

**COVID-time recipe swap:  
for the tough times there's  
nourishment in numbers!**

**Trinity recipes and stories of  
feeding each other.**

**October 2020**

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Thanksgiving chez Dooley

**A bread pudding I have served several times at coffee hour** from Sharon Dooley

**Apple Cranberry Toasted Bread Pudding**

4 slices sturdy white bread (I use one of Pepperidge Farms thick sliced white or sourdough bread),  
crusts removed and toasted to a light color

3 TBS unsalted butter

1 c. milk

2 large eggs

¼ c. boiled cider (available from King Arthur Baking) or thawed frozen apple juice concentrate

1 tsp. ground cinnamon

¼ c. sugar

¼ tsp. salt

1 c. diced apples (peeled or not)

¼ c. fresh or frozen cranberries

Sparkling white sugar or maple sugar for topping

Whipped cream flavored with maple syrup (I don't use this; I may serve Rediwhip  
but don't always)

Preheat the oven to 325°. Use 1 tablespoon of the butter to grease a 1-quart  
casserole or four 8-10 oz. ramekins. Tear the toasted bread into small cubes and  
place it in a mixing bowl. Heat the remaining 2 tbs. of butter with the milk until  
the butter is melted. Pour over the bread and soak for 10 minutes. Beat together  
the eggs, boiled cider, cinnamon, sugar and salt. Pour over bread. Add the diced  
apples and cranberries and stir. Pour into baking dish. Bake until golden brown  
and set, about 30-40 minutes. Remove from oven and serve warm, with whipped  
cream if desired. (Note: The warming oven in the TMC stove works very well to  
reheat the bread pudding in time for coffee hour.)

Serves 4

From King Arthur Baking Company.

This is a much-loved family Christmas recipe.

Uncle Giovanni was John Cascarella, an uncle by way of his marriage to Betty Salamanca, the seventh of my Dad's ten sisters. Dad was the baby and the only son, which tells you all you need to know about Italian family values of the time. My grandparents were determined!

Dad and the girls were from South Jersey, and John met Betty in Philadelphia in the years leading up to the second World War. The family was close-knit, and holidays were crowded and joyous in those days, with much singing and story-telling. Aunt Sally had a particularly lovely voice and she and Uncle Guido had acquired a "Victrola" for making records, which was particularly fun. Uncle John, as it turned out, was a member of a barbershop singing group so he fell right into the dynamics of these impromptu gigs. He made his egg nog, Dad did some whisky sours, and everyone sang.

I remember "Uncle Giovanni" as kind and elegant but with a mischievous twinkle. I started making the egg nog when I was living in southern California in the 70s and missing the accoutrements of a "proper" East Coast Christmas. It was a huge hit at my company Christmas parties, and raising a glass to Uncle Giovanni each year became a corporate tradition. I contributed the recipe to a family cookbook put together in the 80s by the children of the original Salamanca siblings, and I still make some version of it every year.

It is meant for a crowd so you can scale down accordingly – I usually make a quarter or a half-recipe. I left the ingredient descriptions as they were given, old brand names and all, and you can figure out today's equivalents. If you are Gen X or Millennial, by the way, a "fifth" refers to a quantity of alcohol – a "fifth" of a gallon by volume, which converts to approximately 12.75 oz or 375ml.

### **Ingredients**

4 quarts homogenized milk	1 Fifth blended whiskey
1 dozen eggs	1/3 of a Fifth of Red Heart rum
12 Tbs sugar	Freshly grated nutmeg
1 can Eagle brand condensed milk	

### **Preparation**

Separate the whites and yolks of the eggs and beat the whites until stiff.

In a large bowl, beat the yolks and sugar until thick, smooth, and pale yellow. Gradually blend in the condensed milk.

Add one quart of milk to the egg mixture along with the whiskey and rum and beat until well-blended.

Spoon about half of the egg whites into the mixture and beat just until blended.

Gradually add the rest of the milk, and slowly mix until all is thoroughly blended.

### **To Serve:**

Pour into 4-ounce glasses, top with a dollop of the reserved egg white and sprinkle with nutmeg. If you're serving in a punch bowl, drop spoonfuls of the egg white in as "floating islands" and sprinkle nutmeg over all. Enjoy!!

