



Feast + Fast + Feria
Advent Recipes

Fare to Feed Your Family's Faith
One Meal at a Time



Feast + Fast + Feria

This collection contains excerpts from
The **Feast Fast Feria Food** cookbook, now in progress.

It is an offering of Feast + Fast + Feria,
a Barefoot Abbey ministry whose purpose is to aid
families as they grow in holiness and journey to
heaven by living out their Catholic faith each day through
the Liturgical Year.

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Advent Recipes

When our family began living according to the liturgical year over 15 years ago, after a foundation of prayer, we turned to incorporating traditionally associated foods into our holy day commemorations. And through the years the rich, spice-filled recipes of Advent have become some our family's favorites.

In our home the fragrances and flavors of Advent are not just delicious additions to an austere winter menu. They also help add to the season's atmosphere of joyful anticipation. Historically, in European countries like Austria, Christmas baking did not commence until the traditional feast of St. Thomas the Apostle on December 21st. Here the appearance of these long awaited tastes and scents of the season illustrated just how near the Feast of the Nativity finally was.

In monastic communities this connection between food and anticipating Christ's birth was also mirrored. In the celebration of the O Antiphons, from the Divine Office of Vespers, during the final week of Advent, different little goodies were shared among the monks. On December 19th, O Radix (Root of) Jesse, the gardener shared his best dried and preserved fruit, while for O Clavis (Key of) David, on December 20th, the cellar was unlocked and the finest wine enjoyed.

This *raccolta* of Advent recipes contains tried and true dishes from our family's own collection, as well as the shortcuts we have used during busier seasons of life - like after a new baby is born. Some recipes are historical foods long associated with specific feasts and saints, or the cuisine of the places from which certain saints hail, while others are the silly food puns our children and I have come up with over the years. We've found that the later can often be the most memorable. You can print and add these recipe sheets to your recipe binder to use again and again. And we pray they will all be a nourishment to your family both in body and soul.

"For every man that eateth and drinketh, and seeth good of his labour, this is the gift of God." - Ecclesiastes 3:13

Ad majorem Dei gloriam,



Cranberry Baked Oatmeal

This scrumptious breakfast is delightful during anytime of year but is especially lovely as something a little different than the the typical flavors of the nippy holiday season. This recipe is also easy to adapt to other things you have on hand like strawberries and cream or blueberries and almonds, which is a lifesaver when on a tight budget. It is also a win-win for mothers as it is a kid favorite and can be made on a Monday and eaten on all week, even by a our large family like ours when the recipe is doubled.

INGREDIENTS:

2 teaspoons baking powder	2 eggs
1 cup brown sugar	1/2 cup melted butter
3/4 cup dried cranberries	1 cup milk
2 teaspoons ground cinnamon	2 teaspoons vanilla extract
1/2 cup pecans	
3 cups rolled oats	
1 teaspoon salt	

DIRECTIONS:

1. Preheat oven to 350 degrees F.
2. In a large bowl, mix all dry ingredients together.
3. Add wet ingredients to dry ingredients and stir until combined.
4. Spread mixture into a 9x13 inch baking dish.
5. Bake for around 40 minutes.

Gran Gran's Pecan Pie

My namesake grandmother, Genie Mae Penny, was a fantastic, home taught cook. From cornbread dressing to fried chicken her recipes were treasured by all those she had the pleasure of nourishing. And the secret to her most memorable pecan pies were the extra toasted pecans she added to fill the whole of every bite - not the floating top layer as is so commonly found.

INGREDIENTS:

- 3 eggs
 - 1 cup light corn syrup
 - 2 tablespoons melted butter
 - 1 cup sugar
 - 2 cups toasted pecans (baked at 350 degrees F for about 5 minutes)
 - 1 teaspoon vanilla extract
- 1 pie crust fresh or frozen (if you have lard, use it!)

DIRECTIONS:

- Preheat oven to 350 degrees F.
- Gently mix all ingredients together in a large bowl, adding the pecans last.
- Pour into the pie crust.
- Bake for at least 60 minutes, when when filling springs back when pressed.
- Cover edges of the crust with foil if it starts to get too brown.

Speculaas Ginger Bends

FOR DEC. 6TH: THE FEAST OF ST. NICHOLAS

Though not the traditional hard style speculaas cookies these soft alternatives never disappoint. Our brood loves them and they get unexpected compliments everywhere I take them. In years past I've even made them with a cross as our soul cakes on All Souls' Day, November 1st. The minced candied ginger just adds a little something extra but these cookies are quite delectable even without it. Speculaas Ginger Bends are a great option for "priest cookies" to keep on hand for visitors since the balled dough freezes so well.

