

ST. OLIVER'S SPICE PEOPLE



MANGIA E SIIATI ZITTO

COOKING CLASSES FOR THE MASSES

LESSON 09-05

Fr. Neil's Culinary Fantasies



Prayers

Spice People is a ministry of St. Oliver Plunkett Catholic Church. It is designed to celebrate and enjoy the cultural diversity of the members of our parish by learning to cook and to enjoy the foods and customs from around the world. Each lesson begins with a prayer, and our traditional Catholic blessing is prayed before serving the foods. We hope that you will enjoy having these copies and praying with us.

Prayer before the Spice People Sessions

We give You thanks from grateful hearts for this meal, for our fellowship, for Your love, for Your provision of food and those who prepared this meal. Help us to remember that You are with us around the table and may our hearts and words be a blessing to You in return.

Amen

The Catholic Blessing of the Food

Bless us O Lord, and these Thy gifts, which we are about to receive from Thy bounty through Christ our Lord.

Amen.

SPICE PEOPLE

Sandy Walsh, BMCIC

Crew:

Barbara Aho

Deb Bauguss

Teresa Barczak

Nancy Cannella

Nita Ellington

Verina Hauptmann

Elena Porras

Geri Spudich

Vicki Ziegler

Guest Chefs:

Patty Schaefer

Beth Miller

Mark and Debbie McCagg

Fr. Neil Jones

Geri Spudich

BACON WRAPPED BLUE CHEESE STUFFED CHICKEN

(for four)

4 pieces boneless, skinless chicken breasts
 salt and pepper
 4 to 5 ounces blue cheese, crumbled
 handful or arugula leaves, chopped
 handful baby spinach, chopped
 4 slices of bacon
 Olive oil

Preheat oven to 425°F.

Using a small sharp knife, cut into the thick end of the chicken and make an incision reaching $\frac{2}{3}$ the way down the breast. Loosen up the incision with your fingers to make a hole. Season the chicken with salt and pepper. Combine the cheese, arugula, baby spinach and olive oil and stuff the breasts. Spiral-wrap the breasts with bacon evenly. Place chicken on a nonstick baking sheet and roast 20-22 min. until bacon is crispy and chicken is firm.

— *Fr. Neil Jones*



CREAM AND LEMON PASTA SAUCE

Juice and zest of two lemons
 1 cup whipping cream
 $\frac{1}{4}$ cup of brandy
 $\frac{2}{3}$ cup of freshly grated Parmesan cheese

Bring cream, $\frac{1}{2}$ lemon zest to a low boil; keep at boil for three min. add brandy, cook for 3 minutes more. Toss cooked pasta with grated cheese, add sauce, toss again, add the rest of the lemon zest. Best served with tube pasta.

— *Fr. Neil Jones*

Tiramisu'

To make the Tiramisu' begin by making the Zabaglione cream as follows:

5 yolks from large grade eggs
 ¼ cup sugar
 ½ cup Marsala

In the top part of a double boiler, beat eggs and sugar together until mixture is pale yellow in color. In the bottom part of the double boiler, bring water to a boil and then reduce heat to simmer. Place egg yolk mixture over water and gradually add Marsala, beating continuously. Scrape bottom and sides of pan to avoid sticking **and cook for 6 to 10 minutes** or until soft mounds can be formed. Transfer to bowl, cover and refrigerate for 30 minutes.

Ingredients:

1 cup whipping cream, chilled
 4 tablespoons sugar
 1 lb. Mascarpone cheese (if unavailable, substitute two 8 oz. pkgs. cream cheese combined with ½ cup whipping cream and 5 tablespoons sour cream)
 1 recipe Zabaglione (see above)
 2 cups (16oz.) freshly brewed espresso coffee or other strong brew coffee
 ½ cup Brandy or Marsala
 1-tablespoon vanilla
 2 7 oz pkg. Savoiardi cookies (or Lady Fingers)
 3 tablespoons cocoa powder
 Chocolate curls (a dusting of chocolate powder will do)

Whip cream with 2 tablespoons guar until soft peaks form. Fold in Mascarpone and Zabaglione and mix until it is well blended. Cover and refrigerate for 1 hour.

In a separate bowl, mix espresso, 2 tablespoons sugar, Brandy and vanilla. Arrange 16 cookies on the bottom of a 9-inch by 13-inch pan. Carefully spoon about 1 tablespoon of the coffee mixture over each cookie so they are all well saturated but not falling apart. Spoon 1/3 cheese mixture over cookies and sprinkle with 1-tablespoon cocoa. Repeat two more times ending with cocoa. Cover and refrigerate at least 5 hours or overnight so that cookies can soften as they absorb moisture. Garnish and serve.

— *Fran Carson*

Other wonderful Italian desserts which Fran has shared with us:

Spumoni Biscotti

Ingredients:

2 1/2 cups flour
1 1/2 teaspoon baking powder
1/4 teaspoon salt
1/2 cup softened butter
1 cup granulated sugar
2 eggs
1/2 teaspoon almond extract
1/2 teaspoon vanilla extract
1 cup shelled pistachios, coarsely chopped
1 cup drained maraschino cherries, patted dry
Melted chocolate

Preheat oven to 325°F. Line a baking sheet with parchment paper.

Directions:

Combine flour, baking powder and salt. Beat butter with sugar until fluffy. Beat in eggs, one at a time; add extracts. Beat in flour mixture. Stir in cherries and nuts. Shape dough into 2 logs and place on baking sheets, 3 inches apart. Bake for 40 minutes or until edges start to brown.

Remove from oven and reduce heat to 250°F. Allow logs to cool slightly.

