



Come to the Table

After You Wash Your Hands

P a n d e m i c C o o k b o o k

Church of Our Redeemer

Lexington MA

Cover photo. Sky above the *Church of Our Redeemer* in Lexington MA.

Photo credit: Mary Ann Burnside, 2019

Dedication

This book is offered in gratitude for our church community which has remained connected in creative and compassionate ways during a severe, global pandemic that continues to affect the world today, and will for some time. I give additional thanks to members of our congregation who shared favorite recipes, scripture passages, poems and prayers.

A handwritten signature in black ink, appearing to be 'Mary Ann Burnside', with a large loop and a trailing flourish.

~ Mary Ann Burnside, Lexington MA

January 10, 2021

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Soups

Lasagna Soup (Cathy Burns)

6 servings

Ingredients:

- 1 tbsp olive oil
- 1 onion, diced
- 3 cloves garlic, minced
- 2 tbsp tomato paste
- 1 tsp dried basil
- 1 tsp dried oregano
- 28oz crushed tomato
- 6 c vegetable broth
- 1/3 c green lentil, rinsed
- 8 oz lasagna noodle, uncooked
- 3 c spinach
- Fresh basil, cut chiffonade, for serving

Preparation:

1. In a large pot, heat the olive oil over medium heat. Once the oil begins to shimmer, add the onion and cook for 3-4 minutes, until semi-translucent.
2. Add the garlic, tomato paste, basil, and oregano, and cook for 2-3 more minutes, or until the onions are translucent and herbs are fragrant.
3. Add the crushed tomatoes, vegetable broth, and lentils, and bring to a boil. Increase heat to medium-high and cook for 10 minutes or until lentils are halfway tender.
4. Break apart the lasagna noodles into about 2-in-long pieces and add to the pot. Let the soup cook for another 10-15 minutes, or until the pasta is al dente and the lentils are tender.
5. Stir in the spinach and let wilt, then serve immediately.

Enjoy!

Instead, as he who called you is holy, be holy yourselves in all your conduct; for it is written,

“You shall be holy, for I am holy.”

~ Peter 1:15-16 (NRSV)

Ham and Bean Soup (Kate Ekrem)

Dad always uses navy beans. But you could use dried peas or any bean you have on hand. Don't forget to soak the beans the night before. You don't need to soak dried peas.

- 16 oz dried beans (soaked overnight)
 - Your leftover ham bone with some ham attached. Trim off any fat.
 - Dried Herbs you have on hand, ideally thyme and bay leaf but you could substitute dried parsley, marjoram, basil, oregano...
 - 1-3 carrots (or you could use parsnip, or turnip?), sliced
 - 1 onion, diced
 - 2 cloves garlic (or not), minced
 - Salt and pepper to taste
1. Put dried soaked beans and all other ingredients in a big pot. Just plop the hambone right in there.
 2. Add water until the hambone is mostly submerged (about 8 cups of water, give or take).
 3. Bring everything to a boil. Then turn the heat down to a simmer, and let it simmer away for 2 hours or so.
 4. When the beans taste good and are the level of mushiness than you like, turn off the heat.
 5. Let it cool down until the ham is easier to handle.
 6. Fish the hambone out of the pot and put it on a cutting board.
 7. Trim all of the meat off and cut into bite sized pieces.
 8. Throw away the bones, skin, and fat.
 9. Return the ham meat to the pot.
 10. Warm everything up a bit.

This is traditionally served with Bisquick drop biscuits, using the recipe on the Bisquick box, with butter and jam.

Psalm 121

Assurance of God's Protection

A Song of Ascents.

1 I lift up my eyes to the hills—

from where will my help come?

2 My help comes from the Lord,

who made heaven and earth.

3 He will not let your foot be moved;

he who keeps you will not slumber.

4 He who keeps Israel

will neither slumber nor sleep.

5 The Lord is your keeper;

the Lord is your shade at your right hand.

6 The sun shall not strike you by day,

nor the moon by night.

7 The Lord will keep you from all evil;

he will keep your life.

8 The Lord will keep

your going out and your coming in

from this time on and forevermore.

Miso Squash Ramen Soup (Mary Ann Burnside)

From www.eipcurious.com, recipe by Hetty McKinnon

YIELD 4 Servings

ACTIVE TIME 25 minutes

TOTAL TIME 45 minutes

INGREDIENTS

Squash

- 1 Tbsp. extra-virgin olive oil
- 1 Tbsp. white miso
- 2 tsp. pure maple syrup or brown sugar
- 1 tsp. regular soy sauce or tamari
- 1 small kabocha squash (about 2 lb.), peeled, cut into 1"-thick wedges, or 1 small butternut squash (about 2 lb.), peeled, cut into 1" pieces

Broth and assembly

- 1 Tbsp. extra-virgin olive oil
- 1 (1") piece ginger, coarsely chopped
- 2 garlic cloves, coarsely chopped
- 4 cups low-sodium vegetable broth
- 2 Tbsp. white miso
- Kosher salt, freshly ground pepper
- 1 large bunch broccolini (8–10 oz.), halved crosswise, thicker stalks halved lengthwise
- 4 (5-oz.) packages wavy ramen noodles, preferably fresh
- Handful of cilantro leaves with tender stems

PREPARATION

Squash

1. Preheat oven to 400°F.
2. Whisk oil, miso, maple syrup, and soy sauce in a small bowl until a thick paste forms.
3. Place squash on a rimmed baking sheet and scrape dressing over; toss to coat.
4. Arrange squash in a single layer and roast until fork-tender (it will be a little caramelized in spots), 25–30 minutes.