INGREDIENTS:

1 egg	2 cup flour
1 1/2 sticks of soft butter	1 teaspoons baking soda
1/4 cup brown sugar	1/2 teaspoon allspice
1 cup sugar	3/4 teaspoon nutmeg
1/2 teaspoon salt	3/4 teaspoon cloves
1/4 cup dark molasses	1 tablespoon ground cinnamon
1/3 cup minced candied ginger	1 tablespoon ground ginger

DIRECTIONS:

YIELD: about 32 cookies

1. Preheat oven to 375 degrees F.
2. With an electric mixer, cream together the butter and sugars.
3. Add molasses and egg then mix well.
4. In another bowl sift together the dry ingredients.
5. Add dry ingredients to the creamed mixture and blend until incorporated.
6. Stir in the candied ginger.
7. Drop cookies onto baking sheet in heaping tablespoons.
8. For soft middled cookies with stiff edges, bake for 7 minutes. Watch them.

Bishopswyn

FOR DEC. 6TH: THE FEAST OF ST. NICHOLAS
DEC. 27TH: THE FEAST OF ST. JOHN THE EVANGELIST
DEC. 29TH: THE FEAST OF ST. THOMAS BECKET

In our home Bishopswyn (Dutch mulled wine) is called “Bishopswill.” It can be made for any saintly bishop whose feast falls during the frosty winter or cooler autumn months, but it is especially fitting for the feasts of bishop Sts. Martin of Tours, Nicholas, John the Evangelist, and Thomas Becket. This mulled wine will give your home a fabulous Advent Aroma and it can also be made nonalcoholic by briefly boiling it. Additionally, Bishopswyn can be made more palatable to a younger crowd of children by sweetening it with a smidgen of honey or cutting it with some juice like cranberry, grape, or pomegranate. This is also a solution if you need to unexpectedly stretch the Bishopswyn or lower the amount of alcohol in it. Warmed grape juice, or another warmed juice, with the spices is an easy substitute for wee ones too. And as a shortcut, mulled wine can also be purchased ready made and spruced up with some simple orange rounds. One batch is enough for every one in our family to have a small glass of Bishopswyn, but if your family would enjoy more or is serving it at a party I would at least double this recipe.

INGREDIENTS:

1 bottle of red wine to your liking	3 cinnamon sticks
1 orange, sliced in half	3 star anise pods
	5 whole cloves

DIRECTIONS:

YIELD: about 5 full glasses

1. In a pot, combine the red wine, cinnamon sticks, and anise pods in a pot.
2. Slice one half of the orange into thin rounds.
3. Stick the whole cloves into the peel of the other orange half.
4. Simmer the Bishopswyn for about thirty minutes. Only boil it if you want to remove the alcohol content by evaporation.

Lussekatter Saffron Buns

FOR DEC. 13TH: THE FEAST OF ST. LUCY

Lussekatter are the traditional buns served early in the early morning for the Swedish Luciadagen (St. Lucy Day). While it is still dark outside, the oldest daughter of a home dons a white gown, red sash, and crown of candles upon her head. She then wakes the household singing the traditional St. Lucy Greeting Song and bringing delectable buns and steaming libations. This tradition finds its origin an apparition of St. Lucy bringing food to early Christians in the catacombs. Lussekatter can be made in several different shapes like those illustrated below, but our family prefers the S-shaped buns with two raisin eyes as a reminder that St. Lucy's eyes were removed during her martyrdom. Single packets of Spanish Saffron can be found on Amazon [here](#). If you need a quick shortcut for this recipe, we have used canned crescent rolls for the dough in the past.

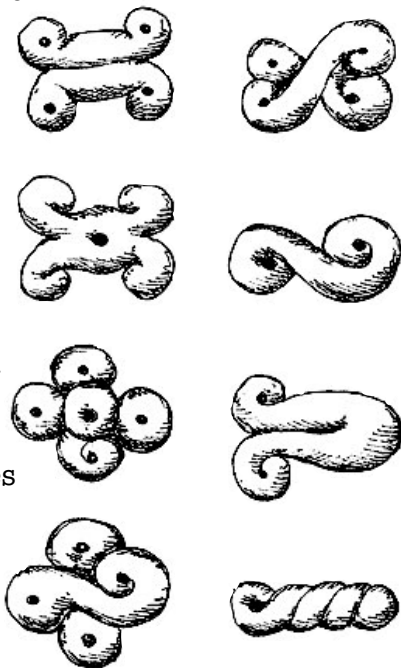
INGREDIENTS:

7 cups flour	14 TBS salted butter at room temperature, cut in pieces
3/4 cups sugar	2 cups milk at room temperature
1 tea sugar	80+ <u>raisins</u> soaked in water or more rum, 2 for each bun
2.5 packs instant dry yeast (1oz. each)	1 egg
1 TBS saffron threads or 1 pack (1oz.)	
2 TBS rum to soak the saffron	

DIRECTIONS:

YIELD: 40 buns

1. In a small prep bowl mix saffron with rum. If using saffron threads, grind them with a teaspoon of sugar first.
2. In a large bowl mix yeast with milk until dissolved.
3. Then mix in the butter and sugar with the milk.
4. Now add the saffron mixture rinsing out the small bowl with the milk and mix again. Butter will still be visible.
5. Gradually begin to incorporate the flour. You will need to use your hands eventually.
6. Knead the dough for about 10 minutes.
7. Cover and let dough rise for an hour. It should double.
8. While the dough rises, soak the raisins in water or rum.
9. When the dough has doubled, flour your flat surface and divide dough into 40 equal pieces. Divide dough in half, then those pieces in half again, then the new pieces in half one more time, lastly cut the pieces into fifths.
10. Roll out the pieces of dough into snakes about 8 inches long and shape as you like. Place them on greased or parchment lined sheets and let rise for 30 minutes.
11. While the buns rise, preheat the oven to 400 degrees F.
12. Once risen, make an egg wash by whisking one egg and brush it over the buns.
13. Add raisin eyes and bake buns for approximately 8 minutes, until golden brown.



