

**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.

*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.

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

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.

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

734-649-5746
ogrisha@stvladimiraami.org

Thank you to those who contributed recipes for this week's offering!

**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.

Questions about fasting or lent? Want to contribute to this effort by sharing recipes?

Contact Fr. Gregory:

734-649-5746

ogrisha@stvladimiraami.org

Thank you to those who contributed recipes for this week's offering!

**St. Vladimir Orthodox Church
Ann Arbor, MI
Great Lenten Recipes
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
ogrisha@stvladimiraami.org

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!

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

734-649-5746
ogrisha@stvladimiraami.org

Thank you to those who contributed recipes for this week's offering!