Broth and assembly

1. Heat oil in a medium pot over medium-high. Add ginger and garlic and cook, stirring, 1 minute. Add broth and bring to a boil. Remove from heat.
2. Set 8 roasted squash wedges (or about 2 cups if using butternut) aside for serving. Add miso and remaining squash to pot and blend with an immersion blender until mostly smooth; season with salt and pepper. (Alternatively, you can let broth cool slightly, then purée with squash and miso in a regular blender.)
3. Meanwhile, bring a large pot of salted water to the boil and cook broccolini until crisp-tender, about 3 minutes. Using tongs, transfer to a plate.
4. Add noodles to same pot and cook according to packet directions. Drain and divide noodles among bowls.
5. Ladle broth over noodles and arrange broccolini and reserved squash (cut in half if they are very big) on top. Scatter cilantro over.

Follow

When she has brought out her own,
she goes ahead of them,
and the sheep follow her because they know her voice.
—John 10.4

In the West where I come from
shepherds and cattle herders
and their dogs nip from behind—
but in agrarian societies
the shepherd goes ahead
and the sheep follow behind.

The Good Shepherd does not send you alone
but goes first.
In paths of righteousness,
even in the valley of the shadow of death,
the Beloved is ahead of you.

If you are lost or misplaced
maybe you listened to
the commercials of fears and desires
instead of the delight of the Beloved.

Even then, you will find no path
where the Beloved has not gone first
and found the way.

Steve Garnaas-Holmes
Unfolding Light
www.unfoldinglight.net

April 29, 2020

Vegetable and Corn Chowder (Cassie and Randy Bowlby)

Ingredients

- 1 TBSP vegetable oil
- 1 red onion, diced
- 1 red bell pepper, diced
- 3 cloves garlic, crushed
- 1 large potato, diced
- 2 TBSP flour
- 2 1/2 cup skim milk
- 1 1/4 cup vegetable stock
- 1 3/4 oz broccoli florets
- 3 cups canned corn, drained
- 3/4 cup grated Cheddar cheese
- salt and pepper

Steps

1. Heat oil, saute onion, pepper, garlic, potato 2-3 minutes, stirring.
2. Stir in flour, cook 30 seconds.
3. Stir in milk and stock.
4. Add broccoli and corn, bring to boil, stirring.
5. Reduce heat, simmer 20 minutes or until vegetables are tender.
6. Stir in cheese until it melts.
7. Season with salt and pepper

Makes 4 servings

“Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest.”

~ Matthew 11:28

Breads

Focaccia (Cathy Burns)

Makes 6 servings

Dough:

- 1 cup warm water
- 2 tbsp olive oil
- 2 tbsp honey
- 2 tsp salt
- 3 1/3 c flour
- 1 1/2 tsp yeast

Toppings:

- 2 tbsp extra virgin olive oil
- 2 sprigs fresh rosemary, leaves removed
- Salt, to taste
- Pepper, to taste

Preparation:

1. Combine water, olive oil, honey, salt, flour, and yeast in a large bowl.
2. Mix well and knead for 1-15 minutes until the dough is elastic.
3. Transfer the dough to a well-oiled bowl.
4. Cover with a towel or plastic wrap and let rise once for 1 hour in a warm place, until the dough has doubled.
5. Preheat oven to 375 degrees.
6. Remove the dough from the bowl and stretch the dough into 9-inch circle
7. Place the dough into a well greased 10-inch cast iron pan. Cover with a towel or plastic wrap and rest for 30 minutes.
8. Poke the top with your fingertips.
9. Drizzle with olive oil and sprinkle with rosemary, salt, and pepper.
10. Bake in the oven for 20-30 minutes.

A Prayer attributed to St. Francis

Lord, make us instruments of your peace.

Where there is hatred, let us sow love;

where there is injury, pardon;

where there is discord, union;

where there is doubt, faith;

where there is despair, hope;

where there is darkness, light;

where there is sadness, joy.

Grant that we may not so much seek to be consoled as to console;

to be understood as to understand;

to be loved as to love.

For it is in giving that we receive; it is in pardoning that we are pardoned;

and it is in dying that we are born to eternal life. Amen.

~ *Book of Common Prayer*, p. 833

No Knead Bread (Kate Ekrem)

Everyone who is stuck inside for weeks at a time needs to make No Knead Bread. You can find recipes all over the internet. The timing is what makes it so easy. Mix up a bowl of dough the night before (it takes 5 mins). The next morning, or really anytime the next day, pop it out on the counter (takes 2 mins). Let it sit for 2 hours then bake. That's it. Details below:

Overall, the formula is:

- 3 cups all-purpose or bread flour
- 1 tsp salt
- 1/2 tsp active dry yeast
- 1 ½ cups or more water

A Dutch oven or covered cast iron or other heavy casserole (like a Le Creuset). I use a Lodge enameled dutch oven I got on Amazon for \$50.

I've experimented quite a lot, and found that you can tweak this recipe as long as you keep 1 cup of regular flour. For example, you can do 2 cups whole wheat flour with 1 cup white, or 2 cups white with 1 cup whole wheat or other flour. You can also add up to a cup of "extras" like dried fruit and nuts, sunflower seed and oatmeal, or perhaps rosemary and olives?

The Technique:

1. Mix all the ingredients together the night before in a big bowl. It should be a big bowl because it's going to rise overnight so you want to give it room to grow. Add water until it's a shaggy, sticky, batter-like dough (too sticky to knead with your hands). Cover with a dish towel and let sit overnight on the counter.
2. In the morning (or anytime 12-24 hours later, 2 1/2 hours before you want fresh bread), sprinkle some flour on your work surface. Scrape dough out of the bowl and sprinkle with some flour so it's easier to handle. Shape into a round loaf. Let it sit and rise for about 2 hours.
3. Set a timer for 90 mins. When it goes off, put your dutch oven or cast-iron casserole in the oven, with the lid on. Turn oven on to 450. Let oven and the empty dutch oven preheat for 30 mins.

