

**The Institute of Catholic Culture presents**  
**Keeping Vigil: Food, Faith and Fasting**  
**2/26/2012, Our Lady of Hope Catholic Church**

**Menu**

Catalan Vegetable Paella

Lentils and Plantains

Salad of Spring Greens

Assorted fruits, nuts, and pretzels

St. Fanourios Cake

**Catalan Vegetable Paella (Spain)**

**Serves 4 to 6 as main dish; 8 to 10 as a side dish**

According to Forex.com, a website devoted to Spanish culture and food, rice was introduced to the northeastern Iberian peninsula by the Moors in the 8th Century. The Spanish word for rice, arroz, derives from the Arabic, al arruz. Valencia and Catalonia both claim to be the “home” of paella. The dish originally was farm workers’ food and was cooked over a wood fire field side for the lunchtime meal. It was made with rice, plus whatever was at hand around the rice fields and countryside: tomatoes, snails, beans, etc. The paella was eaten straight from the pan in which it was cooked with each person using his own wooden spoon. The following recipe (nytimes.com) is a simple vegetarian version suitable for Lent.

4 tablespoons extra virgin olive oil  
1 small fresh hot green jalapeno pepper (optional)  
1 large onion, peeled and sliced or diced (1 heaping cup)  
1 red bell pepper, seeded and sliced or diced (1 heaping cup)  
1 large green bell pepper, seeded and sliced or diced (1 heaping cup)  
1 medium-sized zucchini (7 to 8 inches long), trimmed, cut in half lengthwise, and diced  
2 or 3 cloves garlic, peeled and finely chopped or pressed

1 teaspoon sweet Hungarian paprika  
1/2 teaspoon smoked Spanish paprika  
2 teaspoons dried thyme leaves or 1 tablespoon fresh  
1 (15-ounce can) diced tomatoes, drained (juice is not used)  
1 1/2 cups Arborio or other short-grain rice  
2 cups vegetable stock  
Salt and black pepper to taste, depending on saltiness of broth  
1/4 cup chopped fresh parsley

Preheat oven to 350 degrees. In a deep 12-inch skillet or sauté pan, heat olive oil over medium heat. Add onion, bell peppers, and jalapeno pepper and cook over medium-low heat until vegetables are tender, about 10 minutes. Add zucchini, garlic, paprikas, thyme, tomatoes, salt and pepper. Cover skillet or pan and simmer over low heat for 10 minutes. Stir in the rice and stock and bring to a boil. (At this point you can cover and set aside to complete cooking later.) To complete cooking, transfer paella to an oven-proof dish, cover with foil, and cook for about 25 minutes, stirring once or twice. If you use brown rice, add more liquid if needed and cook until stock is evaporated and rice is tender. Remove paella from oven, garnish with fresh minced parsley, and serve hot or at room temperature.

## Lentils Oaxacan Style (Mexico)

Serves 4

"These unusual, luscious lentils are a traditional Lenten meal of Oaxaca, Mexico. Pineapple, plantain, cloves, and allspice give this dish a tropical feel - plus there's plenty of garlic for zip. Garnish with fried plantain slices." (thedailymeal.com)

### For lentils

¾ cup dried lentils  
4 cups water  
2 cloves garlic, cut in half

½ white onion, cut into quarters  
Salt to taste

Bring lentils and water to a boil, with 2 halved garlic cloves and 1/2 white onion. Reduce heat, then cover and simmer over low heat about 20 minutes or until lentils are tender but not mushy. Drain and reserve the lentil cooking liquid. Season with salt.

### The dish

1 tablespoon vegetable oil  
2 cloves garlic, minced  
½ onion, chopped  
1 plantain, peeled and chopped, plus 1 plantain, peeled, sliced, and fried

1 (10-ounce) can unsweetened pineapple slices, cut into chunks  
2 medium ripe tomatoes, peeled, seeded, and chopped  
¼ teaspoon cloves  
½ teaspoon allspice

Heat oil in large saucepan over medium heat, and sauté the onions and garlic until soft. Add plantain, pineapple and tomatoes; cook until plantain is soft, anywhere from 15 to 25 minutes. Add lentils and some reserved lentil cooking liquid. Continue cooking until mixture thickens a little; add more cooking liquid or even some vegetable broth, as needed, so lentils aren't dry. Serve garnished with fried plantain slices.

## Saint Fanourios Cake, Fanouropita (Greece)

Serves 8 to 10

This traditional cake is made entirely of fasting ingredients and has no dairy, according to Susie Atsaides, who writes on the website faliraki-info.com. St. Fanourios (fah-NOO-ree-os) is believed to be the "finder" of lost items for those who bake this cake and bring it to church as an offering of thanks.

1 cup mild vegetable oil (sunflower, canola, etc.)  
1 cup sugar  
1 cup orange juice  
1/4 cup brandy  
1 tablespoon grated lemon peel  
1 tablespoon grated orange peel

1 tablespoon baking powder  
2 teaspoons ground cinnamon  
3 cups all-purpose flour  
1 cup raisins tossed in flour  
1 cup walnuts, tossed in flour (optional)

Preheat the oven to 350 degrees. Lightly grease and flour a 9- by 13-inch cake pan. In a large bowl using a whisk, mix together the oil and the sugar until well combined. Add the orange juice, brandy, lemon and orange peels, baking powder, and cinnamon. Mix well. Using a spatula, gently fold in the flour and mix until just combined. Stir in the raisins and nuts, if using. Transfer the batter into the cake pan and smooth the top with the spatula. Bake for 45 to 50 minutes or until the cake is nicely browned. Serve with non-dairy topping.