

Some Lenten Recipes to Get Us Started with Great Lent
St. Vladimir Russian Orthodox Church
Ann Arbor, MI

Marias Spicy Bean soup

4 carrots, chopped 1/2 cup sherry
2 onions chopped 1/2 cup rice or orzo
1-2 clove garlic mashed --
2T olive oil
1Tground cumin
1/4 t cayenne pepper (or to taste) try 1/8 tsp first
1 1/2 t ground corriander
4 cups vegetable broth
2-16 oz cans of black bean (including liquid in can)

In a kettle, cook the carrots, onions, and garlic in the oil over moderate heat, stirring until the vegetables are soft. Stir in cumin, cayenne, and coriander and cook mixture stirring for one minute. Add broth and beans with the liquid. Bring all of this to a boil and simmer for about 15 min. Add rice and simmer for 15-20 min or until rice is tender. Stir in sherry & salt & ground pepper. Add garnish if you like.

A favorite in my family during any fast!

Katherine Joyce
Houghton, MI

Vegetarian Four-Bean Chili

Makes 8 servings at \$1 each

Nutrient value per serving: 286 calories, 14 g protein, 4 g fat, 51 g carbohydrate, 866 mg sodium, 0 mg cholesterol.

1 T vegetable oil
2 large onions, chopped
1 sweet green pepper, chopped
3 cloves garlic, finely chopped
2 carrots, pared and cut into 1/2 inch dice (we just chop 'em up)
1 small zucchini, halved lengthwise and thickly sliced crosswise
1 summer squash cut the same as the zucchini
2 T chili powder
1/2 t leaf oregano, crumbled
1 t ground cumin
2 cans (28 oz. Each) pureed tomatoes
1 can (12 oz.) beer - don't skip this!

1 t salt

1 can (1 lb.) of each of the following, drained and rinsed:

- black beans
- black eyed peas
- kidney beans
- chick-peas

1. Heat oil in large pot over medium heat. Add onion, green pepper and garlic; sauté 4 minutes until onion is softened. Add carrot; cook, covered, 2 minutes. Add zucchini, summer squash, chili powder, oregano and cumin; sauté 1 minute. Add tomatoes (carefully breaking up with wooden spoon), beer and salt. Bring to boiling. Lower heat; simmer, partially covered, 15 minutes.
2. Stir in all the beans. Simmer, stirring frequently, 10 minutes to heat through.
3. Serve over rice or with fresh bread.

VINAIGRETTE SALAD

Submitted by: Anne Joyce

2 large (or more) fresh beets

1-2 large carrots

3 large potatoes

3-4 dill pickles

1 can sauerkraut

1 large onion (can substitute green onions)

2-3 Tablespoons vegetable oil

salt to taste

1 can green peas (optional)

- Boil the beets, carrots and potatoes in a large pot. Be aware that the three vegetables cook at different speeds so you will need to remove the carrots first and then the potatoes while the beets still cook.
- Let vegetables cool.
- Chop beets, carrots and potatoes into small pieces and put in a large bowl.
- Chop pickles and onion. Add to the vegetables.
- Drain sauerkraut and add to other ingredients. Mix well.
- Add vegetable oil. Mix well.
- Add salt, if needed.

- Add green peas for decoration before serving.

* Feel free to adjust the amounts of all ingredients based on your personal preference.

Lentils with Spinach

1 T olive oil
1.5 C diced onion
6 C vegetable broth
1 lb. dry green or brown lentils, carefully picked over and washed
1 10 oz package frozen, chopped spinach
2 T lemon juice
1.5 t ground black pepper
salt to taste

Sauté onion gently in oil. Add stock and bring to boil. Add lentils. Return pot to boil, reduce heat and simmer 15 minutes. Add spinach and simmer 15 more minutes. Remove from heat and finish with lemon juice and pepper. Serve over brown rice. Fr. Gregory likes this plated with a few dashes of Tobacco sauce on top. Salsa is also good on top.

Mussels Marinara

Serve this dish as a main course with a green salad a loaf of Italian garlic bread.

3 dozen fresh mussels
1 medium onion, thinly sliced
4 garlic cloves, minced
3 tablespoons olive oil
2 (28-oz) cans Italian peeled tomatoes, drained and chopped
1 C dry red wine
2 bay leaves
1 t dried basil
1/2 t salt
1/2 t crushed hot red pepper
1/4 grated Parmesan cheese (not during lent, though!)

