

Feasts and Fasts

Introduction:

There are many saints and feasts in the Episcopal tradition. Some are more well-known than others. One way to help us all become more acquainted with our Episcopal heritage is to become more aware of the foods that are associated with various saints and feasts. Over the next several months, we will have an introduction to the feasts and fasts by month, along with a brief description of the saints and their associated ingredients and dishes. We will sample a dish during adult education hour. Later that afternoon, we will congregate in the kitchen and prepare various dishes for a complete meal around the saints and feasts during the month.

Saints and Feasts for September

Saint or Feast	Date	Ingredient	Dish
David Pendleton Oakerhater	September 1		
The Martyrs of New Guinea	September 2		
Constance, Nun and her Companions (the Martyrs of Memphis)	September 9		Martyrs meat balls with Memphis barbecue sauce
Euphronyous (Orthodox)	September 11	apples	Baked apples
John Henry Hobart	September 12		
Cyprian	September 13		
Holy Cross Day	September 14	basil	Pesto (with bishops' hats pasta)
Ninian	September 16	ginger	Gingery Muffins
Edward Bouverie Pusey	September 18		
Theodore of Tarsus	September 19		
John Coleridge Patteson and companions (Martyrs)	September 20		Martyrs' Meat Balls
Saint Matthew the Apostle	September 21		
Sergius	September 25		
Lancelot Andrews	September 26		
Saint Michael and All Angels	September 29	Scallops, deviled items, bannock	Archangels on horseback; St. Michael's Bannock
Jerome	September 30		Lion's paw – a type of sea scallop – also a type of citrus from China used only for zest

Sketches of the Saints and Feasts

MENU

Appetizer/Savory – Archangels on Horseback

Pasta – Capellaci with pesto and shrimp

Entrée – Martyrs' Meatballs with Memphis Barbecue Sauce and smashed potatoes

Bread – St. Michael's Bannock

Dessert – St. Euphronyous' Baked Apples

RECIPES

Archangels on Horseback

16 – 20 sea scallops (approx 1 lb)

8 – 10 thin slices bacon – cut in half (don't use heavily smoked or flavored bacon)

Wash and dry scallops. Wrap each scallop with ½ slice bacon. Broil until bacon is crisp. When bacon is done, remove scallops and brush with sauce made with melted apricot preserves, hot sauce, and candied ginger.

Pesto

2 c chopped fresh basil leaves

1 t salt

¾ t pepper

2 t freshly minced garlic

3 t toasted pine nuts

1 – 1 ½ c olive oil

½ - 1 c freshly grated Parmesan

Combine basil, salt, pepper, garlic, and pine nuts in the blender. Blend to combine. Slowly drizzle olive oil in until mixture is smooth. Stop the blender every few seconds to stir the mixture and clean off the sides.

The mixture should be slight runny. If it is too thick, add more oil. Pour the sauce into a bowl, and stir in the grated cheese.

Martyrs' Meat Balls w/ Memphis Barbecue Sauce

Meat Balls (recipe from Evelyn Vitz)

1 ½ lbs. ground lamb
2 t minced garlic
1 t salt
Pepper
3 t dried (or 2 – 3 T fresh) mint
½ c pine nuts (gently toasted)
½ c finely chopped parsley
Vegetable oil for sautéing

Combine lamb with garlic, salt to taste, pepper, mint, pine nuts and parsley. Mix thoroughly. Form into 24 meat balls (4 meatballs per martyred companion). You can make 24 meatballs by dividing the meat mixture into 4 equal parts and making six meatballs from each part.

Barbeque Sauce: (recipe from Emeril Lagasse)

1/2 cup red wine vinegar
1 cup chopped yellow onion
1 tablespoon minced garlic
1/4 cup light brown sugar
2 teaspoons hot pepper sauce
1 cup ketchup
1 teaspoon lemon zest
1/4 cup fresh lemon juice

Combine all of the ingredients in a blender and blend until smooth. Transfer to a nonreactive saucepan and simmer for 20 minutes to allow the flavors to marry. Use immediately, or refrigerate in a nonreactive, airtight container for up to 2 weeks.

