

Feasts and Saint Days for the Month of November
 1991 Book of Lesser Feasts and Fasts

Saint or Feast	Day	Ingredient	Recipe
All Saints	November 1	Yeast (to commemorate risen saints)	Soul cakes
All Faithful Departed (All Souls)	November 2	Ground or crushed nuts (meant to suggest bones)	Beans of the dead (Fave dei morti)
Richard Hooker	November 3		
Willibrod	November 7		
Leo the Great	November 10		
Martin	November 11	Goose or duck and cabbage	Braised red cabbage
Charles Simeon	November 12		
Consecration of Samuel Seabury	November 14		
Margaret, Queen of Scotland	November 16	Scotch, lamb	
Hugh	November 17		
Hilda, Abbess of Whitby	November 18		
Elizabeth, Princess of Hungary	November 19		
Edmund, King of East Anglia	November 20		
Clement	November 23	Oranges, chicken, sweet potatoes	Orange Salad
Thanksgiving Day		Corn, apples, oysters	Indian Pudding, Marlborough Pudding, polenta
James Otis Sargent Huntington	November 25		
Kamehameha and Emma	November 28	Pork, poi, island fruits	Pork roast with prunes
Andrew	November 30	Wild game, mutton, lamb, walnuts, oats, Scotch	Haggis, Brunswick stew

Menu

Beans of the Dead
Soul Cakes
Orange salad
Roast Pork with Prunes
Brussel Sprouts
Braised Red Cabbage
St. Andrew's Cake

November contains many feasts and saints that are associated with particular ingredients or dishes.

November begins with two very important days, All Saints Day and All Souls Day. All Saints Day is designed to commemorate all those who have died professing faith in a Living Christ, especially those who died heroic deaths. All Saints Day is classed in the Prayer Book of 1979 as a Principal Feast, taking precedence over any other day or observance. It is one of the four days recommended in the Prayer Book for the administration of Holy Baptism.

November 2 is All Faithful Departed, or All Souls Day. This day came about to commemorate the vast body of the faithful, living or dead, who are unknown to the wider fellowship of the church. It is a day for particular remembrance of departed family and friends. In Mexico, All Souls Day is known as Dia de Meurtos, or Day of the Dead. It is a day of remembrance, particularly for deceased children.

We commemorate these two days with two dishes; Fave dei Morti and Soul Cakes. Fave dei Morti, or Beans of the Dead, are not beans but cookies shaped like beans. Fave dei Morti is an Italian recipe for cookies that are intended to be given to those who were faithful to remember those who have died. Their ingredient is ground nuts, which is intended to represent the bones of the departed.

The other dish is Soul Cakes, which were the original soul food. Soul Cakes, made with a yeast dough to commemorate the risen Christ, are an old English recipe. The tradition during medieval times was for groups to walk from house to house asking for soul cakes. The traditional request by these groups when they came to a house was "One for Peter, Two for Paul, Three for Him who made us all." Some decorate soul cakes with matchsticks of dough placed in the shape of a cross on the bun.

The orange salad is to commemorate St. Clement. St. Clement was the fourth of the popes and said to be ordained by St. Peter. He is considered the first French pope. St. Clement's feast day in England is celebrated with a "goose" that is actually a stuffed pork roast. He is also associated with oranges (clementines) and with wines (St. Clement winery in St. Helena, CA and Pape St. Clement in Bourdeaux, France.)

The next dish, roast pork with prunes and apples, is intended to honor St. Martin. St. Martin's Day, or Martinmas, was one of the most important feast days of the year. St. Martin is the patron saint of soldiers, making his feast of November 11 coincide with the observation of Veterans' Day in the United States. Perhaps St. Martin's most famous legend is that he gave one-half of his cloak to a beggar, who later revealed himself to be Jesus. He is frequently pictured riding a horse with half a cloak giving the other half to a beggar. The most traditional dish for St. Martin's Day is goose or duck. The traditional accompaniment for the roast goose is some combination of apples, prunes, and cabbage as stuffing or side dishes. In fact, the Martinmas roast goose is the basis for the Thanksgiving roast turkey. When the American Pilgrim fathers decided to establish three days of rejoicing after their first harvest in the New World, they apparently modeled their presentation at least in part on Martinmas. Many of them know Martinmas from their previous home in Holland. When the hunters in America went out after goose, they came home with turkey and a Thanksgiving tradition was born.