1. Scrub mussels well. Pull or cut off hairy brown beard from each mussel.
2. In a large saucepan, cook onion and garlic in olive oil over medium heat, stirring frequently, until softened, about 2 minutes. Add tomatoes, wine, bay leaves, basil, salt, and hot pepper. Stir to mix. Partially cover and cook, stirring occasionally, until sauce thickens, about 20 minutes.

3. Add mussels; raise heat to medium-high, cover, and cook, stirring occasionally, until mussels open, 5 to 10 minutes. Discard any that do not open. Spoon out servings of mussels and sauce into individual bowls and sprinkle cheese on top. Serve immediately.
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EGGPLANT CAVIAR

Submitted by: Anne Joyce

1 large (2 small) eggplants
1 green pepper – chopped
1 onion – chopped
1-2 carrots – grated
1 can (4oz) tomato sauce
2 teaspoons fresh dill
1-2 Tablespoons olive oil
salt and pepper to taste

- Poke holes in eggplant with a fork. Cook in microwave approximately 10 minutes or until soft (can also cook in the oven). Let cool.
 - While eggplant is cooking, chop onion and green pepper. Sauté green pepper and onion in a skillet with olive oil. Add grated carrot when pepper and onion mixture is almost soft.
 - Chop eggplant, removing seeds. Add to mixture in skillet. Add tomato sauce, dill and salt and pepper. Simmer for 5-10 minutes.
 - Remove from heat and let cool. You may put it in the blender for a smoother texture.
 - Keep in refrigerator and serve cold on bread or crackers.
 - Feel free to adjust the amounts of vegetables based on your personal preference.
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The Best (Lenten) Chocolate Cake

Elizabeth Joyce

3 Cups flour
2 tsps. baking soda
6 tbsps. cocoa
1 tsp. salt
2 Cups sugar
3 tbsps. vinegar
2 tsps. vanilla
3/4 cup oil

2 cups cold water

Measure flour, soda, cocoa salt, and sugar into large mixing bowl. Add vinegar, vanilla, oil and water and mix well. Pour batter into greased 9 x 13 inch baking pan. Bake at 350 degrees for 45 minutes.

For icing: buy Duncan Hines or Pillsbury frosting, Classic Chocolate or Vanilla (or whatever you like that fits the fast).

It also good without frosting.

1 pound linguini

Salt

1/4 cup extra-virgin olive oil, 4 turns of the pan

6 fillets flat anchovies, chopped

4 cloves garlic, chopped

1 teaspoon dried thyme leaves

1/2 to 1 teaspoon crushed red pepper flakes

1/2 cup dry white wine, 2 turns of pan

1 (15-ounce) can whole baby clams, with their juice

Handful flat-leaf parsley, chopped

Bring a large pot of water to a boil. Add salt and the linguini and cook to an extra chewy al dente, 7 minutes or so. The linguini will continue to cook in sauce, later.

To a large skillet heated over medium heat, add oil, anchovies, garlic, thyme and red pepper flakes. Cook together until anchovies melt into oil and break up completely. Add wine to the pan and give the pan a shake. Add clams and their juice. Drain pasta and add it to the clam sauce. Toss and coat the pasta in sauce with clams until the pasta absorbs the flavor and juices, 2 to 3 minutes. Remove from heat and season with salt, add parsley and serve.

Lenten Notes: Anchovies can be eaten on days when fish is allowed. Wine can be used on days when wine is allowed. The recipe is just fine without the anchovies, not so without the wine – you need it.

REMEMBER – IF IT IS VEGAN IT FITS THE FAST

REMEMBER – YOU CAN HAVE SHELL FISH ANY DAY!

**St. Vladimir Orthodox Church
Ann Arbor, MI
Great Lenten Recipes
Week I 2009 – Sunday of Orthodox**

Fasting Tip of the Week: Anything “VEGAN” fits the fast.

SHRIMP MARINARA

1 tablespoon canola oil
2 crushed garlic cloves
1 tablespoon chopped parsley
1 tablespoon sugar
1 teaspoon salt
1/2 teaspoon oregano
1/4 teaspoon basil
1/8 teaspoon pepper
1/8 teaspoon cayenne (more if you like things really spicy)
28 ounce can diced tomatoes
2 pounds fresh or frozen shrimp (if using frozen shrimp follow direction on package for cooking)
4 cups hot cooked rice (white or brown)

Heat oil, add garlic and saute. Add parsley, sugar, salt, oregano, basil, pepper and cayenne, and tomatoes. Bring this mixture to a boil, then simmer for 25 minutes. Leave skillet uncovered while simmering. Use a large skillet or a wok for this recipe. Add shrimp to sauce and let simmer for 10 minutes, stirring. Place shrimp and sauce mixture on cooked rice and serve hot.

