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# Saintly Recipes

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Recipe collection inspired by saints, plus 4 recipes from our Love in the Kitchen speakers: Fr. Sammie Maletta, Fr. Leo Patalinghug and Sean Lynn.



*A recipe for holiness*



# Thanks for joining Love in the Kitchen



## About Chalice

Chalice is a Catholic international aid charity focused on child, family, and community development. We have served Christ through His poor since 1992, working closely with lay people, religious missionaries, and local communities to provide care for the many children and families caught in the dehumanizing grip of poverty.

Chalice work in 52 sponsor sites spanning 13 developing countries, and commits more than 90% of its spending in support of programs.

## Our Mission

To reveal God's love in action by serving the poor, with the Global Catholic Community

## Our Purpose

Christ to the Poor and the Poor to Christ

## Sponsorship

Sponsorship gives children the support needed to attend and stay in school, and helps families provide better care for their children.

## Impact of Sponsorship

- With empowerment and knowledge, families can transition from sponsorship to self-sufficiency.
- Chalice sponsorship has many supporting programs, in areas such as nutrition, infrastructure, health, water, and agriculture.
- The unified goal of all these programs is educated children in self-sustaining families living in caring and connected communities.



FOR MORE INFORMATION ABOUT  
SPONSORSHIP AND OTHER  
PROGRAMS

chalice.ca 1.800.776.6855

# St. Zita's Miraculous Loaves



**April 27**  
Feast of St. Zita

## Ingredients:

2 loaves

2.5 hours (mostly inactive)

- 1 1/4 cups warm water
- 2 teaspoons sugar
- 1 teaspoon salt
- 3 1/3 cups white flour \*
- 1 1/2 teaspoons of yeast

## Glaze:

- 1 tablespoon olive oil
- 1 egg white, beaten
- 1 tablespoon water

St. Zita is an Italian saint from the 13th century who became a domestic servant at just 12 years old. She served one family for almost 50 years, but her helpful and generous hands went far beyond those she worked for.

Zita was an unusually generous servant. She used to keep one third of her earnings for herself, give a third to her parents, and the last third to the poor. The family she served loved Zita, inspiring jealousy in other servants, who tried to paint a picture of an idle, careless Zita.



## Directions:

1. In a large bowl or stand mixer combine warm water and sugar. Let sit for a few minutes, and then sprinkle yeast over top. Let sit until the yeast is frothy (about 10 minutes).
2. In another bowl, combine the salt and flour, and mix gently to distribute the salt. Add one cup of flour mixture to the yeast mixture and combine well. Gradually add the rest of the flour until you have a thick and slightly sticky dough. Place the ball of dough into a greased bowl and let rise until doubled in size.
3. Once dough has risen, divide in half. Roll each half into a 10" x 8" rectangle. Beginning at long end, roll up tightly as if you were making a jelly roll. Pinch the seams and ends to seal, tapering the ends by gently rolling back and forth.
4. Place each loaf, seam side down, on a greased baking sheet. Lightly brush each loaf with the oil. Cover and let rise in a warm, draft-free place until doubled in size, 20 - 30 minutes.
5. Meanwhile, pre-heat oven to 350 F.
6. Lightly beat the egg white and the water and brush some of the egg white mixture over each loaf. Bake for 20 minutes. Brush again with the remaining egg white mixture. Bake for another 10 minutes (or more) until done. Bread should sound hollow when tapped. Remove the bread from the oven and cool on a wire rack.

\* For a whole grain taste substitute one cup whole wheat flour for the white.

# St. Florian's Pints and Pizza



May 4

Feast of St. Florian

## Ingredients:

Makes 1 large or 2 medium pizzas.

- 1 cup beer slightly warmed
- 1 tablespoon olive oil
- 1 tablespoon sugar
- 1 teaspoon salt
- 2 3/4 cups white flour \*
- 1 1/4 teaspoon yeast

St. Florian, the patron saint of firefighters, was born in modern-day Austria. He was a commander in the Roman army who regularly led fire brigades, hence his heavenly firefighting duties. He was also a secret Christian, and when word reached Rome that he wasn't persecuting fellow Christians as required (and did not repent), he was sentenced to death.

He is said to have told the Romans attempting to burn him at the pyre, "If you do, I will climb to heaven on the flames."

Whether that would have happened, we'll never know, because the Romans were scared and chose to execute him by drowning instead. Certainly, though, his life and death are testaments to his faith in God's unceasing power, and a reminder that our persecutors are often those who are most afraid.

