1 14-oz. can crushed tomatoes
- 4 T chopped olives
- 2 T chopped parsley
- 1 C artichoke hearts

Saute first 4 ingredients over medium heat until an aromatic paste forms. Add next 4 ingredients; heat through. Remove from heat and stir in parsley. Serve with cooked pasta.

GRILLED FISH (III)

Pat Disharoon

Serves 12

- 6-8 lb. fish
- ½ C soy sauce
- 1/3 C sherry
- 4 T lemon juice
- 2 T oil
- 1 T ginger, chopped
- 1 T sugar
- 6 scallions, sliced
- Chives, chopped

If using whole fish, make several diagonal slashes through sides. Combine all other ingredients and marinate at least 1 hour. Broil or grill 5-10 minutes or until firm.

Entrees

PASTA RIBBONS WITH FRESH HERBS AND EGGS (II)

Janet Roseland

Serves 4

- 12 oz lasagna noodles
- ½ C coarsely chopped parsley
- 2 T chopped chives
- ¼ t crushed red pepper
- 1 t olive oil
- 6 T unsalted butter
- 8 large eggs

Heat large covered saucepan of salted water to boil. Break pasta unevenly into 2- to 4-inch pieces; add to boiling salted water and stir until water returns to boil; cook until al dente as label directs. Drain and transfer to large bowl. Reserve some parsley and chives for garnish; add remaining herbs to pasta along with crushed red pepper and oil. Toss to combine. Season with 1 teaspoon salt and ¼ teaspoon freshly ground pepper; divide among 4 pasta bowls.

Heat large, shallow saucepan of water to a simmer; add 1 teaspoon salt. Meanwhile, cook butter over medium heat until nut brown in color but not burned, 3-4 minutes, swirling constantly. Remove from heat. Poach eggs in two batches: working with one egg at a time, crack egg into cup and gently slide egg into simmering water. Cook eggs until whites are just set, 2 to 3 minutes. With slotted spoon, transfer eggs to paper towels; blot dry. Repeat with remaining eggs.

To serve, season with ¼ teaspoon each salt and freshly ground pepper, and place eggs in brown butter to warm, about 1 minute. Gently place 2 eggs on top of each portion of pasta; spoon butter over eggs and garnish with reserved herbs.

Entrees

KOUSHARI (EGYPTIAN RICE PILAF) (II)

Stephanie Glassman

Serves 6

- 1½ C brown lentils
- 1½ C long-grain rice
- 1½ C small pasta
- 2 T butter
- 1½ T coriander seeds, crushed
- 4 large onions, sliced into thin half-moons
- 5-6 T vegetable oil
- ¼ C extra virgin olive oil
- 1 medium onion, chopped
- 6 garlic cloves, finely minced
- ½ small can tomato paste
- 4 C crushed tomatoes
- 2 C water
- 2 T vinegar
- 2 t salt
- 1 tsp. fresh ground pepper
- ½ tsp. cayenne
- ½ -1 bunch cilantro, chopped

Rinse lentils, cover with water in a big pot, and bring to a boil. Lower heat and simmer until tender, about 35-45 minutes. Drain. Bring another large pot of water to a boil; add pasta and 1 T salt and cook until done. Drain. In a third pot, melt butter. Rinse and drain the rice and add to sizzling butter. Toss and stir until rice grains are translucent. Add 2 cups water, 1.5 tsp salt, and bring to boil. Cover the rice and put on low heat for 25 minutes. Add oil and onions to hot skillet. Stir and cook on medium-high heat until onions are translucent. Lower heat and continue to cook onions until they are deep brown. Remove with slotted spoon onto cookie rack lined with paper towels. In very large bowl, mix the rice, pasta, lentils, coriander seeds and ¼ of the onions. Taste. If bland, add another teaspoon salt. Keep warm.

Entrees

Make sauce: Heat olive oil in a medium-size saucepan. Add onion and sauté about 8 minutes until limp and translucent. Add garlic. Sauté two minutes. Add tomato paste and stir. Add crushed tomatoes and water. Bring to a boil and simmer for 20 minutes. Add vinegar, salt, black pepper, and cayenne pepper. Cook another 5 minutes. Add cilantro, turn off heat, and cover the pot.

When ready to eat, pile the rice/pasta/lentil mixture in a mound on a large platter. Sprinkle with the caramelized onions. Reheat the sauce if necessary, and serve separately.

