

Feasts and Fasts for October

Day	Saint or Feast	Ingredient	Dish
October 1	St. Remigius, Bishop of Rheims		
October 4	Francis of Assisi	Almonds	Mandorlas, Amaretto sauce for bread pudding
October 6	William Tyndale		
October 9	Robert Grossteste, Bishop of Lincoln		
October 14	Samuel Isaac Joseph Schereschewsky, Bishop of Shanghai		
October 15	Teresa of Avila	Bread, eggs (St. Teresa was a strict vegetarian)	Bread pudding with Amaretto sauce
October 17	Ignatius, Bishop of Antioch		
October 18	St. Luke the Evangelist	Herring	Herring/cheese appetizer
October 19	Henry Martyn, Priest and Missionary to India and Persia		
October 23	St. James of Jerusalem, Brother of Our Lord Jesus Christ, and Martyr	Scallops, pork, dessert tart	Pork St. James
October 26	Alfred the Great, King of the West Saxons	fennel	Braised fennel
October 28	St. Simon and St. Jude, Apostles		
October 29	James Hannington, Bishop of Eastern Equatorial Africa, and his Companions, Martyrs	Yams, okra (traditional African foods)	Okra and tomato pilau

October has some wonderful saints and bishops. St. Francis of Assisi is one of the most admired saints. One of his favorite foods was almonds. On his deathbed he is said to have requested a cake made with almonds. We will pass around an adaptation of that recipe during adult education time.

Teresa of Avila is also admired by many. When she entered a convent in Spain, she was surrounded by many Spanish women of noble birth. They were reluctant to perform kitchen work because it was below their station. She said, "God is found among the pots and pans," thereby shaming them into sharing the hot, arduous kitchen duties. As a strict vegetarian, her diet consisted of bread, eggs, milk, cheese, greens, and wine. The bread pudding served in her honor uses many of those ingredients.

St. James has many traditional foods associated with his feast day, including Coquilles St. Jacques (scallops), pork, various cakes and sweets, and other herbs and ingredients. Since we had scallops last month, we will focus on pork this month.

The vegetables this month are fennel, on behalf of Alfred the Great, King of the Saxons, and tomato okra pilau in honor of James Hannington, bishop of Eastern Equatorial Africa and martyr along with his companions. Fennel is a traditional vegetable of England. It has a slight flavor of anise (licorice) and looks something like celery when cut up. It is delicious when slowly braised. The tomato okra pilau is based on ingredients from Africa and is a hearty side dish with beautiful colors and flavors.

St. Iago (St. James) Pork Chops (serves 6)

6 pork loin chops, 8 oz. each

1 T oil

1 med onion, minced

2 T light rum

3 T soy

½ c catsup

1 c chicken stock

1 t pepper

Tomato/okra pilau

Trim fat from chops. Sauté chops.

In remaining oil, sauté onion until lightly browned. Remove onion and set aside. Deglaze with rum. Add soy sauce, catsup, chicken stock, and pepper and bring to a boil while stirring. Add onions and chops. Chops should be close together but not overlapping.

Cover and simmer until chops are tender – about one hour. If sauce becomes too thick, add stock.

Serve one pork chop per diner over pilau. Pour sauce over.

Paleta di Mandorla (makes about 50 slices)

(Almond slices)

1 c butter

1 ½ c sugar

4 eggs

4 c flour

2 c finely chopped almonds

1 t baking powder

1 t vanilla

Cream butter and sugar. Add eggs one at a time, beating after adding each one. Add other ingredients and knead until smooth. Form rolls about 1 inch diameter.

Bake rolls in 375 degree oven for 10-12 minutes or until golden.

When cool, cut into slices ¼ inches thick and toast on both sides until crunchy (3 -5 minutes per side)

Herring and cheese appetizer (makes about 30 appetizers)

1 jar herring, sliced

1 lb. cheddar

1 loaf cocktail rye

Cube cheddar. On each slice of rye, put a slice of herring and a cube of cheddar secured by a toothpick.

Tomato Okra Pilau (serves 6)

3 c cooked rice

1 ½ t salt

3 slices bacon, diced

1 sm onion, chopped

1 can (1 lb.) stewed tomatoes

1 pkg (10 oz.) frozen chopped okra

Cook bacon until crisp. Add onion to bacon drippings and cook until tender. Add tomatoes, okra, pepper, and salt. Bring to a boil. Reduce heat, cover and cook about 10 minutes or until okra is tender. Stir cooked rice into tomato and okra mixture. Cover and cook over low heat until liquid is absorbed, about 5 minutes. Stir in bacon.

Braised Fennel (serves 6 – 8)

1 ½ lb trimmed fresh fennel root, cleaned and cut in matchsticks

1 med onion, thickly sliced

1 t, heaping ginger

1 t, level saffron

½ t salt

2 T olive oil

2/3 c EACH white wine and water

Put fennel in a wide, lidded pan with the onions. Sprinkle over the spices and salt, then the oil, and finally pour over the liquids. Bring to a boil cover, and simmer for 20-30 minutes or till the fennel is cooked without being mushy. Stir once or twice during the cooking to make sure the spices get well distributed.

Bread Pudding with Amaretto Sauce (serves 8 – 10)

1 loaf French bread (about 4 – 5 cups) cut into cubes

1 qt. milk

3 eggs, lightly beaten

2 c sugar

2 T vanilla

1 c raisins (soaked overnight in $\frac{1}{4}$ c Amaretto)

$\frac{1}{4}$ t allspice

$\frac{1}{4}$ t cinnamon

Nutmeg sprinkled over top

Preheat oven to 350.

Soak the bread in a large mixing bowl. Crush with hands until well mixed and all the milk is absorbed.

In a separate bowl, beat eggs, sugar, vanilla, and spices together, gently stir into bread mixture. Gently fold in raisins.

Grease 9X 13 pan with butter. Pour in bread mixture and bake for 45 minutes, or until edges start getting a little brown and pulling away from the edges of the pan.

Amaretto Sauce (enough for one pudding)

1 stick butter

$\frac{1}{2}$ c brown sugar

$\frac{1}{2}$ c Amaretto

Splash of lemon juice

Melt butter and sugar over low heat. Stir to keep from scorching. Add squeeze of lemon juice. Stir in Amaretto. You may ignite the Amaretto to reduce the amount of alcohol in the finished sauce. Sauce is best warm.