St. Florian is said to have once extinguished a fire with just one pitcher of water set aside for the next day's brew – cementing his place as the patron saint of brewers.



## Directions:

1. In a large bowl or stand mixer bowl, combine beer \*\* and sugar. Let sit for a few minutes and then sprinkle yeast over top. Let sit until the yeast is frothy. Add the olive oil and combine well.
2. In another bowl, combine the salt and flour and mix gently to distribute the salt. Add one cup of flour mixture and combine well. Gradually add the rest of the flour until you have a thick and slightly sticky dough. Place the ball of dough into a greased bowl and let rise until doubled in size.
3. Roll out the dough on a lightly floured surface and place in the pizza pan or other dish of your choice.
4. Top each pizza with sauce, meat and or vegetables, and cheese. Bake at 425 degrees for 15 - 25 minutes or until done. Pizza is done when the edges of the crust are golden and cheese is bubbly.

\* Cold beer won't activate the yeast, so put the beer in the microwave for about 30 seconds, until slightly warm to the touch.

\*\* What kind of beer? We suggest something neutral, like a pale ale or American ale, or the flavour will be too intense. Really not a fan of beer, or can't have it? Substitute one cup of water and proceed with recipe as directed.

# Veggie-fried Quinoa



**May 15**  
*Feast of St. Isidore  
the Farmer*

## Ingredients:

Serves 6 portions.

- 1 cup of quinoa
- 2 cups of water
- One tablespoon of olive oil
- Two carrots, chopped into small pieces
- ½ cup frozen or fresh corn
- ½ fresh or frozen peas
- ½ cup of fresh or frozen green beans, chopped
- ½ block of tofu, crumbled
- 1 ½ tablespoons sesame oil
- 1 ½ tablespoons soy sauce
- 1 tsp powdered ginger
- ¼ tsp red pepper flakes

St. Isidore the Farmer was an 11th-12th century (you guessed it) farmer. He spent most of his life working for the same man on one estate, and was known for sharing his meals with the poor.

He passed the long days ploughing the fields with prayer, proving there is no occasion God can't be invited into. St. Isidore was also a particular friend to animals, showing love and respect for our furry friends.

His son was once said to have fallen down a well, and upon the prayers of him and his wife, Maria, the well water miraculously carried their son to safety. Unfortunately, he later died in childhood.

Maria is also worthy of an article in her own right, having been beatified in the 17th century. Together, they are both honoured by farmworkers, and their feast day is celebrated every year on May 15. Their canonization is a reminder that even the simplest actions can be an offering to God.



## Directions:

1. Chop the carrots into small pieces. Fill a pot with water, and place a steamer on top. Place carrots in the steamer and turn to high heat. Once it boils, turn down halfway. Steam until the carrots are fork-tender.
2. Combine the quinoa and water in a small pot. Bring to a boil, and then immediately turn to low heat and cover with a lid. When water is all absorbed, remove from heat and set aside.
3. While the quinoa cooks, make the sauce. Mix the sesame oil, soy sauce, ginger and red pepper flakes with a fork.
4. Add olive oil to a large pan over medium heat. Add peas, corn, and green beans. Add water and/or extra oil to the pot to keep the veggies from sticking, as necessary. When veggies are softened, add in the carrots. Stir for 1-2 more minutes.
5. When veggies are entirely cooked, add the crumbled tofu and cook for another 3-4 minutes, stirring so the mixture doesn't burn. Add more oil if necessary.
6. Add the quinoa to the pan and mix with the veggies and tofu. Stir in the sauce until the quinoa is entirely coated. Add more soy sauce or sesame oil if necessary.

# Saint Honoré cookies



May 16

Feast of St. Honoré

## Ingredients:

Makes 2 dozen cookies

- 1 cup (250 ml) soft margarine
- ¾ cup (180 ml) brown sugar
- ¾ cup (180 ml) white sugar
- 1 large egg
- 2 cups (500 ml) all-purpose flour
- 1 tsp (5 ml) baking soda
- ½ tsp (2ml) salt
- 2/3 cup (160 ml) white-chocolate chips
- 2/3 cup (160 ml) semi-sweet chocolate chips
- 2/3 cup (160 ml) milk chocolate chips

St. Honoré was born to a noble family near Amiens, France, and was quickly noted as a pious man. He resisted being named a Bishop, but was eventually chosen for the honour.