4. Then the 2 hours is up and it's time to cook the bread. Carefully take dutch oven out of the oven with pot holders and remove the lid. Sprinkle a tablespoon or so of cornmeal or other coarse grain into the bottom of the dutch oven to help the bread not stick. Transfer the round loaf into the dutch oven. (This can be a bit tricky since you don't want to touch the hot dutch oven, but precision is not necessary. It's Ok if it kind of falls in sideways, it will even out while cooking.) Cover the dutch oven and put back in the 450 degree oven.
5. Cook for 20-30 mins with lid on, or until top crust is getting a bit brown. Remove lid and bake another 15-20 mins with lid off.
6. Remove hot dutch oven carefully from oven. Turn out bread and let cool for an hour before slicing.

Some variations to play with:

Multigrain No Knead Bread (Kate Ekrem)

- 2 cups all-purpose flour
- ½ cup rye flour (if you don't have rye flour, you could use whole wheat or another whole grain flour)
- ½ cup whole wheat flour
- ½ cup coarse grain, seed, or nut like bulgur, cracked wheat, steel cut oats, sunflower seeds, etc. I don't recommend regular rolled oats just because they dissolve into the bread and don't give any texture (although it is still good bread). Great way to use up that last ½ cup of something or other in the cupboard.
- 1 ½ ts salt
- ½ ts active dry yeast
- 1 ½ cups water

Lucy's Cranberry Walnut No Knead Bread

I made this first with raisins, but Lucy said go with dried cranberries and she was right. I often replace a cup of white flour with a cup of whole wheat in this recipe.

- 3 cups all-purpose flour or bread flour
- ½ cup walnuts (or use any nuts on hand. Pecans would be great, also almonds)

- ½ cup dried cranberries (or any dried fruit on hand. What about apricots?)
- 1 ½ ts salt
- ¾ ts cinnamon
- ½ ts active dry yeast
- 1 ½ cups water

God be in my head, and in my understanding;

God be in my eyes, and in my looking;

God be in my mouth, and in my speaking;

God be in my heart, and in my thinking;

God be at my end, and at my departing.

~ New Zealand Prayer Book (p. 178)

Meat and Fish

My Dad was always big on cooking a large ham, then eating the leftovers all week by making it into other things. So one thing I “panic-bought” just before school closed was a big ham. Here’s what I did with it. These are my Dad’s recipes, tweaked a bit by me over the years. - Kate

Baked Ham (Kate Ekrem)

This one is very easy. You just need a ham, but optional ingredients are:

- 1 cup brown sugar
 - 2 ts dry mustard
 - ½ cup or so sherry (I bet you could use another liquid, maybe beer? Water’s fine, too.)
1. Preheat oven to 325. Check to see if the ham is “fully cooked” or not on the label and how many pounds it is.
 2. You could score the ham and put cloves in it, or not bother.
 3. Put the ham in the oven (if you use a rack you could put a cup or so of water in the bottom of the pan) for 15 mins per pound if it’s fully cooked, or 25 mins per pound if it’s not.
 4. About 20 mins before it’s due to be done, you could mix a cup of brown sugar with some dry mustard (maybe a couple teaspoons). Then add sherry until it’s a thin paste. Baste the ham with it. But this is optional.

After you eat this for a nice meal with perhaps some oven-roasted root vegetables and green beans, then you have leftover ham to use like this:

Ham and Scalloped Potatoes (Kate Ekrem)

Basically the idea is to add ham to scalloped potatoes to make it a meal that will fill up hungry teenagers. So you can use whatever your favorite scalloped potatoes recipe is and throw in some ham. But here’s one way to do it:

- 3 lbs potatoes
- 2 TB butter
- Onion
- Leftover ham, diced, about 3 cups
- 2 cups half and half, cream, or milk -- whatever you have on hand.
- ¼ cup flour

- 2 cups grated cheese (whatever you have -- cheddar and jack are good, or a combo)
 - Salt
 - Pepper
1. Saute the onion in a pan. Add it to the diced ham.
 2. Slice the potatoes (a mandoline or food processor makes this easier).
 3. It helps to boil the potatoes for 5 mins or so to speed up the cooking, but this is optional.
 4. Layer in a casserole in thirds: $\frac{1}{3}$ of the potatoes, $\frac{1}{3}$ of the cheese, $\frac{1}{3}$ of the cream. Then repeat twice more. Sprinkle some cheese on top.
 5. Cover casserole with foil. Cook at least 40 mins with foil on, then 20 or so with foil off. Test that potatoes are fully cooked. Cook a bit longer if needed.

Keep it simple -- serve with just a salad or any easy side veggie.

Then you have a hambone left, so of course it's time for soup. As long as you've got a carrot and an onion, you are good to go.

Walk tall, walk well, walk safe, walk free.

And may harm never come to thee.

Walk wise, walk good, walk proud, walk true.

And may sun always smile on you.

Walk prayer, walk huge, walk faith, walk light.

And may peace always guide you right.

Walk joy, walk brave, walk love, walk strong.

And may life always give you song.

~ South African Blessing

Brunch Casserole (Tony Johnson)

Recipe from the kitchen of Jean Henderson

- 2 lbs link sausage - browned
 - 3/4 lb grated cheddar cheese
 - 8 slices fresh bread cubed
 - 4 eggs + 2 1/4 cup milk mixed together
 - 1 can of cream of mushroom soup
-
1. Slice sausage and put in casserole pan or dish.
 2. Layer bread cubes and cheese (just dump them in)
 3. Pour in egg and milk mixture
 4. Pour soup over all and refrigerate overnight
 5. Bake: 1 1/2 hour at 325 degrees (serves 8)

Psalm 3

Trust in God under Adversity

A Psalm of David, when he fled from his son Absalom.

1 O Lord, how many are my foes!

Many are rising against me;

2 many are saying to me,

“There is no help for you[a] in God.” Selah

3 But you, O Lord, are a shield around me,

my glory, and the one who lifts up my head.

4 I cry aloud to the Lord,

and he answers me from his holy hill. Selah

5 I lie down and sleep;

I wake again, for the Lord sustains me.

6 I am not afraid of ten thousands of people

who have set themselves against me all around.

7 Rise up, O Lord!

Deliver me, O my God!

