



## Fasting Recipes

Here are some recipes various people have recommended for use during the various fasting periods.

### Kristin's Pancakes

Here is the recipe for Kristin's pancake mix. This makes a huge batch of mix.  
Mary

- 10 c. white flour
- 6 c. whole wheat flour
- 1 c. sugar
- 4 tsp. salt
- 2-1/2 c. vanilla soy powder "Better Than Milk" (available at Akins Health Foods)
- 1 c. baking powder

Mix all ingredients together thoroughly. To use, mix 1 cup of mixture with 3/4 c. water and 1-1/2 Tbsp. oil. Fry on lightly oiled griddle.

### Lentils and Rice (M'jaddarah)

Ingredients:

- 1 cup large green or brown lentils
- 9 cups water
- 7 tablespoons vegetable oil
- 2 medium onions, finely sliced
- 1/8 cup white short grain rice
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground allspice
- 1/4 teaspoon finely ground black pepper

Salt to taste. Spread the lentils on a tray and pick them clean of any impurities. Put them in a sieve and rinse them under cold water before putting them in a saucepan. Add the water and place over high heat. Bring to a boil, then reduce the heat to medium -- give the lentils a good stir in case some have stuck to the bottom of the pan -- and boil gently for 1 hour or until the lentils are tender and the water



has reduced by two-thirds.

In the meantime, put the oil in a frying pan, place over a medium heat and when hot, fry the sliced onions until they become soft and transparent; remove half with a slotted spoon and put onto a plate. Continue frying the rest of the onions until they caramelize and turn a rich dark brown, without actually letting them burn (this will take awhile).

Remove onions with a slotted spoon and put to drain onto several layers of paper towels, spreading them thinly so that they drain well and become crispy. Rinse the rice in a sieve under running cold water, drain and set aside.

When the lentils are cooked, add the soft onions and their frying oil, and the washed rice. Season with cinnamon, allspice, pepper and salt to taste and simmer uncovered for 20 minutes, stirring regularly, until the rice is done and the mixture has thickened, without letting it dry out. Taste, adjust seasonings if necessary, and pour immediately into a shallow serving bowl. Leave to cool before scattering over the caramelized onions

Serve at room temperature.

## Potato Rice Soup

Serves 4

Ingredients:

- 1 garlic clove
- 4 tablespoons vegetable oil
- 1 medium onion, chopped
- 1 medium potato, peeled and diced
- 1 cup white rice
- 2 cups vegetable broth
- 2 cups water
- 1 tablespoon fresh parsley, chopped
- 1 tablespoon grated non-dairy Parmesan cheese

Gently saute garlic clove in oil until golden brown. Add onion, potato, rice, broth, water and parsley. Stir, bring to a boil and let simmer for 1 hour, stirring occasionally. Just before serving, stir in the grated non-dairy cheese. This is best served immediately with additional non-dairy cheese sprinkled on top of each serving. Fr. Joseph also suggests serving this dish with crusty Italian bread and margarine.

## Puttanesca Sauce

Serves 4-5

Ingredients:

- 2 garlic cloves, minced
- 2 tablespoons vegetable oil



- 2 cans (28 oz ea) Italian plum tomatoes, whole
- 1 can (16 oz) pitted whole black olives, drained
- 4 tablespoons capers, drained
- 6 fresh basil leaves, chopped
- Pinch of red pepper flakes

Saute garlic in oil until soft and golden brown. Add the tomatoes, simmer for 10 minutes. Add olives, capers, basil and red pepper. Simmer in uncovered pot for 20 minutes, stirring it gently until sauce has thickened. Great on 1 pound vermicelli, cooked al dente. Excellent for gypsies, harlots, starlets and friends.

## Red Clam Sauce

Serves 6-8

OMIT CHEESE & WINE ON STRICT FAST DAYS

Ingredients:

- 4 tablespoons vegetable oil
- 4 garlic cloves, minced
- 1/2 teaspoon oregano
- 4 leaves of fresh basil, chopped
- 1 teaspoon chopped fresh parsley
- 1/4 teaspoon thyme
- Pepper to taste
- 2 cans (28 oz ea) ready-cut, peeled tomatoes
- 1 bottle (8 oz) clam juice
- 1/2 cup dry white wine
- 5-6 cans (6 oz ea) chopped clams
- 1-1/2 pounds pasta
- Grated cheese

In a saucepan, gently heat the oil and saute the garlic until golden brown. Add the oregano, basil, parsley, thyme, pepper, tomatoes, clam juice and white wine. Bring to a boil and then reduce heat and simmer gently, uncovered, for 1 hour. Ten minutes before serving, add the clams and heat gently until ready. In the meantime, cook the pasta al dente. I find it best to take half the sauce (the most liquid part) and mix with the hot pasta, tossing gently, and then making individual servings. Now, ladle generous heapings of the dense, clam-filled sauce on the individual servings. Perfect! Oh, and of course, grated cheese is okay!

## Split Pea Burgers

- 1 tablespoon olive oil, plus 1 to 2 additional tablespoons for sauteing
- 1/2 cup chopped onion
- 1/2 cup chopped bell pepper
- Kosher salt and freshly ground black pepper
- 2 teaspoons minced garlic



- 4 ounces mushrooms, sliced
- 3 cups vegetable broth
- 1 cup dry split peas, picked and rinsed
- 1/2 cup dry brown rice
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 3/4 cup plain dry bread crumbs, plus 1/4 cup for coating

### Directions

Heat 1 tablespoon olive oil in a large (4 to 6-quart) saucepan over medium heat. Add the onion and bell pepper along with a generous pinch of salt. Sweat for 5 minutes or until the onions are soft. Add the garlic and mushrooms and continue to cook for another 4 minutes.

