

Meatless Meals For Lent



Lenten Fasting and Abstinence

Over 90 Meatless Meals

*Inspiration from Holy Scripture
The Saints and Popes Past and Present*

*By Christine Hirschfeld
A Catholic Home and Garden Publication*

A.M.D.G.



Copyright 2005

Catholic Home and Garden Publications

All Rights Reserved

Revised 2009

www.catholichomeandgarden.com

Table of Contents

Lent: A Season of Repentance	
Introduction	5
A Season of Repentance	6
Why We Do Penance During Lent	6
Church Teachings on Fasting	
The Catechism of the Catholic Church	6
Fasting and Abstinence Explained	7
Canon Law on Fasting and Abstinence	8
Fasting Isn't Just About Food	8
Non-Food Fasting	9
Laws of Fasting – Ancient and Modern	10
The Popes on Fasting	
Pope Clement XIII	11
Pope Paul VI	11
Pope John Paul II	11
Pope Benedict XVI	11
The Saints on Fasting	
Pope Honorius III	
on St Francis Order of Friar Minors	12
2 Samuel 12:13-16	12
The Rule of Saint Benedict	12
The Rule of Saint Augustine	13
Saint Anthony of the Desert	13
Saint Teresa of Avila	13
Tips for Going Meatless	
Different Types of Meatlessness	14
Nutrition and the Vegetarian Food Pyramid	14
Meatless Substitutes	14
Prayers at Meal Time	49
Saint John Chrysostom on Keeping a Complete Fast	50
Sunday is Always a Feast Day	51

The Recipes

Soups and Chowders	
Cajun Gumbo	16
Butternut Squash Soup	16
Creamy Garlic Spinach Soup	16
Beer Cheese Soup	17
Broccoli and Potato Soup	17
Broccoli-Cheddar Cheese Soup	17
Vidalia Onion Soup	17
Fast Noodle Soup	17
Romani (Gypsy) Vegetable Soup	17
Corn Chowder	17
Lentil Soup with Parsley	18
International Meatless Meals	
American	
Portobello "Steak" Sandwich with Gorgonzola Butter and Red Pepper Vinaigrette	18
Mushroom Artichoke Quiche	19
Sloppy Joes with Beans	19
Best Ever Macaroni and Cheese	19
Cowboy Casserole	20
Stuffed Roasted Peppers	20
Cheesy Stuffed Bell Peppers	20
Savory Fusion Vegetable Phyllo Samosas with Cumin Tomatoes	21
Meatless Italian	
Mediterranean Strata Casserole	22
Stuffed Italian Frying Peppers	22
Fettuccine Primavera with Béchamel Sauce	23
Penne ala Vodka With or Without Shrimp	23
Eggplant Parmesan	23
Frittata	24
Vegetable Lasagna	24
Meatless in Ireland and England	
Shepherd's Pie	25
English Onion Pie	25
Meatless Eastern European	
Russian Wild Mushroom Stroganov	26
Bavarian Vegetable Stew – Gemusepichelsteiner	26
Meatless Spanish and Mexican	
Vegetable Paella	27
Jalapeno Rellenos	27
Black Bean Chili with Toasted Spice Seasoning	28
Tex-Mex Queso Soufflé	28

Meatless Middle Eastern

Moroccan Pie	29
Greek Pasta with Tomatoes and White Beans	29
Greek Lenten Pie Rizopita Me Karydia Ke Stafides	29
Greek Lenten Spinach Pie Spanakopita Nistisimi	30
Moussaka – Greek Eggplant “Lasagna”	30
Egyptian Stuffed Grape Leaves Warah Enab	31
Eggplant "Caviar"	31
Egyptian Lentils and Rice in Tomato Sauce Kosheri	32

Meatless Indian

Potato Chickpea Curry	33
Indian Vegetable Kolhapuri	33
Indian Festival Rice	33
Indian Alou Gobi	33
Indian Navratan Korma	34
Eggplant Curry with Spiced Basmati Rice	34
Spiced Basmati Rice	34

Fish on Fridays

Tilapia with Lemon Vinaigrette	35
Baked Cod Fish New England Style	35
Placki - Polish Baked Fish	35
Crispy Lemon Pepper Fish	36
Fish with Sautéed Vegetables	36
Flounder Rollatine With Crab Meat	36
Fried Fish	37
Simple Fish Fry Batter	37
Long John Silver Batter #1	37
Long John Silver Batter #2	37
Tempura Batter	37
More Great Things To Do With Fish	37
Steamed Salmon Loaf	38
Baked Salmon Loaf	38
Crunchy Salmon Patties	38

Shrimp Crab and Shellfish

Maryland Crab Cakes	39
Imperial Crab Cakes	39
Quick and Easy Seafood Scampi with Vegetables	39
Linguini with White Clam Sauce	40
Cold Spicy Asian Noodles with Shrimp	40
Easy Seafood Pilaf	40
Hot Clam Dip #1	40
Hot Clam Dip #2	40
Mediterranean Spinach and Clam Pie	41
Fancy Seviche Shrimp in Coconuts for A Lenten Celebration	42
Mediterranean Seafood and Rice	42
Shrimp with Herbs in Garlic Butter	43
Steamed Clams	43
Shrimp Egg Foo Young	44
Hush Puppies	44
Cajun Fried Bell Peppers Stuffed With Crab Meat	44
Seafood Macaroni and Cheese	44
Shrimp and Vegetable Tempura	45
Spicy Asian Pasta with Shrimp	46
Stuffed Italian Squid	46
Guyana Shrimp Curry	46

Is it Meat or Is It ???

Vegetarian Meatloaf #1	47
Vegetarian Meatloaf #2	47
Rice "Meat" Balls	47
Beef-Like Taco Skillet	48
Chili with Tofutti	48

Introduction

The Lenten Fast and the Challenge of Meatless Abstinence

In our time, some Catholics decide to give up meat for the entire period of Lent. For a few, it is an extension of their pursuit of a healthier existence, and really can't be considered fasting. Others, however, feel the need to return to the ancient ways of the Lenten season - at least just short of wearing a hair shirt.

If you are not normally a vegetarian, going meatless can pose a great challenge, particularly if undertaken for the duration of Lent. For those living in families that traditionally take their meals at home, it is especially difficult when only one family member has committed to this particular penance. We certainly want to offer that individual our support and encouragement, but the preferences of other family members don't always support that decision and it can end up becoming an unintended penance for the chef in the home.

In our household, my husband has been, until recently, a meat and potatoes kind of guy. The notion of eating vegetable curry or anything containing tofu would send him into a near nervous breakdown. As a former vegetarian, I've learned to adapt to the preferences of my spouse. Our son, who also enjoys meat, is more adventurous in his culinary preferences. A few years ago, during Lent, while he was away at college, he decided to give up meat for Lent. For the most part, making meatless choices was his problem, not mine. However, he did have occasion to come home often enough to present a challenge to our normal cooking routines.

The year the book was written our son was at home and announced his preference to give up meat once again. I decided to write this work for others who face the same decision and, perhaps, for my own sanity. This book has been prepared as much for us as it has been for you and we enter on our Lenten Journey.

One question I've asked myself again and again - is food supposed to be wonderful even if it's a meatless penance? Somehow I didn't think we were supposed to actually like what we were eating during penitential abstinence. I've come to understand that for most of us, it is hard enough to go meatless. Any good food that helps us to keep that discipline, even if it tastes good, is worth pursuing.

Just be careful. Some of these meals are so good that you might be tempted to over-indulge!

Whether you decided to abstain from meat during all of Lent or just on Fridays, meatless meals don't have to be limited to tuna fish sandwiches and pizza. We hope you enjoy the collection of international recipes we've compiled. They're good enough that you just might decide to include Wednesdays in your meatless routine as well.

A blessed Lenten Journey to you and your family,

Christine

Lent is a season of repentance

It is a time for self-examination and spiritual spring-cleaning. We turn away from our naturally sinful natures and seek to perform various types of penance in reparation to Our Lord. Humans are naturally weak in nature and we easily give up or make excuses so that we don't start the process at all. In its wisdom, the Catholic Church addresses that weakness by providing us with the rules of fasting and abstinence to ensure that we will, indeed, perform *some* type of penance.

This book is designed to help you understand the laws and spirit of fasting and abstinence while providing you with a variety of meatless meals to assist you in planning to adhere to the laws of the Church during the Lenten Season while keeping you steadfast in your resolve.

We encourage you to examine the laws of fasting and abstinence and how they have changed over the years. You may decide to return to the more traditional ways of fasting and abstinence once practiced by our Catholic ancestors as a more thorough form of penance and reparation.

In the Pre-Conciliar Church Lenten sacrifice was a community-wide experience. As Catholics, we shared the penitential season. Today, in an increasingly secular world, we may find resistance and ridicule in response to our personal sacrifices. You might even find punitive responses in the workplace to fasting and abstinence or, as we did one Ash Wednesday, to the imposition of Ashes. There is always a need for intercessory sacrifice, and perhaps that sacrifice is more pleasing to God now that we, as faithful Catholics, seek to practice our faith fully, outside of communities that were once entirely composed of like-minded individuals and families.

At the end of this book we have provided the prayers for Grace Before and After Meals. As Catholics, we should give thanks before every meal on every day of the year. During the Season of Lent, you may wish to add Grace After Meals. The prayers are provided in both English and Latin, the official language of the Church. Even if you are not familiar with Latin, you might consider learning these short prayers in that language as a means of connecting to the ancient traditions of the Church.

Why do we do Penance during the days of Lent?

The Reasons for doing Penance are:

To atone for the temporal punishment due to our sins

To increase the value of our prayers, which are far more efficacious when joined with penance

To obtain graces for others
(*Our Lady of Fatima asked the children to pray and sacrifice for sinners*)

To strengthen our will power, our will is weak, but penance makes us stronger against temptations

To increase merit and earn a higher place in heaven

To elevate our mind to heavenly things
(*Penance helps us pray and meditate better*)

To demonstrate our love for God
(*True love entails a willingness to suffer for the person loved*)

Church Teachings on Fasting and Abstinence

The Catechism of the Catholic Church is also a valuable reference in regard to the laws of fasting and abstinence.

1387 To prepare for worthy reception of this sacrament, the faithful should observe the fast required in their Church. Bodily demeanor (gestures, clothing) ought to convey the respect, solemnity, and joy of this moment when Christ becomes our guest.

1434 The interior penance of the Christian can be expressed in many and various ways. Scripture and the Fathers insist above all on three forms, *fasting, prayer, and almsgiving*, which express conversion in relation to oneself, to God, and to others. Alongside the radical purification brought about by Baptism or martyrdom they cite as means of obtaining forgiveness of sins: effort at reconciliation with one's neighbor, tears of repentance, concern for the salvation of one's neighbor, the intercession of the saints, and the practice of charity "which covers a multitude of sins."

1438 *The seasons and days of penance* in the course of the liturgical year (Lent and each Friday in memory of the death of the Lord) are intense moments of the Church's penitential practice. These times are particularly appropriate for spiritual exercises, penitential liturgies, pilgrimages as signs of penance, voluntary self-denial such as fasting and almsgiving, and fraternal sharing (charitable and missionary works).

1699 The New Law *practices the acts of religion*: almsgiving, prayer and fasting, directing them to the "Father who sees in secret," in contrast with the desire to "be seen by men." Its prayer is the Our Father.

2043 The fourth precept ("You shall observe the days of fasting and abstinence established by the Church") ensures the times of asceticism and penance which prepare us for the liturgical feasts and help us acquire mastery over our instincts and freedom of heart.

The fifth precept ("You shall help to provide for the needs of the Church") means that the faithful are obliged to assist with the material needs of the Church, each according to his own ability.

The faithful also have the duty of providing for the material needs of the Church, each according to his own abilities.

Fasting and Abstinence Explained

What Is Fasting? Fasting is doing without food. On the required days of fasting for Catholics, it means that we take only one meal, or two small meals that together do not equal one large meal. No in-between meals snacks are taken. Water, milk, tea, coffee and juices are permitted. Meat is permitted unless it is also a day of abstinence.

Who Must Fast? By tradition, anyone over the age of 21 and under 59 must fast, but the most recent Code of Canon Law has lowered the age to 18.

Why Do We Fast? We are obligated to fast as a sacrificial penance. When we don't eat, we get hungry and often experience a heightened sense of awareness - of God, of our own mortality, of the plight of others who suffer from hunger daily. It purifies us to pray more deeply and helps us to seek God's grace.

When Must Catholics Fast? Catholics are required to fast only on two days of the liturgical year: Ash Wednesday and Good Friday. Fasting on these Lenten days of obligation are kept with abstinence from meat. We also keep a fast one hour before the reception of the Holy Eucharist.

What is Abstinence? Abstinence from meat requires avoiding flesh meat and poultry for the entire day. Meat is considered to be the flesh and organs of mammals and fowl. Also forbidden are soups or gravies made from them. Salt and freshwater species of fish, amphibians, reptiles and shellfish are permitted, as are animal derived products such as margarine and gelatin which do not have any meat taste.

When Must I Observe Abstinence? Catholics are required to observe abstinence on Ash Wednesday, Good Friday and all Fridays during Lent. Although most Catholics are not aware of it, in observance of the Passion and Death of Our Lord, Catholics are required to abstain from meat on all Fridays. The USCCB has obtained permission from the Holy See for Catholics in the United States to substitute a penitential or charitable practice of their own choosing. It is required that Catholics either abstain or perform these works on all Fridays. For most, the easiest means of meeting that obligation is to abstain.

Who Must Observe the Rules of Abstinence? By tradition, all Catholics over the age of 7 and under the age of 60 were bound by the laws of abstinence, but the most recent Code of Canon Law has raised the age to 14. The exceptions are those of unsound mind, the sick, the frail, pregnant or nursing women according to need for meat or

nourishment, manual laborers according to need, guests at a meal who cannot excuse themselves without giving great offense or causing enmity and other situations of moral or physical impossibility to observe the penitential discipline.

Where Can I Find the Rules of Fasting and Abstinence?

The 1983 *Code of Canon Law* specifies the obligations of Latin Rite Catholics.

Canon 1250 All Fridays through the year and the time of Lent are penitential days and times throughout the entire Church.

Canon 1251 Abstinence from eating meat or another food according to the prescriptions of the conference of bishops is to be observed on Fridays throughout the year unless they are solemnities; abstinence and fast are to be observed on Ash Wednesday and on the Friday of the Passion and Death of Our Lord Jesus Christ.

Canon 1252 All persons who have completed their fourteenth year are bound by the law of abstinence; all adults are bound by the law of fast up to the beginning of their sixtieth year. Nevertheless, pastors and parents are to see to it that minors who are not bound by the law of fast and abstinence are educated in an authentic sense of penance.

Canon 1253 It is for the conference of bishops to determine more precisely the observance of fast and abstinence and to substitute in whole or in part for fast and abstinence other forms of penance, especially works of charity and exercises of piety.

Because fasting is beneficial to the spirit of repentance, Catholics are encouraged to fast or abstain during other times of the year, or to extend the length and nature of their Lenten Fasts.

Fasting Isn't Just About Food

When we think about the spirit of Lent, our starting point must be the Cross.

Jesus invited His disciples to “take up your cross and follow Me.” For the early Christians that was a terrifying notion. Death by crucifixion was not uncommon and it was a horrible proposition.

Perhaps many ran away from Him upon hearing this puzzling invitation.

In the first three centuries of Christianity, many did, in fact, suffer the same horrible death as Our Lord. Others were burned or eaten by wild beasts.

And still, Christianity grew.

In most parts of the world, it isn't likely that we will be called to a bloody martyrdom, although many do suffer that glorious fate.

With that in mind, we are obligated to ask ourselves, what is the meaning of “take up your cross and follow Me” for Christians today?

Is it enduring an annoying co-worker?

Is it suffering reduced circumstances in times of economic restraint?

Or perhaps enduring an illness?

When we think of fasting, let us think of the true nature of sacrifice – of our addictions to leisure, entertainment, tobacco, alcohol, etc.

Let us think of our addiction to judging others, to refusing to respond in love as Christ would.

Let us think about stepping out of our comfort zones and into a radical Christianity.

Fast from judging others;
Feast on Christ dwelling in them.

Fast from emphasis on differences;
Feast on the unity of all life.

Fast from apparent darkness;
Feast on the reality of all light.

Fast from thoughts of illness;
Feast on the healing power of God.

Fast from words that pollute;
Feast on phrases that purify.

Fast from discontent;
Feast on gratitude.

Fast from anger;
Feast on patience.

Fast from pessimism;
Feast on optimism.

Fast from worry;
Feast on God's providence.

Fast from complaining;
Feast on appreciation.

Fast from negatives;
Feast on affirmatives.

Fast from unrelenting pressures;
Feast on unceasing prayer.

Fast from hostility;
Feast on non-resistance.

Fast from bitterness;
Feast on forgiveness.

Fast from self-concern;
Feast on compassion for others.

Fast from personal anxiety;
Feast on eternal truth.

Fast from discouragement;
Feast on hope.

Fast from facts that depress;
Feast on verities that uplift.

Fast from lethargy;
Feast on enthusiasm.

Fast from suspicion;
Feast on truth.

Fast from thoughts that weaken;
Feast on promises that inspire.

Fast from shadows of sorrow;
Feast on the sunlight of serenity.

Fast from idle gossip;
Feast on purposeful silence.

Fast from problems that overwhelm;
Feast on prayer that sustains.

