



Filipino Pancit Canton



German Kartoffel Klosse



Italian Tagliatelle con le Noci



Irish Style Cod Steaks



Polish Kotelty



Mexican Tortilla Soup

Find these recipes in the 2012 edition of "Ashes to Ashes," The Observer's Lent guide. It appeared in the Feb. 17 edition of the paper.

The Observer's 2012 *Taste of the Diocese* Lent Foods

The Observer's Taste of the Diocese

Italian Spaghetti con il Tonno (Spaghetti with Tuna Fish Sauce)

Ingredients

- ¼ cup olive oil
- 4 flat anchovy fillets, finely chopped
- 2 garlic cloves, finely chopped
- 1 (28-oz) can crushed Italian style or whole tomatoes
- Salt and freshly ground pepper to taste
- 1 (7-oz) can tuna fish in olive oil, drained, flaked
- 3 tablespoons chopped parsley
- 1 pound spaghetti

Heat oil in a medium saucepan. Add anchovies and garlic; sauté gently about one minute-do not let garlic turn brown. Press tomatoes through a food mill or sieve to remove seeds. Stir tomato pulp into saucepan. Simmer uncovered 25-30 minutes or until sauce reduces to a medium-thick consistency. Season with salt and pepper.

Stir in tuna fish and parsley; simmer five minutes.

Fill a very large saucepan two-thirds full with salted water; bring to a boil. Add spaghetti; bring back to a boil and cook uncovered until spaghetti is tender but firm to the bite, 8-10 minutes.

Drain, add sauce and toss gently until mixed. Serve immediately. Makes four servings.

Do not serve cheese over this pasta; be generous with the pepper instead.

From Gene and Shirley Fedeli, Cathedral of St. Peter, Rockford

The Observer's Taste of the Diocese

Mexican Quick Burritos

Ingredients

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|----------------------|-----------------------------|
| chili anchos peppers | cheese |
| water | onion, minced |
| garlic | potatoes or other favorites |
| flour tortillas | |

Buy chili anchos peppers, clean and remove the seeds and boil them until they are soft. Put them in a blender with a little water and garlic and blend until smooth.

Using tongs, dip flour tortillas into the mixture and transfer to a fry pan with a little grease and lightly fry. This sets the sauce into the tortillas.

Top the tortilla with cheese, onion, garlic and whatever else you like such as potatoes.

Roll the tortillas and serve or freeze.

Note: These can be frozen and microwaved.

From Barbara Lopez, St. Mary Parish, Sterling



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German Red Cabbage and Apples

Ingredients

8 cups red cabbage, cut up	1/4 cup sugar
4 large tart apples, cut up	3 Tbls vinegar
2 cups water	2 Tbls butter
Cook first three ingredients until tender and add:	Salt and pepper to taste

Cook first three ingredients until tender and add sugar, vinegar, butter, salt and pepper.

Simmer all together for 15 minutes or until cabbage has cooked down.

Serves 6-8

An old German recipe from Mrs. H. Janssen, sent in by ladies of St. Joseph Church in Freeport

The Observer's Taste of the Diocese

Filipino Chapchae (Sweet Potato Noodles)

Ingredients

- 1/2 pound dried Korean sweet potato noodles
- 2-1/2 teaspoon sesame oil, divided
- 1 tablespoon vegetable oil
- 3/4 cup thinly sliced onions
- 2 carrots, peeled, cut into matchsticks
- 2 cloves garlic, finely minced
- 3-4 stalks green onions but into one inch lengths
- 5-6 shiitaki mushroom caps, thinly sliced
- 2 tablespoons soy sauce
- 2 teaspoons sugar
- 1 tablespoon sesame seeds
- 1/2 pound baby spinach, washed and drained

Cook noodles in boiling water for five minutes. Immediately drain and rinse with cold water, drain again and toss with one teaspoon of sesame oil. Cut noodles into eight inch lengths and set aside.

Mix soy sauce and sugar in a bowl and set aside.

Stir fry onions and carrots with hot vegetable oil for one minute; add garlic and mushroom and stir fry for another minute. Add spinach, green onions, soy sauce and sugar and noodles. Stir fry for 2-3 minutes until the noodles are cooked through. Toss with 1-1/2 teaspoon sesame oil and sesame seeds. Serve on a platter. Serves four.

From Norma Purn, St. Thomas the Apostle Parish, Crystal Lake



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The Observer's Taste of the Diocese German Sauerkraut Salad

Ingredients

Sauerkraut Salad

- 1 (16 oz) can sauerkraut
- 1 cup chopped celery
- ½ cup onion
- 2 tablespoons cooking oil
- ¼ cup vinegar
- 1 cup sugar or 1 tablespoon liquid sweetener

Stir together. Keeps well in refrigerator for several days.

The Observer's Taste of the Diocese Polish Placki Ziemniaczane (Potato Pancakes)

Ingredients

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| 4-5 big potatoes | salt, black pepper to taste |
| 1 big onion | oil for frying |
| 1-2 eggs | pinch of baking powder |
| 1 Tbslp of flour | |

Peel the potatoes, rinse and wipe the grate with the fine mesh (strain the juice), add chopped onion, flour, eggs and season to taste. Make (using the spoon) small and thin pancakes to hot oil and fry on both sides until golden brown.

Serve with sour cream; farmer's cheese mixed with some sour cream, salt and chive; mushroom sauce; or kefir.

From Malgorzata Malinowski

The Observer's Taste of the Diocese Oven-Baked Perch with Tahini

Ingredients

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| 8 perch fillets | 3 Tbsp tahini |
| Spanish onions | 2 Tbsp lemon juice |
| 3 cloves garlic, minced | ½ tsp salt |
| ½ cup pine nuts | ¼ tsp paprika |
| 5 Tbsp olive oil | ¼ cup red currants |
| ¼ cup water | watercress |
| | cherry tomatoes |
| | 6 eggs, hard-boiled |

Preheat oven to 400°F.

Rinse the fillets in cold water and pat them dry. Score the skin of each fish; then place it in a shallow, lightly greased pan with the skin-side down. Dice the onions and fry them with the garlic and pine nuts in olive oil until lightly browned. Stir in the water, tahini, lemon juice, salt, and paprika till it forms a pasty mix. Reduce the heat and add the currants.

Spoon the mixture over the fish. Bake for 15–20 minutes. Remove to a large platter carefully, as it may be flaky. Garnish with watercress, and surround with cherry tomatoes and crumbled hard-boiled eggs.

8 servings