For you strike all my enemies on the cheek;

you break the teeth of the wicked.

8 Deliverance belongs to the Lord;

may your blessing be on your people! Selah.

Brown Rice Congee (Linda Kukolich)

From *Always Delicious* by David Ludwig and Dawn Ludwig

This is mostly a pantry meal, except for the rutabaga and cabbage, and those are pretty long lived veggies. Serves 4

1. Bring 5 c water to a boil
2. In a wide mouth jar, using an immersion blender, blend 1/2 c water and 1" ginger, thinly sliced. Chill. You won't use this till tomorrow. (Or, throw the sliced ginger in with the rest of the stuff)
3. Heat 2-3 tbsp olive oil in an insta-pot.
4. Fry for 5-8 minutes, to cook the chicken
 - 1 stalk celery, cut into 1/2 inch pieces
 - 2 fresh shiitake (or 1 dried)
 - 1 lb chicken, diced (or 1 1/4 lb tofu)
 - 1/2 tsp salt

Add

- 1/3 c uncooked beans (adzuki, or mung, or the ones you have)
- 2/3 c uncooked brown rice (or millet)
- 1" piece of kombu (a thick seaweed used for making stocks in Japan)
- 8 oz rutabaga, diced
- 1 1/2 c shredded cabbage

Add (5 c of hot) water and set insta-pot to slow cook for 8 hours. (If you used millet, that is thirsty. Add another cup of water now, and more if it looks too dry in the morning.)

Now add the ginger water (remember that?) to brighten the taste. If you threw it in with everything else, then the bites with ginger pieces in them will be surprising, in a good way.

Topping:

- 2 tbsp toasted sesame oil
- 16 scallions, sliced at an angle

Fry the scallions 2 minutes to soften. Then add

- 1/4 c miso paste

Serve with topping and sesame seeds as a garnish.

*Let the words of my mouth and the meditation of my heart be acceptable
in your sight, O Lord, my strength and my redeemer.*

~ Psalm 19:14

Breezy Point Chicken Curry (Lance & Sarah Conrad)

from *Tidewater on the Half Shell*

- 1 T. extra virgin olive oil
- 1/4 c. celery, sliced
- 1/4 c. onion, chopped
- 1 clove garlic, minced
- 2 T. flour
- 2 cubes chicken bouillon
- 1 c. water
- 1 c. milk or light coconut milk
- 1/2 c. applesauce
- 3 T. tomato paste
- 2-4 T. curry powder
- 3 c. cooked chicken, cubed (boiled chicken thighs work well)

Steps:

1. Sauté celery, onion, and garlic in olive oil until translucent. Add flour and blend.
2. Dissolve bouillon cubes in water and add to mixture.
3. Add milk, applesauce, tomato paste, and curry.
4. Cook and stir until bubbly over medium heat.
5. Stir in chicken and heat through.

Serve over rice with an assortment of condiments. Condiment suggestions include: raisins, toasted coconut, chopped peanuts, chopped hard boiled eggs, diced green pepper, diced celery, and chutney.

1 Corinthians 12:12-27 New International Reader's Version (NIRV)

One Body but Many Parts

12 There is one body, but it has many parts. But all its many parts make up one body. It is the same with Christ. **13** We were all baptized by one Holy Spirit. And so we are formed into one body. It didn't matter whether we were Jews or Gentiles, slaves or free people. We were all given the same Spirit to drink. **14** So the body is not made up of just one part. It has many parts.

Baked Scallops (Randy and Cassie Bowlby)

Ingredients

4 TBSP, melted
1 lb scallops, rinsed and drained
1/2 cup seasoned dry bread crumbs
1 tsp onion powder
1/2 tsp paprika
1/2 tsp dried parsley
3 garlic cloves, minced
1/4 cup grated Parmesan cheese

Instructions

1. Preheat oven to 425 degrees.
2. Pour melted butter into a 2 quart oval casserole dish.
3. Distribute butter and scallops evenly inside the dish.
4. Combine the bread crumbs, onion powder, garlic powder, paprika, parsley, garlic and cheese. Sprinkle this mixture over the scallops.
5. Bake in pre-heated oven until scallops are firm, about 11-14 minutes.

Lord, bless this food to our use and ourselves to your service, and keep us ever mindful of the needs of others. In Christ's name we pray.

AMEN

Vegetarian

Chili with Bulgur (Lori Wright)

Recipe by Mark Bittman *How to Cook Everything Vegetarian*

Ingredients

- 2 tablespoons olive oil
- 1 onion, chopped
- 2 bell peppers (any color), cored, seeded, and chopped
- 2 tablespoons minced garlic
- 3 tablespoons tomato paste
- 2-4 cascabel, guajillo, ancho, or other dried red chiles, soaked, cleaned, and chopped
- 3 cups chopped ripe tomatoes (about 2 pounds) or canned tomatoes (whole or chopped; don't bother to drain)
- 4 cups vegetable stock, chile-soaking liquid, or water, or a combination
- 2 tablespoons chili powder
- Salt and pepper
- 1 cup bulgur or other quick-cooking grain
- Sliced scallions, chopped fresh cilantro, grated Monterey Jack or cheddar cheese, and sour cream for garnish

Instructions

1. Put the oil in a large pot over medium-high heat. When it's hot, add the onions, bell peppers, and garlic. Cook, stirring occasionally, until the onions are soft, 3 to 5 minutes. Stir in the tomato paste until it's evenly distributed and begins to color, another minute or 2. Add the chiles, tomato, stock, chili powder, and a good sprinkle of salt and pepper.

2. Bring to a boil, then turn the heat down so the mixture bubbles gently. Cook, stirring occasionally, until slightly thickened, about 30 minutes. Stir in the bulgur and cook for 10 minutes. Turn off the heat and let sit until the bulgur is tender, about 15 minutes. Garnish as you like and serve hot. Or cover and store in the refrigerator for up to 3 days before reheating gently.