Using a serrated knife, cut logs into 1/2 inch thick, diagonal slices. Transfer slices to baking sheets, standing upright. Bake for 10 to 20 minutes or until edges are golden and cookies are almost completely dry. Cool on rack.

Melt chocolate in a double boiler. Dip half of each cookie into melted chocolate; set on wax paper to cool. Store in an airtight container. Serve with cups of espresso or cappuccino.

— *Fran Carson*

Italian (Sicilian) Sesame Seed Cookies

Ingredients:

4 cups all-purpose flour
1 cup white sugar
1-½ cups shortening
¾ cup milk
1/8-teaspoon anise extract (optional)
2 ounces sesame seeds

Directions:

Combine flour and sugar in a bowl. Cut in shortening with pastry blender or work with your hands, until mixture resembles coarse meal.

Add anise (optional) small amount for it is very strong, to ½ cup of the milk and add to flour mixture. Gradually add more of the milk mixing until dough holds together

Pull off small portions of dough and roll between palms of the hands into a roll about finger size. Roll in sesame seeds. Seeds stick better if put in sugared water and taken out and put on a clean lint free cloth. Roll on cloth with seeds, and then flatten out to about ¼ inch thickness. Cut into 2-inch strips, place on ungreased baking sheet.

Bake at 350 degrees F for 20 to 25 minutes, or until golden brown. Remove, cool completely, and then store in an airtight container.

— *Fran Carson*

These are the torte recipes that Geri Spudich provided for the Hungarian Feast. The Hungarian Hazelnut Torte is for serious cooks only and worth every single step. Both are incredible desserts beyond imagination.

HUNGARIAN HAZELNUT TORTE

Cake:

2/3 cup hazelnuts, toasted, husked and cooled
 2/3 cup cake flour
 1/2 tsp baking powder
 1/4 tsp salt
 6 large eggs, separated
 2/3 cup sugar
 1 tsp vanilla
 3 Tbls. butter, melted and cooled slightly

Buttercream:

4 tsp cornstarch
 2/3 cup whole milk
 2 large egg yolks
 1 1/2 cups hazelnuts, toasted, husked and cooled, plus: 12 whole nuts toasted, husked and cooled (for decorating purpose only, may eliminate)
 1 1/2 cups powdered sugar
 1 tsp vanilla
 1 cup unsalted butter, cut into 16 pieces, at room temperature

Assembly:

1 cup apricot preserves
 3 dried apricots, slivered (decoration only, if desired)

For cake: Preheat oven to 350 degrees. Butter and flour 9 inch diameter springform pan. Line bottom with parchment paper. Blend first 4 ingredients in processor until nuts are ground as fine as flour.

Using electric mixer, beat egg yolks, 1/3 cup sugar and vanilla in large bowl until mixture falls in heavy ribbons when beaters are lifted, about 5 min.

Using clean dry beaters, beat egg whites in another bowl until soft peaks form. Gradually add 1/3 cup sugar, beating until stiff, but not dry. Fold 1/4 of whites into yolk mixture to lighten, then fold in remaining whites.

Sift half of flour mixture over; fold in gently. Sift remaining flour mixture over and fold in, adding any nuts from sifter. Drizzle butter over batter, fold in gently. Do not overmix or batter will deflate.

Transfer batter to prepared pan and bake until tester comes out clean, about 35 minutes. Place on cake rack and cool 10 minutes. Cut around pan sides to loosen cake and release sides. Invert cake on rack and remove bottom and parchment paper. Cool.

For buttercream: Place cornstarch in heavy small saucepan and gradually add milk, stirring until cornstarch dissolves. Whisk in egg yolks and whisk constantly until custard comes to a boil and

thickens. Transfer to a large bowl. Press plastic wrap on custard and refrigerate until cool. Finely grind 1 cup nuts with powdered sugar in processor, about 30 seconds. Using mixer, beat vanilla into custard. Beat in butter, 1 piece at a time, then beat in nut mixture in 4 additions and refrigerate until firm enough to spread, stirring occasionally, about 30 min.

Stir preserves in small saucepan over med. heat for 1 minute. Press through strainer into small bowl.

Finely chop 1/2 cup hazelnuts. Using long serrated knife, cut cake horizontally in half. Place 1 layer, cut side up and serving plate. Spread evenly with preserves. Top with second layer, cut side down. Transfer 3/4 cup buttercream to pastry bag fitted with large star tip. Spread remaining buttercream over top and sides of cake. Press 1/2 cup chopped nuts on sides of cake. Pipe 12 rosettes around top of cake. Place 1 hazelnut and 1 sliver of apricot into each rosette. (Decorating only if desired) Refrigerate until buttercream sets, at least 1 hour. Can be made a day ahead. Cover with cake dome and keep refrigerated. Let stand at room temp 1 hour before serving.

— Geri Spudich

APPLE TORTE

1/2 cup butter
 1/3 cup white sugar
 1/4 tsp. vanilla
 1 cup all-purpose flour
 1 8 oz pkg. cream cheese
 1/4 cup white sugar
 1 egg
 1/2 tsp. vanilla
 6 apples, peeled, cored and sliced
 1/3 cup white sugar
 1/2 tsp cinnamon
 1/4 cup sliced almonds

Preheat oven to 450 degrees.

Cream butter sugar, vanilla and flour. Press crust mixture into bottom of 9 inch springform pan. Set aside.

In medium bowl, blend cream cheese and sugar. Beat in egg and vanilla. Pour over crust. Toss apples with sugar and cinnamon and spread over mixture.

Bake for 10 minutes. Reduce heat to 400 degrees and continue baking for 25 minutes. Sprinkle almonds over top and continue baking until lightly browned.

Cool before removing from pan.

Bon Appetite!

— Geri Spudich