MINISTRONE SOUP

Makes 8 cups – serves 8 to 12

3 cups water
2 cups vegetable broth
2 cups chopped tomatoes
1 cup sliced carrots
1 cup sliced celery
3/4 cup chopped onions
3 tablespoons red wine
1/2 teaspoon dried oregano
1 clove garlic, minced
1/2 teaspoon salt or to taste
1/4 teaspoon pepper
2 cups sliced zucchini
1 cup diced, peeled potatoes
1 1/2 cups cooked kidney beans (cooked from dry or canned and drained)
3 tablespoons small shells or other small pasta such as orzo

Place the water, broth, tomatoes, carrots, celery, onions, wine, oregano, garlic, salt, and pepper in a 4-quart pot. Bring to a boil. Reduce heat and simmer, uncovered, 40 minutes. Add the zucchini, beans, potatoes, parsley, and shells. Cook 20 minutes longer or until potatoes are tender. Variation: Use a 14 ½ ounce can diced tomatoes (undrained) instead of fresh tomatoes. The potatoes don't always cook through, so if you par boil them first you'll have better success.

OATMEAL BAR COOKIES

Makes 48 bars or 24 squares – serves 8 to 12

1 cup (2 sticks) margarine*, softened
1 cup firmly packed light brown or dark brown sugar
2 ½ cups rolled oats (old-fashioned oatmeal)
1 cup all-purpose flour
2 teaspoons ground cinnamon
1 teaspoon vanilla
1 cup dark or golden raisins
1 cup chopped walnuts

Preheat the oven to 350F degrees. Grease 9x13 inch baking pan. In a large bowl, cream the margarine with the brown sugar until light and fluffy. Beat in the oats, flour, cinnamon, and vanilla. Stir in the raisins and walnuts. Pat into prepared pan. Bake 35 minutes or until the top is golden. Cool completely in pan. Cut into 1x2 inch bars or 2 inch squares. Variation: use chopped dried apricots instead of raisins.

*Lenten: Shedd's Willow Run is the best. Not all margarines are dairy free – Willow Run is. You can buy this locally at Meijer's or Hiller's.

Questions about fasting? Want to contribute to this effort by sharing recipes?
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734-649-5746 or ogrisha@stvladimiraami.org

**St. Vladimir Orthodox Church
Ann Arbor, MI
Great Lenten Recipes
Week II 2009 – Sunday of St. Gregory Palamas**

Fasting Tip of the Week: Whey is a dairy product and is used in many things that you might otherwise think fit the fast. Look out for “WHEY” as an ingredient. If it has “WHEY” it doesn't fit the fast.

SPAGHETTI WITH OLIVE AND PINE NUT SALSA

3/4 cup Gaeta olives (3 ounces), pitted (Kalamata olives also work well and are easy to find)
1/4 cup drained bottled capers
1/4 cup pine nuts
1/4 cup chopped fresh flat-leaf parsley
1 teaspoon dried hot red-pepper flakes
1/2 cup extra-virgin olive oil
1 pound dried spaghetti*

Very finely chop together olives, capers, and pine nuts with a large heavy knife. Transfer to a large serving bowl along with parsley and red-pepper flakes, then stir in oil until combined. Meanwhile, cook pasta in a large pot of boiling salted water, uncovered, until al dente. Reserve 1 cup pasta-cooking water, then drain in a colander. Add spaghetti to olive mixture in bowl and toss until combined well. (If pasta is dry, moisten with some reserved cooking water.) The most important trick is to hand-chop everything very finely, so that you get just the right amount of fiery crunch in every bite.

*Note that some pasta has egg in it, but most does not. Read the label carefully before buying...

LENTIL CAULIFLOWER SOUP

Makes 8 1/2 cups – serves 8 to 10

4 cups water
4 cups unsalted vegetable broth
6 cups cauliflower florets
1 cup lentils
1 cup sliced leeks (white and green parts only)
2 bay leaves
1/4 teaspoon salt or to taste
1/4 teaspoon pepper

Place water and broth in a 4 quart pot. Bring to a boil. Add the cauliflower, lentils, leeks, and bay leaves. Return to a boil. Reduce heat and simmer, uncovered, 1 to 1 1/2 hours or until lentils are cooked to desired doneness. Stir in salt and pepper. Discard bay leaves.