Yield: 1 ¾ cups

Smashed Potatoes (Bon Appetit January 2007)

2 pounds medium-size unpeeled Yukon Gold potatoes, each cut into wedges
6 tablespoons olive oil, divided
5 large garlic cloves, peeled, halved
1 teaspoon chopped fresh thyme
Salt and pepper

Steam potato wedges until very tender, about 15 minutes. Meanwhile, heat 5 tablespoons oil in large skillet over low heat. Add garlic; sauté until golden, about 6 minutes.

Add potatoes and thyme to skillet. Mash coarsely. Season with salt and pepper. Transfer to bowl, drizzle with remaining 1 tablespoon oil, and serve.

St. Ninian's Gingery Muffins (recipe from Evelyn Vitz)

1 ½ c flour
1 t baking soda
¼ t salt
¼ t cinnamon
¼ t nutmeg (freshly grated, if possible)
¼ t cardamom
1 t ginger
½ c molasses
¼ c brown sugar
¼ c butter
½ c boiling water
1 egg

Preheat oven to 400.

Sift together flour, baking soda, salt, and spices into a large bowl. In another bowl, combine the molasses, sugar, butter, and boiling water.

Add the liquid mixture to the dry mixture a little at a time. Beat in the egg. Do not overbeat. The batter may be lumpy. Leave it that way for best results.

Pour into buttered muffin pans and bake for 20 – 25 minutes or until tests done.

St. Euphrosynus Baked Apples (recipe from David Lieberman)

Best to make fresh but you can prepare the apples well ahead of time and just refrigerate until ready to bake. They'll brown up a little bit from exposure to air but that won't matter once they're cooked, all bubbly, brown and delicious. Serve warm (with warm sauce) or cold (with cold sauce)

Baked apples

2 Golden Delicious apples
2 to 3 tablespoons butter
4 tablespoons light brown sugar
Ground cinnamon, for sprinkling

Preheat oven to 350 degrees F.

Wash and dry apples. Cut the apples in half and remove the core but leave any stems intact. Place apples in baking dish. Divide butter among each core cavity. Top each apple half with a tablespoon of sugar and dash with cinnamon.

Bake apples until the flesh is tender and they're bubbly and perfect looking, about 30 minutes. Serve with Creamy Custard Sauce.

Creamy Custard Sauce:

1/2 pint light vanilla ice cream, melted (recommended: Ben and Jerry's)
2 egg yolks

Heat the melted ice cream in a small saucepan over low heat until hot. Meanwhile, put the yolks in a mixing bowl and whisk until smooth. While whisking, slowly drizzle about 1 or 2 tablespoons hot melted ice cream into the yolks until blended. While whisking constantly, slowly add the rest of the hot liquid to the yolk mixture. Pour the mixture back into the saucepan and return to low heat.

St. Michael's Bannock (recipe by Ernst Schugraf)

1 ¼ c barley meal
1 ¼ c rye meal
1 ¼ c oat meal
1 c flour
½ t salt
2 t baking soda
2 ½ - 3 c buttermilk
3 T honey or molasses
½ c blueberries
2 eggs
1 c cream
4 T butter

Mix barley, rye, and oat meals in large bowl. Add flour and salt. Mix well. Stir the baking soda into 2 ½ c of the buttermilk and add to the flour mixture. Stir in the honey and berries if desired.

Turn the mixture onto a well-floured board. Mix the ingredients to make a soft dough. Add more flour or buttermilk depending on the consistency of the dough.

Divide the dough into 4 equal size balls and flatten each ball to ¾ inch thickness. Put each bannock on a sheet of parchment paper.

Mix together eggs, cream, and melted butter.

Heat the griddle and grease lightly. Paint the top surface of the bannock with the egg mixture and, using the parchment paper to flip the bannock, put this side on the griddle. Remove the paper. Paint the exposed surface of the bannock with the egg/cream mixture. Continue the cooking, painting of the surface, and flipping until each side of the bannock has been cooked three times.

Serve the bannock with butter, a sprinkling of powdered sugar, or jam.