Traditions of Fasting and Abstinence From Ancient to Modern Times

The Eucharistic Fast	Traditional: nothing but water and medicines for twelve hours, lessened to three hours.
	1983 Code: nothing but water and medicines for 1 hour
All Fridays	Traditional: Abstain. American Catholics have a dispensation, from Pope Pius XII, to refrain from abstinence on the Friday following Thanksgiving Thursday.
	1983 Code: To abstain is the universal law. The USCCB granted American Catholics the option of performing a penitential or charitable work as a substitute.
Advent Embertide	Traditional: Abstain and Fast
	Vatican II: abolished
Vigil of Christmas	Traditional: Abstain and Fast.
	Vatican II: abolished
Ash Wednesday	Traditional: Abstain and Fast
	1983 Code: Abstain and Fast
Lenten Embertide	Traditional: Abstain and Fast
	Vatican II: abolished
All Days of Lent Except Fridays, Saturdays, Sundays and First Class Feasts	Traditional: Partially Abstain and Fast
	Vatican II: abolished
Fridays and Saturdays of Lent	Traditional: Abstain and fast 1983 Code: Abstain, even if you don't abstain on all other Fridays
Good Friday	Traditional: Abstain and Fast 1983 Code: Abstain and Fast
Holy Saturday	Traditional: Abstain and Fast until the noon after the Vigil Mass. This is now most commonly held at night. 1983 Code: Abstain and Fast

The Popes on Fasting

Pope Clement XIII - *"Appetente Sacro"* - 1759

Exhortation to the Bishops to teach the faithful about fasting

You will begin most appropriately, and with hope of the greatest profit, to recall men to the observance of the holy law of fasting, if you teach the people this: penance for the Christian man is not satisfied by withdrawing from sin, by detesting a past life badly lived, or by the sacramental confession of these same sins.

Rather, penance also demands that we satisfy divine justice with fasting, almsgiving, prayer, and other works of the spiritual life.

Every wrongdoing – be it large or small -- is fittingly punished, either by the penitent or by a vengeful God. Therefore we cannot avoid God's punishment in any other way than by punishing ourselves.

If this teaching is constantly implanted in the minds of the faithful, and if they drink deeply of it, there will be very little cause to fear that those who have discarded their degraded habits and washed their sins clean through sacramental confession would not want to expiate the same sins through fasting, to eliminate the concupiscence of the flesh.

Besides, consider the man who is convinced that he repents of his sins more firmly when he does not allow himself to go unpunished. That man, already consumed with the love of penance, will rejoice during the season of Lent and on certain other days, when the Church declares that the faithful should fast and gives them the opportunity to bring forth worthy fruits of penance.

Pope Paul VI - 1978 Lenten Address

“What remains of the Lenten obligation of abstinence and fast? Is nothing left of that season that once was so demanding, so strict, and so ritualized? Except for the two fast days still obligatory for those capable, the strict obligation of former years has been abolished by the Church in its sensitivity to changed conditions and the demands of modern life. Yet for strong and faithful spirits what does remain is all the more worthy of being kept carefully in mind. Two elements supply for the former fast: personal austerity in regard to food, amusements, and work and love of neighbor. All of this is left, along with the obligation of abstaining from meat on Friday during Lent.”

Pope John Paul II - Ash Wednesday Homily 2004

"Lent is a journey of prayer, penitence and authentic Christian asceticism (that) begins with the imposition of ashes, "an austere, penitential act that is highly esteemed in Christian tradition. It emphasizes the awareness of man who is a sinner before the majesty and sanctity of God. At the same time, it shows man's willingness to embrace and translate adhesion to the Gospel into specific choices."

"External gestures of penitence have value if they express an interior attitude, if they express the firm will to avoid evil and to take up the just path. It is here that the profound meaning of Christian asceticism lies. 'Asceticism': the word itself evokes an image of rising up toward higher goals. This necessarily involves sacrifice and self-denial. ... In order to become authentic disciples of Christ, it is necessary to deny oneself, take up the cross every day and follow Him. It is the arduous path of holiness which every baptized person is called to take."

"Above all, it is the humble and docile adhesion to the will of God, accompanied by incessant prayer; these ways are the typical penitential customs of Christian tradition, such as abstinence, fasting, mortification and giving up goods that are in and of themselves legitimate; there are the specific gestures of embracing our neighbor which today's Gospel evokes with the word 'alms.' All of this is proposed again with greater intensity during the period of Lent which represents an 'intense time' of spiritual training and generous service to our brothers and sisters."

Pope Benedict XVI - Ash Wednesday Homily 2006

"(The Christian has a duty to) oppose evil with good, lies with the truth, and hatred with love."

The Lenten season reminds Christians that spiritual life is a form of combat 'in which the weapons of prayer, fasting, and penance must be used.' The ascetic life of the penitential season should be followed 'with humility and patience, generosity and perseverance. By developing an interior attitude of humility and self-sacrifice, Christians become witnesses and apostles of peace."

The Saints and Scripture on Fasting

Pope Honorius III Bull Regarding the Rule Saint Francis of Assisi's Order of Friars Minor - A.D. 1223

And let them (laymen) fast from the Feast of All saints until Christmas. Indeed may those who voluntarily fast the holy lent, which begins at Epiphany and for the forty days that follow, which the Lord consecrated with His own holy fast, be blessed by the Lord, and let those who do not wish [to do so] not be constrained. But let them fast the other [Lent] until the [day of the] Resurrection of the Lord.

At other times however they are not bound to fast, except on Fridays. Indeed in time of manifest necessity the friars are not bound to the corporal fast. Into whatever house they may enter, first let them say: "Peace to this house." (Luke 10:5) And according to the Holy Gospel it is lawful to eat of any of the foods, which are placed before them. (Luke 10:8)

2 Samuel 12:13-16

David said to Nathan, "I have sinned against the LORD." And Nathan said to David, "The LORD also has put away your sin; you shall not die. Nevertheless, because by this deed you have utterly scorned the LORD, the child that is born to you shall die." Then Nathan went to his house. And the LORD struck the child that Uriah's wife bore to David, and it became sick. David therefore besought God for the child; and David fasted, and went in and lay all night upon the ground.

Lesson for us: God has "put away" David's sins, but David still fasts. We see this same theme in Numbers, when Moses continued to be excluded from the Promised Land even after he was forgiven for his sin of striking the rock twice with his rod.

Rule of Saint Benedict

How Young Boys Are to Be Corrected

Every age and understanding should have its proper discipline. Whenever, therefore, boys or immature youths or such as can not understand how grave a penalty excommunication is, are guilty of a serious fault, let them undergo severe fasting or be disciplined with corporal punishment, that they may be corrected.

At What Times the Brethren Should Take Their Refection

From holy Easter till Pentecost let the brethren dine at the sixth hour and take supper in the evening. From

Pentecost on, however, during the whole summer, if the monks have no work in the fields and the excess of the heat doth not interfere, let them fast on Wednesday and Friday until the ninth hour; but on the other days let them dine at the sixth hour. This sixth hour for dinner is to be continued, if they have work in the fields or the heat of the summer is great. Let the Abbot provide for this; and so let him manage and adapt everything that souls may be saved, and that what the brethren do, they may do without having a reasonable cause to murmur. From the ides of September until the beginning of Lent let them always dine at the ninth hour. During Lent, however, until Easter, let them dine in the evening. But let this evening hour be so arranged that they will not need lamp-light during their meal; but let everything be finished whilst it is still day. But at all times let the hour of meals, whether for dinner or for supper, be so arranged that everything is done by daylight.

Of the Reception of Guests

Let all guests who arrive be received as Christ, because He will say: "I was a stranger and you took Me in" (Mt 25:35). And let due honor be shown to all, especially to those "of the household of the faith" (Gal 6:10) and to wayfarers. When, therefore, a guest is announced, let him be met by the Superior and the brethren with every mark of charity. And let them first pray together, and then let them associate with one another in peace. This kiss of peace should not be given before a prayer hath first been said, on account of satanic deception. In the greeting let all humility be shown to the guests, whether coming or going; with the head bowed down or the whole body prostrate on the ground, let Christ be adored in them as He is also received.

When the guests have been received, let them be accompanied to prayer, and after that let the Superior, or whom he shall bid, sit down with them. Let the divine law be read to the guest that he may be edified, after which let every kindness be shown him. Let the fast be broken by the Superior in deference to the guest, unless, perchance, it be a day of solemn fast, which cannot be broken. Let the brethren, however, keep the customary fast. Let the Abbot pour the water on the guest's hands, and let both the Abbot and the whole brotherhood wash the feet of all the guests. When they have been washed, let them say this verse: "We have received Thy mercy, O God, in the midst of Thy temple" (Ps 47[48]:10). Let the greatest care be taken, especially in the reception of the poor and travelers, because Christ is received more specially in them; whereas regard for the wealthy itself procureth them respect.

Rule of Saint Augustine - A.D. 400

Moderation and Self-Denial

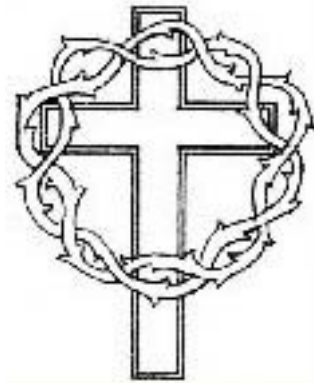
1. Subdue the flesh, so far as your health permits, by fasting and abstinence from food and drink. However, when someone is unable to fast, he should still take no food outside mealtimes unless he is ill.
2. When you come to table, listen until you leave to what is the custom to read, without disturbance or strife. Let not your mouths alone take nourishment but let your hearts too hunger for the words of God.
3. If those in more delicate health from their former way of life are treated differently in the matter of food, this should not be a source of annoyance to the others or appear unjust in the eyes of those who owe their stronger health to different habits of life. Nor should the healthier brothers deem them more fortunate for having food which they do not have, but rather consider themselves fortunate for having the good health which the others do not enjoy.
5. And just as the sick must take less food to avoid discomfort, so too, after their illness, they are to receive the kind of treatment that will quickly restore their strength, even though they come from a life of extreme poverty. Their more recent illness has, as it were, afforded them what accrued to the rich as part of their former way of life. But when they have recovered their former strength, they should go back to their happier way of life which, because their needs are fewer, is all the more in keeping with God's servants. Once in good health, they must not become slaves to the enjoyment of food which was necessary to sustain them in their illness. For it is better to suffer a little want than to have too much.

Saint Anthony of the Desert by Saint Athanasius

And when at last the persecution ceased, and the blessed Bishop Peter had borne his testimony; Antony departed, and again withdrew to his cell, and was there daily a martyr to his conscience, and contending in the conflicts of faith. And his discipline was much severer, for he was ever fasting, and he had a garment of hair on the inside, while the outside was skin, which he kept until his end. And he neither bathed his body with water to free himself from filth, nor did he ever wash his feet nor even endure so much as to put them into water, unless compelled by necessity. Nor did any one even see him unclothed, nor his body naked at all, except after his death, when he was buried.

Saint Teresa of Avila

Our Primitive Rules tells us to pray without ceasing. Provided we do this with all possible care (and it is the most important thing of all) we shall not fail to observe the fasts, disciplines and periods of silence which the Order commands; for, as you know, if prayer is to be genuine it must be reinforced with these things—prayer cannot be accompanied by self-indulgence.



Tips for Going Meatless

Vegetarianism, in the general sense of the word, has been practiced by several Christian monastic groups including the Desert Fathers, the Trappists, the Benedictines and the Carthusians. Saint Paul wrote in his Epistle to the Romans that although he himself ate meat, the choice to eat meat or abstain from meat should be a matter of personal conviction. "The man who eats everything must not look down on him who does not, and the man who does not eat everything must not condemn the man who does, for God has accepted him." (Romans 14:3)

One of the problems in looking for "vegetarian" recipes is that there are so many kinds of "vegetarians" -

Vegans eat nothing that is derived from animals including meat, poultry, fish, milk, eggs and cheese. They eat only plant-derived foods.

Lacto-vegetarians eat milk and milk products along with plant-derived foods but eat no meat, eggs, fish or poultry.

Lacto-ovo vegetarians eat eggs and milk products with plant derived foods, but avoid meat, fish or poultry

Since this is a book for Catholics who want to keep meatless periods of abstinence, we will coin a new phrase:

Catholica-vegetarians - eat eggs, milk, cheese, and fish along with plant-derived foods

Start with what you know

To make your transition to meatless easier, start with a list of meals that you are already familiar with. These will be your fall-back recipes when you don't have time to make something else.

- Pasta and Marinara Sauce with Italian Bread and Salad
- Vegetable Chop Suey or Stir Fry over rice
- Fried or Broiled Fish
- Pizza
- Baked Potato with Broccoli Cheese
- Grilled Cheese and Minestrone Soup
- Macaroni and Cheese

Nutrition and the Vegetarian Food Pyramid

Getting Proper Nutrition

Unless you are pregnant, nursing or have other health considerations, going meatless for a few days – or even for forty days, isn't going to cause any nutritional deficiencies.

However, if you decide to incorporate this discipline into your life for a more prolonged period or time, or if you are going to eliminate sources of protein like milk, eggs, cheese and fish, some considerations should be taken.

Here are nutrients that may be deficient in a vegetarian diet and how you can get these nutrients from nonmeat sources:

Protein: Your body needs protein. If you eliminate dairy, eggs and fish, include soy products, meat substitutes like tempeh, legumes, lentils, nuts, seeds and whole grains.

Calcium: Low fat dairy foods and dark green vegetables like spinach, turnip, collard greens, kale and broccoli are good sources of calcium. Enriched tofu and fortified soymilk and fruit juices are other options

B12: Can be found in milk, eggs and cheese, but if you're not using these, be sure to take supplements or look to fortified cereals.

Iron: You can find plenty of non-heme iron in dried beans, peas, lentils, enriched cereals, whole grain products, dark leafy green vegetables and dried fruit. You'll need extra vitamin C to help your body absorb it, so add some strawberries, oranges, lemons, tomatoes, cabbage and broccoli at the same time you eat the Iron containing foods.

Zinc: can be found in abundance in soy products, nuts and wheat germ.

Meatless products, such as tofu dogs, soy burgers, nut loaves or texturized vegetable protein, add variety to your vegetarian diet. These products, found in many grocery stores and health food markets, simulate the taste and texture of meat and usually have less fat and fewer calories. Many of the meatless products, such as tofu or tempeh, are made from soybeans.

Try hiding some in chili and your meat and potatoes guy will never know the difference.

More Substitutes: If you want to go a little further in your abstinence, you may eventually give up eggs and/or dairy. Before you do, give these substitutes a try:

Instead of Milk try soymilk, rice milk or almond milk. Buy a small size to try so you don't waste it if you hate it.

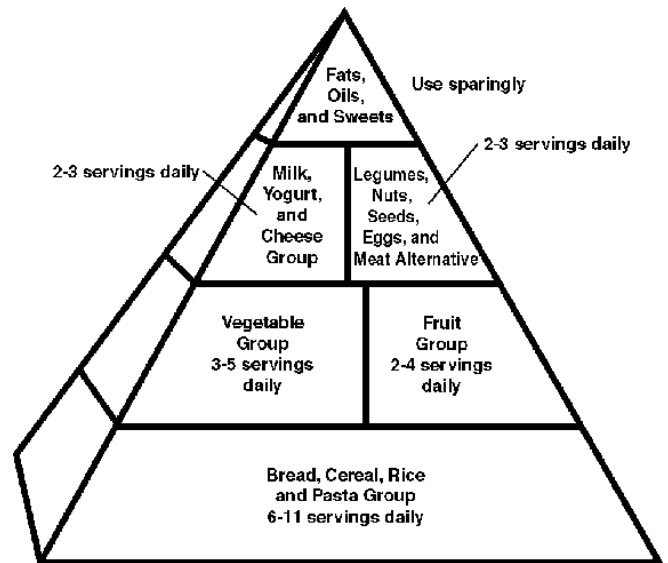
Instead of Butter, use Olivio an olive oil based spread, or cooking spray, and try canola oil.

Instead of Cheese try soy cheese. It's not *that* awful. Eventually you might even like it!

Instead of Eggs try whipped tofu. Well, maybe with lots of catsup or Tabasco.

The key to a healthy vegetarian diet — or any diet for that matter — is to enjoy a wide variety of foods. Since no single food provides all of the nutrients that your body needs, eating a wide variety helps ensure that you get the necessary nutrients and other substances that promote good health.

Here is a **vegetarian food pyramid** for balance:



Now, off to the recipes!

Notes

Soups and Chowders

Cajun Gumbo

The "Trinity"	1 cup cooking oil
1 onion chopped	1 cup flour
1 green pepper chopped and seeded	2 quarts warm water
1 cup of chopped celery	2 tsps Tabasco sauce
Set aside.	1 tbsp Zatarain's Creole seasoning or Tony Chachere's
Seafood: shrimp, oysters, crab meat, crawfish, etc.	2 cups okra, cleaned and sliced
Prepare and set aside.	3 to 4 cups rice

An authentic gumbo is prepared with a dark roux, as are most all Cajun dishes. In a 6 or 8 quart stew pot (black iron is preferred but whatever you have will suffice) mix 1 cup of oil and 1 cup of flour. Place over medium heat and stir continuously.

IMPORTANT: Do not stop stirring or the roux will stick and you will have to start over. Go over the entire bottom of the pot while stirring. The flour will begin to change color from white, to tan, to orange, to red, to light brown, to dark brown, then finally to black. You want medium to dark brown. This takes 10 to 15 minutes. At this point, dump in the onion, celery and bell pepper and cook till the onion starts to become translucent.

Stir in warm water and seasonings. You are looking for a thicker-than-soup consistency but not as thick as stew. Add more or less water to achieve this. Bring to a simmering boil. Add the okra and seafood of your choice. Cook for one hour. Prepare rice and serve over rice in a bowl. Salt and pepper to taste and the Cajuns would add a little dash of File' (Ground sassafras) or you can use thyme, finely ground (but not as good).

For a Creole Gumbo add tomatoes.

Butternut Squash Soup

Ingredients:	2 tsp. powered ginger
2 1 lb bags frozen butternut squash, cubed	2 tsp. cinnamon
3 cups chicken stock	salt and pepper to taste
1 onion, chopped	1 tbsp brown sugar
2 celery stalks, chopped	1/2 cup heavy cream

Prepare frozen squash as directed on package and drain liquid. Sauté celery and onion in butter until softened. Add chicken stock to onion and celery; add squash and heat until bubbling. Add spices and sugar and stir thoroughly. Put all ingredients into blender and blend until smooth. Transfer back into pot and add cream, stirring constantly. Thicken with cornstarch, if necessary.