Variation: add 1 or 2 cloves of garlic (minced) when you add the lentils.

CHEWY CHOCOLATE PEANUT BUTTER BARS

1 cup brown sugar
2/3 cup margarine*
1/3 cup light corn syrup
1 teaspoon vanilla extract
4 cups quick oats
2 cups (12 ounces) semi-sweet chocolate chips**
DIVIDED
2/3 cup peanut butter
1/2 cup chopped peanuts

Preheat the oven to 350F degrees. Beat brown sugar and butter in large mixing bowl until creamy. Beat in corn syrup and vanilla. Stir in oats. Press into greased 13x9 pan. Bake in oven for 15 minutes – cool slightly. Melt 1 cup chocolate chips and peanut butter in small heavy saucepan over lowest possible heat, stirring until smooth. Spread over base. Sprinkle with chopped peanuts and remaining half of chocolate chips. Press down slightly. Chill for one hour or until firm.

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**Ghirardelli fit the fast – others may not. Please check the label carefully since chocolate chips often contain milk.

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**St. Vladimir Orthodox Church
Ann Arbor, MI
Great Lenten Recipes
Week III 2009 – Sunday of the Veneration of Cross**

Fasting Tip of the Week: Like mayonnaise but don't eat it during Lent because it has egg in it? Try Vegenaise! It is very tasty and works well in place of mayonnaise in recipes or on a veggie burger. You can purchase it locally at Whole Foods.

KASHA VARNISHKES

2 cups chopped onions (or more)
1/2 cup olive oil
3/4 cup kasha (buckwheat groats)
Salt and ground black pepper
1/2 pound dried farfalle (bow-tie) or other pasta*

Put onions in a large skillet with a lid over medium heat. Cover skillet and cook for about 10 minutes, until onion is dry and almost sticking to the pan. Add oil, raise heat to medium high and cook, stirring occasionally, until onion is nicely browned, at least 10 minutes longer (or more). Meanwhile, bring a large pot of water to a boil. In a separate, medium saucepan, bring 1½ cups water to a boil, stir in the kasha and about a teaspoon of salt. Cover and simmer until kasha is soft and fluffy, about 15 minutes. Let stand, away from heat and covered. Salt the large pot of boiling water and cook noodles until tender but still firm. Drain and combine with the onions and kasha, adding more oil if you like. Season with salt and lots of pepper and serve immediately.

*Note that some pasta has egg in it, but most does not. Read the label carefully before buying...

CORN & BLACK BEAN SALAD

Makes 3¼ cups – serves 4 to 6

1½ cups corn (fresh cooked; canned/drained, or frozen/thawed/cooked)
1 cup cooked black beans (cooked from dry or canned/drained)
2/3 cup chopped red bell peppers
1/3 cup chopped onions
1/4 cup chopped fresh parsley
1½ teaspoons red wine vinegar
1 tablespoon vegetable oil (canola works well)
1/2 teaspoon sugar
1/8 teaspoon salt or to taste
Freshly ground black pepper to taste

In a large bowl toss together the corn, beans, peppers, onions, and parsley. In a small bowl stir together the remaining ingredients. Pour the dressing over the salad and toss to combine. Variation: Add 1/2 cup canned, drained, chopped chilies. This salad gets better the longer it marinates in your refrigerator. Consider making a day ahead of time to allow the flavors to

combine.

DUMP CAKE

1 can (~20 oz.) crushed pineapple
1 can (~20 oz.) cherry pie filling
1 yellow cake mix (choose one that doesn't have egg or milk)
1 cup chopped nuts
1/2 cup margarine*

Grease a 13x9x2 inch pan. Pour pineapple into pan, juice included. Top with cherry filling. Sprinkle dry cake mix over fruit, then sprinkle on nuts. Top all with margarine, cut into pats. Bake at 350F degrees for 50 minutes. Serve warm or cold. Can top with non-dairy Lenten Cool Whip type topping. Variation: substitute canned sliced peaches for the pineapple.