TRACY'S FISH TACOS (II)

Janet Roseland

Serves 4

- 8 corn tortillas
- 2 large white fish steaks
- 1 large avocado
- 4 limes
- ½ cup mayonnaise
- Hot sauce
- ¼ head cabbage, sliced thinly
- 5-6 T milk
- black beans
- Jack cheese

Mash avocado; add 2 tablespoons milk and juice of ½ lime. Add garlic salt to taste. Separately, combine mayonnaise, 2-3 tablespoons milk, and juice of ½ lime. Season to taste. Rub fish with olive oil, salt, and a little lime juice. Broil until done; cut into 8 pieces. Quarter remaining limes. Warm tortillas.

To assemble, add fish, a few drops of hot sauce, a squeeze of lime, cabbage, avocado sauce, and mayonnaise sauce to a warm tortilla. Serve with a side of beans and cheese.

Entrees

YIA-YIA'S SPANAKOPITA (II)

Lillian "Yia Yia" Athas of Eternal Memory

Yields one large pan

- 2 lbs. fresh or frozen spinach
- ½ lb. feta cheese, crumbled
- ½ lb. cottage cheese
- ¼ lb. ricotta cheese
- ¼ lb. cream cheese
- 6 eggs, beaten
- salt and pepper to taste
- 1 lb. butter, melted
- 1 package phyllo dough

Butter a 15" x 11" pan. Thoroughly mix first 7 ingredients. Place 2 sheets phyllo on bottom of baking sheet, 2 on each of the sides, making the dough overlap the ends and sides of the pan so you will be able to fold it back over the top. Brush dough with melted butter. Lay 2 more sheets on bottom of pan. Brush with butter. Spread spinach/cheese mixture on top of the phyllo. Top with 2 more sets of phyllo sheets, as for bottom. Score in squares; place a whole clove in each corner of the squares to prevent the dough from lifting. Sprinkle water over the whole top. Bake at 350° for 40 minutes or until light brown. Cut along scored marks all the way to bottom of pan. Cool 1 hour. Remove cloves and serve.

BEST PESTO EVER (II)

Janet Roseland: my family asks for fresh pesto and this recipe is their favorite, using basil from our garden.

Yields 2 cups

Entrees

- 3 C loosely packed fresh basil leaves
- 1/3 C chopped almonds or walnuts
- 1/2 C freshly-grated Parmesan cheese
- 3 garlic cloves, coarsely chopped
- 1/2 C olive oil
- Salt and freshly ground black pepper to taste

Puree all ingredients except oil in blender or food processor. When well chopped, add oil in slow stream to form a smooth paste. Add pesto to hot pasta: we usually use 1 cup pesto for about 3/4 lb (dry weight) pasta. Leftover pesto can be stored in the refrigerator in a covered container with a thin layer of oil on top to prevent it from turning dark.

SHRIMP AND GRITS (I)

Fr. Gregory

Serves 4

- Grits
- Tabasco
- 1 lb. fresh shrimp
- 6 slices bacon
- oil
- 2 C sliced mushrooms
- 1 C finely sliced scallions
- 1 large garlic clove, peeled
- 4 t lemon juice
- 2 T fresh chopped parsley

Prepare grits; season with tabasco and pepper. Peel shrimp. Dice bacon and fry lightly. Add oil to bacon fat to almost 1/8 inch. Add shrimp and turn just as they begin to change color. Add mushrooms; saute about 3 minutes. Add scallions. Add garlic through a press and stir. Season with lemon juice, a dash or two of Tabasco and parsley. Add salt and pepper to taste. Serve shrimp mixture over the grits. Congratulations, you are in heaven!

Entrees

SHREDDED BEEF (I)

Colleen Oren: Serve this as is, sprinkled with parsley, on toast or rolls or as a wonderful base for a cheese-steak sandwich.