Creamy Garlic Spinach Soup

Ingredients:	
1/2 lb. fresh spinach	3 cups chicken stock
2 lg. garlic heads, minced	2 cups heavy cream
2 lg. onions, diced	2 lg. egg yolks
4 med. potatoes, diced	8 Tbsp butter

Rinse spinach and shred with knife, set aside. Heat six tbsp butter in a 2 quart soup pot and cook onion until tender. Add chicken stock and diced potatoes. Cook on medium heat for 30 minutes. If you like, you may allow potatoes to disintegrate or you may crush them as they cook. Add minced garlic and spinach. Simmer for another 10 minutes. Add cream and simmer on low. In a small bowl, add 1/2 cup of soup to 2 egg yolks, in a stream while whisking, taking care not to curdle the yolks by adding the hot soup too quickly. Add whisked mixture to the soup pot, stirring constantly until the soup is thickened. Add salt and pepper to taste. Remove from heat and swirl in remaining butter. Serve immediately with crusty garlic bread.

Beer Cheese Soup

You've given up drinking for Lent, haven't you? Well, you don't want that beer going to waste. Toss it in your soup!

Ingredients: 1/2 tsp. dried mustard
3/4 cup butter 1/2 cup celery, diced
1/2 cup flour 4 1/2 cups chicken stock
2 TB parmesan cheese, grated 6 oz. cheddar cheese
1/2 cup carrots, diced 12 oz. bottle of beer
1/2 cup onions, diced Salt and pepper to taste

Sauté vegetables until done, but not browned. Blend in flour, dry mustard and chicken stock; cook 5 minutes. Blend in cheddar cheese, parmesan cheese and beer. Let simmer for 30 minutes. Season and serve with French bread and salad.

Broccoli and Potato Soup

Ingredients:
1 cup broccoli, cut up
2 cups potatoes, cubed
2 cans vegetable broth
1 Tbsp butter
hot sauce to taste
1/2 cup sour cream

Cook broccoli and potatoes in the chicken broth until tender. Puree broccoli, potatoes and broth in blender until smooth. Put back into pot and add butter, cook until butter is incorporated into soup. To serve ladle into bowls and swirl 1 tbsp sour cream onto top of soup, then add hot sauce to taste on top of sour cream. This recipe can be made low fat by substituting low fat chicken broth at other times of the year. You can also use fresh garden zucchini, asparagus, cabbage and other green vegetables

Broccoli-Cheddar Soup

Ingredients:
2 large cans of ready to serve cream of mushroom soup
1 small block Velveeta cheese
1 large bag broccoli florettes
1 can whole milk (use the Cream of Mushroom Soup can)

Defrost the broccoli florettes to decrease the water content before adding to the soup. In a crock pot, put in the soup, milk, cheese (cut into chunks). Occasionally stir to help the cheese melt down, add the broccoli then turn the crock pot down to low with the cover on. Let simmer for a few hours till steamy

Vidalia Onion Soup

Ingredients: 1 garlic clove, minced
2 large Vidalia onions, pepper to taste
sliced grated Swiss cheese
beef bullion to taste croutons
2 quarts water

Sauté onion for a few minutes. Add water, bullion, and spices. Simmer for 30 minutes and then ladle into ovenproof bowls. Scatter croutons on top of soup and then sprinkle cheese on top of the croutons.

Fast Noodle Soup

Ingredients: Worcestershire sauce
1 can tomato soup Onion salt
1/2 can water Sugar
1 can cream corn Salt and pepper to taste
1 Package ramen
noodle soup

Place everything into pan and and heat until noodles are soft. Break up the top ramen noodles before placing in pan and don't forget the little seasoning packet.

ROMANI (GYPSY) VEGETABLE SOUP

Ingredients:
1 large onion, chopped 3/4 sweet peppers
1-2 cloves garlic, crushed 1/2 cup celery
Dash cinnamon 1 Tbsp basil
1 cup chopped zucchini 1 bay leaf
1 cup tomatoes 1 Tbsp turmeric
1 1/2 cup cooked chickpeas
2 cups chopped, peeled sweet potatoes
1 Tbsp tamari or Braggs liquid aminos

Sauté onions, garlic, celery and peppers in olive oil. Add spices and herbs, stirring into mixture, followed by the remaining ingredients. Simmer. Eat. It's that simple.

CORN CHOWDER SOUP

Serves Six

Ingredients:
3 medium ears of corn 2 medium tomatoes
1/2 cup sunflower seeds 1 garlic clove chopped
1/4 cup chopped celery 1/2 cup water or almond milk

Blend all ingredients in food processor or blender until creamy and smooth. Add ore water or milk if too thick.

LENTIL SOUP WITH PARSLEY

Ingredients:

1/2 lb dried lentils	1 yellow onion
1 small potato	2 Tbsp soy oil
2 Tbsp vegetable salt	1 medium carrot
1/2 bunch parsley	1 Tbsp basil

Pour cold water over the lentils (about 1 inch above lentils) and cook until very soft. Add more water if needed. In a large pan boil about 3 cups of water and add the chopped onion and finely chopped parsley, diced potato and carrot and salt. Allow to simmer for half hour. When lentils are very soft mash them into a thick paste to use as a soup base. Use some of the vegetable water to thin enough so that they can be added to the vegetables without lumping. Add basil, soy oil and more salt if needed and simmer for 15 minutes.

International Meatless Meals

Meatless American

Portobello "Steak" Sandwich with Gorgonzola Butter and Red Pepper Vinaigrette

Serves Four

Ingredients:

1/2 cup Roasted Garlic and Balsamic Marinade
4 Jumbo Portobello mushrooms, stems trimmed to caps
4 1/2-inch-thick slices of crusty bread
2 oz Gorgonzola cheese (1/4 cup) at room temperature
1 tbsp Unsalted butter, softened

Red Pepper Vinaigrette:

1 red bell pepper, roasted or about 1/3 cup chopped bottled roasted red peppers
1 tbsp white-wine vinegar or Balsamic Vinegar
1 tbsp water
2 cloves roasted garlic or 2 tbsp bottled roast garlic
Fresh thyme leaves for garnish if you have some

Place mushroom caps and marinade in large plastic bag and seal, pressing out excess air. Marinate at room temperature for at least 10 minutes or up to two hours. Then blend all vinaigrette ingredients together and allow flavors to mingle.

Heat your grill. Grill one side of bread on a rack set about five inches above heat until golden. Keep an eye on it so it doesn't burn. Divide bread, toasted side down, among four plates. In a bowl, use a fork to mash together

Gorgonzola and butter, and spread on soft side of bread. Remove mushrooms from marinade and grill about three minutes on each side, or until tender. Transfer to a cutting board and thinly slice.

Arrange warm mushrooms on toasts and spoon vinaigrette over each open-faced sandwich. Garnish with thyme.

Mushroom Artichoke Quiche

Serves Four to Six

Ingredients:

Quiche Filing:

5 large eggs
1 cup whipping cream
3/4 cup dairy sour cream
2 tsps all-purpose flour
dash crushed red pepper
1/8 tsp salt
dash ground black pepper
1 pre-made, store bought 9" unbaked piecrust shell
1 cup shredded cheddar cheese
1 cup shredded Swiss cheese
1 cup shredded mozzarella cheese
1/2 cup chopped green onions
2 tsps chiffonade of fresh basil leaves
1 cup drained and quartered canned artichoke hearts
1 cup sliced white button mushrooms

Preheat oven to 325 degrees.

Quiche filling:

Combine together all quiche filling ingredients and mix well until smooth.

To Assemble Quiche: Put quiche onto cookie sheet before assembling. This will make it easier to carry to and from oven and prevent burning spills in the oven.

In a ready to bake pie shell, layer cheeses, then green onions, then basil, artichoke hearts, and mushrooms. Fill pie shell to the top with quiche filling.

Bake quiche in pre-heated 325 degrees F oven for 35-45 minutes or when toothpick inserted into center comes out clean. Let quiche cool for 15 minutes before serving.

Sloppy Joes With Beans

Ingredients:

1 tbsp olive oil
1/2 cup chopped onion
1/2 cup chopped celery
1/2 cup chopped carrots
1/2 cup chopped green bell pepper
1 clove garlic, minced
1 (14.5 oz) can diced tomatoes
1 1/2 tsps chili powder
1 tbsp tomato paste
1 tbsp distilled white vinegar
1 tsp ground black pepper
1 (15 oz) can kidney beans, drained and rinsed
8 crusty Kaiser rolls

Heat olive oil in a large skillet over medium heat. Add onion, celery, carrot, green pepper, and garlic: sauté until tender. Stir in tomatoes, chili powder, tomato paste, vinegar, and pepper. Cover, reduce heat, and simmer 10 minutes. Stir in kidney beans, and cook an additional 5 minutes.

Cut a 1/4 inch slice off the top of each Kaiser roll; set aside. Hollow out the center of each roll, leaving about 1/2 inch thick shells; reserve the inside of rolls for other uses. Spoon bean mixture evenly into rolls and replace tops. Serve immediately.

Best Ever Macaroni and Cheese

Ingredients:

2 c. (8 ozs) elbow macaroni 1 stick butter
1/4 cup minced onions 3 tbsp. flour
2 c. of milk or light cream
1/2 c. dry white wine (or water)
2 c. grated sharp cheddar (1/2 pound)
1/2 cup bread crumbs (topping)
Salt and freshly ground pepper
Cayenne to taste or 1/2 tsp. paprika for color

Bring 4 qt. salted water to a rapid boil and cook the macaroni until not quite tender. Drain macaroni and set aside. In sauté pan, melt 1/2 the stick of butter (or 4 tsps). When melted, stir in the breadcrumbs and toast just until lightly browned. Remove breadcrumbs from pan and set aside. Wipe pan clean with paper towel and re-use for next step. Breadcrumb topping: Melt remaining butter, add onions, and stir over low heat until onions are just translucent, but not browned. Stir in the flour and seasonings. Continue to cook for an additional 2-3 minutes. Add the wine, then gradually stir in the milk or cream.

Cowboy Casserole

Ingredients: 1
medium onion, chopped.
1 cup diced carrots.
1 red bell pepper, diced.
1 cup fresh or frozen green beans, cut
in 1/2" pieces.
1 cup canned or frozen corn.
1 15- or 16-oz can vegetarian baked
beans.
1 tsp barbecue seasoning or chili
powder
1 tbsp ketchup or tomato paste.
3 oz smoky Cheddar or smoky Edam
cheese, diced or shredded

Preheat the oven to 375 degrees. In a non-stick skillet, sauté the onions, carrots, and pepper until soft but not browned. Add the green beans and cook 5 minutes. Stir in corn, baked beans, seasoning, and ketchup. Cook 2 minutes or until heated through. Pour into a baking dish and scatter the cheese on top. Cover and bake for 30 minutes or until casserole is bubbling and the cheese has melted.

Simmer over low heat, stirring constantly until the sauce is thickened and smooth. Add cheese and continue stirring until the cheese melts.

Combine the macaroni with the cheese sauce. Turn out into a generously buttered casserole dish (approximately 1 1/2 quarts). If you have any extra grated cheese, you can sprinkle this on top along with the 1/2 cup of buttered, toasted bread crumbs.

Bake in a preheated 350 degree Fahrenheit oven for approximately 20 minutes or until heated all the way through and golden brown on top.

Stuffed Roasted Peppers

Ingredients:
1 red bell pepper
1 gold bell pepper
1 tsp extra virgin olive oil
1/4 tsp balsamic vinegar
1 anchovy filet, mashed
4 large leaves fresh basil
1 oz feta cheese, crumbled
pinch of kosher salt
pinch coarse ground fresh pepper

Instructions:

Place peppers on a sheet pan in 500 degree oven. Turn peppers every 10 minutes to ensure even roasting. The skin will begin to blister. When the peppers have blackened on all sides, remove them and place in a paper bag and fold shut. Let them cool thoroughly then cut in half lengthwise, peel off the outer skin and remove seeds. Save the juice and mix with olive oil and vinegar. Lay the peppers flat and sprinkle with anchovy. Top with two leaves of basil, shredded. Crumble the feta cheese on top. Season to taste. Roll the peppers up to at least somewhat look like their original shape. Drizzle with oil, vinegar, and pepper juices. Tear remaining basil and garnish

Cheesy Stuffed Bell Peppers

Makes four

Ingredients:

4 bell peppers
3 8oz bags shredded mozzarella cheese
5 oz shredded Cheddar cheese
Dash dried basil or a couple of fresh leaves chopped
Sprinkle of Romano or parmesan cheese
Spaghetti sauce
1 packet of boil-in-bag rice

Preheat oven to 375 degrees. Cut tops off peppers and remove seeds and ribs. Place in boiling water for about 5 minutes or until tender but not limp. Take out, drain and put in glass pan. Cook rice and stir in some spaghetti sauce, the basil and parmesan cheese. Put about 1/2-inch additional spaghetti sauce in bottom of glass baking pan. Fill bottoms of peppers about 1/4-way up with mozzarella cheese; sprinkle some cheddar on top of that. Add rice. Add a layer of spaghetti sauce (almost to top) then add another layer of the cheese. Bake about 30 minutes.

Savory Fusion Vegetable Phyllo Samosas with Cumin Tomatoes

This takes a little work, but well worth the effort. The crisp vegetable filling has just a hint of heat and spice, creating an enticing introduction to an aromatic meal.

Ingredients:

1 tbsp, plus 2 tps peanut oil
1/4 tsp minced garlic
1/4 tsp minced Serrano chili
1/2 cup finely chopped cabbage
1/4 cup finely chopped carrot
1/4 cup finely chopped zucchini
Coarse salt and freshly ground black pepper, to taste
1 cup peeled, cored and seeded very ripe yellow tomatoes, diced 1/4"
1/4 tsp freshly crushed toasted cumin seeds
6 sheets phyllo dough
1/4 cup ghee (see recipe that follows) or melted Olivio spread
1/4 pound mixed baby salad greens, well washed and dried
6 nasturtium or chive flowers, washed and dried if you have them.

Preheat oven to 450 degrees. Line a low-sided baking sheet with parchment paper. Set aside.

Heat 1 tbsp of the peanut oil in a large sauté pan over medium heat. Add the garlic and chili and sauté for 1 minute. Stir in cabbage, carrot and zucchini and sauté for about 3 minutes or just until the vegetables have wilted slightly. Season with salt and pepper. Remove from the heat and set aside.

Cover the phyllo sheets with a slightly dampened kitchen towel. Using a pastry brush, lightly coat a sheet with ghee.

Heat the remaining 2 tps of peanut oil in a medium sauté pan over medium heat. Add the tomatoes, cumin and salt, and sauté for about 3 minutes, or until tomatoes are quite soft. Remove from the heat and purée in a blender. Set aside.

Fold the ghee-covered sheet in half and lightly coat the top of the folded sheet with more ghee. Place about 3 tbsps of the vegetable mixture in the center of the sheet. Fold over the 2 long sides to cover the vegetable mixture. Fold over the shorter sides to make a neat roll. Place the folded edges on the bottom. You should now have a neat bundle that resembles a Chinese egg roll.

Using the pastry brush, carefully coat the entire package with ghee. Place the finished package on the prepared baking sheet and continue making packages as above until you have 6 wrapped packages. Bake the packages for 10 minutes, or until golden brown.

Spoon about 3 tbsps of the cumin-scented tomato sauce into the center of each of 6 luncheon plates. Cut the vegetable rolls in half, on the diagonal. Place the 2 halves, standing upright, in the center of the plate, with a handful of baby greens and an edible flower nestled into them. Serve warm.

While You Cook

What dishes can you double to share with others?

Does your parish have a frozen food program to help others who are suddenly in need due to illness or incarceration of a family member or the birth of a child - or a death?

Meatless Italian

Mediterranean Strata Casserole

Great for a make ahead brunch or lunch

Ingredients:

1 Large Loaf Sourdough Bread or Black Olive Bread, crusts removed if thick
3 6-8 oz Jars marinated Artichoke Hearts, drained (reserve 3 Tbsps Marinade)
2 tps minced fresh Thyme or Tarragon or 1 tsp if dried
3 Garlic Cloves, roasted in a dry skillet until soft, smashed
3/4 Pound creamy fresh Goat Cheese, crumbled
3/4 Cup freshly grated Parmesan cheese
8 large eggs
2-1/2 Cups Half-and-half or milk
1 tsp Salt
3/4 tsp freshly ground black Pepper
3 Tbsps Extra Virgin Olive Oil

Preheat oven to 400 degrees. Oil or butter a deep 9-to 10-inch baking dish. Slice the bread into approximately 1-inch cubes. Transfer the bread to a baking sheet and toast for about 20 minutes, stirring once or twice, until golden brown and lightly crisp.

Slice the artichoke hearts about 1/3 inch thick. Mix them with the thyme and garlic in a small bowl. Arrange 2 or 3 equal alternating layers of the bread, cheeses and artichoke hearts in the baking dish. Whisk the eggs with the half-and-half, salt, pepper and reserved artichoke marinade. Pour the custard over the bread mixture. Drizzle the olive oil over the surface. Cover and refrigerate the strata for at least 2 hours or overnight.

Remove the strata from the refrigerator 20 to 30 minutes before you plan to bake it. Preheat the oven to 350 degrees. Bake the strata for 50 to 55 minutes, until puffed, golden brown, and lightly set in the center. Serve hot. Garnished with fresh seeded/diced or sundried (marinated and drained) tomatoes

Stuffed Italian Frying Peppers

Ingredients:

1 1/4 cup Italian bread crumbs	1/2 tsp each oregano and basil or 1/4 tsp dried
2-3 tbsps Parmesan cheese	2-3 cloves finely minced garlic
1/4 cup fresh parsley, minced	Pinch of rubbed sage
1/2 tsp paprika	3-4 anchovies or more
1/4 tsp red pepper flakes	1 green onion or shallot, minced
2 tbsps olive oil	
1 egg	

Sauté garlic and green onion or a minced shallot, if using, in olive oil, until just barely browned Mash the anchovies using a fork, stirring them into the olive oil. Add parsley and other herbs, heat for 2 minutes. Add bread crumbs and quickly mix in a beaten egg and a few tbsps warm water. Add a little more olive oil if you need it to make a smooth mixture.

Add cheese and mix well; stir in enough warm water to make a mix that can be pressed into the center of the peppers which have had their stems removed, and have been seeded and cored.