Second Fasting Tip of the Week: Trader Joe's has GREAT Lenten soy ice cream. Flavors include Mango-Vanilla, Cherry Chocolate Chunk, and plain Chocolate. Some may enjoy this soy ice cream on top of dump cake hot out of the oven.

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St. Vladimir Orthodox Church
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Great Lenten Recipes
Week IV 2009 – Sunday of St. John of the Ladder

Fasting Tip of the Week: Trader Joe's has GREAT vegan barbecued ribs. Whole Foods has excellent vegan meatballs (especially good in spaghetti sauce).

BEAN AND BARLEY SOUP

1 pound northern white beans
2 quarts water
1 cup barley
3 tablespoons paprika
1 large onion chopped
3 or 4 stalks celery chopped
2 large cloves garlic chopped
Parsley, salt, pepper to taste
olive oil to taste

Sort and wash beans. Use quick soak method on bag. If using canned beans drain and rinse lightly. Cook beans with barley in water until barley and beans are tender. Add chopped onion, celery, garlic, parsley, salt & pepper. When soup thickens add paprika and olive oil. Cook until done.

PEANUT BUTTER NOODLES

1 pound dried pasta*
2 tablespoons oriental sesame oil
1/4 cup creamy peanut butter
1/4 cup soy sauce
1 inch piece of fresh ginger peeled & minced or 1/4 teaspoon powdered ginger
2 tablespoons rice wine vinegar
1/4 teaspoon crushed red pepper flakes

Cook pasta according to package directions and drain. Toss with sesame oil and set aside. In bowl combine peanut butter, soy sauce, wine vinegar, ginger, and red pepper flakes. Toss with hot noodles. Serve at room temperature. Variation: dice one small/medium onion (or a small red bell pepper, or both) and toss with noodles before serving.

*Note that some pasta has egg in it, but most does not. Read the label carefully before buying...

LENTEN HONEY CAKE

1 cup strong tea
1 cup honey (can use slightly more or less)
1 cup sugar
1/2 cup oil

1 teaspoon baking soda
1 tablespoon vinegar
Flour

Mix tea, honey, sugar, and oil (it helps if the tea and the honey are warm). Combine baking soda and vinegar and then add to the tea/honey mix. Add flour until the mixture is the consistency of good sour cream (about 3 cups). Cook at 350F degrees. For two square cake pans bake about 40 minutes. For mini muffin pans bake about 15 minutes.

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**St. Vladimir Orthodox Church
Ann Arbor, MI
Great Lenten Recipes
Week V 2009 – Sunday of St. Mary of Egypt**

Fasting Tip of the Week: Often hungry during lent? You likely are not getting enough protein. Almonds are a great source of protein and contain lots of things that are good for you. Give them a try as a great fasting snack!

PEANUT SOUP

1 tablespoon vegetable oil
1 cup sliced onions
1 teaspoon curry powder
1/4 teaspoon ground red pepper
1/4 teaspoon ground ginger
1/4 teaspoon (or to taste)
4 cups vegetable broth
2 cups sliced carrots
1/2 cup smooth peanut butter
1/2 unsweetened coconut milk (don't worry – it doesn't contain dairy)
1/2 cup soy milk (don't worry – it doesn't contain dairy)

In a 3-quart saucepan heat the oil over medium heat. Add onions and cook, stirring, until soft (about 2 minutes). Stir in the curry powder, red pepper, ginger, and salt until absorbed. Add the broth and bring to a boil. Add the carrots and cook uncovered over medium heat, about 30 minutes or until carrots are soft. Place the soup and peanut butter in a blender or food processor container fitted with a steel blade. Cover and process until pureed (you may have to do this in more than one batch). Return puree to pot. Stir in coconut milk and soy milk. Cook over low heat, stirring frequently, until heated through.

WEST AFRICAN CURRY SHRIMP

2 cups vegetable broth
3-4 tablespoons flour
1 tablespoon curry powder (or more if you like)
1 bag frozen shrimp (50 to 55 seems to be the best size, but you can use what you like)

- If shrimp have tails on them remove tails before adding to curry sauce

Thicken the broth with flour stirring with a whisk. Defrost shrimp using direction on the package. Once sauce is at desired consistency add shrimp. Heat through. Serve over rice with some, all, or none of the following (or with something else you like): pineapple, sliced bananas, mandarin oranges, peanuts, onions, or tomatoes.

