



Recipes for the Feast of St. Hildegard – Sept. 17

Honey Glazed Carrots

from Beth's kitchen

1 lb carrots, cut in chunks

2-4 Tbsp butter

2 Tbsp honey

½-1 tsp cinnamon

Salt n pepper to taste

Steam/boil carrots until fork tender. Drain well. Melt butter and honey together, add seasonings. Stir in carrots to coat.

Beer Braised Meatballs

from Beth's kitchen

1 lb hamburger

¼ large onion, minced

1.5 slices bread

¼ tsp ground cloves

1 tsp salt

½ tsp pepper

1 Tbsp oil

1 bottle/can beer

Make breadcrumbs from slices of bread. Mix together onion, breadcrumbs and seasonings til fully integrated. Add hamburger and mix til just combined. Form into roughly 1.5 in meatballs.

Heat a skillet, add oil. Add meatballs, leaving plenty of room around the meatballs so they will brown well, and quickly brown on all sides. Do this in several shifts if necessary.

When they are all brown, add all the meatballs back to the pan, pour the beer over the top, cover the pan and braise for 5 min for this size. If you make yours smaller, they won't take as long and if they are bigger, they will take longer. They are done when they reach an internal temp of 165°. Serve either plain or with the braising liquid.

Chickpeas with Fennel and Orange

from www.plantbasedmatters.net

1 heaping cup dried chickpeas soaked in water for 8-12 hours **OR** 2 15oz cans of chickpeas

6 cups water (for cooking)

½ cup + 1 tbsp finely diced fennel bulb

¼ cup finely diced red onion

1/2 tbsp orange zest (about 1 navel orange)

1/4 cup freshly squeezed orange juice (about 1-2 navel oranges)

1/4 cup freshly squeezed lemon juice (about 1-2 lemons)

1 Tsp dijon mustard

1 tsp salt

1/2 tsp black pepper

1/4 cup extra virgin olive oil

If you are cooking the chickpeas: After soaking chickpeas for 8-12 hours, drain and discard the chickpeas and soaking water. Rinse well and drain. Transfer to a medium pot. Add water (6 cups or fill up 2 inches above from the chickpeas.) Turn the stove on high heat to bring it to boil, then reduce the heat to medium low. Simmer for 45 minutes or so until they are tender but not mushy.

In the meantime, make the dressing. In a large prep bowl, combine orange zest, orange juice, lemon juice, Dijon mustard, salt, and pepper. While whisking, slowly pour extra virgin olive oil to emulsify. Set aside.

For both home cooked and canned chickpeas: drain the chickpeas well. Set aside. Add fennel bulb and red onion into the bowl, then transfer the chickpeas to the bowl as well while they are still warm. Mix well. Serve immediately as a warm salad or let it cool down to serve at room temperature. Or after cooling down, let it marinate in the fridge for at least for 4-6 hours and serve as a cold salad.

Lemony Dill Vinaigrette

from www.hoteatsandcoolreads.com

3 tablespoons fresh squeezed lemon juice

1 tablespoon fresh dill, chopped

1 clove garlic, minced

1 tablespoon dijon mustard

1 tablespoon white wine vinegar

2 tablespoons extra virgin olive oil

salt and pepper, as desired

In a small bowl, whisk together all ingredients until combined. Refrigerate until serving or serve immediately.

Baked Apples

from www.epicurious.com

1 Gala or Fuji apple per person

2 tbs brown sugar

butter

Plus a pinch or two of your favorite baking spices to each apple:
cinnamon, nutmeg, allspice, clove, cardamom, and/or ginger.

Start by using a paring knife to carefully slice around the top core of the apple, making sure not to go all the way through to the bottom. Then pull out what you cut, and use a spoon to scoop out the rest, making sure that all seeds are out.

Place your hollowed-out apples in a baking dish that has sides that are at least 2 inches high and doesn't leave too much empty room around the apples. Then fill each apple with something sweet, some spices, and some butter, about 1 tbsp of filling per apple. Add some small cubes of butter to each apple as well.

Pour about 1 inch of water around the apples, to help them bake and keep from sticking to the dish. Bake at 350° for 40 - 45 minutes, checking that the water has not evaporated. Let them cool about 5-10 minutes and serve them with some heavy cream or ice cream.

For further reading:

You may find some ideas on this website of interest to you:

<https://www.healthyhildegard.com/hildegards-medieval-diet/>



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