Sauté the peppers in a skillet with 1/4" good olive oil with 3-5 peeled whole cloves garlic; turn the garlic to prevent browning. The garlic should just take on a lightly toasted color and will become soft, at which point it can be mashed into the oil and removed (Don't waste the garlic. You can save it for garlic bread or bruschetta)

The peppers should begin to blacken/brown on one side. Keep turning them so they color evenly, making sure they are well coated in olive oil. When they are tender and have bits of brown, remove from heat and cover. Let them sit for about 2 minutes. Serve with a little sprinkle of sea salt or kosher salt. You can also prepare these on the grill, but be sure to brush frequently with olive oil.

FETTUCCINE PRIMAVERA WITH BECHAMEL SAUCE

Serves Four to Six

Ingredients:	1 cup frozen baby peas, thawed
3 Tbsp. extra virgin olive oil	½ cup fresh basil, cut into strips
2 cloves garlic, minced	½ cup black olives, sliced
1 head broccoli, thinly cut	12 oz. fettuccini pasta
1 large red pepper, thinly sliced	3 cups Béchamel sauce
10 large mushrooms sliced thin	Garnish with basil flowers
1 small red onion, sliced	

In a medium pan, sauté broccoli and garlic in olive oil for 5 minutes. Add red peppers and mushrooms. Sauté over medium heat for 5-10 minutes more, depending upon how well cooked you prefer your vegetables. Stir in peas; cook a few more minutes until mixture is hot. Add olives and basil; cover and set aside. Cook pasta according to package directions. Serve immediately topped with sautéed vegetables and a portion of jarred Béchamel sauce or Alfredo sauce. Garnish with basil flowers if you have them.

Penne ala Vodka With or Without Shrimp

This was my favorite Friday night take out dinner. But times have changed and we all need to be thrifty, so I learned to make a delicious homemade version. (Sorry, East End Pizza!) Make with or without shrimp.

Ingredients:
1 lb. Penne pasta
1/2 stick butter
3 cloves garlic, chopped
6 to 7 scallions, chopped
2 cans tomato sauce (15 oz. total)
1/3 c. vodka
1/4 c. heavy cream
Basil, oregano and pepper to taste

Sauté chopped garlic and scallions over low flame with butter. Add tomato sauce, vodka and spices. Let come to boil and simmer 45 minutes. Add heavy cream; cook 10 minutes. Put water up for pasta. If you want to add shrimp, grab a handful from the freezer. If they're pre-cooked, just thaw under cold water. You can either brush with olive oil and a sprinkle of oregano and basil and grill for two minutes or just sauté or broil in your oven or toaster oven and toss on top of the pasta.

Eggplant Parmesan

Homemade eggplant parmesan takes a long time to make, but it is well worth the effort. The labor-intensive nature of this dish affords great opportunities. If you can, make it with your family it will give you that slow-down time to communicate and maybe even pray. Or, alone or with friends, listen to a spiritual book on tape. Make a double batch and freeze some for fast dinners on another day. You can save some to wrap in pizza dough with extra cheese and garlic and make wraps. And, of course, there are eggplant parmesan heroes (or grinders or subs or whatever you call them in your part of the country). Even though this is called eggplant *parmesan* my own preference is for Romano cheese.

Ingredients:	1/2 cup milk
1 recipe meatless sauce (Recipe below or open a jar)	4 eggs
Flour with garlic powder, oregano, basil, parsley, paprika	2 eggplants
1 cup bread crumbs	Olive oil
Parmesan or Romano cheese	1 lb container Ricotta cheese
	Garlic salt or powder
	16 oz shredded Mozzarella cheese

Slice eggplants into 1/2" rounds. It's best to soak the slices in salted water for a couple of hours for a sweeter taste. Drain and pat dry.

Mix bread crumbs and 1/2 cup Parmesan or Romano cheese. Beat 2 eggs and milk. Mix Ricotta cheese with 2 eggs. 1/2 cup Romano or Parmesan cheese, 1/4 tsp each oregano, basil, parsley and garlic salt or powder. Dip first in seasoned flour, egg mix, then bread crumbs. The first dip into the flour helps the egg to stick a little better. Heat oil in frying pan. Brown breaded eggplant on each side.

Spread some sauce in the bottom of your baking dish. Arrange a third of eggplant rounds on sauce. Top with half seasoned Ricotta. Cover with third of remaining spaghetti sauce. Sprinkle lightly with Parmesan cheese. Top with half Mozzarella cheese. Repeat layers of eggplant, Ricotta, sauce and cheeses. Finish with remaining eggplant. Top with sauce and remaining Mozzarella cheese. Bake in 325 oven for 45 minutes.

Meatless sauce:

2 cans (28 oz) whole Italian tomatoes
2 t. chopped garlic
2 T fresh chopped parsley
2 t. dried oregano
2 t. dried basil
1 t. fennel seeds
1/2 cup chopped sweet onion
Crush tomatoes.
Add all ingredients to pot.
Simmer until reduced 1/2 and puree in blender – but be sure to cover the top with a towel and use an oven mitt to hold down.

Frittata

How many does it serve? Depends on how hungry you are! This is a great recipe to use up leftover veggies and even potatoes.

Ingredients:

7-9 beaten eggs with a tbsp of milk
1/2 diced onion
2-4 garlic cloves minced
1/2 to 3/4 c chopped veggies sliced/diced cooked potato
2 cups grated cheese of any type
Fresh herbs if you have them, otherwise use dried to taste
Salt and fresh pepper to taste

Preheat oven to 350 degrees. Grease a pie pan or quiche dish. Sautee onions and garlic in olive oil. Add veggies - broccoli, zucchini, asparagus, bell peppers, beets, potatoes, spinach, mushrooms, carrots artichoke hearts or whatever is on hand - and cook till softened. Add salt and pepper and herbs to taste. Slide the veggies into your greased pie pan, top with as much cheese as you like - any kind you like or have on hand - cheddar, soft goat, parmesan, Swiss, Gruyere, Muenster or even Brie – and pour the eggs evenly over the top. If you want a crunchy top, you can add a bit of crushed Ritz cracker or crunchy onion or breadcrumbs. Bake for 20 minutes or until set and firm, but don't let it dry out. Let set for a while and cool a bit - serve hot or cold! This is delicious to put into a lunch box, too.

VEGETABLE LASAGNA

Serves 12

OK. You can probably just buy a pan of this in the frozen food aisle at the grocery store, but where's the Christian community in that? Make it with your kids or invite a friend over. Double the recipe and give it to the food pantry or save some for bereavement visit.

Ingredients:

2 med. carrots, julienned
1 med. zucchini, cut into 1/4 inch slices
1 yellow summer squash, cut into 1/4 inch slices
1 med. onion, sliced
1 cup broccoli florets
1/2 cup celery, sliced
1/2 cup julienned sweet red pepper
1/2 cup julienned green pepper
2 garlic cloves, minced
1 tsp. salt
2 T. vegetable oil
1 jar (28 oz.) spaghetti sauce
14 lasagna noodles, cooked and drained
4 cups (16 oz.) mozzarella cheese

In a large skillet, stir-fry the vegetables, garlic and salt in oil until crisp-tender. Spread 3/4 cup spaghetti sauce in a greased 9" x 13" x 2" baking dish. Arrange seven noodles over sauce, overlapping as much as needed. Layer with half of the vegetables, spaghetti sauce and cheese. Repeat layers. Cover and bake at 350° for 60-65 minutes or until bubbly. Let stand for 15 minutes before cutting.

Add a fresh green salad, ripe olives, and a crunchy loaf of bread.



Meatless in Ireland and England

Shepherd's Pie

Serves Six

This is a delicious comfort food that is a big favorite in our home. Save this recipe for non-Lenten times and use up leftover lamb or beef. A festive and warming dish to share with friends.

Ingredients:	2 bay leaves
1-1/2 cups vegetable broth	1/4 tsp. nutmeg
1-1/2 cups chopped carrots	12 oz. pkg. frozen beef substitute crumbles
2 onions, chopped	2 Tbsp. flour
2 cloves garlic, minced	6 servings refrigerated prepared mashed potatoes
1 cup sliced mushrooms	3 Tbsp. light cream
1 cup sliced celery	1/2 cup grated Romano cheese
2 cups frozen corn	
1 cup frozen peas	
1 tsp. pepper	

Preheat oven to 375 degrees F. In large saucepan, combine broth, carrots, onions, garlic, mushrooms, celery, corn, peas, pepper, bay leaves and nutmeg. Cover and cook until vegetables are tender, about 10 minutes. Add crumbles and mix well. Remove 1/2 cup of broth from saucepan and mix with flour in a small bowl. Add back to the vegetable/crumble mixture in saucepan and simmer until thickened, stirring frequently. Remove bay leaves.

Spoon vegetable/crumble mixture into a 3-quart casserole dish. Combine mashed potatoes, light cream, and cheese in large bowl and mix to combine. Spoon potatoes over vegetable mixture. Bake at 375 degrees F for 20-30 minutes or until pie is bubbly and the potatoes begin to turn golden brown.

English Onion Pie

Ingredients:

- 1, 9-inch pie shell
- 1/4 cup of Italian dressing
- 2 tbsps of butter or margarine
- 2 large onions, thinly sliced
- 1 cup of shredded cheddar cheese
- 2 tsp of sage
- 1 tsp of dried marjoram leaves, crushed
- 1/8 tsp of black pepper
- 2 eggs
- 1/2 cup of heavy cream

Preheat oven to 400. Pierce the bottom of pie shell with fork. Bake 8 minutes or until lightly brown. Cool the pie shell completely. In a large pan on medium heat, heat the Italian dressing and butter add the onions and cook until the onions are tender. Fill the pie shell with the cheese and pour the onion mixture in. Meanwhile in a bowl beat the eggs, cream, sage, marjoram and pepper and pour over the onions. Bake 35 minutes or until golden brown

Meatless Eastern European

Russian Wild Mushroom Stroganov

If you know someone who can reliably collect wild mushrooms, you're in luck! This is one of the most delicious dishes that makes me yearn for long gone stroganov dinners at the Russian Tea Room in New York City. Oh, well. That was then, this is now. This really is almost too good for Lent.

Ingredients:

Olive oil
Paprika - about a tbsp
550g selection of mushrooms of your choice - Use common mushrooms, Portobello, Asian mushrooms or a mix. I love adding in a bit of dried Polish forest mushroom for an incredible flavor. Very expensive, so I save them for special occasions.
1 onion, finely chopped
3 or 4 cloves garlic, crushed
3 tbsp white wine vinegar
6 tbsp dry white wine
300ml cream
150ml vegetable stock
1 tbsp cocktail gherkins or cornichons, thinly sliced
1 tsp Dijon mustard

Toss the mushrooms with about half a tbsp of paprika and some salt. Stir fry for about two minutes, then set aside, keeping warm. In a casserole fry the onion until golden brown. Add the vinegar and wine and bring to the boil. Stir in the cream and cook until the sauce has reduced by half. Add the stock and about a half a tbsp of paprika, and cook until the sauce is thick enough to coat the back of a spoon. Add the gherkins or cornichons and the mustard. Return the mushrooms to the pan, and season to taste.

BAVARIAN VEGETABLE STEW: GEMUSEPICHELSTEINER

Serves 6-8

Ingredients:

6 tbsps unsalted butter
4 carrots, cut into 3/8 inch thick rounds
salt and freshly ground black pepper to taste
1/4 cup finely chopped fresh parsley leaves
1 large celery root, peeled and sliced 1/4 inch thick
1 parsley root, peeled and sliced 1/4 inch thick
4 leeks, split lengthwise, washed well, and sliced
1 small head cauliflower (about 1 pound), broken into florets
1/2 pound sugar snap peas, tough strings removed
1/2 pound green beans, ends trimmed and cut into 1-inch pieces
1/2 head Savoy or green cabbage (about 3/4 pound), damaged outer leaves discarded, cored, and thinly sliced
1 pound potatoes, peeled and sliced 1/4 inch thick
1 1/2 cups water

In a large casserole, melt 3 tbsps of the butter over medium high heat, then turn off the heat. Layer the carrots over the bottom of the casserole. Season with salt and pepper, sprinkle with a little parsley. Continue layering the vegetables in the order in which they are listed in the ingredients list, sprinkling each layer with salt, pepper, and parsley. The last layer should be the potatoes, sprinkled with parsley. Dot the top of the potatoes with the remaining 3 tbsps of butter.

Pour the water over the vegetables, cover tightly and bring to a boil. Reduce the heat to low and cook until all the vegetables are tender, about 1 hour. Serve with a hearty Lithuanian or German black bread.

Meatless Spanish and Mexican

Vegetable Paella

Serves Four to Six

Ingredients:

1½ Tbsp. olive oil
2 cups sliced leeks
1 medium zucchini, diced
3-4 cloves garlic, minced
4 cups water
1½ cups brown rice
½ cup wild rice
2 large carrots, peeled and diced
1 cup green peas, fresh or frozen
½ - 1 cup Goya Alcaparado (olives, capers, pimientos)
2 cobs of corn, shucked and cut into 1" sections
¼ cup minced fresh parsley (or 2 Tbsp. dried)
2 tsp. dried thyme leaves
½ tsp. turmeric
½ tsp. black pepper
½ tsp. salt
12 asparagus spears

Preheat oven to 375 degrees. In a large skillet, heat oil. Add leeks, zucchini, and garlic and cook over medium heat for about 7 minutes, stirring occasionally. Transfer to large casserole dish and stir in water, broth, rice, carrots, peas, corn, alcaparado and seasonings. Cover and bake for 45 minutes. Remove dish from oven and fluff the rice. Arrange the asparagus over the top, cover, and bake for 5 to 10 minutes more, until all liquid is absorbed. Remove from heat and let stand 10 minutes. Serve hot. In our home everything goes better with hot sauce. This does too!

Jalapeno Rellenos

Makes 20

Cool the heat from these cheese-stuffed jalapeno peppers by dipping them in sour cream or serve with guacamole. Don't forget to wear gloves to avoid burning hands. I always forget and I'm always sorry I did. Especially when I rub my eyes.

Ingredients:

20 jalapeno peppers
¾ cup shredded Monterey Jack cheese
1/2 of an 8-oz tub cream cheese with chive and onion
1/4 tsp ground cumin
¾ cup all-purpose flour
1/4 cup cornmeal
1/4 tsp baking powder
1/4 tsp salt
¾ cup beer or milk
Cooking oil or shortening for deep-fat frying
Sour cream
Snipped chives

Make a t-shape cut in the side of each pepper; remove seeds. Don't get in your eyes!

Did you remember to put on gloves? Go do it now!

Prepare the filling by combining shredded cheese, cream cheese, and cumin until blended. Pack about 2 tsps of the filling into each pepper. Next make the batter by combining flour, cornmeal, baking powder, and salt. Add beer or milk. Beat until smooth.

In a heavy saucepan or deep-fat fryer heat 2 inches cooking oil or melted shortening to 375 degrees F. Dip stuffed peppers into batter. Fry several peppers at a time in hot fat, about 2 minutes on each side or until golden brown. Drain; keep warm in a 300 degree F oven while frying remaining peppers. Serve with sour cream sprinkled with chives, if desired. This is a fine dish to serve with a side of rice and refried beans.

Black Bean Chili with Toasted Spice Seasoning

Ingredients:

3 cups dried black beans, soaked	2 Tbsp. chili powder
8 cups water	½ Tbsp. oregano
2 jalapeno peppers, minced	½ cup sun-dried tomatoes
1½ Tbsp. grated ginger	4 cups plum tomatoes, peeled and chopped
1 bay leaf	1/3 cup bulgur wheat, uncooked
1 cup chopped cilantro	½ cup boiling water
1 tsp. cumin seeds	Salt and pepper

Toasted Seasoning:
½ Tbsp. mustard seeds
½ tsp. fennel seeds
Olive oil

Soak beans overnight. Drain beans. Place in a large pot and add 8 cups water. Bring beans to a boil, and then add peppers, ginger, bay leaf, and ½ cup cilantro. Cover loosely and simmer for 1½ to 2 hours. Remove from heat and discard bay leaf.

Toast cumin seeds in a dry skillet. After seeds darken, add chili powder, oregano, and tomatoes. Stir well and bring mixture to a boil. Reduce heat and simmer for 30 minutes. In another bowl, combine bulgur with boiling water, cover, and let sit for 10 minutes.

When beans are cooked, remove 1 cup and puree it with some cooking liquid. Combine puree with remaining beans. Stir in tomato mixture and bulgur. Season with salt and pepper and simmer for 10 minutes. Place mustard seeds in a pot over medium heat, cover and cook until seeds start to pop. Add fennel seeds and cover. Cook until popping stops and fennel darkens. Pour over chili. Add remaining cilantro and drizzle with olive oil.

Tex-Mex Queso Soufflé

Serves 8

Ingredients:

- 3 (4.5 oz) cans chopped green chilies, drained
- 12 oz. shredded Monterey Jack cheese
- 12 oz. shredded Cheddar cheese
- 1/2 cup thinly sliced green onions
- 1 tsp minced garlic
- 3 tbsps chopped fresh cilantro
- 5 egg whites
- 5 egg yolks, beaten
- 1/2 cup evaporated milk
- 2 tbsps flour
- 1/2 tsp cumin
- 1 1/2 cups chunky salsa drained

Garnish: Fresh cilantro sprigs

Preheat oven to 325 degrees. Spray a 13x9x2-inch baking dish with cooking spray. Stir together first six ingredients. Spread evenly in bottom of prepared dish. In a large mixing bowl, beat egg whites on medium speed until stiff. In a separate bowl, beat together egg yolks, milk, flour, and cumin on low speed until blended. Fold egg whites gently into yolk mixture. Spoon over cheese mixture and pierce all over with a fork. Bake for 30 minutes. Remove from oven and spoon drained salsa evenly around edges. Return to oven and bake an additional 20-25 minutes until knife in center comes out clean. Garnish with cilantro sprigs.

Serve with a green salad.