CHOCOLATE BANANA SNACKING CAKE

1 2/3 cups all purpose flour
1 cup packed light brown sugar
1/4 cup cocoa powder

1 teaspoon baking soda
1/2 teaspoon salt
1/2 cup water
1/2 cup mashed ripe banana
1/3 cup vegetable oil
1 teaspoon white vinegar
1/2 teaspoon vanilla extract

Heat oven to 350F degrees. In large bowl, stir together flour, brown sugar, cocoa, baking soda, and salt. Add water, banana, oil, vinegar, and vanilla. Stir until smooth. Pour batter into ungreased 8-inch square baking pan. Bake 35 to 40 minutes or until wooden pick inserted in center comes out clean. Serve warm or cool with non-dairy whipped topping if desired (or just with a bit of powdered sugar).

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**St. Vladimir Orthodox Church
Ann Arbor, MI
Great Lenten Recipes
Week II 2010**

Fasting tip of the week: Most Ann Arbor restaurants will prepare the items on their menus vegan, that is, to fit the Great Lenten fast. You often have to ask, but usually the answer is “yes”.

ST. PATRICK'S DAY SOUP

2 tablespoons vegetable oil
6 cups shredded cabbage
1 cup shredded or thinly sliced leeks (white and light green parts only)
6 cups vegetable broth^
2 cups diced, peeled boiling potatoes
1/4 teaspoon salt or to taste
1/4 teaspoon pepper

In a 4 quart saucepan heat the oil over medium high heat. Add the cabbage and leeks. Cook, stirring until wilted (about 4 minutes). Stir in the broth and bring to a boil. Add the potatoes, reduce heat and simmer uncovered 30 minutes or until the potatoes are tender. Stir in salt and pepper. Variation: add sliced carrots.

^Dried Knorr cubes at Hiller's, liquid at Trader Joe's

LAZY PIROGI

1 stick margarine*
3/4 pound fresh mushrooms
1 pound noodles**
3 large onions
1 can (1 pound) sauerkraut
Salt and pepper to taste

Boil noodles and drain. Chop mushrooms and onions, sauté in margarine. Rinse sauerkraut. When sauerkraut is completely rinsed, add remaining margarine, mushrooms, onions, sauerkraut, salt and pepper to noodles. Mix well and bake at 350 degrees for 20 minutes. Variation: add salsa to completed dish at the table.

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PINEAPPLE BANANA CAKE

1 and 1/3 cups vegetable oil or applesauce
3 cups sugar
1 cup crushed pineapple, with juice
2 cups mashed bananas (very ripe)
1 cup chopped pecans
3 cups flour
1 and 1/2 teaspoons vanilla
2 teaspoons baking soda
1 teaspoon cinnamon
1 teaspoon salt
1 cup maraschino cherries (optional)

Mix together oil, sugar, pineapple, bananas, pecans, flour, vanilla, soda, cinnamon, salt, and optional chopped maraschino cherries (cherries yield a fruitcake type of cake). Pour into a greased and floured 9 or 10 inch bundt pan. Bake for 90 minutes at 350 degrees.

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**St. Vladimir Orthodox Church
Ann Arbor, MI
Great Lenten Recipes
Week III 2010**

SHRIMP & WHITE BEAN SALAD

1 lb shrimp, boiled, shelled, chopped
1 or 1 ½ cans cannellini beans or cook 1 cup dry navy beans soaked overnight with 2 cloves garlic, 1 carrot, 1 bay leaf, salt
Mix with:
Chopped tomato
½ cup red onion chopped
2 T. capers
2 T. parsley (or fresh basil or tarragon)
Celery to taste
Lemon juice
3 T. oil (olive oil if allowed)
Salt & pepper

SHRIMP & WILD RICE

2 ½ cups small mushrooms
2 ½ cups black olives, pitted/halved
2 ½ cups sliced pimento
2 ½ cups chopped onion
2 ½ cups chopped green pepper
4 lbs shrimp, thawed
2 boxes Uncle Ben's long grain & wild rice
3 jars marinated artichoke hearts, undrained!

Sauté each ingredient one ingredient at a time, remove when done. Cook rice by box directions. Assemble all ingredients in large casserole dish, add the artichoke hearts just before heating. Stir thoroughly. Rewarm at low temp so shrimp will not toughen – 275 or so.