Orange Cranberry Cream Scones

FOR DEC. 13TH: THE FEAST OF ST. LUCY

These creamy scones are the perfect addition to any CelebraTea of the Advent season. They are also a festive substitute for St. Lucy Day, on December 13th, if your family is not fond of the traditional Lussekatter Saffron Buns for that feast.

INGREDIENTS:

4 cups flour	2 teaspoons grated orange zest
2 tablespoons baking powder	1/2 cup chopped candied ginger (optional)
1 teaspoon salt	1 cup dried cranberries
6 tablespoons sugar	2 cups cream
10 tablespoons butter in 1/4 inch cubes, keep in freezer until needed	

DIRECTIONS:

YIELD: 16 scones

- Preheat oven to 450 degrees F.
- Mix dry ingredients in a large bowl.
- Scatter butter pieces evenly on top with the orange zest.
- Work in butter with fingers or a pastry cutter until it looks like cornmeal.
- Mix in cranberries and ginger.
- Add cream and stir until a dough forms.
- Turn dough out onto the counter and work into a ball.
- Flatten dough into about a 1 inch thick circle.
- Slice dough like the deep dish pizza it resembles making 16 pieces.
- Place slices separately on a baking sheet.
- Bake 12-15 minutes, until golden brown on top.

St. Lucy's Berry Thumbprint Eyes Cookies

FOR DEC. 13TH: THE FEAST OF ST. LUCY

These lemon shortbread cookies are a fun nod to the gruesome torture of St. Lucy, whose eye's were plucked out. They are a family favorite for her feast day, on December 13th and the kids love using their little thumbs to make the eyes in the dough. They are versatile and can be made with any berry jam, jelly, or preserves you already have on hand. As a shortcut in a pinch, you can use store bought sugar cookie dough, but it's not quite the same and the cookies will need to be chilled in the refrigerator before baking so they keep their shape better.

INGREDIENTS:

1 cup sugar	1 egg
1/2 tea salt	1 tea vanilla extract
16 tablespoons butter (2 sticks), softened	2 3/4 cups flour
1 TBS lemon zest	1/2 cup or more berry jam

DIRECTIONS:

YIELD: about 2 1/2 dozen

- Preheat oven to 350 degrees F.
- Cream the sugar, salt, butter, and lemon zest in a large bowl.
- Add the egg and vanilla then blend well.
- Next incorporate the flour.
- Use a small cookie scoop or tablespoon to form balls of dough about 2 inches apart on a cookie sheet.
- Now call over the children to put a thumbprint in the middle of each cookie.
- Bake for about 12-14 minutes. We let them cool on the pan.
- Once cool, add around 1/2 teaspoon of berry jam to each cookie eye.

Ember Day Tempura Fish

FOR THE WINTER EMBERTIDE: THE WEDNESDAY,
FRIDAY, AND SATURDAY AFTER THE FEAST OF ST. LUCY

Though no longer Holy Days of Obligation, the Ember Days were a requirement for all healthy Catholics until 1966. And in recent years they have been recommend by several US bishops for observance again as Holy Days of Opportunity. In Latin they were called “Quatuor Tempora” meaning “four times” and this is their connection to Tempura, the Japanese style of fried seafood. The Ember Days are traditional days of fasting and abstinence and it is thought that tempura was inspired in part by Spanish and Portuguese missionaries to Japan and their requests for meals of fish on such days. These crispy fish bites are great with roasted potatoes or in tacos with fresh slaw. The colder the batter the better these turn out.

INGREDIENTS:

2 pounds flaky white fish, like cod, haddock, catfish, sole, flounder, or tilapia, cut into 2-3 inch pieces.	1 cup flour, sifted
You can use fresh or frozen fish, or even shrimp.	1 cup water, plus ice
	1 egg
	Vegetable oil, enough to cover your seafood in the pan

DIRECTIONS:

YIELD: about 8 servings

1. In an iron skillet, preheat your oil to 375 degrees F.
2. Next mix together the egg and water, minus the ice.
3. Add the flour and just incorporate. Use chopsticks or a skewer if you have them so it is not over-mixed. Some lumps are fine.
4. Immediately dip your seafood while the batter is cold and fry them up. The pieces will float when done, about 2-3 minutes. Keep oil at 375 F.
5. Serve and eat straight away so bites don't have a chance to sit and get soggy.