Meatless Middle Eastern

Moroccan Pie

Ingredients:

1 envelope vegetable broth	1 tsp cinnamon
1 cup water	1/2 tsp ground cumin
1 cup chopped onions	1/2 tsp ground coriander
1 large clove garlic, minced	1/4 tsp ginger
2 tbsps chopped cilantro	1/4 tsp ground pepper
1 tbsps chopped parsley	1/4 tsp turmeric
8 eggs scrambled or sliced	Topping:
tofu	2 cups toasted almonds
Phyllo sheets	2 tbsps sugar
	2 tsps cinnamon

Toast almonds on cookie sheet for 7 minutes at 375 degrees. In food processor, process topping ingredients to medium to fine grind. Set aside.

Sauté onions and garlic in broth/water mixture until onions are translucent. Stir in spices, cook until onions are soft, add chopped leaves.

Spray 9 inch square baking dish. Spray 6 phyllo sheets, one at a time, and layer in baking dish lightly sprinkled with 1/4 of topping mixture to form bottom crust.

Spread 1/2 of onion mixture over phyllo sheets, sprinkle with 1/4 of topping mixture. Next, layer with scrambled eggs or sliced tofu, then balance of onion mixture. Sprinkle with nut mixture reserving most of it for phyllo layers and top of pie. Repeat sprayed phyllo layers, ending with nut mixture for decorative effect on top of pie.

Bake in preheated 350 degree oven for 45 minutes. Can be made ahead and refrigerated overnight.

Greek Pasta with Tomatoes and White Beans

Ingredients:

- 2 (14.5 oz) cans Italian-style diced tomatoes
- 1 (19 oz) can cannellini beans, drained and rinsed
- 10 ozs fresh spinach, washed and chopped
- 8 ozs penne pasta
- 1/2 cup crumbled feta cheese

Cook the pasta in a large pot of boiling salted water until al dente. Meanwhile, combine tomatoes and beans in a large non-stick skillet. Bring to a boil over medium high heat. Reduce heat, and simmer 10 minutes. Add spinach to the sauce; cook for 2 minutes or until spinach wilts, stirring constantly. Serve sauce over pasta, and sprinkle with feta.

Greek Lenten Pie Rizopita Me Karydia Ke Stafides

Ingredients:

1/2 c short-grain rice	1/2 -3/4 c melted
1 tbsps margarine or Olivio	margarine or light olive oil,
2 c water	for brushing
1 c shelled walnuts	Syrup:
1 c golden raisins	1 /2 c sugar
1-1/2 tsp ground cinnamon	2/3 c water
1/2 tsp ground cloves	2 tbsps lemon juice
1 lbs thick phyllo dough	Peel of 1/2 lemon
	1 piece cinnamon stick

Preheat oven to 375 F Soak the rice for 5 minutes in water to cover. Drain and sauté in the margarine until glistening. Pour in the water and cook over low heat for about 12 minutes, or until it becomes very soft and has absorbed all the water. Turn the cooked rice into a bowl and let cool a little.

Mix the walnuts, raisins, cinnamon, and cloves with the rice and stir well. Brush a 14 x 9 1/2 -inch baking pan with margarine and lay in 8 sheets of phyllo, brushing each sheet with margarine. Let about 2 1/2 inches of dough hang over the edge of the pan, and trim the rest.

Pour the filling into the pan, smooth it with a spatula, and lay in the remaining sheets of phyllo, brushing each sheet with margarine. Trim the top sheets to no more than 1/2 inch larger than the pan all around. Brush again with margarine, and turn the hanging phyllo inward to seal. Using a very sharp knife or a razor blade, score the top layers to mark the desired sizes of the pieces you will cut later.

Bake for 1 hour, or until golden brown on top. 30 minutes into the baking, start preparing the syrup. Place the sugar, water, lemon juice, lemon peel, and cinnamon stick in a saucepan, bring to a boil, and turn down the heat. Simmer until the pie is baked.

The moment you take the pie out of the oven, discard the lemon peel and cinnamon stick, and pour the syrup over the pie.

Be very careful as the syrup can bubble vigorously and can burn you. Cover the pie with a clean kitchen towel and let cool completely before serving. This rice pie tastes much better the next day and keeps well for at least a day.

Spanakopita Nistisimi (Greek Lenten Spinach Pie)

Ingredients :

1 lbs curly endive
3 lbs fresh bulk spinach, washed, large stems removed
3 bunches large scallions, chopped
5 tbsp virgin olive oil
1 lemon
1 1/2 c finely chopped fresh dill
1 tsp salt and freshly ground black pepper
1 tsp rice or cracked wheat

Pastry:

1 1/2 c all-purpose flour 1 tsp salt
1 tsp baking powder 5 tbsp olive oil
1 tbsp sesame seeds
Start by making the pastry. Sift the flour with the salt and baking powder. Mix in about 6 tbsps water, a little at a time, until the dough is gooey, but not wet. Add 1 tbsp olive oil, plus another tsp, and a little more flour, if needed, to make a firm mass of dough. Knead the dough for 5 to 10 minutes until smooth and elastic. Cover it and set aside to relax for an hour or two.

For the filling, separate the curly endive leaves, so the vegetable will cook in the same time. Steam the spinach and endive together in a large pan, in the water clinging to the leaves, plus just an extra 1/2 cup. Turn the leaves over occasionally, so they wilt evenly. Don't overcook to mush!

Drain in a colander, pressing firmly with the back of a wooden spoon to remove as much excess liquid as possible. Sauté the scallions in 2 tbsps olive oil, until barely soft.

MOUSSAKA - GREEK EGGPLANT LASAGNE*

One of my favorite dishes. Well, we should say it was one of my favorites. When our son left for college, my husband and I began going out to dinner on Saturday nights after Mass. We always went to the Laurel Luncheonette owned by a Greek couple, Maria and Gus. No one makes moussaka like Maria. They retired and sold the diner, but Maria didn't leave her recipe. This isn't the same as Maria's, but it's tasty all the same. Outside of Lent it is prepared with ground lamb. This way is just as good.

Ingredients: 4-5 cups grated
1 large eggplant mozzarella, provolone and
4 large potatoes sliced 1/4" cheddar cheese
1 cube butter 2 cups sliced mushrooms
4 tbsps flour 8 cups spaghetti sauce, but
1 pint whipping cream add a little sugar or use
1 cup milk Sloppy Joe Sauce. It
 should be sweetish.

Add a few tbsps of water if they stick to the pan. Roughly chop the cooked spinach and curly endive and finely grate the zest from the lemon. Toss the cooked vegetables with the scallions, parsley, dill, lemon zest and 1 tbsp lemon juice, salt, and pepper, adding 3 tbsps olive oil. Set aside until you are ready to fill the pastry.

Choose an ovenproof earthenware or glass baking dish 2 to 2-1/2 inches deep and about 2 quart capacity and brush the inside with oil. I like Corningware. Divide the pastry into two unequal parts, and then again into halves. On a floured surface roll out one of the larger pieces of pastry. This should be large enough to line the dish, coming up and over the sides - this should make it very thin. Fit it into the baking dish and brush it with olive oil. Do the same with the second piece of pastry, placing it on top of the first, and brush again with olive oil.

Sprinkle the tbsp of rice or cracked wheat over the bottom, to soak up excess -juices, and fill with the spinach and herb mixture. Roll out the remaining two pieces of pastry, separately, to fit the top of the dish. Place the first on top of the spinach, brush with olive oil, then place the second on top of that. Prick the pastry with a fork in an attractive pattern and brush the entire top with olive oil. Sprinkle with sesame seeds. Bake in an oven preheated to 350 F for 45-50 minutes, until golden brown.

Preheat oven to 375°F. Slice potatoes thin and fry till brown. Fry mushrooms 4-5 minutes till slightly browned. Slice, egg batter and flour eggplant long way 1/4 inch thick and fry in olive oil. Coat bottom of casserole dish with sauce. Place eggplant slices in a layer like lasagna and add a thin coat of sauce and cover slightly with grated cheese. Add a layer of potatoes, more sauce and more cheese. Make layer of mushrooms, more sauce and more cheese. Add one final layer of potatoes and the rest of the sauce

Cream Sauce: Melt butter, add flour, stirring constantly until thick. Add cream, keep stirring over medium heat. Add milk and continue to thicken. Add 2 cups of grated cheese to make cheese sauce. Cover the lasagna completely with sauce. Let stand for 1 hour at room temperature. Bake covered for 20 minutes, then uncover, to brown for a minute or two. Serve with garlic bread, or garlic cheese bread and salad.

Egyptian Stuffed Grape Leaves

Makes about 40 leaves. This recipe traditionally uses ground lamb which has been omitted.

Ingredients:	1/2 tsp salt
1 cup uncooked basmati	1/4 tsp pepper
brown or Arborio white rice	1/4 tsp allspice
2 large tomatoes, chopped	One 16 oz jar of grape
1 medium onion, chopped	leaves
1/4 cup chopped parsley	1 cup tomato sauce
1 Tbsp vegetable oil	2 cups water
Juice of 1 lemon	1 bag carrots sliced in
	rounds

Mix all ingredients except grape leaves, tomato sauce, water, and carrots in a bowl. Remove grape leaves from jar, unfold, and rinse with water. Place grape leaves with the rough side up, one at a time, on a large, flat plate. Be sure that the pointy parts of the leaf are directed away from you and the flatter edges and stem are towards you. Place one tsp of the mixture on the bottom of the leaf, near the stem, and arrange it lengthwise using your fingers.

First roll the flat edges near the stem upwards and tuck them slightly under the filling. Then applying pressure to keep the leaves rolled tightly, tuck one side at a time of the two parts of the leaf pointing outwards. Now, roll the rest of the way upwards still applying pressure to keep the leaf tight.

Cook sliced carrots in water until tender. Cover the bottom layer of a large pot with these carrots. Begin layering the stuffed leaves on the carrots making sure they are packed tightly together and varying directions across the pot otherwise they may fall apart. Pour the tomato sauce and water over the leaves and bring the sauce to a boil. Reduce heat to medium, and place a flat plate (glass or stoneware) upside down over the top layer of leaves, and press down as hard as you can. Leave the plate in place during cooking. Cover the pot with its cover as well, and cook for 40-45 minutes. Check one leaf to see if rice has cooked fully. Serve warm.

Eggplant "Caviar"

Makes about 1 1/2- 2 cups

2 eggplants, about 1 pound each
2 tbsps olive oil
6 cloves unpeeled garlic
1 tbsp balsamic vinegar
2 tbsps capers
2 cloves minced garlic
1/4 cup finely chopped tomatoes
2 tbsps chopped Italian parsley
1 tsp sugar
Salt and pepper, to taste

Preheat the oven to 400 degrees F. Cut each eggplant in half lengthwise, brushing the cut surfaces lightly with olive oil. Place cut side down on a baking sheet. Lightly brush the garlic cloves with oil and put them on the baking sheet. Bake until eggplant and garlic are tender, about 30 to 40 minutes. Remove the eggplant from the pan and let cool. When cool, peel off the skin and coarsely chop the flesh, putting it into a large bowl. Squeeze the roasted garlic from its skin and mince. Add it to the eggplant. Mix the olive oil, vinegar, capers, minced garlic, tomatoes and parsley with the eggplant and roasted garlic. Add sugar to taste. The flavor should be a bit sweet and sour. Let sit for an hour at room temperature to let the flavors blend. Taste again before serving and adjust flavors, adding more vinegar or sugar, to taste.

Egyptian Lentils and Rice in Tomato Sauce (Kosheri)

Serves Six

This is a typical dish prepared during fasts by our brethren in the Coptic Catholic Church. You can substitute one layer of cooked elbow macaroni for a layer of rice.

Ingredients:

2 cups uncooked brown or white rice
1 pound lentils
2 Tbsps vegetable oil, divided
1 Tbsp crushed garlic
Two 16-oz cans of tomato sauce
1/2 cup water
1/4 cup vinegar
1 medium onion

Cook rice. Pick over the lentils to remove and stones or natural debris and rinse. Place in a pot, covering them with water, and bring to a boil. Then simmer on low heat until almost all water is absorbed and lentils are well cooked. Add extra water if longer time is needed.

To make the sauce, first sauté the garlic in 1 Tbsp oil until golden. Add both cans of tomato sauce and simmer 10-15 minutes. Add water and vinegar and bring to a boil. Remove from heat immediately and add salt to taste. Finally, slice onion in thin, small pieces and sauté in remaining 1 Tbsp oil until brown and crispy.

This dish should be arranged as a layer of lentils (on the bottom), followed by a layer of rice, then another layer of lentils and another layer of rice. Sprinkle onions and the sauce on top before serving.

Meatless Indian

Potato Chickpea Curry

Ingredients: 2 tbsps tomato paste
2 tbsps vegetable oil 4 cups apple juice
6 cloves garlic 2 large unpeeled potatoes,
1 large onion, diced diced
1 tsp red pepper flakes 1 can chickpeas, drained
1 tsp turmeric 1 tbsp brown sugar
1 tsp ground coriander 1 bay leaf
1 tsp cumin seeds 1 tbsp lemon juice
Hot pepper sauce to taste

Cool onion and garlic in oil for 3 or 4 minutes. Add pepper flakes and other spices and stir for 2 to 3 minutes. Stir in tomato paste and apple juice. Add the potatoes, sugar, bay leaf and lemon juice. Simmer uncovered for 25 to 30 minutes, stirring from time to time. It's done when potatoes are tender and mixture is thickened. Discard bay leaf. Season with hot pepper sauce to taste. Serve over rice or with chapatti for dipping.

Indian Vegetable Kolhapuri

Ingredients: 1/4 tsp. cumin seeds
1 onion chopped 1/4 tsp. garam masala
1 tomato chopped 1 tbsp. coriander chopped
1 potato boiled and salt to taste
chopped 1 tsp. lemon juice
1 capsicum chopped 1 tsp. dhania powder
1 carrot boiled and 1/4 tsp. turmeric powder
chopped 1/2 tsp. tandoori powder 1
1 tbsp. peas boiled tsp. red chili powder
2 tbsp. oil
Grind together:
1 onion 1/2" piece ginger
2 red chilies 3-4 garlic flakes
1 tomato 1 tsp. sugar

Heat oil, add cumin seeds, and allow to splutter. Add chopped onion, sauté till tender. Add paste. Add red chili powder, dhania powder turmeric powder and tandoori masala. Stir fry till oil separates. Add salt, garam masala, and 1/2 cup water. Allow to simmer for 2-3 minutes. Add all vegetables. Mix well. Cook till masala thicken enough to coat vegetables. Add lemon juice, mix, take off fire. Garnish with chopped coriander, serve hot

Indian Festival Rice

Cooked brown rice is combined with cashews, raisins, onion & apple cooked with curry powder. The heated mixture is topped with yogurt when served. Absolutely delicious!

Ingredients:
1-2 Tbsps cooking oil
1 Tbsp curry powder
1/2 cup raw cashews
1/2 cup raisins
1 medium sweet onion, peeled and chopped
1 apple, peeled and chopped
3 cups cooked brown rice - or as we prefer Jasmine or Basmati
Salt and pepper to taste
Plain yogurt

Heat oil and curry powder in a large skillet over medium heat for 30 seconds; add cashews, raisins, onions and apples. When softened, add cooked rice, and salt and pepper to taste. Heat through. Serve topped with yogurt. You can garnish with some chopped fresh cilantro or mint leaves.

Indian Alou Gobi

Ingredients:
1/4 cup of vegetable oil
1 Tbsp cumin seeds
1 large onion sliced thin
3 Tbsp Coriander stalks chopped
1/2 Tbsp Turmeric
1/2 Tbsp Salt
1/2 paprika
1 green chili chopped fine (optional)
5 Canned tomatoes chopped not sauce
1 1/2 LB potatoes sliced thin
1 head cauliflower, large dice
1 Tbsp Ginger chopped fine
3 cloves of Garlic chopped fine
2 Tbsp coriander leaf

Fry cumin seeds in the pan with oil for 1 minute, add onion to the pan and fry until its milky white. Stir in the coriander stalks and fry for one minute. Stir in Turmeric, salt, paprika, Chili and tomatoes stir until it's combined. Put in Ginger, Garlic, potato, and cauliflower and mix well (if it's too dry, add a little bit of water). Put cover on and simmer for around 20-30 minutes. Taste for readiness and sprinkle coriander leaf on top and serve. Serve at room temperature or warm.

Indian Navratan Korma

We love paneer, but it's impossible to find outside of a traditional Indian market. Don't tell my husband, but I've substituted little chunks of firm tofu and it was just terrific.

Ingredients:	1 cup water
3 tbsps vegetable oil, divided	1/4 cup raisins
1/3 cup mixed nuts (cashews, pistachios, almonds)	1/2 cup chopped carrots
1 medium onion, grated	1/2 cup chopped green bell pepper
1/2 tsp garlic paste	1/2 cup chopped fresh green beans
1/2 tsp ginger paste	1/2 cup green peas
1 (8 oz) can tomato sauce	1 cup chopped potatoes
1 tsp cayenne pepper	4 ozs paneer or tofu, cubed
1/2 tsp ground turmeric	1/4 cup milk
2 tps ground coriander	1/4 cup heavy cream
1 tsp garam masala	Salt to taste

Heat 1 tbsp oil in a large skillet over medium heat. Place mixed nuts in the skillet, cook and stir until golden brown, and set aside. Stir onion into the skillet, and cook until tender. Mix in garlic paste and ginger paste, and cook 1 minute. Stir in tomato sauce, cayenne pepper, turmeric, coriander, and garam masala. Pour in water, and mix in raisins, carrots, green bell pepper, beans, peas, and potatoes. Bring to a boil. Reduce heat to low, and simmer 20 minutes, until potatoes are tender.

Heat remaining oil in a separate skillet over medium-high heat, and cook the paneer on both sides, until golden brown. Drain on paper towels. Place in a bowl with enough hot water to cover for about 2 minutes to soften, then stir into the skillet with the vegetables.

Stir milk and cream into the skillet with the vegetables and paneer. Bring to a boil, and continue cooking 2 to 3 minutes. Season with salt to taste.