PRESIDENT'S DAY CHERRY SQUARES

Filling:

Two 14.5 oz cans pitted sour cherries packed in water (2 ½ to 3 cups drained, juice reserved, 20 ounces); or 6 cups (24 ounces) frozen pitted sour cherries, thawed, drained, juice reserved
2/3 cup reserved cherry juice
¼ tsp salt
½ cup sugar
3 T. cornstarch

1 tsp vanilla extract
1/8 tsp almond extract

Crust:

1 ½ cups (5 ¼ ounces) traditional rolled oats
1 ½ cups (6 ¼ ounces) unbleached all-purpose flour
1 cup brown sugar, light or dark, packed
¾ tsp. baking soda
¾ tsp salt
¾ cup unsalted Lenten margarine
½ cup sliced almonds

Preheat oven to 350. Lightly grease a 9"x9" pan.

To make filling: Measure out 2/3 cup of the reserved cherry juice. In a small saucepan, combine the cherries, juice, and salt. Bring the mixture to a boil, reduce the heat to low, and simmer for 10 minutes. Whisk the sugar with the cornstarch and stir into the cherries. Simmer the mixture, stirring frequently, for 5 minutes (if you're using canned cherries); or for 20 mins if using thawed frozen cherries. It will thicken and look like canned cherry pie filling but taste a whole lot better. Remove the pan from the heat, stir in the vanilla and almond extracts, and set aside to cool slightly while you prepare the crust.

To make crust: In a medium-sized mixing bowl, whisk together the oats or barley, flour, sugar, baking soda and salt. Add the melted margarine, stirring until everything is well combined.

To assemble: Press 2 ½ cups of the crust mixture into the prepared pan, smoothing it out to completely cover the bottom of the pan, with no gaps showing. Top the crust with the filling. Add the almonds to the remaining crust mixture, and sprinkle it over the filling.

Bake the squares for 25 to 30 minutes or until the crust is golden brown. Remove the squares from the oven and allow to cool before cutting into 2" squares.

CHOCOLATE LOVER'S UPSIDE DOWN FUDGE CAKE

2 cups flour
1 ½ cups sugar
¼ c. cocoa
4 tstp baking powder
1 tsp salt
1 cup vanilla soy milk (or regular milk if not during fast)
4 T. Lenten margarine, melted
2 tsp vanilla
1 ½ c nuts chopped

Mix dry ingredients together. Stir margarine, milk, and vanilla into dry ingredients. Add nuts. Pour into 9x13 greased pan.

Topping:

1 ½ cup light brown sugar

½ cup cocoa

3 ½ cups boiling water

Mix sugar and cocoa together, sprinkle on top of batter. Pour boiling water over cake. Carefully set in oven and bake at 350 for 40 minutes. Serve with Lenten ice cream or whipped topping along with the fudge sauce that forms in the pan.

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Week IV 2010**

CARROT-CAULIFLOWER SOUP

3 cups sliced carrots
1 1/2 cups vegetable broth*
1 1/2 cups water
1 cup cauliflower florets
3 tablespoons snipped fresh dill
1/2 teaspoon ground ginger
1/8 teaspoon pepper
1 1/2 tablespoons honey
1/4 teaspoon salt or to taste

In a 3 quart pot combine the carrots, broth, water, cauliflower, dill, ginger, and pepper. Bring to a boil. Reduce heat and simmer, covered, 30 minutes or until the vegetables are tender. Place a third of the soup in a blender or food processor container fitted with a steel blade. Cover and process until smooth. Repeat with remaining soup. You may also use a "boat motor" type mixer if you have one. This method allows the soup to stay in the pot while it is puréed. Stir in honey and salt.

LENTIL SHEPHERD'S PIE

2 tablespoons vegetable oil
3/4 cup chopped onions
1 clove garlic (minced)
2 tablespoons all purpose flour
1 1/3 cups vegetable broth*
1/4 teaspoon dried thyme
1/8 teaspoon salt or to taste
1/8 teaspoon pepper
2 cups cooked lentils
1 10-ounce package frozen mixed vegetables
2 cups mashed potatoes

Preheat the oven to 350 degrees. Grease a 9x5x3 in loaf pan. In a 1 1/2 quart saucepan heat the oil over medium high heat. Add the onions and garlic, cook, stirring until softened – about 2 minutes. Stir in the flour until absorbed. Add the broth, thyme, salt, and pepper. Cook, stirring until mixture comes to a boil. Stir in the lentils and mixed vegetables. Spoon into the pan. Place the potatoes into a pastry bag fitted with a large star tip and pipe the potatoes around the edge of the pan (spooning the potatoes

* Dried Knorr cubes at Hiller's, liquid at Trader Joe's

is significantly easier and does not affect the taste!). Bake 40 minutes or until potatoes brown on top.