Serves 12

- 2 T butter
- 3 T olive oil
- 1 bottom round roast (4 lb.)
- Salt and pepper, to taste
- ½ C cognac
- 2 C beef broth
- 3 C (or as needed) chianti or other full-bodied wine

Heat butter and oil in a Dutch oven over medium-high heat. Rub the roast with salt and pepper on all sides. Brown beef on all sides in hot butter-oil mixture. This should take about 10 minutes. Pour the cognac into the pan, warm, and flame it with a match. Pour in the stock and ½ cup of the wine. Cover the pan and simmer slowly over low heat for 3 hours, adding more wine so that there is always about 1 cup of liquid in the pan. Remove from the heat and let cool to room temperature. Remove the beef and shred into small pieces, following the natural grain of the meat. It should fall apart very easily. Return the shredded beef to the liquid in the pan. Heat until warmed through.

Entrees

PETE'S CHILI DOGS (I)

Basil Athas: this recipe is featured in Facing East and is one of the reasons Basil is so well-known in Baltimore.

Yields 6

- 3 ¼ level spoons McCormick's dark chili powder
- 1 lb. fresh choice ground beef
- ¼ diced onion
- peanut oil, for frying
- 1-2 t Accent or Mrs. Dash seasoning
- 6 Henry Heil or Esskay hot dogs (not all-beef)
- 6 buns, steamed (not toasted)

Saute the ground meat and onion in peanut oil. Use enough oil to coat the bottom of your frying pan. Add enough water to cause bubbling of the meat and onion as it cooks.

Cook the meat for about 15 or 20 minutes and add the chili powder. Add enough water to keep meat moist. Mash the meat so that it breaks up into tiny pieces. Add seasoning. Top hot dogs with chili and serve.

Entrees

“PULLED” OVEN-STYLE BARBEQUE (I)

Father Gregory

Pork shoulders & butts or fresh picnics may be used. Preheat oven to 325° F. Sprinkle meat with salt and pepper. Place in pan, add smidgen of water (and dollop of liquid smoke, if desired), cover tightly, and place in oven. Cook approximately 1 hour per pound, or until meat is fork-tender and falls apart. When done, remove from pot and cool. Trim excess fat. Pull meat into shreds with hands. Return to pot and add one of the following sauces, cooking uncovered over low heat until heated through.

SOUTH CAROLINA MUSTARD SAUCE

Yields 1 ½ cups

- ¾ C prepared mustard
- ¾ C red wine vinegar
- 1 ½ T butter
- 2 t salt
- 1 ½ t black pepper
- ½ t Tabasco
- ½ t Worcestershire sauce
- 1/3-½ C sugar

In saucepan combine all ingredients, mix well, simmer 10-15 minutes on low heat; let stand at room temperature 1 hour.

EAST CAROLINA VINEGAR SAUCE

Yields 2 cups

- 2 C cider vinegar
- 1-½ T. crushed red pepper
- salt and pepper to taste

Combine all ingredients.

Side Dishes

POLENTA

Pat Disharoon: A very old Southern recipe, cheap and easy to make. It can be used for breakfast in place of cream of wheat or for supper in place of mashed potatoes.

- cornmeal
- pinch of salt

Bring water with a pinch of salt to a boil. Sprinkle in cornmeal, stirring constantly with a wire whisk, until it reaches the desired consistency; quantities are up to you. Serve with margarine and honey or maple syrup.

CARIBBEAN COCONUT RICE

Janet Roseland

Serves 4

- 2 t margarine
- 2 t minced ginger
- 1 clove garlic, minced
- 3" cinnamon stick
- 1 C jasmine rice, rinsed and drained
- $\frac{3}{4}$ cup coconut milk
- 1 t sugar
- $\frac{1}{2}$ t salt
- $\frac{1}{4}$ t grated lime zest
- $\frac{1}{8}$ t white pepper
- $\frac{1}{4}$ cup toasted coconut

Melt margarine in saucepan over medium heat. Add ginger, garlic, and cinnamon stick, and sauté 1 minute, or until fragrant. Stir in rice and sauté 2 minutes, or until rice grains are opaque. Add coconut milk, sugar, salt, lime zest, white pepper, and $\frac{3}{4}$ cup water, and bring to a simmer. Stir once, cover, reduce heat to low, and simmer 15 minutes. Fluff rice with fork, cover, and let rest 5 minutes. Garnish with toasted coconut.