Eggplant Curry with Spiced Basmati Rice

1/4 cup ghee or olive oil	1 bunch of fresh spinach, rinsed
1/2 cup chopped onion	4 ripe tomatoes, chopped
3 cloves chopped garlic	1 tsp turmeric
1 tsp cumin seeds	1 1/2 tsp salt
1/2 tsp black mustard seeds	1 (15 oz) can of garbanzo beans
1 tbsp grated fresh ginger	1 tbsp fresh lemon juice
1 fresh chili pepper, jalapeno or Serrano	1 tbsp sugar
1 eggplant, cubed	

Heat a large soup pot over medium to high heat and add the ghee or olive oil. Add the onions and garlic, cumin seeds, mustard seeds, ginger, and hot pepper until the onions are translucent and the mustard seeds begin to pop. Add the eggplant and mix well so the spices and ghee are absorbed, then let it cook for 8 minutes, stirring occasionally. Add the bunch of fresh spinach. There is no need to cut off the stems since many of the vitamins are found there. You can put the spinach in without chopping and it will cook down. Cover the stew pot for a few minutes until it cooks down and you can fit the rest of the ingredients in the pot. Add the tomatoes, turmeric, and salt and cook above for about 10 minutes, until spinach is soft. Add the garbanzo beans, lemon juice, and sugar, and cook for about 5 more minutes. Serve over spiced basmati rice for a delicious and nutritious meal!

Spiced Basmati Rice

1 cup white basmati rice	1 tsp turmeric
2 cups purified water	1 tbsp fresh ginger grated
1 tsp salt	1 tbsp ghee

Bring water to a boil and reduce heat to low. Add the rice, ghee, and spices and mix well. Cook for 25-30 minutes then remove from the heat. Let the cooked rice sit for 5 minutes and then fluff the rice with a fork. You can also use a rice cooker to make the spiced rice.

Fish on Fridays

What can be more Catholic than fish on Fridays? At least to those of us who have reached a "certain age." Here are some of our favorite recipes. We prefer fresh fish because it lacks that certain, well, "fishiness" that is found with frozen fish. Living right on the Atlantic Ocean, we've become spoiled with the abundance of fresh fish. Feel free to substitute whatever type of fish is available to you locally at a reasonable price.

Tilapia with Lemon Vinaigrette

Makes 4 servings

Ingredients:

3 tbsps extra-virgin olive oil, divided
3 medium shallots or green onions, thinly sliced
1 medium head radicchio, endive, chicory or other bitter green, cored and coarsely chopped
1 15 oz can white or cannellini beans, drained and rinsed
1/3 cup fish broth or clam juice
1/4 tsp plus 1/8 tsp kosher or coarse sea salt
4 tilapia fillets, about 4 to 6 ozs each
2 tbsps flour
Lemon Vinaigrette

Heat 1 tbsp olive oil in a 10-inch skillet over medium heat. Add shallots and sauté until tender, about 3 minutes. Add radicchio and sauté until wilted, about 5 minutes. Add beans and broth and stir until beans are heated through, about 5 minutes. Season with 1/4 tsp salt and some pepper. Keep warm. Meanwhile, heat remaining olive oil in a 10- to 12-inch nonstick skillet over medium-high heat. Dredge fish in flour and season with salt and pepper. Fry fillets until golden brown and just cooked through, about 3 minutes on each side. Cook fish in two batches, if necessary, to avoid crowding in the pan which will make it get mushy. Spoon radicchio mixture over the center of plates and top with fish. Drizzle vinaigrette over the top and serve immediately.

Baked Cod New England Style

Serves 4

Ingredients:

1 1/2 lbs. cod fillet - fresh or frozen
1 tbsp. butter
Salt and pepper
4 tomatoes, sliced
2 c. Swiss cheese
1/2 c. half and half or light cream

Remove skin and bones, if any. Dry with paper towel. Preheat oven to 375 degrees. Melt butter in baking dish. Place fish topped with tomato slices. Sprinkle with cheese and pour cream over all. Bake 25 minutes or until fish flakes

Placki - Polish Baked Fish

Serves 4

Ingredients

1 1/2 - 2 lbs. Halibut or cod
1 cup olive oil
1 1/2 cup canned tomatoes
1 cup white wine
Juice of 1/2 lemon
3 medium chopped onions
1/2 cup chopped parsley or basil (if this isn't available, use spinach)

Wash fish thoroughly and blot dry with paper towel. Add salt and pepper and sprinkle with lemon juice. Sauté chopped onions in oil until golden brown; add wine, tomatoes and seasoning. Lay fish in greased baking pan and add vegetable sauce around it. Sprinkle with chopped parsley and garlic. Add a little water and bake at 350 degrees for about 1 hour.

Crispy Lemon Pepper Fish

Serves Two

We prefer using flounder which we can catch locally, but if it's not available, use thin tilapia or orange roughy.

Ingredients

2 thick flounder or other fish fillets
Lemon Pepper Seasoning
2 to 3 tbsp. canola or olive oil
1 cup crushed Corn Flake crumbs

Preheat oven to 500 degrees. Wash and dry fish filets. Sprinkle generously with lemon pepper seasoning. Dip in oil and shake to remove excess. Coat with Corn Flake crumbs. Bake 10 minutes on foil lined pan sprayed with Pam. Do not over cook. Fish is done when it flakes easily with a fork.

Fish with Sautéed Vegetables

Serves Four

Ingredients	1 onion
1 1/2 lb. flounder, tilapia or orange roughy fillets to make eight filets	1/2 lb. fresh mushrooms, sliced
2/3 c. fresh bread crumbs	1 (14 1/2 oz.) can whole tomatoes
1 tsp. salt	5 tbsp. butter
1/2 tsp. black pepper	1 tsp. dried oregano
	Salt and pepper

Rinse fish quickly. Pat dry. Combine bread crumbs, salt and pepper. Dip fish fillets in mixture. Set aside. Peel and chop onion. Drain tomatoes. Chop coarsely. Sauté onion and mushrooms in half of the butter. Add tomatoes and oregano. Season to taste with salt and pepper. Cook for a few minutes until well combined. Pan-fry fish fillets in remaining butter a few minutes per side until crispy and brown. Serve with vegetable mixture. Serve with rice.

Variation: Fish fillets can first be dipped in beaten egg and then in bread crumbs. This coating gives a crispy surface. Vary the vegetable mix by using different vegetables in season.

Flounder Rollatine with Crab Meat

Serves Six

Ingredients

1 1/2 lb. skinless flounder or fish fillet of choice
1 lb. crab meat or crab meat substitute
1/2 c. dry bread crumbs
2 (10 1/2 oz.) cans condensed cream of mushroom soup
Dash each of salt, pepper, paprika and lemon
1/2 stick butter or 4 tbsp Olivio
Cheddar or Colby cheese

Wash and dry fish thoroughly. Cut in to 3 inch strips. Remove cartilage from crab meat. Place crab meat in small bowl and mix with bread crumbs and 1/2 cup Newburg sauce or soup. Spread stuffing evenly over fish fillets. Roll up firmly and place cut side down on foil lined baking pan. Sprinkle with salt, pepper, paprika and lemon juice. Put butter or Olivio on top of each fish. Bake at 350 degrees until fish flakes easily about 20 to 30 minutes. Top with Cheddar or Colby cheese then top with Newburg sauce or soup. Heat until bubbling hot.

Fried Fish

A "Fish on Friday" favorite when I was growing up is a dish that makes most people shudder: Frozen Fish Sticks and Canned Chef Boyardee Spaghetti that had a ridiculously sweet sauce. We loved it. In our home, all of the foods were always prepared from fresh produce and meat, so items from a can were "exotic treats." Sadly, that's not the case today. If you have access to fresh fish -- and so much the better if you catch it yourself as we do -- fried fish is a real treat. But you need a good batter or you're finished before you start.

Simple Fish Fry Batter

1 c. self-rising flour
4 tbsp. cold water or more, if needed
2 tsp. salt
4 tbsp. salt
2 egg whites and 2 egg yolks
1 or more lbs. filleted fish
Soak fish for 25 minutes in salted water. Whisk 2 egg yolks and stir in flour, cold water, salt and oil. Mix all together. Beat 2 egg whites until stiff, fold into flour mixture. First dip fish into flour, then into batter, then into flour again and into batter again. Fry in oil until golden brown.

Tempura Batter

3/8 c. flour	1/2 tsp. salt
1/8 c. cornstarch	1/2 c. water
1/4 tsp. baking powder	1/4 tsp. garlic powder
1/8 tsp. baking soda	1 tsp. parsley
1 egg white	1/2 tsp. paprika

Separate eggs. Beat white until frothy and light. Do not overbeat, white should be very liquid and should not reach a stage where a peak will hold. Fold all ingredients together and beat only until smooth. Dip fish in flour, then dip into tempura batter. Fry in hot oil.

Long John Silver Batter #1

1 egg white
3 tsp. baking powder
1 tsp. oil
3/4 c. water
1 tsp. salt
1 c. flour

Beat egg whites until stiff. Combine remaining ingredients and add to egg white.

Long John Silver Batter #2

1 c. flour
1 tbsp. salt
Pinch of pepper
3/4 c. cold water
1/4 tsp. baking powder
Combine flour, salt, pepper, and water. Mix until smooth. Cover and let stand 20-30 minutes. Pat fish dry with paper towels. Stir baking powder into mixture. Dip fish into batter allowing excess batter to drip off. Fry fish 5 to 6 minutes in deep fryer at 375 degrees.

More Great Things to Do With Fish

Batterless Fried Fish If you don't want to use a batter to fry your fish, but still want a bit of a coating, first dip the filets in flour seasoned with salt and pepper, then in beaten egg, and finally in prepared bread crumbs or crushed Ritz crackers or corn flakes

Spicy Sautéed Fish - In our area of the world snapper is abundant from August through October, and we often freeze the small filets after dipping in ocean water to keep their flavor. By the way, what we call snappers are juvenile blue fish and get the name from the way the go after the bait - and your fingers if you're not careful!

To eliminate any fishy odors and to give it a special zing, we save the vinaigrette from prepared artichoke hearts, add a little olive oil, and more white vinegar and then pop in some tiny Thai bird peppers from the garden. This mixture will sit in our refrigerator for months. When it's time to take the snapper filets out of the freezer, we use this spicy mixture for a fast sauté. You can toss in some julienne red, orange and green peppers if you have them, or slivers of carrot. We also like to add alcaparado - a Spanish cooking mixture of small green olives, pimientos and capers.

You can also prepare snapper filets as you would **scampi** - lots of butter and olive oil, tons of garlic, white wine, and then at the end, add some bread crumbs and grated Romano cheese.

Cook it in Lime Juice! Cut your fresh fish into small bite sized pieces. Add some scallops or shrimp if you wish. Cover with a mixture of lime juice, a bit of olive oil, finely diced red Bermuda or Vidalia onion, and toss. Add slivers of jalapeno if you like. The lime juice will cook the fish and you'll have a zesty cold fish to serve over salad. Our Peruvian friends make this often and call it seviche.

Steamed Salmon Loaf

Serves Four to Six

Another "Fish on Fridays" standby in our Catholic home. As revolting as it sounds, my sisters and I would vie for the honor of helping Mom prepare this dish because there was always a special treat for the helper - the crunchy salmon bones and skin! Full of calcium.

A "bargain" meal considering that we bought large cans of salmon on sale for 69 cents each!

Serve this with white or wild rice, peas, and a béchamel or other white sauce. Sprinkle a little paprika on top for color.

Ingredients:

1 large can salmon - save the liquid for the sauce
4 eggs, beaten
4 tbsps butter, melted
1/2 cup bread crumbs
salt and pepper to taste
parsley, minced or dried

One can salmon, four eggs beaten light, four tbsps melted butter--not hot--one half cup fine bread crumbs. Season with salt, pepper, and parsley. Chop fish fine, then rub in butter till smooth. Beat crumbs into egg and season before putting with fish. Butter your mold and steam one hour. Good both ways.

Sauce

1 cup milk
1 tbsp corn starch
1 tbsp butter
1 egg
salt and pepper to taste

One cup of milk, heated to a boil, thicken with one tbsp of corn starch and one tbsp of butter, beaten together. Put in the liquid from the salmon and one raw egg, beaten light; add a little pepper. Put the egg in last, and carefully pour over loaf. Serve hot.

Baked Salmon Loaf

Ingredients for loaf:

1 (15 1/2 oz.) can salmon, drained, boned & skinned
2 eggs, lightly beaten
1 c. soft bread crumbs
1/4 c. evaporated milk
1/2 c. diced celery
1/4 tsp. salt
2 tbsp. chopped onion
2 tsp. lemon juice
1 (2 oz.) jar diced pimiento - optional

Ingredients for sauce:

1 (10 3/4 oz.) can cream of celery soup
2 tbsp. fresh lemon juice (opt.)
2 tbsp. cultured sour cream (opt.)
1/2 tsp. dill weed

In medium mixing bowl, combine salmon, eggs, crumbs, milk, celery, salt, onion, lemon juice and pimiento.

Oven Baked Method: Put loaf in greased 4 1/2" x 8" pan. Bake at 400 degrees for 30 to 35 minutes.

Microwave method: Place in plastic ring mold or arrange around inverted glass placed in center of 6 cup round glass dish. Microwave on high for 9 minutes, rotating 1/4 turn each 3 minutes. Let stand 5 minutes. Meanwhile mix sauce ingredients together in 2 cup measure. Microwave on high 3 minutes, stirring every minute. Serve warm over loaf. Yield: 4 servings.

Crunchy Salmon Patties

1 14.75 Oz. can salmon 1/2 med. onion, chopped
2 eggs 1 tsp. ground pepper
1 tsp. fresh lemon juice
1 whole pkg. saltine crackers, crushed

Empty 1 can salmon and juice into large mixing bowl (remove bones and enjoy with guilty pleasure in private). Add 2 eggs. Add lemon juice. Stir mixture well. Add onion, pepper, crackers. Stir. Form into patties 3/4 to 1 inch thick. Set aside on plate or wax paper (make 5-6 patties). Let set 5 minutes. In large frying pan heat 1/2 inch cooking oil to medium high temperature. Do not skimp on oil. When oil is hot place patties in pan and cook 4-5 minutes per side. Make sure patties get cooked all way through. Center should not be cold. Squeeze some lemon juice over the top or garnish with tartar or chili sauce.

Shrimp Crab and Shellfish

If someone told me that for the rest of my life, I could only eat a single food group, I would pick shellfish. Shrimp, Crab, Squid and Mussels! They are so delicious good that I almost wonder if I should really be eating them during Lent!

Maryland Crab Cakes

Makes Six

Ingredients:

1 lb. fresh Maryland back fin or lump crabmeat
4 heaping tbsps Hellmann's real mayonnaise
1/2-1 tsp regular yellow mustard
2 tbsps Worcestershire sauce
1/4 cup fresh ground black pepper
2 tsps salt (to taste)
1 tsp baking powder
1 pouch Saltine crackers from box (crushed with a rolling pin)
1 extra large egg, beaten well
1/2 cup fresh parsley, minced

In a medium bowl, hand pick crabmeat and discard any shell particles. Add salt and pepper. In another bowl, mix all wet ingredients. Gently fold mixture into crabmeat so you don't break the lumps. Add baking powder, parsley, and about 1/4 cup of crushed Saltines to your crabmeat; again fold in very gently.

On a plate, place your crushed Saltines and scoop a medium sized crab cake from your mixture in your hands. Coat with cracker again just enough to cover your cake.

In a skillet heat oil for frying (preferably cast iron pan) gently place crab cakes in frying temperature oil and brown evenly on both sides. Be careful that your oil is not too hot and should never be smoking!! Crab cakes are ready when brown on both sides usually a few minutes per side. Do not overcook. Drain on paper towels serve immediately.

Imperial Crab Cakes

Ingredients:

2 lbs. Back fin crabmeat
2 tbsp. lemon juice
2 tbsp. capers
1 tsp. prepared mustard
1/2 tsp. salt
1/2 c. mayonnaise
1/4 c. paprika

Remove cartilage from crabmeat and place crabmeat in a large mixing bowl. Add lemon juice, capers, mustard and salt. Mix in mayonnaise, being careful not to break the crabmeat lumps in the process. Pack crabmeat mixture lightly into crab or aluminum shells, (mixture may also be placed in 2 quart shallow baking dish), brush tops with melted butter and sprinkle with a little paprika. Place the imperial crabs on baking sheet and bake at 450 degrees for 10 to 15 minutes, or until mixture is golden brown and thoroughly heated

Quick and Easy Seafood Scampi with Vegetables

Serves Six

This is so good that it is absolutely off my personal Lenten meal plan!

Ingredients:

angel Hair pasta (or your favorite spaghetti-style pasta)
1 stick butter or margarine
1 tbsp oil (any type)
1 1/2 cups shrimp
1 1/2 cups scallops
1/2 cup scallions
1/4 cup thinly sliced carrots
1 cup (combined) red, green, yellow & orange thinly sliced peppers
1/2 cup asparagus tips
1/4 cup sliced mushrooms
Bottle of prepared dry garlic & herb seasoning (or fresh garlic and Italian herbs)

Heat the oil and butter (at med-high) in a large frying pan while you boil the water for your pasta. Prepare pasta as directed. To the butter, add the vegetables and seafood. Cook until the seafood is done, stirring periodically. Don't overcook! You should have a good amount of butter sauce. If not, add more butter and let it melt. If your pasta has cooled off, reheat by pouring boiling hot water over it. Strain the pasta and put in a large bowl and mix in the seafood/veggie mixture. Toss until completely mixed.

Linguini with White Clam Sauce

Delicious with crunchy Italian bread or garlic knots. You could probably just pop open a can of clam sauce and heat it, but it really isn't the same.

