



***Recipes for the
Solemnity of St. Joseph,
Spouse of the Blessed Virgin Mary
– March 19***

St. Joseph's Day Pasta with Buttered Breadcrumbs

from www.homemadeitaliancooking.com

INGREDIENTS

- 1 pound spaghetti
- 2 tablespoons salt
- 3 tablespoons butter
- 5 tablespoons olive oil
- 1 ½ cups panko breadcrumbs
- 4 anchovy fillets
- 5 cloves garlic
- 1 cup sweet onion chopped
- 1 teaspoon red pepper flakes or season to taste
- 1 teaspoons ground black pepper
- 1 ½ cups grape tomatoes halved

INSTRUCTIONS

1. Add the salt to a large pot of water and bring to a boil. Add the pasta and stir. Gently boil for 7-8 minutes or until a la dente.
2. While pasta is cooking, heat butter and 1 tablespoon olive oil in a skillet on the stove. Add the breadcrumbs, mix to coat, and cook until toasted and lightly brown. Transfer breadcrumbs to a plate and set aside.
3. In same skillet over medium high heat, add remaining olive oil. Toss in the anchovies, mix with a wooden spoon until dissolved. Add the garlic and onion and let cook a few minutes until translucent. Add the black & red peppers and tomatoes. Cook for 2-3 more minutes. Add some pasta water if too dry.
4. Add the hot cooked pasta right from the stockpot to the skillet and toss to coat. Add the buttered breadcrumbs on top of each serving or on top of the pasta in a large serving platter. Serve immediately.

Sicilian St. Joseph Frittata

from Beth's kitchen

INGREDIENTS

- 6 eggs
- dash of cream/ almond milk
- 2 handfuls, baby spinach, washed, and torn into small pieces
- ½ red onion, chopped
- 12 black olives, minced
- 2 potato, peeled and sliced
- 2 tbs. Olive Oil

INSTRUCTIONS

1. Turn on broiler.
2. Boil 1 quart of salted water in a saucepan. Add potatoes and onion. Cook just until potatoes are tender. Drain the potato and onion mixture.
3. Heat olive oil over medium heat **in an all metal, large frying pan**. Add potatoes and onion mix, then add spinach, pat down with spatula, and flip when the potatoes start to brown.
4. Meanwhile, whisk egg together with cream, or almond milk. Sprinkle olives over frying pan vegetables, and then pour over the egg mixture.
5. When the eggs begin to set, place the frying pan under the broiler (this is why you need a metal frying pan,) until the top is browned, about a minute.
6. Add salt and pepper to taste and serve to hungry people, and be sure to save some for St. Joseph as well.

Minestrone Soup Recipe

from www.saltandlavender.com

INGREDIENTS

- 1 tablespoon olive oil
- 1 tablespoon butter
- 1 medium onion chopped
- 2 sticks celery chopped
- 3 medium carrots peeled & sliced
- 3 cloves garlic minced
- 1 small zucchini chopped
- 1 cup fresh green beans chopped

- 1 (28 fluid ounce) can crushed tomatoes
- 4 cups chicken broth or veggie broth
- 1 (14 fluid ounce) can red kidney beans drained
- 1 (14 fluid ounce) can white kidney (cannellini) beans drained
- 1/4 teaspoon Italian seasoning
- 3/4 cup uncooked elbow macaroni
- Salt & pepper to taste
- Fresh basil torn, to taste
- Freshly grated parmesan cheese to taste

INSTRUCTIONS

1. Prep your veggies.
2. Add the oil, butter, onion, celery, carrots, and garlic to a large soup pot. Sauté for 5-7 minutes.
3. Stir in the crushed tomatoes, chicken broth, zucchini, green beans, red kidney beans, and white kidney beans, and Italian seasoning. Increase the heat to high, and bring it to a boil.
4. Once the soup is boiling, stir in the pasta. Reduce heat and simmer for 15-20 minutes, uncovered. Stir occasionally to stop the pasta from sticking to the bottom.
5. Once the veggies are tender (some may be tender-crisp), and the pasta is done, stir in the fresh basil, season to taste with salt & pepper, and serve each bowl with some parmesan cheese sprinkled over top.

Lemon Baked Cod

from www.littlesunnykitchen.com

INGREDIENTS

- 4 (5-6 oz) cod fillets about 1/2" thick, skinless and boneless
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon garlic powder
- 1 lemon
- 1 tablespoon fresh parsley leaves

INSTRUCTIONS

1. Preheat the oven to 400F (200C).
2. Pat dry the fish with paper towels, and place in a baking dish. Drizzle and brush with olive oil or melted butter then season with garlic granules, salt, and pepper.

3. Flip the fish to the other side, and repeat.
4. Drizzle with fresh lemon juice, and top with some lemon slices.
5. Bake for 12-15 minutes depending on the thickness of the fish. The cod is ready when it's opaque and flakes easily with a fork. Garnish with chopped fresh parsley and serve.

Almond Biscotti

from www.owlbbaking.com

INGREDIENTS

- 4 Tbsp butter (softened at room temp; salted or unsalted can be used)
- $\frac{3}{4}$ c granulated sugar
- 3 eggs
- a splash of vanilla extract
- 2 c all purpose flour (plus an additional tablespoon or two set aside, for shaping the dough)
- $\frac{1}{8}$ tsp salt (if you're sensitive to salt, you may want to omit this if using salted butter)
- 1 tsp baking powder
- $\frac{1}{2}$ c coarsely chopped almonds

FOR THE EGG WASH

- 1 egg
- $\frac{1}{2}$ tbsp water

INSTRUCTIONS

1. Preheat the oven to 350°F. Prep one cookie tray with parchment.
2. In a medium bowl, combine the butter and sugar using a hand mixer. Mix until light and fully incorporated.
3. Add the vanilla & eggs and mix for about 1 minute.
4. Scrape the bottom and sides of the bowl.
5. Add the flour, salt and baking powder. With the mixer on low speed (do not switch to a higher speed), begin to incorporate the dry ingredients. Stop mixing once all the flour is absorbed. Scrape the bottom and sides of the bowl.
6. Using a spoon or spatula, mix in the chopped almonds.

7. Once the mixture comes together, sprinkle a bit of flour onto the cookie tray that is lined with parchment. Carefully dump out the bowl onto the tray and gently form the dough into a log. The dough will be a little bit sticky and soft.

8. Continue to flour your hands as you mold and shape the dough.

9. Once the log is ready (it should be about the length of the tray), press down so that the dough log is about ½ inch thick. You may need to shape and square up the edges again.

10. Mix the egg and water for the egg wash in a bowl using a fork.. Brush the top of the dough with the egg wash.

11. Bake for about 30 minutes until puffy, golden brown and firm.

12. Once the cookie log is done baking, remove from the oven and set aside. Drop the oven temp to 300°F.

13. Allow to cool for 5-10 minutes on the tray. Once the cookie log is done resting, use a serrated knife to slice the log into about 1 inch cookies (or slightly thinner or thicker if you wish).

14. Place the cookies on their flat sides and place back into the oven for at least 10 minutes* (or more time if desired, SEE NOTES).

15. After the cookies are done baking on the one side, flip them over again and bake the other sides for at least 10 minutes (or more time if desired, SEE NOTES).

16. After the last bake, remove the cookies from the oven and allow to cool on the tray