## Lentil Soup

Charles Carr

Our son-in-law has a Caribbean heritage of lentil soup made with pigtail and vegetables. When he was living with us after Hurricane Irma we started to use lentils more (among other foods). I found this recipe to make for the Wednesday Neighborhood Supper and it was a huge hit both there and at home. It is now a favorite go-to in soup season – hot or cold! It is modified a bit from the original.

### Ingredients

- ☐ 2 tbsp olive oil
- ☐ 1 onion, chopped (*white, brown, yellow*)
- ☐ 2 garlic cloves, minced
- ☐ 1 large carrot , *chopped (about 1 1/4 cups)*
- ☐ 2 celery ribs , *chopped (about 1 1/4 cups)*
- ☐ 2 cups / 400g dried lentils , *green or brown, rinsed (Note 1)*
- ☐ 400g / 14 oz crushed tomato
- ☐ 1.5 litres / 1.5 quarts (6 cups) vegetable or chicken *stock / broth, low sodium*
- ☐ 1/2 tsp each cumin and coriander powder
- ☐ 1 1/2 tsp paprika powder
- ☐ 2 dried bay leaves
- ☐ 1 lemon (zest + juice)
- ☐ 1/4 tsp salt and pepper, *each*

### TO SERVE

- ☐ Chopped fresh parsley, for garnish
- ☐ Warm bread, to serve

### Instructions

1. Heat oil in a large pot over medium heat. Add garlic and onion, cook for 2 minutes.
2. Add celery and carrot. Cook for 7 - 10 minutes or until softened and the onion is sweet. Don't rush this step, it is key to the flavour base of the soup.
3. Add all remaining ingredients except the lemon and salt. Stir.
4. Increase heat and bring to simmer. Scoop scum on the surface off and discard (do this again during cooking if required). Place lid on and turn heat down to medium low. Simmer for 35 - 40 minutes or until lentils are soft.
5. Thicken Soup: Using a stick blender, do 2 or 3 quick whizzes to thicken the soup (see video below). Or transfer 2 cups to a blender, let it cool slightly, then hold lid with tea towel and blend then transfer back into pot.

6. Add a touch of water if you want to adjust soup consistency. Season to taste with salt and pepper. Grate over the zest of the lemon then add a squeeze of lemon juice just before serving. Garnish with parsley if desired and serve with warm crusty bread slathered liberally with butter!

**Recipe Notes:**

**1. Lentils:** This should work with any type of lentils except Puy Lentils (French lentils, small dark brown/black ones because they hold their shape). Red, yellow, brown, green. The color of the soup will just be a bit different. (Charles uses red for a sweet flavor – green lentils are creamier and more savory flavor)

Cook times vary slightly as well so just start checking if the lentils are done at around 30 minutes.

Dried lentils are far better than canned; better texture and flavor. However, to make this with **canned lentils**, use 2 x 400g/14oz cans of lentils (drained and rinsed) and reduce the broth by 1 cup. Simmer liquid for 20 minutes before adding the lentils then cook with lentils for another 15 minutes (don't want to cook canned lentils for too long because they will turn to mush).

**2. Storage:** This freezes extremely well! Or keeps in the fridge for 3 to 5 days.

This recipe has a very dear connection to someone who has been a good friend since 1951 in kindergarten. It's the recipe of my friend Michael Ann and her sister; we three are lifelong friends. The best recipes always come from someone you love.

~Sallie vanMerkensteijn

Oh Yes Chicken Salad — Chicken BLT salad For 6

5 slices bacon, crumbled  
3 cups roast rotisserie chicken diced  
2 cup fresh tomato  
2 stalks celery thinly sliced

Combine above and add the dressing to salad

Dressing:

3/4 cup mayonnaise  
2 T minced scallion  
1 T chopped parsley  
1 t lemon juice  
1 dash Worcestershire  
Pinch salt and pepper