2 doz. clams, chopped
1/4 c. olive oil
1 or 2 cloves garlic, minced
3/4 c. chopped parsley
2 tbsp. white wine
1 tsp. basil
2 lbs. linguine

Open clams reserving juice. In a medium saucepan over medium high heat, heat oil and cook garlic until tender. Stir in reserved clam juice and remaining ingredients except clams. Simmer 10 minutes. Meanwhile, cook linguine until al dente. Stir in chopped clams, cook just until clams are heated through. Pour sauce over drained pasta

Cold Spicy Asian Noodles with Shrimp

Serves Four to Six

Ingredients:	1/2 tsp. red pepper flakes
1 lb. raw shrimp	2 tbsp. smooth peanut butter
1/2 lb. thin spaghetti or transparent noodles	1/3 c. Japanese soy sauce
2 c. diced tofu	1 clove garlic, mashed
1 c. peanut or sesame oil	1/3 c. finely chopped salted peanuts
1/3 c. red wine vinegar	6 scallions, trimmed and sliced

Cook, shell, and devein shrimp. Wrap and chill. Cook noodles in boiling salted water until tender, then drain and pour into a bowl. Add tofu and shrimp. In a bowl, beat oil with vinegar, red pepper flakes, peanut butter, soy sauce, and garlic until well blended and thick. Pour sauce over noodles and toss to coat all particles. Cover and chill for 1 to 2 hours. When ready to serve, toss noodles again and sprinkle with peanuts and scallions. Serve with snow peas.

Easy Seafood Pilaf

Serves Six

Ingredients:

3/4 c. long grain rice
2 tbsp. butter
1 (3 oz.) can mushrooms
1 (10 1/2 oz.) can condensed chicken rice soup
1 (7 1/2 oz.) can crab meat, drained and flaked
1 (4 1/2 oz.) can shrimp, drained (fresh or frozen are better!)
1/4 c. white wine, dry
1 tbsp. instant minced onion

In skillet, brown rice in butter for approximately 5 minutes. Add mushrooms with liquid and remaining ingredients. Put in a 1 1/2 quart casserole dish. Bake covered at 350 degrees for 55 minutes. Fluff with fork. Bake uncovered 5 minutes longer.

Hot Clam Dip

This is really supposed to be an appetizer, but it's so good you can serve as a meal with a side salad. Here are two versions

Hot Clam Dip #1

3 (7 oz.) cans minced clams	6 drops Tabasco sauce
1/2 c. clam juice	2 tsp. lemon juice
1/2 tsp. salt	1/2 c. white wine
2 (8 oz.) cream cheese	1 lg. loaf French bread
2 tsp. Worcestershire sauce	

Preheat oven to 250 degrees. Mix all ingredients. Put into hollowed out French bread. Wrap in foil. Place on cookie sheet. Bake 2 to 3 hours. Serve hot with cubes of French bread for dipping. I always use a second loaf of French bread for dunking.

Hot Clam Dip #2

2 c. minced clams with juice	1/4 lb. butter
1 tsp. lemon juice	1 tsp. oregano
1 finely chopped onion	1/2 c. bread crumbs
Garlic salt	Paprika
1/2 c. minced green pepper	1 sm. pkg. Velveeta cheese
1 tsp. parsley	

Preheat oven to 350 degrees. Simmer clams and lemon juice in a saucepan for 15 minutes. Melt butter in frying pan. Add all ingredients except bread crumbs, paprika and cheese. After 15 minutes, combine clams and butter mixture. Add bread crumbs. Pour into ovenware serving dish. Top with grated Velveeta. Sprinkle paprika on cheese. Bake for 20 minutes. Serve warm with crackers.

Mediterranean Spinach and Clam Pie

Serves Five to Six

Ingredients:

2 packages frozen Spinach
1 package thawed Phyllo dough
1 can chopped Clams
3-5 Carrots grated
1/2 large Vidalia Onion
2 cans chopped/minced Black Olives
1 can chopped Mushrooms (optional)
1/2 cup Feta, Asiago, or Gorgonzola cheese (whatever you prefer)
2 cups shredded Mozzarella cheese
1 packet Alfredo sauce (follow directions for sauce - needs milk and butter)
3-5 oz sliced Almonds
2-3 tbsps Honey
Olive Oil (to grease pan)
1 tbsp minced Garlic
2 tsps dried or fresh Basil

Preheat oven to 350. Take Phyllo Dough out of freezer to thaw. Follow Spinach package directions for steaming. Open Clams and drain clam juice into spinach steaming in water in medium sized pot (stir spinach occasionally until moist and mushy). Put remaining clams aside. Finely grate Carrots, put aside. Finely dice and mince 1/2 Vidalia onion and sauté with mushrooms (optional) and butter in small skillet until onions are golden brown and sweet to the taste.

In a large skillet combine Alfredo sauce packet, milk, butter and Basil. Once sauce thickens add a little bit more milk or water to make the sauce less thick you will want it a little on the thin side. Add onions/mushrooms, 2 cans chopped black olives, and can of clams to the sauce. (Add more milk if sauce is still too dense or thick). By now the spinach should be done; drain spinach and put in covered bowl and place aside. Continue stirring sauce and add 1 tbsp minced garlic and cook that in for only a few minutes, and then remove from heat.

Coat the bottom and sides of a square 12" or 14" inch baking pan with olive oil.

Unwrap Phyllo dough and layer 8-12 sheets on bottom of pan. Spread a layer of spinach and carrots on top of that. Drizzle clam/olive sauce over spinach and sprinkle 1 cup mozzarella cheese over sauce. Repeat twice (Either 2 or 3 layers)

Add final layer of Phyllo dough (use more sheets for top layer about 15 to make a crust). Brush top layer of dough with olive oil and place in oven for 15 minutes.

After 15 minutes is up take out pie and crumble feta, asiago, or gorgonzola cheese on top of crust 1/2 - 1 cup. Sprinkle sliced almonds over entire surface of crust and then drizzle honey over the cheese and almonds.

OK. I can hear you thinking, honey and clams? Ugh! Is this a joke? Trust me. It's good.

Place back in the oven and bake for another 8-10 minutes. When finished the crust should be dark golden brown, the cheese will have a brown/tan hue (asiago-orange) to it and be melted. Cut into squares and serve after cooled down a bit.

Fancy Seviche Shrimp in Coconuts for a Lenten Celebration

Serves Four

Sometimes during the season of Lent, there are special occasions that we simply cannot escape. It might be a birthday (my husband and dear friend Ethel are born right in the middle of Lent), a feast day or anniversary (ours is on April Fool's Day!) Here is an absolutely delicious shrimp dish with an outrageously festive and fun presentation.

Ingredients	½ cup lime juice (6 to 8 limes) plus extra for squeezing on top
1 lemon, halved	1 red onion, sliced thin
1 head garlic, halved	2 Serrano chilies, sliced thin
3 bay leaves	½ bunch chopped cilantro
8 peppercorns	4 coconuts
Sea salt	2 cups kosher salt, for serving
1 ½ lb large shrimp, peeled	Extra-virgin olive oil
2 cups coconut milk	

To make the seviche: Put a large pot of water over high heat and add the lemon, garlic, bay leaves, peppercorns and salt, to taste. When it comes to a boil add the shrimp and turn off the heat. Let the shrimp poach just until they are cooked through, about 3 to 5 minutes. Remove the shrimp to a sheet pan and refrigerate. When they are cool slice them in half lengthwise. Combine the coconut milk, lime juice, onion, chilies, and cilantro in a large bowl and season it with salt. Add the cooled shrimp and let them marinate, refrigerated, for about 1/2 hour.

Prepare the coconut shells: Take a hammer and hit the coconut repeatedly (not too hard) around its equator, turning the coconut in your hand. It will eventually split into 2 halves. Drain the liquid from the coconuts.

To serve: Pour the salt onto a large platter and nestle the coconut halves into the salt so they stand upright. Divide the seviche among the coconut halves; garnish with drizzles of lime juice, olive oil and cilantro.

Mediterranean Seafood and Rice

Serves Four

Ingredients

12 medium shrimp, uncooked, peeled and deveined
6 to 8 scallops
1/2 cup garbanzo beans
1 cup canned black beans, well rinsed
1/2 cup uncooked rice
1 - 2 jalapeno peppers
1 cup of good fish stock
Black pepper to taste
1 (33 1/2 oz.) can peeled tomatoes
6 twigs saffron
Small bunch flat Italian parsley
1 small onion, chopped
1 tbsp olive oil
1 tbsp butter

In a large pan, heat 1 tbsp olive oil over low heat. Add chopped onion and sauté' lightly. Add 1-3 tbsps chopped parsley . Crush tomatoes and add tomatoes plus liquid to the pan and stir. Add pepper, fish stock and rice. Cover and simmer over low heat. Chop 1-2 jalapeno peppers and discard seeds. Add to pan. Add both types of beans and cover. Add shrimp and cover. Soak saffron in 1/2 cup hot water; stir and add to pan and cover. In a separate skillet, melt 1 tbsp butter over medium heat, don't burn. Dry scallops and if large, cut in half. Place scallops in hot pan for 30 seconds per side. Add scallops and butter mixture to pan. Stir and continue to simmer until rice is done. Transfer to serving dish and serve.

Shrimp with Herbs in Garlic Butter

Serves Six

Ingredients:

3 dozen shrimp, deveined
1 tbsp salt
1 tsp oregano
1 tsp thyme
1/2 cup butter
5 cloves garlic, pressed
1 tbsp fresh parsley, minced
1/4 lb. sliced mushrooms
1/4 cup butter
6 thin orange slices, for garnishing (optional)
green onions, for garnishing (optional)

Shell and devein shrimp, leaving tails on. Place shrimp in small bowl with salt, oregano, thyme. In a separate bowl, cream together butter, garlic and parsley. In a small skillet, sauté mushrooms in butter. Brush seasoning mixture lightly from shrimp, allowing some to remain. Divide the shrimp among six individual oven proof baking dishes; top with sautéed mushrooms and drizzle with remaining butter from skillet. Spoon garlic butter mixture (as desired) on top of mushrooms. Bake at 375°F. for 12 minutes or until done. Garnish each serving with a thin orange slice, cut through to the center on one side and arranged in a twist over the shrimp. Top with a curl of green onion, if desired. Serve with a side dish of linguini with garlic and oil, wild rice, or fresh crunchy baguettes and a salad.

Steamed Clams

We love these in the summer time and as children, we loved to dig our toes into the sand to find them ourselves, flinging the muddy bay sand everywhere. During Lent, we will have to make do with clams from the store. They are messy and quite delicious. Serve with crunchy Italian baguettes to soak up the juices. Great with an ice cold beer, but that will have to wait until after Lent is over. After all, this *is* a sacrifice.

Clams for steaming should be bought in the shell and always be alive. If a shell is open and doesn't close right away when you poke a stick at the muscle, throw it away. Wash clams thoroughly, scrubbing with a stiff brush, changing the water several times.

If you have time, place the clams into salty water for a couple of hours or overnight with a good tablespoon of pepper and a sprinkling of corn meal. The pepper will irritate the clam as it pumps water and the silt will be expelled - and in the meanwhile, you will have a nicely seasoned clam pre-stuffed with cornmeal.

When the clams are clean, place into a large kettle, allowing one-half cup hot water to four quarts clams; cover closely, and steam until shells partially open, taking care that they are not overcooked.

Serve with individual cups of hot clam broth and dishes of melted butter for dipping. Some prefer a few drops of lemon juice and sea salt added to the butter.

Shrimp Egg Foo Young

One of our favorite comfort foods. But in the spirit of the Lenten season, not so comforting when you have to make it yourself instead of calling the local Chinese restaurant.

2 sm. pkg. cooked shrimp
1 piece slivered celery
1 can Chinese mixed vegetables
3 tbsp. chopped green onions
1 can slivered water chestnuts
1/3 c. sliced mushrooms
6 eggs
1/2 tsp. salt
1/3 c. corn oil

Mix shrimp, vegetables and mushrooms. Beat eggs and salt until fluffy. Combine with shrimp mixture. Heat oil in a skillet. Pour 1/4 cup foo young mix into hot oil for each omelet. Cook over medium heat until brown on bottom and turn to brown other side. Drain on absorbent paper. Serve with sauce and rice.

FOO YOUNG SAUCE:

Boil 1 1/2 cups water with 3 tbsp. cornstarch in a small saucepan. Add 1 tbsp. soy sauce and 3 vegetable bouillon cubes. Cook over low heat stirring constantly until cubes are dissolved and sauce is clear and thickened.

Hush Puppies

As a young, starving musician in New York City sometimes at the end of the month there wasn't much money left for food. But, we could always scrape together some change for hush puppies at Long John Silver's. These hot and crunchy classics are perfect to serve with a steaming hot bowl of chowder. This particular recipe uses shrimp, but we've always liked them with minced clams.

1 1/2 c. milk or beer 3 c. corn meal
2 tsp. baking powder 1 1/2 tbsp. salt
1 egg 1 onion
3 c. shrimp Cooking oil

Mix corn meal, baking powder, salt, milk or beer, egg, onion and shrimp (or clams). Mix together and drop by tsp in deep fat until brown

Cajun Fried Bell Peppers Stuffed With Crab Meat

A note about crab meat. It is horribly expensive, even here in the northeast. We are fortunate to live where we can go crabbing year round, and in winter, the crabs have softer shells that are easy to crack through. (Not soft shelled crabs, which are different). Still, that takes a lot of time and it makes an awful mess and is best done outdoors over newspaper. And somehow, while cracking crabs, the meat seems to mysteriously be eaten before it gets into the bowl. If you can't find a good source of reasonably priced crab meat, use the fake stuff. It doesn't have any meat and it is quite tasty. Serves 15 so bring it to a Church dinner or freeze some for later!

Ingredients:	1 c. green onions and tops, finely chopped
2 lg. onions, finely diced	1/2 c. parsley, chopped
1 clove garlic, finely diced	5 lg. bell peppers
2 1/2 sticks butter	BATTER:
1 1/2 lbs. shrimp	2 eggs, beaten
1 lb. white lump crab meat	6 oz. milk
4 c. bread crumbs	1 c. cracker meal
1 tbsp. salt	1 c. fish-fry (Zatarain's)
1 tsp. pepper, black	Cooking oil
1/2 tsp. red pepper	

In heavy iron pot sauté onions and garlic in butter until wilted and transparent. Add shrimp and crab meat. Cook 5 minutes. Add bread crumbs, salt, pepper, green onions and parsley. Cook another 15 minutes. Let stand until cool. Cut bell peppers into 3 parts lengthwise. Remove seeds and stems and parboil for 3 minutes. Mound cold stuffing on each 1/3 bell pepper and form into a ball.

Make batter by beating eggs and milk together in bowl. Mix cracker meal and fish-fry together in separate bowl. Roll stuffed peppers in meal mixture, then in egg mixture, and back again in meal. Fry in oil at 375 degrees until golden brown and hot throughout. Freezes well.

Seafood Macaroni and Cheese

Serves Three to Four

Another end-of-the-month-and-I'm-broke-special.

One Package Macaroni and Cheese Dinner
One Can of Tuna (or crabmeat or crawfish)
Prepare macaroni dinner as instructed on box. Add cheese mix, add more cheese if desired. When done, add seafood. Mix and heat thoroughly. Add some frozen peas for color if you have them.

Shrimp and Vegetable Tempura

A lot of work, but delicious. Perhaps you will have a talented chef in your house like our son, Blaze. If so, can turn the cooking over to him -- or her!

Tempura:

1 sm. red or sweet potato, pared if desired
1 1/2 c. water
4 oz. Japanese pumpkin or winter squash or summer squash
1 med. yellow onion
3 oz. green beans
1 lg. carrot, pared
4 fresh med. black Chinese mushrooms
2 green onions
3 oz. frozen peas, thawed and drained
4 lg. shrimp, shelled and deveined, tails intact
1 squid body (mantle), cleaned and skinned
8 sm. shrimp, shelled and deveined, tails removed
4 smelt or sm. horse mackerel (about 2 oz.), tails intact
(Or 8 ozs white fleshed fish fillets about 1/4 inch thick)

Dipping Sauce:

1 c. dashi
4 tbsp. soy sauce
3 tbsp. mirin
Heat dashi, soy sauce, and mirin to boil in 1 quart saucepan over medium heat. Immediately reduce to keep warm.

Serving:

6 tbsp. grated pared daikon, well drained
2 tsp. grated pared fresh ginger
1 med. lemon
1/2 to 1 c. all-purpose flour
6 c. vegetable oil
Place small mound of 1 1/2 tbsps daikon in each of 4 bowls, top each mound with ginger. Cut lemon wedges reserve.

Batter:

2 egg yolks
2 c. ice water
2 c. all-purpose flour
Cut potatoes crosswise into 1/4 inch thick pieces. Place in small bowl with 1 1/2 cups water, let stand 5 minutes. Drain well. Cut pumpkin into 1/4 thick pieces.

Cut yellow onion lengthwise in half, cut each crosswise into 1/4 slices. Place wooden pick horizontally through rings to prevent separating. Cut beans into 2 inch lengths, carrots into 2 inch lengths, then cut lengthwise into 1/8 inch thick. Remove and discard stems of mushrooms. Cut green onions into 1/2 length. Dry peas and all other vegetables with paper towel.

Makes 2-3 short cuts along inner curve of shrimp. Press shrimp slightly to straighten. Cut through both layers of squid crosswise at 1 inch intervals. For smelt cut underside of fish. Discard bones. Pat dry fish, squid and all shrimp.

Group ingredients in order as follows: potato, pumpkin, and yellow onion cooked first, followed by mushrooms. Place green beans in shallow dish in clusters of 4-5. Place carrots in dish in clusters 6-9. Place peas in small bowl. Combine green onion and small shrimp in small bowl. Fish, squid and large shrimp will be cooked last. Place 1/2-1 cup flour in shallow bowl for dredging foods. Place triple layer of paper towel on wire rack for draining food. Use slotted spoon or tongs to remove pieces of batter from oil occasionally during cooking.

Heat oil in wok, deep fryer or deep heavy pot to 325 degrees. Prepare first batch of batter while oil is heating. Beat 1 egg yolk lightly in medium bowl. Add 1 cup ice water, beat lightly just to mix well. Add 1 cup flour all at once, stir briefly with fork or chopsticks just to combine. Batter will be lumpy do not over mix. Occasionally stir batter 1 or 2 to prevent separating.

Spicy Asian Pasta with Shrimp

Serves Four

I don't know why, but every time I look at the title of this dish, I see Asian Pears and not Pasta. Maybe it's time to experiment!