However, we decided against cooking turkey or goose for this day. Americans eat about 60% of all turkey consumed in the U.S. during the last three months of the year. As a result, we thought that most of you probably had enough turkey so that we should not prepare that particular dish. Using the more traditional goose is expensive and the product is hard to come by. So we went with pork, another protein that goes very well with prunes and apples and is also at its prime during the fall harvest season. Pork is also the traditional banquet dish associated with King Kamehaha and Emma, the King and Queen of Hawaii whose day is November 28.

The side dishes for today are braised red cabbage and soft polenta. Red cabbage is particularly appropriate for a feast day since it is part of a family known as cruciferous vegetables. Cruciferous vegetables get the name since their flowers form the shape of a cross. Other cruciferous vegetables include cauliflower, brussel sprouts, broccoli, kale, and bok choy. The cruciferous vegetables are extremely healthy, containing cancer-fighting and anti-oxidant properties. To maximize the healthy properties of the cabbage, I used olive oil instead of the more traditional bacon fat to sauté the cabbage.

There is a wonderful legend as to how red cabbage became that color. A bishop was walking home and came upon a young girl who was carrying a heavy cabbage. He wrapped it in his robes (bishop's red, of course) and carried it to her door for her. When they arrived at their destination, the cabbage had turned red.

Soft polenta is a delicious starch and is great for those who are tired of potatoes and rice. Polenta is made from corn meal and is similar to grits. We are serving it today to commemorate Thanksgiving. As with grits, polenta is commonly served with cheese and other add-ins. Today we will serve the polenta with gorgonzola and leeks.

Last, but certainly not least, is the dessert for the day. It honors two Saints, St. Andrew and St. Margaret. St. Margaret was Queen of Scotland and St. Andrew is the patron saint of Scotland. St. Margaret was a very strong ruler who sought to establish better relationships between Scotland and England. She has a beautiful church in Edinburg

where there is a Society of Margarets who decorate the church with flowers. There are 52 members of the society, one for each week of the year. To belong, your name has to be Margaret. The list to join the society is very long and typically someone has to die before someone else can join. There is also a wonderful legend attached to how she became a saint. She was out with some companions for a picnic and on the return home dropped her book of common prayer in a brook. The book was a beautifully illuminated manuscript and its loss was a blow to the entire family. Several months later, when the brook began to dry up, her book was found. It had not deteriorated and the illuminations were intact. This was cited as one of the miracles for her canonization. Amazingly, her book still exists. It is in the Bodleian Library at Oxford University, the oldest and largest library in England. You can only see it by special appointment due to its age and fragility. When the Librarian of the Bodleian was at TCU several years ago, he talked about the treasures of the library and singled out that book. He said that every time he entered the room where it is kept, he feels a power and grace emanating from the book.

St. Andrew is the patron saint of Scotland. He was the apostle who pointed out to his brother Peter, "We have found the Messiah." He is also the apostle who pointed out the child with the loaves and fishes to Jesus. He is associated with walnuts, oats, and sheep, some of the traditional foods of Scotland. Of course, he is also associated with the most famous drink of Scotland, scotch whisky.

Since the dessert is associated with two saints from Scotland, our dessert today is haggis! No – just kidding – we will save haggis for another day. The dessert today a pear cake with a walnut praline topping with a touch of Scotch.

The cooks would like to thank all of you who join with us today. Our fellowship honors that saints and feast days of November. It also honors our communion with the Body of Christ and the Living Church.

Praise be to God!

