



## *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.



## Baked Apples

from [www.epicurious.com](http://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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