Ingredients

8 oz Linguine, Fettuccine, or Spaghetti, uncooked
12 oz Medium Fresh Shrimp, peeled and deveined or
(12 oz Medium Frozen Shrimp, unthawed)
3 Red Bell Peppers, cut into bite-sized pieces
3 Green Onions, sliced thin
2 tbsp Smooth Peanut Butter
1 tbsp Sesame Oil
1/2 c Chicken Broth or Water
1/2 t Crushed Red Pepper Flakes
1 Jalapeno Pepper, stemmed, seeded, and sliced very thin
1/2 t Ground Ginger
1 tbsp Soy Sauce
1 tbsp Mild White Vinegar

Prepare pasta according to directions. While pasta is cooking, combine remaining ingredients in a saucepan and place over low heat. Cover and simmer until the sauce is smooth and the shrimp are cooked through, about 2 minutes.

When pasta is done, drain well and transfer to a large bowl. Add sauce and toss gently until combined. Serve immediately.

Guyana Shrimp Curry

Serves Four

One of the benefits of living in a multi-cultural neighborhood like ours is that we get to share so many great recipes. This one is fantastic.

Ingredients

1 onion, chopped 3 cloves garlic, crushed
1 tbsp vegetable oil (peanut, olive or safflower)
1 tbsp garam masala 1/4 tsp salt
1/2 and tsp pepper 1 14 oz can coconut milk
1 can tomato sauce 1 potato, diced
1/2 lb small shrimp, peeled, deveined, thawed

Stuffed Italian Squid

Serves Six

Delicious but not from the faint of heart!

Ingredients:

1 c. bread crumbs
2 eggs
2 tbsp. Parmesan cheese
1 tsp. salt
1/2 tsp. black pepper
3 tbsp. olive oil
6 oz. water
2 1/2 lb. calamari (squid), cleaned

Place all ingredients except squid into 2 quart bowl. Mix well - it will become paste like. Take the squid bodies and stuff with the mixture 3/4 full. Close them with a toothpick at top and set aside.

Sauce:

1/3 c. olive oil
Stuffed squid
1 (28 oz.) can whole tomatoes, chopped
2 (8 oz.) cans tomato sauce
1/2 tsp. garlic powder
2 tbsp. salt
1 tsp. chopped parsley
6 oz. water
1/2 tsp. sugar

In 4 quart pot place in olive oil add stuffed squid and brown lightly on medium-high heat for approximately 5 minutes, stirring constantly. Add the remaining ingredients. Bring to a boil and low heat to medium-low. Cook at low boil 1 hour, stirring frequently. Remove from heat and serve linguine pasta.

Prepare some Basmati rice. Don't use instant rice. It just isn't the same.

Wash and chop potatoes, set to boil.

In large skillet sauté onion and garlic in oil. Add tomato sauce, coconut milk and spices. Strain potatoes, add to sauce. Add shrimp, simmer for 10 minutes.

Serve over rice.

Is it Meat or Is It ???

This section is for those of you who are adventurous and willing to "go all the way" with vegetarian cuisine. We encourage you to halve the recipes in case you really dislike them. That way there will be no waste.

If you have a meat and potatoes guy at home, don't give it to him on a Friday night after he has had a long week at work. Introduce a little sample for him to taste. And if you don't like it at all, well, it's good and wholesome food for the family dog - mixed in a little at a time to avoid gastronomic upsets.

Ready? Here we go!

Vegetarian Meatloaf #1

Ingredients:	1 egg beaten
2 cups water	1 tsp garlic powder
1 tsp salt	1 tsp. dried basil - fresh is better
1 cup lentils	1 tbsp dried parsley
1 small onion diced	½ tsp seasoned salt ¼ tsp black pepper
1 cup quick cooking oats	
¾ cup grated cheese - Swiss, Cheddar, Jack or American	

Add salt to water and boil in a saucepan. Add lentils and simmer covered 25-30 minutes, until lentils are soft and most of water is evaporated. Remove from fire. Drain and partially mash lentils. Scrape into mixing bowl and allow to cool slightly. Stir in onion, oats and cheese until mixed. Add egg, tomato sauce, garlic, basil, parsley, seasoning salt and pepper. Mix well. Spoon into loaf pan that has been generously sprayed with cooking spray or well-greased. Smooth top with back of spoon. Bake at 350 degrees for 30- 45 minutes until top of loaf is dry, firm and golden brown. Cool in pan on rack for about 10 minutes. Run a sharp knife around edges of pan then turn out loaf onto serving platter.

Vegetarian Meatloaf #2

Ingredients:	1/2 cup soft bread crumbs
1 (12 oz) bottle barbeque sauce	3 tbsps Parmesan cheese
1 (12 oz) package vegetarian burger crumbles	1 egg, beaten
1 green bell pepper, chopped	1/4 tsp dried thyme
1/3 cup minced onion	1/4 tsp dried basil
1 clove garlic, minced	1/4 tsp parsley flakes
	Salt and pepper to taste

Preheat oven to 325 degrees. Lightly grease a 5x9 loaf pan. In a bowl, mix 1/2 the barbeque sauce with the vegetarian burger crumbles, green pepper, onion, garlic, bread crumbs, parmesan cheese and egg. Season with thyme, basil, parsley, salt and pepper. Transfer to loaf pan. Bake 45 minutes in preheated oven. Pour remaining barbeque sauce over the loaf and continue baking for another 15 minutes or until the loaf is set.

Rice "Meat" Balls

Serves Six

Ingredients:	1/4 cup milk
2 cups cooked long grain rice (white or brown)	1 tsp. dried basil leaves
1/2 cup quick cooking oats	1/2 tsp. dried oregano
1 onion, finely chopped	1/4 tsp. cayenne pepper
2 cloves garlic, minced	1/8 tsp. white pepper
1/3 cup bread crumbs	1/2 cup wheat germ
	2 Tbsp. vegetable oil

In a large bowl, mix together all ingredients except wheat germ and vegetable oil. Cover and chill mixture for at least one hour. Shape into meatballs and roll each in wheat germ to coat. Heat oil in a nonstick skillet over medium heat. Cook the meatballs in the oil for 8-10 minutes, turning carefully, until light golden brown. Drain meatballs on paper towels. Gently mix meatballs with one 28-oz. jar of spaghetti sauce and place in heavy duty Ziploc freezer bags. Freeze. To serve, thaw overnight in the refrigerator and reheat in a saucepan over medium low heat, stirring frequently, until meatballs are hot all the way through. Serve over cooked spaghetti.

Beef-Like Taco Skillet

Serves Five

Ingredients: 1 cup chunky salsa
1 Tbsp. olive oil 1 cup frozen corn
1 onion, chopped 1-1/2 cups uncooked
2 cloves garlic, minced instant rice
2 cups frozen ground beef substitute crumbles 1-1/2 cups shredded taco cheese
1-1/2 cups water 1 tomato chopped
1 envelope taco seasoning mix or 2 Tbsp. homemade mix 1/2 cup sour cream
 1 avocado, peeled and diced

In 10" skillet, heat olive oil. Add onion and garlic. Cook until onion is tender. Add ground beef substitute and cook 2-3 minutes longer. Add water, taco seasoning mix, salsa, and corn. Heat to boiling, stirring frequently. Stir in rice. Boil 1 minute, remove from heat, cover, and let stand for 8 minutes. Fluff and sprinkle with cheese. Cover again and let stand for 2 minutes to melt cheese. Sprinkle with tomato and avocado. Add sour cream

Chili with Tofutti

Serves Four to Six

Ingredients: 1 minced onion
15 oz. can drained pinto beans 1/2 cup extra virgin olive oil
3 tomatoes roughly chopped 1 package "Gimme Lean" ground "beef"
6 Tbsps of "Tofutti Non-Dairy Cream Cheese" (garlic and onion) 1 roughly chopped red pepper
3 cloves smashed garlic freshly ground pepper and sea salt to taste

On medium high heat, brown garlic and onions in olive oil in a deep soup pot. Add red pepper. Cook 5-6 minutes. Add beans. Simmer covered 10 minutes. Add the non-dairy cream cheese. In a separate pan, brown vegan "ground beef" in olive oil with salt and pepper. Once the "meat" is firm in texture, add to the other pot with simmering beans etc. Let simmer on low temperature for about 45 minutes. Serve with crusty bread. Tastes even better the next day!

Simplicity

Meatless meals don't need to be fancy cooked affairs.

Think of embracing simplicity at meal time.

A loaf of bread - whether it is a baguette or simple Italian or toasted pita bread - is a start.

Put out a plate of whatever you have on hand:

Cheese
Olives
Hummus
A Can of Sardines
Pickles

Thinly sliced onions, perhaps sautéed
Roasted peppers

Grace Before Meals

Every Catholic should offer thanks to God for His gracious bounty before every meal. Even when we are out at a restaurant or fast food venue, our simple act of thanks serves as a witness to others. During the holy season of Lent, consider adding the prayer of Grace after Meals. Aside from the traditional Grace before Meals, we often substitute the Angelus.

We have provided the prayers in both English and Latin, the ancient and official language of the Church. Even if you are unfamiliar with the Latin language, you might wish to consider learning one or both of these short prayers as an act of union with the millions of Catholics who have gone before us and who once were united with *Una Voce - One Voice*. The first version is the simpler grace. The second is a lengthier one that you might wish to use at Sunday dinner and, in the spirit of the monastic houses, have someone volunteer to do a reading of scripture or some other uplifting work while others eat.

Grace Before Meals

Bless us, O Lord, and these Thy gifts which we are about to receive from Thy bounty, through Christ, Our Lord, Amen.

Grace After Meals

We give Thee thanks for all Thy benefits, O Almighty God, Who livest and reignest forever. And may the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

Benedic, Domine

Benedic, Domine, nos et haec tua dona quae de tua largitate sumus sumpturi. Per Christum Dominum nostrum. Amen.

Agimus Tibi Gratias

Agimus tibi gratias, omnipotens Deus, pro universis beneficiis tuis, qui vivis et regnas in saecula saeculorum. Fidelium animae, per misericordiam Dei, requiescant in pace. Amen

Before Noon Meal

L: "Bless us, O Lord,"

R: "Bless us."

L: The eyes of all hope in Thee, O Lord,

R. And Thou givest them food in a favorable time.

L. Thou openest Thy hand, and fillest every living creature with Thy blessing. All: Glory be to the Father ✠ and to the Son ✠ and to the Holy Ghost ✠. As it was in the beginning, is now, and ever shall be, world without end. Amen.

L Lord, have mercy.

R. Christ, have mercy.

L. Lord, have mercy.

All: Our Father as far as: And lead us not into temptation. R. But deliver us from evil.

L: Let us pray. Bless us, O Lord, and these Thy gifts, which we are about to receive from Thy bounty. Through Christ our Lord. R. Amen.

[If there is table reading the lector says: Pray, Lord, a blessing. L: May the King of Glory make us partakers of the heavenly table. R. Amen. (Reading follows) At the end of the reading the lector says: And Thou, O Lord, have mercy on us. R. Thanks be to God.

Benedictio Mensae Ante Prandium

*Sacerdos benedicturus mensam, incipit: Benedicite, Et alii repetunt: Benedicite. Deinde sacerdos incipit versum: V. Oculi omnium, Et alii prosequuntur: R. In te sperant, Domine, et tu das escam illorum in tempore opportuno. Aperis tu manum tuam, et imple omne animal benedictione. Gloria Patri, et Filio, * et Spiritui Sancto. Sicut erat in principio, et nunc, et semper, * et in saecula saeculorum. Amen.*

V Kyrie, eleison. R. Christe, eleison. Kyrie, eleison. Pater noster secreto usque ad V. Et ne nos inducas in tentationem. R. Sed libera nos a malo.

Postea sacerdos dicit: Oremus. Benedic, Domine, nos, et haec tua dona, quae de tua largitate sumus sumpturi. Per Christum Dominum nostrum. R. Amen. [Deinde lector: Iube, domne, benedicere. Bened. Mensae caelestis participes faciat nos Rex aeternae gloriae. R. Amen. Dicto a lectore: Tu autem, Domine, miserere nobis. R. Deo gratias.]

Saint John Chrysostom on Keeping a Complete Fast

We have this fast too as an ally, and as an assistant in this good intercession. Therefore, as when the winter is over and the summer is appearing, the sailor draws his vessel to the deep; and the soldier burnishes his arms, and makes ready his steed for the battle; and the husbandman sharpens his sickle; and the traveler boldly undertakes a long journey, and the wrestler strips and bares himself for the contest.

So too, when the fast makes its appearance, like a kind of spiritual summer, let us as soldiers burnish our weapons; and as husbandmen let us sharpen our sickle; and as sailors let us order our thoughts against the waves of extravagant desires; and as travelers let us set out on the journey towards heaven; and as wrestlers let us strip for the contest.

For the believer is at once a husbandman, and a sailor, and a soldier, a wrestler, and a traveler.

Hence St. Paul saith, "We wrestle not against flesh and blood, but against principalities, against powers. Put on therefore the whole armour of God." Hast thou observed the wrestler? Hast thou observed the soldier? If thou art a wrestler, it is necessary for thee to engage in the conflict naked. If a soldier, it behooves thee to stand in the battle line armed at all points.

How then are both these things possible, to be naked, and yet not naked; to be clothed, and yet not clothed! How? I will tell thee. Divest thyself of worldly business, and thou hast become a wrestler. Put on the spiritual armour, and thou hast become a soldier. Strip thyself of worldly cares, for the season is one of wrestling. Clothe thyself with the spiritual armour, for we have a heavy warfare to wage with demons.

Therefore also it is needful we should be naked, so as to offer nothing that the devil may take hold of, while he is wrestling with us; and to be fully armed at all points, so as on no side to receive a deadly blow.

Cultivate thy soul. Cut away the thorns. Sow the word of godliness. Propagate and nurse with much care the fair plants of divine wisdom, and thou hast become a husbandman. And Paul will say to thee, "The husbandman that labourereth must be first partaker of the fruits. He too himself practiced this art. Therefore writing to the Corinthians, he said, "I have planted, Apollos watered, but God gave the increase." Sharpen thy sickle, which thou hast blunted through gluttony--sharpen it by

fasting. Lay hold of the pathway which leads towards heaven; rugged and narrow as it is, lay hold of it, and journey on.

And how mayst thou be able to do these things? By subduing thy body, and bringing it into subjection. For when the way grows narrow, the corpulence that comes of gluttony is a great hindrance. Keep down the waves of inordinate desires. Repel the tempest of evil thoughts. Preserve the bark; display much skill, and thou hast become a pilot. But we shall have the fast for a groundwork and instructor in all these things.

I speak not, indeed, of such a fast as most persons keep, but of real fasting; not merely abstinence from meats; but from sins too.

For the nature of a fast is such, that it does not suffice to deliver those who practice it, unless it be done according to a suitable law. "For the wrestler," it is said, "is not crowned unless he strive lawfully." To the end then, that when we have gone through the labour of fasting, we forfeit not the crown of fasting, we should understand how, and after what manner, it is necessary to conduct this business; since that Pharisee also fasted, but afterwards when down empty, and destitute of the fruit of fasting.

The Publican fasted not; and yet he was accepted in preference to him who had fasted; in order that thou mayst learn that fasting is unprofitable, except all other duties follow with it. The Ninevites fasted, and won the favour of God. The Jews fasted too, and profited nothing, nay they departed with blame.

Since then the danger in fasting is so great to those who do not know how they ought to fast, we should learn the laws of this exercise, in order that we may not "run uncertainly," nor "beat the air," nor while we are fighting contend with a shadow. Fasting is a medicine; but a medicine, though it be never so profitable, becomes frequently useless owing to the unskillfulness of him who employs it.

For it is necessary to know, moreover, the time when it should be applied, and the requisite quantity of it; and the temperament of body that admits it; and the nature of the country, and the season of the year; and the corresponding diet; as well as various other particulars; any of which, if one overlooks, he will mar all the rest that have been named. Now if, when the body needs healing, such exactness is required on our part, much more ought we, when our care is about the soul, and we seek to heal

the distempers of the mind, to look, and to search into every particular with the utmost accuracy.

I have said these things, not that we may disparage fasting, but that we may honour fasting; for the honour of fasting consists not in abstinence from food, but in withdrawing from sinful practices; since he who limits his fasting only to an abstinence from meats, is one who especially disparages it.

Dost thou fast? Give me proof of it by thy works! Is it said by what kind of works?

If thou seest a poor man, take pity on him!

If thou seest an enemy, be reconciled to him!

If thou seest a friend gaining honour, envy him not! If thou seest a handsome woman, pass her by!

For let not the mouth only fast, but also the eye, and ear, and the feet, and the hands, and all the members of our bodies.

Let the hands fast, by being pure from rapine and avarice.

Let the feet fast, but ceasing from running to the unlawful spectacles.

Let the eyes fast, being taught never to fix themselves rudely upon handsome countenances, or to busy themselves with strange beauties.

For looking is the food of the eyes, but if this be such as is unlawful or forbidden, it mars the fast; and upsets the whole safety of the soul; but if it be lawful and safe, it adorns fasting.

For it would be among things the most absurd to abstain from lawful food because of the fast, but with the eyes to touch even what is forbidden.

Dost thou not eat flesh? Feed not upon lasciviousness by means of the eyes.

Let the ear fast also. The fasting of the ear consists in refusing to receive evil speakings and calumnies. "Thou shalt not receive a false report," it says.

Sunday is Always A Feast Day

During your Lenten Journey, please don't forget that Sunday is always a Feast Day.

Rise early and dress festively to reverently assist at the Holy Sacrifice of the Mass.

Return home with your family full of joy and thanksgiving in your heart.

Celebrate the Lord's Day with an elaborate breakfast.

Eat at your dining room table and offer a prayer of thanksgiving.

Sunday dinner is a long standing tradition in many households. Make it a wonderful one.

Invite other family members or those who live alone and continue to build the community of Christians in your own home.



Everything Works Together for Charity

All these endeavors for fasting are concerned not about the rejection of various foods as unclean, but about the subjugation of inordinate desire and the maintenance of neighborly love.

Charity especially is guarded: food is subservient to charity, speech to charity, customs to charity, and facial expressions to charity. Everything works together for charity alone.

-- *Saint Augustine*
Customs of the Catholic Church 33, 70