Bulgur Chili with Beans — Add 2 to 3 cups cooked or drained canned kidney, pinto, black, or other beans in Step 2. Omit the cheese and sour cream garnishes.

Smoky and Hot Bulgur Chili — Add 2 to 4 chopped canned chipotle chiles, with some of their adobo sauce to taste, in Step 1. Omit the cheese and sour cream garnishes.

Ultimate Vegan Chili — Add as much or as little as you want: Combine the first two variations, adding beans and chipotles to the chili. Add 1 tablespoon chopped fresh ginger in Step 1 for extra spice. In Step 2, add 1 cup fresh or frozen corn kernels or any of the other vegetables listed in the headnote. Omit the cheese and sour cream garnishes.

Faithful Companion,

in this new year I pray:
to live deeply, with purpose,
to live freely, with detachment,

to live wisely, with humility,
to live justly, with compassion
to live lovingly, with fidelity,

to live mindfully, with awareness,
to live gratefully, with generosity,
to live fully, with enthusiasm.

Help me to hold this vision
and to daily renew it in my heart,
becoming ever more one with you,
my truest Self.

-Joyce Rupp

Amen.

Cauliflower Fried Rice (Geri Easler)

Recipe by Jennifer Segal. *This Chinese-style cauliflower fried rice is a healthy, low-carb dish that's hearty enough to serve as a main course.*

Servings: 4

Prep Time: 15 Minutes

Cook Time: 15 Minutes

Total Time: 30 Minutes

INGREDIENTS

- Vegetable oil
- 2 large eggs, beaten
- Salt
- 1 cup chopped scallions, light and green parts separated (you'll need 5-6 scallions)
- 3 garlic cloves, minced
- 1 tablespoon finely chopped fresh ginger, from a 1-inch knob
- One 2-lb head cauliflower (or 2 pounds ready to cook' cauliflower)
- 4-5 tablespoons soy sauce (use gluten-free if needed)
- 1/4 teaspoon crushed red pepper flakes
- 1 teaspoon sugar
- 1 cup frozen peas and carrots
- 1 teaspoon rice vinegar
- 1 teaspoon Asian sesame oil
- 1/4 cup chopped cashews or peanuts (optional)

INSTRUCTIONS

1. Grate the cauliflower in a food processor fitted with the grating disc. Alternatively, grate on the large holes of a box or hand-held grater. Set aside. (Skip this step if using 'ready to cook' cauliflower rice.)
2. Heat 2 teaspoons of vegetable oil in a large (10 or 12-inch) nonstick skillet over medium heat. Add the eggs and a pinch of salt and scramble until the eggs are cooked. Transfer to a small plate and set aside. Wipe the pan clean.
3. Add 3 tablespoons of vegetable oil to the pan and set over medium heat.
4. Add the light scallions, garlic, and ginger and cook, stirring often, until softened but not browned, 3 to 4 minutes.

5. Add the grated cauliflower, 4 tablespoons of the soy sauce, red pepper flakes, sugar, and 1/4 teaspoon salt. Cook, stirring often, for about 3 minutes.
6. Add the peas and carrots and continue cooking until the cauliflower "rice" is tender-crisp and the vegetables are warmed through, a few minutes.
7. Stir in the rice vinegar, sesame oil, dark green scallions, nuts (if using) and eggs.
8. Taste and adjust seasoning (adding the remaining tablespoon of soy sauce if necessary).
Serve hot.

The Power behind you is greater than the task ahead of you.

~ Bishop Barbara C. Harris

Easy French Toast Casserole (Linda Kukolich)

From <https://www.allrecipes.com/recipe/240502/easy-french-toast-casserole/>

Prep: 15m. Cook 35m. Ready in 8h, 50m; *Recipe By:* Heather Bogle

"Delicious and decadent, simple spin on French toast. Got the idea from a bed and breakfast in the south. Add additional ingredients; we like blueberries and cream cheese, cinnamon apples, nuts, and dried fruit!"

Ingredients

- 1 cup brown sugar
- 1/2 cup butter
- 1 (8 ounce) loaf crusty French bread, cut into bite-size pieces, or as needed
- 2 cups milk
- 6 eggs
- 2 teaspoons vanilla extract
- 1 pinch ground cinnamon, or to taste
- 1 tablespoon brown sugar, or as needed

Directions

1. Grease a 9x12-inch baking dish.
2. *Mix together your bread and your "extras". I did 2 apples, diced.*
3. Stir 1 cup brown sugar and butter together in a saucepan over medium-low heat until butter melts and sugar dissolves into butter, 2 to 4 minutes.
4. Pour into prepared baking dish and spread a 1 1/2- to 2-inch layer of bread pieces over the top.
5. Beat milk, eggs, and vanilla extract together in a bowl; pour milk mixture over bread into the baking dish and move bread as necessary to ensure all bread is absorbing liquid. Sprinkle cinnamon over the top. Cover the dish with plastic wrap and refrigerate, 8 hours to overnight. *(Or 1 1/2 hours, if you forgot to do that step last night...)*
6. Preheat oven to 450 degrees F (230 degrees C). Remove and discard plastic wrap from baking dish and sprinkle remaining brown sugar over the top of the bread mixture.
7. Bake in the preheated oven until browned and bubbling, about 30 minutes.

This is SUPER sweet. Serve with eggs or SOMETHING to cut the sweet.

***The Song of Mary* Magnificat**

Luke 1:46-55

My soul proclaims the greatness of the Lord,
my spirit rejoices in God my Savior; *
for he has looked with favor on his lowly servant.

From this day all generations will call me blessed: *
the Almighty has done great things for me,
and holy is his Name.

He has mercy on those who fear him *
in every generation.

He has shown the strength of his arm, *
he has scattered the proud in their conceit.

He has cast down the mighty from their thrones, *
and has lifted up the lowly.

He has filled the hungry with good things, *
and the rich he has sent away empty.

He has come to the help of his servant Israel, *
for he has remembered his promise of mercy,

The promise he made to our fathers, *
to Abraham and his children for ever.