Legend says his own nursemaid refused to believe he had been chosen as bishop, and would only believe it if the baking peel\* she used to make bread were to transform into a tree. When she placed the peel into the ground, it grew into a mulberry tree that remained a popular attraction into the 17th century.

Following his death, St. Honoré was invoked for a good wheat harvest against the threat of flood and drought. A baker named Renold donated land to the city of Paris, so they would build a chapel in honour of Honoré.

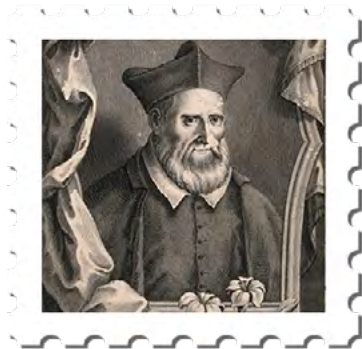


## Directions:

1. Pre-heat oven to 375 F (190 C). In large bowl, beat margarine with an electric mixer. Then beat in sugars, one at a time. Beat in egg.
2. In separate bowl, mix flour, baking soda and salt together by hand. Add flour mixture, 1/3 at a time, to margarine mixture. Mix to form dough. Add chocolate chips. (Tip: work chocolate chips in with your hands.)
3. For each cookie, roll a scant tbsp. into a ball and flatten slightly. Place on ungreased cookie sheet. Bake 6 to 8 minutes, or until very light brown and centres look undercooked. Remove from the oven, but leave cookies on the cookie sheet for about 5 minutes. Then remove cookies to a wire rack; let cool.

Tip: Do not overbake, or the texture will change and the cookies will harden. Don't skimp on the chocolate chips – it's the quantity of chocolate chips and the variety of chocolate that makes the cookies special.

# St. Philip's Mystical Meat Sauce



**May 26**

*Feast of St. Philip Neri*

## Ingredients:

*Serves 6 portions.*

- 1 pound lean ground beef\*
- 3 tbsp Olive oil
- 1 medium yellow onion, chopped
- 3 cloves of garlic, minced
- 1 5 gram can tomato paste
- 1 28 gram can crushed or diced tomatoes, depending on your preference\*\*
- 1 heaping tsp of dried basil
- 1 heaping tsp of dried orgeganó
- Salt and pepper to taste

St. Philip Neri is an Italian priest who grew up learning from nearby Franciscan friars in Florence, Italy. After being sent to live with his uncle, whose fortune he was set to inherit, he underwent a conversion to Christ and His Church. No longer caring for worldly ways, he moved to Rome. There, he became known for his love of the poor and sick, earning himself the moniker 'Apostle of Rome'. He travelled throughout the city, engaging people in conversation – all before he was even a priest.

St. Philip passed away late in the day May 25, after hearing confessions for many hours. He was beatified just 20 years later, and canonized after another seven. His feast day is celebrated on May 26th.



## Directions:

1. Add the olive oil to a large pot on medium heat.
2. Add onion and garlic; cook until onion is softened. Add ground beef and stir fry with onion and garlic, breaking up chunks until browned.
3. Add tomato paste, canned tomatoes, spices, and mix well. Simmer on low for 1 hour. Serve over your favourite pasta.
4. This sauce freezes well, and can easily be doubled.

\* For a vegetarian/vegan version, substitute one pound vegan ground beef.

\*\*Crushed tomatoes will give a smooth sauce, while diced will give a chunkier one and put the sauce on even footing with the other ingredients. It's your choice!

# St. Francis's Aglio e Olio



**Jun 4**  
*Feast of St. Francis  
Caracciolo*

## Ingredients:

Serves 6 portions.

- 6 cups of pasta\*
- Six cloves of garlic, minced
- Half a medium-large onion, chopped
- 1 cup Cremini Mushrooms, sliced\*\*
- A few handfuls of baby spinach (never frozen)
- 1/4 cup Olive Oil
- Salt
- Chili flakes (optional, but recommended)

Born in the Kingdom of Naples in the 16th century, this devout young man came down with a case of leprosy at 22. Desperate, he promised God he would serve Him all his life should he be cured. He was soon cured, and Francis went on to become a priest.

Fate soon struck once more. Francis received a letter intended for a different Caracciolo, a man named Fabrizio, asking him to help found a new religious institute. Francis felt this task was meant for him, and helped create the Order of the Clerics Regular Minor.