Variation: Use any cooked vegetables you like, such as zucchini, mushrooms, or celery.

Note: more potatoes and a larger pan is probably a better approach. Experiment and see what works for you!

LENTEN BLUEBERRY SCONES

Although placed here in the “sweets” space, these make a GREAT morning treat with a good cup of coffee. Highly recommended!

3 cups flour
2 tablespoons baking powder
1/2 cup sugar (for mixing – you’ll need more to sprinkle on the tops)
1/4 teaspoon salt
1/3 cup vegetable oil
1/2 cup soy cream (rice or soy milk is a suitable substitute)
3/4 rice or soy milk
2 teaspoons cider or regular vinegar
1 1/4 cup blueberries

Preheat oven to 400 degrees. Lightly grease a cookie sheet with Lenten margarine or vegetable oil. In a large mixing bowl sift together the flour, baking powder, sugar, and salt. Add the oil, soy cream, rice milk, and vinegar. Mix until just combined. The dough should be clumpy and not sticky. Even if there is still a light dusting of flour that is fine. Add the blueberries. Drop by 1/4 cupfuls onto the greased cookie sheet and pat the tops just a bit to round them out. Sprinkle with a bit of sugar. Bake 12 to 15 minutes until slightly browned on the bottom and firm on the top.

Questions about fasting or lent? Want to contribute to this effort by sharing recipes?
Contact Fr. Gregory:

734-649-5746
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Thank you to those who contributed recipes for this week’s offering!

St. Vladimir Orthodox Church
Ann Arbor, MI
Great Lenten Recipes
Week V 2010

THREE BEAN SALAD

1 can chick peas (garbanzo beans)
1 can green beans
1 can kidney beans
1 chopped whole sweet onion

Dressing:

1/3 cup vinegar
1/3 cup canola or other vegetable oil
1/3 cup water
1-2 teaspoons dill
Salt and pepper to taste.

Note: it is a good practice to let the salad marinate for some time. The longer the flavors have to combine the tastier it is!

TUNISIAN YAM STEW

Cooking Time: 40 minutes

Servings: 6-8

1/3 cup water
1 chopped onion
2 seeded and finely chopped jalapenos
2 teaspoons minced fresh ginger
1 teaspoon minced fresh garlic
2 teaspoons ground cumin
1/2 teaspoon ground cinnamon
1/4 teaspoon crushed red pepper
1/4 teaspoon ground coriander
5 cups peeled and chopped Garnet Yams
2 14.5 ounce cans chopped tomatoes
2 14.5 ounce cans garbanzo beans, drained and rinsed
1 cup green beans cut into 1 inch pieces
1 1/2 cups vegetable broth*
1/4 cup natural peanut butter (or any kind you like!)
1/4 cup chopped cilantro

* Dried Knorr cubes at Hiller's, liquid at Trader Joe's, paste at Meijer

Place the water, onion, jalapenos, ginger, and garlic in a large pot. Cook, stirring occasionally for 5 minutes. Add cumin, cinnamon, red pepper and coriander. Cook and stir for 1 minute. Add yams, tomatoes, garbanzo beans, green beans, vegetable broth and peanut butter. Bring to a boil, reduce heat and simmer for 30 minutes, or until potatoes are tender. Stir in cilantro and let rest for 2 minutes. Serve over rice or other whole grains.

Alternative: to make this with chard instead of green beans, add the chard about 10 minutes before the end of the cooking time. Use 2 cups of chopped chard instead of the green beans.

LENTEN HONEYS

2 cups flour
1 teaspoon baking soda
1 teaspoon salt
1 cup shortening
3/4 cup honey
1 teaspoon vanilla
1 cup rolled oats
1/2 cup chopped nuts
1/2 cup chocolate chips (Lenten variety, of course – check the labels: some are Lenten)
1/4 cup maraschino cherries

Sift together the flour, soda, and salt; set aside. Cream together shortening, honey, and vanilla. Blend in sifted ingredients along with rolled oats. Stir in nuts, chips, and cherries. Drop by teaspoonful on ungreased pan. Bake at 375 degrees for 10-12 minutes. Yields four dozen. Alternative: leave out the cherries if you don't like them!

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