Glory to the Father, and to the Son, and to the Holy Spirit: *
as it was in the beginning, is now, and will be for ever. Amen.

Cheesy Kale Quiche (Mary Ann Burnside)

This is a great meal for breakfast, lunch or dinner. The recipe is vegetarian, though for a meat version, simply add 4 slices cooked bacon, crumbled into the mixture before baking. Serve warm out of the oven, or cold out of the refrigerator depending on your mood! Credit goes to www.allrecipes.com

Prep: 10 mins

Cook: 45 mins

Total: 55 mins

Ingredients:

- 1 (9 inch) pie crust pastry (I used a frozen one)
- ½ of an 8 ounce package of cream cheese
- ½ cup milk
- 4 eggs, beaten
- 8 ounces sharp Cheddar cheese, shredded
- 10 ounces chopped kale (I used frozen)

Directions:

1. Preheat oven to 400 degrees F (200 degrees C).
2. Press pie crust into a pie plate.
3. Place cream cheese in a microwave-safe bowl; heat in microwave until warmed, about 10 seconds.
4. Stir cream cheese and milk together in a bowl; stir into beaten eggs. Stir Cheddar cheese into egg mixture; add kale. Pour egg mixture into the pie crust.
5. Bake in the preheated oven until top has golden brown spots and a toothpick inserted in the center comes out clean, about 45 minutes.

*For surely I know the plans I have for you,
says the Lord, plans for your welfare and not for harm,
to give you a future with hope.*

~ Jer 29:11 (NRSV)

Pandemic Potato Peel Fries (Deb Jacoby-Twigg)

1. Save peels from peeling white or yellow potatoes for some other recipe/meal
2. Save bacon grease.
3. Toss peels in bacon grease (or olive oil) till reasonably coated.
4. Salt & pepper.
5. Spread on cookie sheet.
6. Bake at 450 to desired degree of crispness, flipping as needed. (15 - 30 minutes, depending – just pay attention)

Serve as a TV snack or a breakfast side.

Don't forget to wash & reuse the baggie you used to save the peels!

Jubilate

Psalm 100

Be joyful in the Lord, all you lands; *
serve the Lord with gladness
and come before his presence with a song.

Know this: The Lord himself is God; *
he himself has made us, and we are his;
we are his people and the sheep of his pasture.

Enter his gates with thanksgiving;
go into his courts with praise; *
give thanks to him and call upon his Name.

For the Lord is good;
his mercy is everlasting; *
and his faithfulness endures from age to age.

From our Vegetarian Seder (Linda Kukolich)

Mock Chopped Liver. From a website I have now lost tab for...

- oil
 - 2 medium onions
 - 2 hard boiled eggs
 - 1 can green beans, drained and pressed to remove as much water as you can
 - 1/4 c walnuts
 - salt
1. Saute onions till brown.
 2. Puree all in a food processor.
 3. You end up with a very dark paste that tastes great on matzah.

The First Song of Isaiah *Ecce, Deus*

Isaiah 12:2-6

Surely, it is God who saves me; *

I will trust in him and not be afraid.

For the Lord is my stronghold and my sure defense, *
and he will be my Savior.

Therefore you shall draw water with rejoicing *
from the springs of salvation.

And on that day you shall say, *

Give thanks to the Lord and call upon his Name;
Make his deeds known among the peoples; *
see that they remember that his Name is exalted.

Sing the praises of the Lord, for he has done great things, *
and this is known in all the world.

Cry aloud, inhabitants of Zion, ring out your joy, *
for the great one in the midst of you is the Holy One of Israel.

Glory to the Father, and to the Son, and to the Holy Spirit: *
as it was in the beginning, is now, and will be for ever. Amen.

Brussels Sprouts With Walnuts and Pomegranate (Mary Ann Burnside)

From *New York Times Cooking*

Recipe by Colu Henry

Yield 4 servings

Time 30 minutes

INGREDIENTS

- 1 ½ pounds brussels sprouts, trimmed and
- halved
- 3 tablespoons olive oil
- Kosher salt and black pepper
- ¼ cup roughly chopped walnuts
- 2 tablespoons pomegranate seeds, plus more to
- taste
- Pomegranate molasses, for drizzling (optional)
- Flaky salt, to serve

PREPARATION

1. Heat the oven to 425 degrees.
2. In a large bowl, toss brussels sprouts with the olive oil. Season well with the salt and black pepper and toss again. Spread everything evenly on a sheet pan cut-side down and roast until crisp and deeply golden brown, about 25 to 30 minutes, flipping the sprouts halfway through to ensure even browning.
3. Meanwhile, toast the walnuts in a skillet over medium-low heat, stirring frequently to ensure they don't burn, about 4 to 5 minutes. Remove from heat and set aside.
4. When the brussels sprouts are done roasting, toss them with the toasted walnuts and the
5. pomegranate seeds. Drizzle with the pomegranate molasses (about 1 teaspoon or so), if using. Season with flaky salt.

The Beatitudes

3 *“Blessed are the poor in spirit, for theirs is the kingdom of heaven.*

4 *“Blessed are those who mourn, for they will be comforted.*

5 *“Blessed are the meek, for they will inherit the earth.*

6 *“Blessed are those who hunger and thirst for righteousness, for they will be filled.*

7 *“Blessed are the merciful, for they will receive mercy.*

8 *“Blessed are the pure in heart, for they will see God.*

9 *“Blessed are the peacemakers, for they will be called children of God.*

10 *“Blessed are those who are persecuted for righteousness’ sake, for theirs is the kingdom of heaven.*

~ Matthew 5:3-10 (NRSV)

Sweets

Devil Dogs (Lori Wright)

Ingredients

- 1/2 cup soft butter
- 1 egg
- 1 cup sugar
- 1/2 cup cocoa
- 2 1/3 cup flour
- 1/2 tsp baking powder
- 1/2 tsp salt
- 1/2 tsp baking soda
- 1 cup milk
- 1 tsp vanilla extract



Instructions

To make filling:

1. Cook 3 TBSP flour with 1/2 cup of the milk in small pan until paste is formed; cool thoroughly.
2. Place in bowl with 1/2 cup sugar, 1/2 cup of your favorite vanilla buttercream frosting, 1 tsp vanilla. Beat until fluffy and light.