Beans of the Dead (Fave dei Morti) (makes 120 – 150 “beans”)

2/3 c blanched almonds

3/4 c sugar

3/4 c flour

1 t cinnamon

4 T butter

1 egg

1 t vanilla extract

Grated rind of one med lemon

- 1) Place almonds on a baking sheet and dry them for 10 minutes in a 200 degree oven.
- 2) Grind dried almonds very fine with a food processor.
- 3) Put almonds in a large bowl with sugar and mix well.
- 4) Add flour, cinnamon, butter, egg, vanilla and lemon rind individually. Mix well after each addition. The final product should be a smooth, thick paste. Chill.
- 5) Set oven to 350 degrees.
- 6) Roll chilled paste into ropes about 12 inches long about 3/4 inch in diameter. Cut ropes into individual “beans” about the size of lima or fava beans.
- 7) Put “beans” about 1 – 2” apart on a cookie sheet. Flatten each bean slightly to resemble lima or fava.
- 8) Bake at 350 degrees for about 15 – 20 minutes or until golden.

Soul Cakes (makes 18 cakes)

1 yeast cake or packet of quick-rising (not instant) yeast

½ c sugar

¼ c lukewarm water

¼ lb (1 stick) butter

2 c milk scalded and cooled to lukewarm

6 c flour

1 t salt

3 t cinnamon

- 1) Proof the yeast. Dissolve the yeast in the lukewarm water with 1 t of sugar. Let stand in a warm place until creamy and bubbly on top.
- 2) In a mixer, cream the sugar with the butter.
- 3) Add milk and mix well.
- 4) Add yeast mixture.
- 5) Sift flour with salt and cinnamon and add to the mixture, kneading for a few minutes
- 6) Place in a bowl and allow to rise until doubled in size.
- 7) Punch down and shape into round buns and place on a baking sheet, allowing room between the buns for expansion during the next rise.
- 8) Put buns in a warm place and allow to rise until doubled in size.
- 9) Bake at 350 degrees for about 30 minutes or until lightly browned.
- 10) These can be covered with a light sugar glaze (with a hint of almond flavoring). They can also be decorated with “bones” made from matchsticks of dough and placed in the shape of a cross on top of the bun.

Orange Salad (6 – 8 portions)

6 large oranges

3 T red wine vinegar

6 T EVOO

1 t dried oregano

1 med purple onion, peeled and sliced paper-thin (preferably on a mandoline, if available)

1 c pitted black olives

¼ c chives, snipped (garnish)

Freshly round pepper

1. Cut small slice from bottom of orange. Balancing orange on its end, peel away rind and white pith (leaving pith on gives a bitter taste and makes presentation less appealing)
2. Slice each orange into 4 – 5 slices.
3. Put oranges in shallow serving dish and sprinkle with vinegar, olive oil, and oregano.
4. Gently toss oranges, arrange sliced onion over, sprinkle with chives, and grind on pepper.

Spiced Red Cabbage (served 4 – 6)

1 2-3 lb. red cabbage

3 T bacon fat

½ c red wine

Salt and pepper

2 Granny Smith apples, cored and diced but not peeled

2 T brown sugar

2 T vinegar

1. Remove any wilted out leaves from the cabbage. Core, quarter, and shred or grate the cabbage. Soak for about 30 minutes in lightly salted cold water. Drain well.
2. In a large skillet, heat the bacon fat and sauté the cabbage. Add the wine, salt and pepper, and simmer for 5 minutes. Add the apples, brown sugar, and vinegar. Cover and simmer until the cabbage and apples are just tender but still slightly crisp.

Pork roast with apples and prunes (serves 6 – 8)

½ lb pitted prunes

½ c bourbon

1 3 lb. boneless center loin of pork roast

10 fresh sage leaves

Salt and pepper

2 T EVOO

Mirepoix (½ c diced carrots, ½ c diced celery, and ½ c diced onions)