Serve on crisp greens and with avocado slices

## Original Plum Torte

*unknown contributor but delicious recipe!*

The New York Times published Marian Burros's recipe for Plum Torte every September from 1983 to 1989, when the editors determined that enough was enough. The recipe was to be printed for the last time that year. "To counter anticipated protests," Ms. Burros wrote a few years later, "the recipe was printed in larger type than usual with a broken-line border around it to encourage clipping". It didn't help. The paper was flooded with angry letters. "The appearance of the recipe, like the torte itself, is bittersweet," wrote a reader in Tarrytown, NY. "Summer is leaving. Fall is coming. That's what your annual recipe is all about. Don't be grumpy about it." We are not! And we pledge that every year, as summer gives way to fall, we will make sure that the recipe is easily available to one and all. The original 1983 recipe called for 1 cup sugar; the 1989 version reduced that to  $\frac{3}{4}$  cup. We give both options below. Here are five ways to adapt the torte (<http://www.nytimes.com/interactive/2016/09/14/dining/marian-burros-plum-torte-recipe-variations.html>).

### **Ingredients**

$\frac{3}{4}$  to 1 cup sugar

$\frac{1}{2}$  cup unsalted butter, softened

1 cup unbleached flour, sifted

1 teaspoon baking powder

Pinch of salt (optional)

2 eggs

24 halves pitted purple plums (Italian prune plums)

Sugar, lemon juice and cinnamon, for topping

*Editor's note: if you can't find Italian prune plums (which are quite small), use any ripe red or black plums and cut them into quarters or wedges if they are large. The goal is to cover the surface of the batter with cut fruit.*

### **Preparation**

Heat oven to 350 degrees.

Cream the sugar and butter in a bowl. Add the flour, baking powder, salt and eggs and beat well.

Spoon the batter into a lightly greased springform pan of 8, 9 or 10 inches. Place the plum halves skin side up on top of the batter. Sprinkle lightly with sugar and lemon juice, depending on the sweetness of the fruit. Sprinkle with about 1 teaspoon of cinnamon, depending on how much you like cinnamon.

Bake 1 hour, approximately. Remove and cool; refrigerate or freeze as desired. Or cool to lukewarm and serve plain or with whipped cream. (To serve a torte that was frozen, defrost and reheat it briefly at 300 degrees.)

YIELD            8 servings

TIME            1 hour 15 minutes

A recipe I have brought to many potlucks. From Williams Sonoma & Sharon Dooley

### **Root vegetable gratin with Gruyere**

1 tbs. unsalted butter

3 garlic cloves, minced

3 cups heavy cream

Salt and freshly ground pepper, to taste

1/4 tsp. freshly grated nutmeg

1 lb. parsnips, peeled, sliced 1/8 in. thick

1 lb. sweet potatoes, peeled, sliced 1/8 in. thick

1 lb. celery root (celeriac), peeled, sliced 1/8 in. thick

8 oz. Gruyere cheese, shredded

1 tbs. minced fresh thyme

3 tbs. minced fresh flat-leaf (Italian) parsley

Preheat oven to 400°. Butter 3 quart baking dish

In a large saucepan over medium heat, melt butter. Add garlic; cook 1 minute.

Add cream, salt, pepper and nutmeg; heat just until bubbles form around edges of pan, about 5 minutes. Remove from heat; let stand 10 minutes.

Arrange a layer of parsnips, slightly overlapping, in prepared dish. Arrange a layer of sweet potatoes on top, then a layer of celery root. Pour half of cream mixture over vegetables; sprinkle half of the cheese, thyme and parsley on top. Repeat with remaining ingredients. Cover dish with foil, place on baking sheet and bake one hour. Remove foil, lightly press down with spatula. Continue baking until vegetables are tender and top is golden brown, 15-30 minutes more. Let stand 15 minutes before serving.

Serves 12-15.

## ULTIMATE THREE CHEESE GRUYERE MAC & CHEESE

I MADE THIS FIRST FOR THE PEOPLE'S POTLUCK 11.8.18.

It was our first Neighborhood Supper (then called People's Potluck) in TMC's sanctuary building. Some members were ready to welcome new faces and friends and they came! I always have the faces of new friends in my heart and mind when I make this recipe so I always double it and package it up to deliver to friends.

No matter the reason, Trinity people love to share food!