To make the batter:

1. Preheat oven to 400 degrees.
2. Mix butter and sugar, then alternate dry ingredients, milk and vanilla.
3. Beat at low speed; let sit for 15 minutes
4. Put devil dog batter into zip lock bag and “pipe” it onto cookie sheet to get the right shape.
5. Bake for 7 minutes.

Pray as if everything depends on God, work as if everything depends on you.

~ St. Ignatius

Brown Rice Pudding (Mary Ann Burnside)

Ingredients

- **1/2 cup** pitted dates
- **1 cup** uncooked brown rice
- **4 cups** unsweetened vanilla almond milk
- **1/2 cup** raisins
- **1 teaspoon** pure vanilla extract
- **1/2 teaspoon** pure almond extract
- **1/4 teaspoon** ground cinnamon
- **1/2 cup** toasted, chopped slivered almonds

1. Place dates in a bowl and pour 1/2 cup boiling water over them. Let soak 15 minutes, then transfer dates and water to a blender and purée until smooth to make a date syrup.
2. Meanwhile, bring rice and almond milk to a boil in a medium saucepan.
3. Reduce heat to medium-low and simmer until rice is cooked and has absorbed most of the almond milk, stirring occasionally, about 45 minutes.
4. Stir date syrup, raisins, vanilla extract, almond extract, cinnamon and almonds into rice and serve warm.

Night Prayer

Lord,

it is night.

The night is for stillness.
Let us be still in the presence of God.

It is night after a long day.
What has been done has been done;
what has not been done has not been done;
let it be.

The night is dark.
Let our fears of the darkness of the world and of our own lives
rest in you.
The night is quiet.
Let the quietness of your peace enfold us,
all dear to us,
and all who have no peace.

The night heralds the dawn.
Let us look expectantly to a new day,
new joys,
new possibilities.

In your name we pray.
Amen.

~ New Zealand Prayer Book

Vegan Lemon Cake (Mary Ann Burnside)

From www.lovingitvegan.com

Author: Alison Andrews Prep Time: 20 mins Cook Time: 30 mins Yield: 10-12

“This vegan lemon cake with velvety lemon buttercream frosting is perfectly moist and spongy and will make all your lemon cake dreams come true!”

INGREDIENTS

For the Vegan Lemon Cake:

- 2 and 1/2 cups (312g) + 2 Tbsp All Purpose Flour
- 1 and 1/2 cups (300g) White Sugar
- 1 and 1/2 tsp Baking Soda
- 3/4 tsp Salt
- 1 and 1/2 cups (360ml) Soy Milk (or other non-dairy milk)
- 1/2 cup (120ml) Extra Virgin Olive Oil*
- 1 Tbsp White Vinegar (or Apple Cider Vinegar)
- 1 tsp Vanilla Extract
- 3 tsp Lemon Extract
- 2 Tbsp Lemon Zest*

For the Lemon Buttercream Frosting:

- 4 and 1/2 cups (540g) Powdered Sugar
- 1/2 cup (112g) Vegan Butter
- 2 tsp Lemon Extract
- 3 and 1/2 Tbsp Lemon Juice*

For Decoration:

- Lemon Zest

INSTRUCTIONS

1. Preheat the oven to 350°F (180°C).
2. Spray two 8 inch cake pans* with non-stick spray and line the bottoms with parchment paper. Set aside.
3. Sift the flour into a mixing bowl and add the sugar, baking soda and salt. Then add the soy milk, olive oil, vinegar, vanilla, lemon extract and lemon zest. Whisk with a hand whisk briefly until nicely combined and no big lumps remain. Don't overmix, tiny lumps are okay.
4. Divide the batter between the two cake pans and place into the oven to bake for 30 minutes or until a toothpick inserted into the center of one of the cakes comes out clean.
5. Remove the cakes from the pans and place onto a wire cooling rack to cool completely before frosting.

6. Prepare your frosting by placing the powdered sugar, vegan butter and lemon extract and lemon juice* into the bowl of an electric mixer. Start off at slow speed, gradually increasing speed until thick and smooth.
7. Frost the cooled cakes and decorate with lemon zest.

Notes:

You can switch the extra virgin olive oil for canola oil or other vegetable oil if you prefer. Any vegetable oil will work great here.

2 Tbsp of lemon zest is from about 2 lemons, but it does depend on the size of the lemons, if it's a large lemon you might get 2 Tbsp

The Servant Girl at Emmaus -Denise Levertov

She listens, listens, holding her breath.
Surely that voice
is his—the one
who had looked at her, once,
across the crowd, as no one ever had looked?
Had seen her?
Had spoken as if to her?
Surely those hands were his,
taking the platter of bread from hers just now?
Hands he'd laid on the dying and made them well?
Surely that face—?
The man they'd crucified for sedition and blasphemy.
The man whose body disappeared from its tomb.
The man it was rumored now some women had seen this morning,
alive?
Those who had brought this stranger home to their table
don't recognize yet with whom they sit.
But she in the kitchen,
absently touching the wine jug she's to take in,
a young Black servant intently listening,
swings round and sees
the light around him
and is sure.