1 c diced apple

4 garlic cloves, crushed

2 ½ c chicken stock

- 1) Soak prunes in bourbon in small bowl for 1 hour. Drain prunes, reserving liquid.
- 2) Preheat oven to 450 degrees.
- 3) Slit roast and place all but four prunes in the slit. Fold flap over prunes. Tie roast securely with string at 2" intervals. Thread sage leaves through string on either side of roast. Season roast with salt and pepper and rub with olive oil. Place in large roasting pan.
- 4) Roast at 450 for 15 minutes. Reduce oven temperature to 400 degrees. Tilt the roast pan and spoon off or pour off excess fat.
- 5) Scatter mirepoix around roast. Roast for another 15 minutes
- 6) Add prunes and reserved cooking liquid. Roast another 10 minutes.
- 7) Add stock and continue cooking, basting roast occasionally, until meat thermometer registers 155 degrees (30 – 45 minutes).
- 8) Remove roast to a platter. Pass the contents of the pan through a chinois, pushing hard so as to get all juice and some of the vegetables through the sieve.
- 9) Skim fat from sauce. Simmer until sauce is thick enough to coat the back of a spoon. Season sauce with salt and pepper if needed.
- 10) Cut roast into ½ inch slices and serve with sauce.

Soft polenta with Fontina and Fennel and Leek topping (serves about 16)

1 gallon chicken stock
1 gallon heavy cream
1 1/2 teaspoons freshly grated nutmeg
3/4 teaspoon gray salt
2 cups polenta
2 cups semolina
2 cups freshly grated fontina cheese
2 cups freshly grated Parmesan

- 1) In a heavy saucepan, combine the stock and cream, and bring to a boil.
- 2) Add the nutmeg and salt. Whisk in the polenta and semolina and cook over low heat for about 20 to 30 minutes, stirring often, until the grains are soft. Fold in the cheeses. Serve immediately or reserve.
- 3) To encourage polenta to come cleanly out of the pan, cook over medium heat. Run a spatula or wooden spoon around the sides of the pan to clean off the polenta. Do not stir, but wait and watch for a few seconds until a large bubble begins to form and pushes the polenta upward. Pour immediately into a warm dish.
- 4) The polenta can be made ahead and reheated: add 1/4 to 1/2 cup water or stock, cover the dish, and reheat in the microwave or over low heat. Whisk well before serving.

Fennel and Leek Topping

2 large white fennel bulbs
3 large yellow onions
5 tablespoons fruity green olive oil
Salt and pepper
2/3 cup dry red wine
2 very large leeks, white only (about 1 1/2 cups, sliced)
1 teaspoon butter

- 1) Heat 3 tablespoons of the olive oil in a large non-stick pan and cook the fennel and onions in it slowly, stirring often, adding a little salt and pepper, to taste, until they are completely soft and golden brown. Stir in the wine, and continue cooking until almost all the liquid is gone, then set the pan aside.
- 2) Clean the leeks thoroughly, cut them in 1/2 lengthwise, then slice them quite thinly crosswise. Heat the remaining olive oil and the butter in a non-stick pan and saute the leeks, stirring them often, until they are soft and beginning to color. Add a little sprinkle of salt—but not too much.

St. Andrew's Cake (serves 8)

1 c toasted and chopped walnuts
1 c AP flour
½ t baking soda
½ t cinnamon
¼ t nutmeg
¼ t salt
1 c firmly packed light brown sugar
5 T unsalted butter melted, plus ¼ c at room temperature
2 large eggs
¼ c pear nectar
1 ripe pear
1 T whole milk

The cake

- 1) Preheat oven to 350.
- 2) Butter and flour 9" springform pan.
- 3) In a bowl, sift together flour, baking soda, cinnamon, nutmeg, and salt. In a large bowl, using a mixer, beat together ¾ c of the brown sugar, the melted butter, eggs, and pear nectar. Stir in the flour mixture until just combined. Stir in pear cubes. Transfer batter to springform pan.
- 4) Bake for about 25 minutes, or until toothpick inserted in center comes out clean. Transfer to a wire rack to cool for about 5 – 10 minutes.

The topping

- 1) In heavy saucepan over high heat, combine the toasted walnuts, the remaining ¼ c light brown sugar, ¼ c of butter, and the milk. Bring to a boil, stirring frequently until the mixture is reduced to a thick sauce consistency.
- 2) Pour the hot mixture over the warm cake in the pan. Let stand for 5 minutes.
- 3) Release the pan sides and place the cake on a plate. Cut into wedges and serve warm.