

**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:

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