Add the broth, peas, rice, coriander and cumin. Increase the heat to high and bring to a boil. Decrease heat to low, cover and cook at a simmer for 1 hour or until the rice and peas are tender.

Remove from the heat and gently pour the mixture into the bowl of a food processor and process until just combined.\* Do not puree. Pour this mixture into a bowl and stir in the 3/4 cup of bread crumbs. Season, to taste, with salt and freshly ground pepper. Refrigerate for 30 minutes.

Shape the mixture into patties and dredge on each side in the remaining 1/4 cup of bread crumbs. Heat 1 tablespoon of olive oil in a medium saute pan over medium heat. Add 2 burgers at a time and saute until brown on each side, approximately 3 to 4 minutes per side. To grill, cook on high for 3 to 4 minutes per side as well. Serve immediately.

\*When blending hot liquids: Remove liquid from the heat and allow to cool for at least 5 minutes. Transfer liquid to a blender or food processor and fill it no more than halfway. If using a blender, release one corner of the lid. This prevents the vacuum effect that creates heat explosions. Place a towel over the top of the machine, pulse a few times then process on high speed until smooth.

From [The Food Network](#)

## Vegan Chile Rellenos

Ingredients (use vegan versions):

- 8 poblano chiles (canned green chiles okay)
- 1 pound firm tofu
- 1 cup white flour
- 3/4 cup unsweetened vegan soymilk
- salt and pepper
- vegetable oil
- 2 cups tomato sauce
- 1 teaspoon olive oil
- 1 teaspoon cumin powder
- 1 small onion, diced
- chili powder, to taste (optional)

Directions:

This is a modification of my grandmother's traditional chile rellenos recipe. Note that the traditional



recipe calls for beaten egg whites instead of the flour/soymilk batter and cheese instead of tofu. The recipe sounds a lot more complicated than it actually is! Roast chiles\* until skin begins to blister on all sides (this will require turning the chiles). You can do this over an open flame or on a cast-iron skillet. (I prefer to use a comal - a flat cast-iron skillet.) Set chiles aside to cool.

In a small pan, simmer diced onion, cumin, salt and pepper in olive oil until the onions become translucent. (You can also add chili powder if you prefer.) Add tomato sauce. Simmer, stirring occasionally, for at least 20 minutes, but preferably longer. In a small mixing bowl, whisk flour, soymilk, and pinch of salt. The batter should be thick, but not so thick that you can't move a whisk through it easily. (You might have to adjust the flour/soy milk ratio accordingly.) Set aside.

Slice tofu into 3/8" slices.

Peel the cooled chiles.\* The skin should pull off easily. (Don't worry, the chiles aren't hot; you'll be able to touch your contact lenses and eyes without any irritation.) Using a small knife, core the chiles, seeds and all, by slicing off the stem side. Stuff the chiles with one slice of tofu, dip in batter, and fry in vegetable oil until each side is golden. Set on dry paper towels to drain excess oil. Serve the chile rellenos with a dollop of the tomato sauce and enjoy!

\* If using canned chiles, skip this step.

Serves: 4

Preparation time: 30-45 minutes

These are yummy but very spicy, at least the way I made them! I used the canned roasted green chiles which worked well. If you are using canned chiles, increase the milk in your batter since the chiles are very fragile and break if you dredge them in what the recipe calls for. I did my own tomato sauce w/these ingredients:

1. 1 can RoTel style tomatoes and green chiles
2. 1 tsp cumin
3. 1 tsp chili powder
4. Several good shakes onion powder
5. Drizzle of olive oil. Blend in blender and heat through. Yummy!

## Vegetarian Chili

Serves a big bunch!

Ingredients:

- 6 garlic cloves, chopped fine
- 2 tablespoons vegetable oil
- 6 onions, coarsely chopped
- 1 cup vegetarian broth
- 3 medium zucchini, coarsely chopped
- 2 cans (28 oz ea) diced tomatoes
- 2 cans (12 oz ea) tomato puree



- 1 tablespoon cumin
- 3 tablespoons chili powder
- 2 teaspoons oregano
- 6 tablespoons lemon juice (or juice of 1 lemon)
- 1/2 teaspoon cinnamon
- 1 ounce unsweetened chocolate (grated) - secret ingredient!
- 1/2 teaspoon ground cardamom
- 3 cans (16 oz ea) kidney beans, drained

In a large pot, saute the garlic in the oil until golden brown, then add onions and broth. Simmer over medium heat until transparent. Add zucchini, lower heat. Add the tomatoes and tomato puree. Let simmer for a few minutes. Add cumin, chili powder, oregano, and lemon juice. Add cinnamon, chocolate and cardamom. Cook 1 hour, until flavors are well blended. During last 20 minutes of cooking, add kidney beans.

Serve in soup bowls. Have separate containers of: shredded non-dairy Monterey Jack and Cheddar cheese, chopped red onion, chopped tomato, and peeled and chopped cucumber . . . so everyone can top their own bowl of chili. Delicious with corn bread and a salad.

Source: *Eat This . . . It'll Make You Feel Better*, by Dom DeLuise

Source URL: <http://www.peterandpaul.net/fasting-recipes>