Best Carrot Cake Ever (Bernadette Colley)

“My Favorite Carrot Cake Recip” from Sally’s Baking Addiction

- 2 cups chopped pecans (1 cup is for garnish on top of frosting)
- 1 ½ cups packed light or dark brown sugar
- ½ cup granulated sugar
- 1 cup vegetable or canola oil
- 4 large eggs
- ¾ cup unsweetened applesauce or crushed pineapple drained (I use pineapple)
- 1 tsp vanilla extract
- 2 ½ cups all-purpose flour
- 2 tsp baking powder
- 1 tsp baking soda
- ½ tsp salt
- 1 ½ tsp cinnamon
- 1 tsp ginger
- ¼ tsp nutmeg
- ¼ tsp cloves
- 2 cups grated carrots (fresh, not store-ready grated)

To make:

1. Preheat oven to 350 degrees. Mix the flour, dry ingredients and spices into bowl and blend.
2. In a larger bowl, cream the oil, eggs, & sugars, & vanilla.
3. Add the pineapple or applesauce to wet ingredients.
4. Mix dry ingredients into wet, and blend until just combined and no flour shows. Fold in the carrots and pecans.
5. Pour into greased pan(s)
6. Bake at 350 for 20-22 minutes or until tooth pick comes clean in center of cake.
7. Cool completely. Frost, or enjoy plain.

Notes: You’re supposed to toast the pecans in the oven at 300 for 7 minutes and let them cool, but I’ve skipped this step. Grease either 3 single layer pans, OR one 10-12 cup tube or bundt pan. I’ve tried to halve this recipe to make a smaller cake, and it doesn’t work. So, just make a big one – it freezes and keeps very well. It’s delicious with the cream cheese frosting that’s on the website. I use “Greek cream cheese” which is 3x the protein, and ½ the fat of cream cheese. The frosting also keeps very well, and is very easy to work with. You MUST drain the pineapple, else it will be too soggy. You can also add raisins or coconut, in which case you’d reduce the pecans.

ANGEL OF GOD,
My guardian dear,
To whom God's love commits me here;
Ever this day be at my side,
To light and guard, to rule and guide.
Amen.

Frozen Bananas & Chocolate Syrup (Deb Jacoby-Twigg)

Great ice cream substitute. 1 average-sized banana per person. This is much easier than making frozen bananas on a stick, dipped in chocolate.

1. Peel and freeze bananas.
2. Once frozen, pull out and cut into thick-ish "coins." (1/2 inch thick or more--don't cut too thin, else it will thaw too quickly)
3. Serve immediately in a bowl with chocolate syrup drizzled on top.

Move/eat fast. *This is awesome while the banana retains its popsicle-like texture but it's quite unappealing if the banana thaws.*

Our Father, who art in heaven,
hallowed be thy Name,
thy kingdom come,
thy will be done,
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those
who trespass against us.
And lead us not into temptation,
but deliver us from evil.
For thine is the kingdom,
and the power, and the glory,
for ever and ever. Amen.

Salted Caramel Shortbread Bites (Christie Burnside)



As found in *What to Bake and How to Bake It*, [adapted by Christie](#)

Base

- 1/2 cup soft butter, plus extra for greasing
- 1/4 cup sugar
- pinch of flaky sea salt
- 1/2 tsp vanilla extract
- 1 cup plus 2 tbsp all-purpose flour

Caramel

- 1/2 cup butter
- 1 packed cup dark brown sugar
- 1/4 cup golden syrup (possible substitute: mix equal parts regular syrup and honey)
- 1/2 tsp flaky sea salt
- 14 oz can full-fat condensed milk

Chocolate

- 7 oz bittersweet chocolate
- 1 tbsp vegetable oil
- 1/2 tsp flaky sea salt

Recipe

1. Lightly grease a 9-inch square baking pan, then line with parchment paper. Make the base first. Put the butter in a large bowl and beat well with a wooden spoon or an electric mixer until creamy and very pale. Add the sugar, salt, and vanilla and beat again until even paler.
2. Sift the flour over the creamed butter and sugar. Using a spatula, gently work the flour into the mixture to make an evenly blended dough that starts to clump together. Can also

gradually sift the flour, folding it in as you go: when it becomes too stiff to work with a spatula, work with your hands. Regardless of which method you use, the dough should be pretty dry and clumpy at the end.

3. Press the dough into the pan, then level and smooth it with the back of a spoon. Prick it all over with a fork (so that there won't be any bubbles), then chill for 10 minutes until firm. Meanwhile, preheat the oven to 325°F.
4. Bake for 25-30 minutes, or until the shortbread is golden all over. Let cool completely.
5. For the caramel: Melt the butter, sugar, syrup, and salt together gently in a pan, then stir in the condensed milk.
6. Bring the caramel to a simmer, stirring constantly with a spatula, and let it bubble for about 4 minutes or until it thickens. It should be thick enough for the spatula to leave a trail in the caramel for a few seconds. Don't stop stirring during this step, because it can easily burn.
7. Pour the caramel over the shortbread, then let cool completely.
8. Once the caramel has set and cooled, melt the chocolate over a pan of water, stir in the oil, then pour over the caramel, sprinkle with salt and let it set.
9. When the chocolate is just set, mark it into squares (so that it won't be impossibly difficult to cut when it's completely set).
10. Cut into cubes to serve. Store in the refrigerator for up to 4 days.

After much experimenting with the recipe, this is the timing I have found that works perfectly to get the square completely set into cubes:

- Make shortbread in the afternoon/early evening
- Make caramel once shortbread is cooled, let set overnight
- In the morning, put it in the freezer for 5 hours, then take it out and do the chocolate immediately
- Because the caramel is really cold, the chocolate will set in like 5 minutes, so mark the chocolate quickly
- Freeze for another hour before doing the final cuts through the shortbread

Psalm 23

The Divine Shepherd

A Psalm of David.

The Lord is my shepherd, I shall not want.

He makes me lie down in green pastures;

he leads me beside still waters;

he restores my soul.

He leads me in right paths

for his name's sake.

Even though I walk through the darkest valley,

I fear no evil;

for you are with me;

your rod and your staff—

they comfort me.

You prepare a table before me

in the presence of my enemies;

you anoint my head with oil;

my cup overflows.

Surely goodness and mercy shall follow me

all the days of my life,

and I shall dwell in the house of the Lord

my whole life long.