Side Dishes

SPICED CARROTS

Janet Roseland

Serves 6

- 3 T margarine
- 4" cinnamon stick
- ½ tsp ground cumin
- ½ tsp ground coriander
- 1 lb. carrots, sliced ¼ " thick on diagonal
- ½ C golden raisins
- 1 ½ T honey
- ¼ t salt
- ½ C orange juice
- 1 T slivered orange peel
- ½ C slivered almonds, toasted

Melt margarine in skillet. Add spices; stir to combine and cook for only 10 seconds to release flavors. Add carrots and cook for about 3 minutes, until they start to brown. Reduce heat to medium; add raisins, honey, salt, orange juice and peel. Cook 4-5 minutes, until carrots are crisp-tender and sauce is bubbling. Discard cinnamon stick. Add toasted almonds and toss lightly to combine.

HERB-ROASTED POTATOES (IV)

Colleen Oren: This recipe is best made with fresh herbs: I use a mixture of parsley, basil, sage, chives, oregano and mint. You can also substitute about ½ cup dried, or use a mixture.

- 2 lbs. potatoes
- 3 T olive oil
- 2 C minced fresh herbs

Cut potatoes into 1-inch cubes; combine with oil and half the herbs. Arrange in a single layer on a baking sheet; bake at 350 for about an hour, tossing occasionally. When done, toss with remaining herbs and season with salt and pepper.

Side Dishes

MEXICAN HOMINY (IV)

Margo Sinkevitch

Serves 4

- 1 medium onion, minced
- 1 medium green pepper, chopped
- 3 ½ C cooked hominy, drained
- ¼ C margarine
- 1 t chili powder
- ½ t salt
- ½ t pepper

Cook onion and green pepper in margarine until soft. Add remaining ingredients and heat.

ZUCCHINI PROVENCAL (IV)

Colleen Oren

Serves 6

- 4 T olive oil
- 1 C thinly sliced onions
- 1 clove garlic, minced
- 2 lb. zucchini, thinly sliced
- 1 green pepper, cut into strips
- 1 C diced tomatoes
- 1 ½ t salt
- ½ t ground pepper
- ½ t oregano
- ½ C olives, sliced

Heat oil in a skillet; sauté onions & garlic. Add zucchini and green pepper; sauté 10 minutes. Stir in tomatoes, salt, pepper, oregano, and olives; cook until zucchini is tender. Remove from heat immediately to avoid overcooking.

Appetizers

TIPSY SWEET POTATOES (II)

Khouria Frederica Mathewes-Green: to make this with fresh yams, use 2 or 3 large potatoes; peel and cut into 1-inch chunks.

Serves 8

- ¼ C butter, melted
- ½ C brown sugar
- ½ t allspice
- ½ t nutmeg
- ½ t cinnamon
- ¼ C bourbon
- ¼ t salt
- 2 T butter
- 2 T flour
- ¼ C brown sugar
- ½ C chopped pecans
- 1 40-ounce can yams, drained

Combine first 7 ingredients and pour over yams. Combine next 3 ingredients with a fork until crumbly; sprinkle over yams. Top with pecans. Bake 30 minutes at 350°.

CARROT SOUFFLÉ (II)

Debra Mattingly: My mother said she was given this recipe after saying she really liked it at a Piccadilly Cafeteria.

Serves 8

- 1 ½ lb carrots, sliced
- ¾ C butter
- 3 eggs
- ¼ C flour
- 1 ½ t baking powder
- 1 ½ C sugar
- 1 t cinnamon

Preheat oven to 350 degrees. Cook carrots in boiling water to cover 15 minutes or until tender; drain. In a food processor, combine cooked carrots with remaining ingredients and process until smooth, stopping once to scrape down sides. Spoon into lightly-greased baking pan or soufflé dish. Bake 1 hour or until set and lightly browned. Serve immediately.

Desserts

Desserts

1-2-3-4 (GREEK HALVA)

Saydeh Karabatis

- 1 cup margarine
- 2 cups farina or cream of wheat
- 3 cups sugar
- 4 cups water
- ½ cup slivered almonds
- cinnamon

Melt margarine in a large pot. Add farina and stir continuously on medium heat until light brown. Remove from heat, add sugar and almonds, and mix well. Add water, mix and return to medium-high heat, stirring continuously until it thickens. Pour into a moistened cake mold. Set aside for 30 minutes until cool. Invert on a plate and sprinkle with cinnamon. Cut into slices to serve.