When the Order's main founder died, Francis was chosen as his successor for Superior General, despite his protestations. He was known for humbly sweeping floors with everyone else, spending long hours in the confessional, and his love of the Eucharist.



## Directions:

1. Boil pasta in a large pot.
2. Meanwhile, cook onion in a pan over medium heat, until softened. Add the mushrooms and cook for a few more minutes, until mushrooms begin to shrink. Stir in spinach and let it wilt before turning down the heat.
3. When the onion mixture is on low heat and pasta is nearly done, heat up olive oil in a small pan. Put the garlic in the pan while the oil is heating up, not once it's already heated. This keeps the garlic from burning.
4. When garlic is sizzling in the pan and moving towards a golden colour, remove from heat. Drain pasta and mix all ingredients together, with the garlic/oil poured on last. Add salt to taste and chili flakes if desired. Voila!

\* You can use whatever kind of pasta you want, but we find cavatappi, penne and rigatoni work best.

\*\*Have fun with the veggies! We often use eggplant, but sliced bell peppers, cherry tomatoes, and zucchini are other options.



# Fr. Leo's Fusion Curry Stir Fry



**Fr. Leo E.  
Patalinghug**

Fr. Leo is the founder of the international food and faith movement Plating Grace, hosts the weekly program Savoring Our Faith on ESPN every Sunday, and is the author of several books about food, faith, and family.

Fr. Leo is a renowned speaker who does speaking engagements across North America. Originally from the Philippines, he immigrated to the U.S. at two years old, and has spent most of his life in Baltimore. We couldn't have been happier to have had Fr. Leo as our headlining chef at Love in the Kitchen, where he taught attendees a thing or two about cooking with love.



## Ingredients:

- 2 cups cooked white rice (room temperature)
- 1 can black beans (drained)
- 1 clove garlic (minced)
- ½ white onion (minced)
- ½ red bell pepper (diced)
- 2 tsp sesame seed oil
- 1 tbsp oyster sauce
- 2 tbsp soy sauce
- 1½ cup coconut milk
- 1½ tsp curry powder
- Kosher salt (to taste)
- black pepper (to taste)
- red pepper flakes (to taste) (optional)
- 2 tbsp fresh cilantro (chopped)

## Directions:

 Cook it with Fr. Leo

1. Heat sesame oil in pan over medium high heat
2. Add onion and bell pepper; sauté for 2-3 minutes or until they begin to soften
3. Add garlic; sauté for another 30 seconds
4. Add cooked rice and beans; stir to combine, and sauté for 1 minute
5. Add soy sauce, oyster sauce, coconut milk, and curry powder; stir to combine
6. Let cook for 2-3 minutes so the flavors will meld; it will reduce slightly
7. Season to taste with salt, pepper, and red pepper flakes
8. Serve garnished with fresh cilantro on top

# Fr. Sammie's Quiche



*Fr. Sammie Maletta*

## Ingredients:

- 1 store-bought frozen pie crust (let thaw)
- 7 large eggs (room temperature)
- ¼ cup heavy cream (room temperature)
- ¼ cup sour cream (room temperature)
- Pre-cooked bacon or sausage or grilled asparagus or sautéed bell peppers (optional)
- 1 tsp habanero powder
- 1 cup shredded cheese (I use smoked gouda and cheddar)

Does Father Sammie like green eggs and ham? Unclear.

But he sure knows how to whip them up in the kitchen! Not only the pastor of St. John the Evangelist Church in St. John, Indiana, Fr. Sammie Maletta is a chef and gardener who shares his cooking on Facebook while ministering to the spiritually hungry in Church. This Lent, he even prepared a soup dinner for parishioners!



## Directions:

 Cook it with Fr. Sammie

1. Preheat oven to 350°F (180°C)
2. Optional - place cooked bacon or sausage or ingredient of your choice in uncooked pie crust
3. Place cheese and mix and spread evenly
4. In a large bowl, combine eggs, cream, sour cream, and habanero powder. (Optional - add salt and pepper to taste). Mix until all ingredients are well blended
5. Pour egg mixture into pie shell
6. Bake for 45 minutes or until center is cooked (test quiche - insert a knife gently into centre - if it comes out clean, it's done! If it comes out wet, cook for another few minutes)