~ Rev. Donna

### Ingredients

- 8 ounces dried macaroni (cellentani, elbow, spiral)
- 4 tablespoons unsalted butter
- 1/2 cup fresh bread crumbs (for top)
- 1/4 cup all-purpose flour
- 3 cups milk ( I use 2 C half and half, 1 C milk)
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1/8 teaspoon cayenne pepper
- 2 1/2 cups coarsely grated, sharp white cheddar cheese
- 1 cup coarsely grated Swiss-style Gruyere cheese
- 1/4 cup finely grated parmesano-regiano (can use Monterey Jack)

### Instructions

1. Preheat oven to 375°.
2. Grease a 1 1/2 quart souffle baking dish. Set aside.
3. Boil large pot of water to cook macaroni according to package directions. But stop cooking about two minutes early. (Pasta should be slightly underdone.)
4. Drain and rinse pasta with cold water and set aside.
5. In large saucepan, melt 1 tablespoon of the butter.
6. Add fresh breadcrumbs and stir until thoroughly coated. Set aside.
7. In a small sauce pan or microwave, heat milk until very hot but not scalded.
8. Meanwhile, in the pan you used for the bread crumbs, melt remaining 3 tablespoons butter over medium heat. When butter is bubbling, add flour and stir until cooked, about 1 minute.
9. Slowly whisk in hot milk, whisking continuously until all milk is incorporated and sauce begins to thicken, about 5 minutes.
10. Remove pan from heat and stir in salt, black pepper, cayenne, 1 1/2 cups of cheddar, 3/4 cup of Gruyere and all the dry Jack cheese.
11. Mix well until all the cheese has melted.
12. Add cooled macaroni to the cheese sauce and pour mixture into the buttered casserole dish.
13. Sprinkle with remaining cheddar and Gruyere cheeses, then top with buttered bread crumbs.

14. Bake, uncovered, for 25-30 minutes, or until the breadcrumbs are golden brown and casserole is bubbling.

15. Let sit for 5 minutes, then serve.

#### **Notes**

Recipe easily doubles to cook in two 9 X 13" lasagna pans. Use 1 and  $\frac{3}{4}$  lbs macaroni for double recipe.

I often mix in shredded chicken and/or bacon.

## Thanksgiving chez Dooley

For many years after our mother moved to a retirement community, our Thanksgiving dinner alternated between the homes of my baby brother Mark and my sister Gretchen. (Matthew, our other brother, stays at his Pittsburgh home for Thanksgiving.) In recent years, it has been at Mark's house. Because Mark and my sister-in-law Leslie are creatures of tradition, there are some rituals that must be observed.

The first of these is a trip to Outpost Farm to pick up the pre-ordered turkey. The farm is a very popular place, and for many years one could only pick up the turkey on the Wednesday before Thanksgiving. When I used to rent a car to drive from the airport to my brother's house, I was often the "designated schlepper". You had to park what seemed like miles away and then stand in a slow-moving line. It is a lot of effort, particularly when you realize that a perfectly fine, organically grown, cage-free turkey can be picked up at Whole Foods.

The siblings all have designated "responsibilities". The mince pie is one of mine. I am finicky about mincemeat – it must be Nonesuch condensed mincemeat which now can only be ordered online in large quantities. This must be simmered for a short time to reconstitute it and it's tricky to get the water mincemeat ratio exactly right. But over the years, I have become fairly adept. And nothing will do but that I make the traditional woven lattice crust. A tedious process to be sure, but it does leave lots of scraps that I can turn into the cinnamon rolls Mark has loved since he was a child.

Then comes Thursday. The turkey stuffing is my job. But there is a major wrinkle here: Leslie is a vegetarian and can't handle being in the kitchen when the turkey is being dealt with. But she wants some vegetarian stuffing. So, I prepare the stuffing, and place some of it in a casserole. I do this before I even take the turkey out of the refrigerator! After the turkey is in the oven, the rest of the "tainted" stuffing goes into another, distinctly different casserole. From then on, it's a matter of basting one with vegetable broth and the other with turkey broth and turkey drippings. Gradually, the whole feast comes together, the turkey is done, carved and it's time to eat.

When we sit down at the Thanksgiving Day table, I always notice the pickles and olives and cranberry sauces served in glass dishes that always graced my childhood Thanksgiving tables. These small vessels tie Gretchen, Mark and me into our histories and our futures.

Sharon Dooley