TEA COOKIES

Colleen Oren

- 1 C soft shortening
- 1 C sifted powdered sugar
- 2 t vanilla
- 1 ¼ C sifted flour
- ½ t salt
- 1 C rolled oats
- 1 C chopped pecans

Combine shortening, sugar, vanilla; add flour, salt and oats. Mix thoroughly. Shape into two rolls, 1 ½" in diameter. Coat each roll in chopped nuts. Wrap in waxed paper and chill until stiff (several hours or overnight). Cut into ¼ inch slices. Bake on ungreased cookie sheet at 375° for 10-12 minutes.

Desserts

HAYSTACKS

- 1 C sugar
- 1 stick margarine
- ½ C coconut milk
- 1 tsp vanilla
- pinch of salt
- 3 C oatmeal
- ½ C peanut butter
- ¼ C cocoa

Place oatmeal and peanut butter in a large bowl, unmixed. In a saucepan, melt margarine and add sugar, coconut milk, cocoa and salt. Bring to a rolling boil and stir constantly for 1 minute. Remove from heat and add vanilla, stirring well. Pour over oatmeal and peanut butter. Mix well. Drop by teaspoonsful onto wax paper. Allow to harden.

“HEATH BAR” COOKIES

Khouria Frederica Mathewes-Green

Yields 2-3 dozen

- 50 Saltine crackers
- 1 C margarine
- 1 C brown sugar
- 12 oz. nondairy chocolate chips

Line a baking pan with aluminum foil. Lay one layer of saltine crackers across it “wall to wall.” On stovetop, melt margarine and sugar. When it begins to bubble, let boil three minutes (to soft ball stage). Pour over saltines. Bake in 375° oven for 5 minutes. While hot, sprinkle chips over top. Wait one minute to let them soften, then spread evenly over top with a spatula. Let cool until chocolate top is firm. Peel from aluminum foil and break into cookies.

Desserts

APPLESAUCE CAKE

Elena Morozova

- 1/3 C shortening
- 1 C brown sugar
- 1 1/3 C thick, unsweetened applesauce
- 1 1/2 t baking powder
- 1 T baking soda
- 1 T salt
- 2 C sifted flour
- 1 t cinnamon
- 1/2 t cloves
- 1 C raisins

Beat shortening and sugar until light. Sift dry ingredients together; use a little to dust the raisins. Mix dry ingredients into the sugar mixture alternately with the applesauce. Gently stir in the raisins last. Pour into an 8" greased square pan. Bake at 350° for 45-50 minutes.

CHOCOLATE "WACKY" CAKE

Pat Disharoon

- 1 C cocoa
- 3 C sugar
- 4 1/2 C flour
- 3 t baking soda
- 3 t salt
- 3 t vanilla
- 3 t white vinegar
- 1 C vegetable oil

Mix cocoa, sugar and flour. Make three holes in dry ingredients: add soda and salt to one, vanilla and vinegar to the second and oil to the third. Pour 3 cups water over all, and mix well by hand. Pour into greased 9x13 pan. Bake 55-60 minutes at 350°. Serve simply with powdered sugar or as a torte with canned cherry pie filling and whipped topping.

Desserts

CHOCOLATE-RASPBERRY TORTE

Stephanie Glassman

- 1 C almonds
- ½ C granulated sugar
- ½ package firm silken tofu
- ¼ C cocoa powder, sifted
- 2 T safflower oil
- ½ t vanilla
- ¼ t salt
- 4 oz broken chocolate pieces
- ¾ C frozen raspberries

Preheat oven to 350°. Lightly spray or grease an 8" cake pan; dust lightly with cocoa. Finely grind almonds, adding a spoonful of sugar as necessary to keep them from clumping. Transfer ground almonds to a bowl. Purée tofu until very smooth; add remaining sugar, cocoa, vanilla, oil and salt. Melt chocolate in a double boiler; pour into tofu, mixing to incorporate. Add ground almonds, stirring just to combine. Pour half of the batter into the prepared pan; dot with raspberries and top with remaining batter. Bake 45 - 50 minutes or until sides have crackled and center is firm. Cool cake completely in the pan or refrigerate until serving.

MOM'S CHERRY "CAKE"

Elena Morozova

- 1 20-oz. can cherry pie filling
- 1 20-oz. can crushed pineapple
- 1 18 oz. package yellow cake mix
- 2 sticks margarine, melted
- 1 C flaked coconut
- 1 C chopped pecans

Empty cans into a greased 9-x-13 baking pan. Sprinkle cake mix on top. Pour margarine on top. Sprinkle with coconut and pecans. Bake at 350 for 50 minutes.