# Father Sammie's Coffee Cake



**Fr. Sammie Maletta**

## Ingredients:

### Coffee cake batter ingredients

- ½ cup butter (room temperature)
- 8 oz or 226.80 gm cream cheese (room temperature)
- 1 cup light brown sugar (tightly packed)
- ½ cup white sugar
- 2 large eggs (room temperature)
- 1½ tsp vanilla
- 2½ cups all-purpose flour
- 2 tsp baking powder
- 1 tsp cornstarch
- ½ tsp salt
- ½ cup buttermilk (room temperature)

### Cinnamon Swirl:

- ¼ cup brown sugar
- 2 tsp ground cinnamon
- ½ cup chopped pecans (optional)

### Streusel Topping:

- 2½ cup all-purpose flour
- 1 cup brown sugar (tightly packed)
- 3 tbsps white sugar
- 4½ tsp ground cinnamon
- ¼ tsp salt
- 10 tbsps unsalted butter (melted)
- ½ cup chopped pecans (optional)



## Directions:



Cook it with Fr. Sammie

1. Preheat oven at 350°F (180°C)
2. Use cooking oil spray, coat and lightly flour 8"-10" cake pan
3. Using a stand or hand mixer, whip together butter and cream cheese
4. Add brown and white sugar – mix well
5. Add eggs, one at a time – mix well
6. In a separate bowl, mix together dry ingredients (flour, baking powder, corn starch, and salt) making sure there are no lumps
7. Slowly add half the dry ingredients into butter/sugar/egg mixture – blend/fold for 10 seconds only
8. Add half the buttermilk to batter – blend/fold till incorporated then add remaining buttermilk and vanilla – fold gently – DO NOT OVER-MIX
9. Add remaining dry mixture – blend/fold till smooth – remember to scrap the bowl as you mix
10. Pour ½ of batter into cake pan – spread evenly
11. With ½ of remaining batter, mix in brown sugar, ground cinnamon, and chopped pecans – blend together
12. Add remaining plain batter into bowl with brown sugar/cinnamon batter – fold THREE times ONLY -DO NOT OVER-MIX
13. Pour this swirl mixture into pan with plain batter –DO NOT MIX– spread evenly
14. In a separate bowl, combine streusel topping ingredients – mix to a crumb texture – generously place over top of batter – DO NOT MIX
15. Bake at 350°F for 60 minutes

# Cinnamon Buns



Sean Lynn

Founder and president of God Squad Canada, Sean Lynn is on a mission to provide spiritual food and clarity to men throughout Canada.


God Squad challenges men to be leaders, and to serve their families the way Jesus serves his bride, the Church. Sean worked as a police officer in Calgary, Alberta for many years. He recently held God Squad Canada's 25th anniversary conference in Calgary, the organization's first in-person conference since 2019.



## Ingredients:

- 4 cups of warm water
- ½ cup buttermilk (room temperature)
- 1 tbsp of yeast or 1 cup of active sourdough starter
- 1 tsp of sugar
- 3 tsp of salt
- ½ cup of sugar or honey
- ½ cup of lard or peanut oil
- 2 tbsp of vinegar
- 11 to 12 cups of flour
- butter to spread
- brown or yellow sugar to taste
- cinnamon to taste

## Directions:

 Cook it with Sean

1. If using yeast, start with a ½ cup of warm water, dissolve 1 tbsp of yeast and 1 tsp of sugar and let rise.
2. Meanwhile combine 3.5 cups of warm water, 3 tsp of salt, ½ cup of sugar or honey, ½ cup of lard or peanut oil, 2 tbsp of vinegar and mix together and add yeast mixture.
3. If using sourdough starter, forgo the yeast mixture and add 1 cup of active sourdough starter.
4. Add 3 cups of flour and beat vigorously.
5. Then add 8-9 cups of flour 1 cup at a time, mixing or kneading well after each addition.
6. Dough is finished when it will be sticky.
7. Let rise in a greased bowl or container covered until doubled in size.
8. Punch down and roll out to ¼ inch thickness.
9. Spread with a layer of butter and layer of brown or yellow sugar then cinnamon to taste.
10. Cut to desired thickness 1-½ inch.
11. Let rise again for 1 hr or 2hrs in a baking dish and bake at 350 until brown.
12. Remove immediately onto wax paper and rest for 5 minutes then serve alone or with butter or cream cheese icing.



## **Love in the Kitchen was presented by Chalice Events**

Chalice Events is the place for Catholic events that will help you grow in faith, meet other people on the same journey, and feel inspired to make the world a better place. Supported by Chalice, a Catholic child sponsorship and international aid organization.

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