Desserts

CRISPY CARAMEL CORN

Shemassy Ina O'dell: This is great for when you have to serve a large, casual group cheaply. It is a special favorite of our choir.

- 7-8 quarts popped corn
- 2 C brown sugar
- 1 C margarine
- 1 t vanilla
- ½ t baking soda

In a pot blend sugar and margarine; bring to boil. Boil 5 minutes; remove from heat. Add vanilla and soda. Pour over freshly-popped popcorn in a very large container. Stir to coat all pieces. Turn onto cookie sheets; bake at 200 for 40-60 minutes. Stir occasionally. Cool; popcorn should be crispy and not sticky to teeth. Store tightly covered.

CHOCOLATE TOFU PIE

Debra Mattingly, adapted from Janet Roseland
Yields 1 pie

- 1 graham-cracker pie crust
- 12 oz. chocolate chips
- 8 oz. nondairy whipped topping
- 1 box silken tofu (Mori Nu extra-firm preferred)

Process tofu in a food processor until very smooth; if not smooth, there will be small white lumps in the pie. Add whipped topping and process until well mixed. Melt chocolate and blend into tofu mixture. Work quickly, or else chocolate will cool and cause the mixture to be grainy. Pour into crust and refrigerate.

Desserts

CREAM CHEESE CUPCAKES (II)

Heidi Moore

Yields 6 dozen

- 24 oz. cream cheese, softened
- 1 ½ C sugar
- 5 eggs
- 1 t vanilla
- ½ C sugar
- 1 C sour cream

Heat oven to 350. Line miniature muffin cups with paper baking cups. In large mixing bowl, beat cream cheese till fluffy. Add 1 cup sugar, eggs, and vanilla. Mix well. Fill muffin cup $\frac{3}{4}$ full. Bake for 25 minutes. Meanwhile, combine $\frac{1}{2}$ cup sugar and sour cream. Remove cupcakes from oven. Cool until centers sink—about 5 minutes. Add a small amount of filling to each cupcake and return to oven. Bake 5 minutes. Cool. Store in refrigerator.

MONSTER COOKIES (II)

Colleen Oren: A favorite of several generations of youth groups!

Yields 72 huge cookies (can be halved or fourthed)

- 12 eggs
- 5 C brown sugar
- 4 C white sugar
- 1 t vinegar
- 1 T corn syrup
- 1 lb margarine
- 8 t baking soda
- 3 lbs peanut butter
- 18 C oatmeal
- 3 C chocolate chips

Combine dry ingredients; combine wet ingredients and add to dry. Add chips. Bake on an ungreased pan at 350 for 8-9 minutes. Remove from oven before they *look* done!

Desserts

ORANGE FLAN (II)

Emily Lowe

Serves 8

- 3 C whole milk
- 1 cinnamon stick
- Zest of one orange,
finely grated
- 1 t vanilla
- 4 eggs
- 1 ½ C sugar

In a small, heavy-bottomed skillet, heat half the sugar with 1/3 C water over medium-high heat, stirring to dissolve. Stop stirring once sugar is dissolved and let liquid boil until it turns a light caramel color, about 10 minutes. Watch carefully, as it changes color just when you think it's not going to happen! Remove from heat as soon as it turns – it will continue cooking – and pour into an 8-inch glass pie pan. Swirl pan so that syrup spreads around the bottom and partially up the sides.

Meanwhile, put a kettle of water on to boil. Heat milk with cinnamon stick and orange zest over medium heat until steaming. Remove from heat; add vanilla and cool briefly. Remove cinnamon stick. Whisk eggs with remaining sugar. Slowly pour warm milk mixture into eggs and combine. Pour into baking dish. Place baking dish inside a larger pan and place in oven; add boiling water to larger pan until it comes halfway up the sides of the flan dish. Bake 40-50 minutes. When center is a little jiggly and a knife inserted near the center comes out clean, remove from oven. Carefully remove from water bath as soon as possible, as it will continue to cook. Cool on a rack; refrigerate for 4 hours or a full day. When ready to serve, run a knife around the edge of the flan; hold a serving plate tightly over pie pan and quickly flip over. Remove pie pan. Caramel is on top.

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