



DIOCESE OF ARLINGTON  
YOUTH, CAMPUS, &  
YOUNG ADULT INDUSTRIES



# BAKING WITH POPE ST. JOHN PAUL II

This pilgrimage takes place in your home! The only traveling you will need to do is taking a trip to the store to purchase the ingredients to prepare the Kremówka Papieska! Learn about this incredible modern day saint as you bake his favorite dessert!

This document provides a general overview of this experience. However, please go to [www.tinyurl.com/encounterJPII](http://www.tinyurl.com/encounterJPII) on your portable device (or scan the QR code below) for links to the full experience.



# KREMÓWKA PAPIESKA WITH POPE ST. JOHN PAUL II

Throughout Sacred Scripture, **food and drink are used to teach us about community, hospitality, and celebration.** Food is part of our everyday life, and God takes what is ordinary and makes it extraordinary. And just as shared meals can bring people together, sharing the experience of preparing a dish can be an occasion of extraordinary grace and beauty. Whether you have chosen this session to celebrate the feast day of Pope St. John Paul II or because the recipe looks delicious, our hope is that this time spent working together teaches you something new about cooking and something new about this extraordinary man!



It is often said that **the kitchen is the heart of the home.** Here is where meals are made for the nourishment of the family, where conversations are held around the kitchen table, and where we have many opportunities to love one another through acts of service. Today in your kitchen you will have the opportunity to create, learn, and pray. Before you begin, make sure that you have a clear workspace and that you have gathered all the ingredients and tools needed for baking the Kremówka Papieska. Please make sure you also have a device(s) on hand for listening to podcasts and watching a YouTube playlist. Read this entire booklet before you begin.



**What is a Kremówka Papieska?** Pronounced “kreh-MOOV-kah pah-PYESS-kah,” this Polish treat was a favorite of Pope St. John Paul II! His love of the Kremówka, which translates to “cream cake,” began in his hometown of Wadowice, Poland. The father of one of his high school classmates owned a bakery and he and his friends would pool their money to purchase a cream cake or two from him. Once Karol Wojtyła (pronounced “voy-TIH-wah”) became Pope John Paul II and word got out about his penchant for the Kremówka, it became known as Kremówka Papieska, or the “Papal Cream Cake.”



**Notable Dates in the Life and Death of Pope St. John Paul II:** There are many days throughout the year where you can bake a Kremówka Papieska to celebrate the life of Pope St. John Paul II!

- Birthday: May 18, 1920
- Ordination to the Priesthood: Nov. 1, 1946
- Elected as Pope: October 16, 1978
- Death: April 2, 2005
- Canonization: April 27, 2014
- Feast Day: October 22



## ADDITIONAL CATECHETICAL CULINARY ENCOUNTERS!

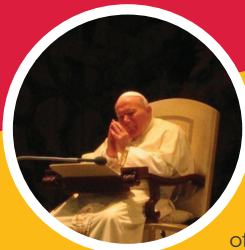
If you enjoyed this Encounter, visit [www.tinyurl.com/BakingWithBrother](http://www.tinyurl.com/BakingWithBrother) for more! Br. Andrew Corriente, OFM Cap, was the winner of Season 5 of the “The Great American Baking Show: Holiday Edition” in January 2020. He has provided some of his recipes that can be baked in correlation with specific feast days (but are tasty year-round!). He walks you through each recipe step by step and has included photos.



## BAKING THE KREMÓWKA PAPIESKA

- Kremówka is composed of vanilla custard sandwiched between two layers of pastry, with a dusting of powdered sugar on the top. Some varieties include a layer of whipped cream.
- Go to [www.tinyurl.com/JPIIrecipe](http://www.tinyurl.com/JPIIrecipe) for an instructional video that includes the recipe and an opportunity to learn about Pope St. John Paul II's devotion to the Blessed Mother.
- Notes on the pastry: It is important that the pastry not rise too high. In addition to poking holes in the pastry with a fork, it is suggested that you bake it layered between two sheets of parchment with a cooling rack both beneath and on top of it.
- The recipe that we suggest uses frozen pastry dough but if you are up for a challenge, you are encouraged to make that from scratch. If you do, here is a helpful hint from our baking friend Br. Andrew: use a European butter (such as Kerrygold), as its higher fat content means it contains less water and does not break during the lamination.
- Notes on the filling: Keep stirring continuously, and pay attention to when the mixture starts to boil. The corn starch is a thickening agent and once it is activated by boiling, it should only stay on the heat for another minute or two.

## PRAYER FROM POPE ST. JOHN PAUL II



Teach us, too, we pray, humility so that we may be among the humble to whom the Father in the Gospel promised to reveal the mysteries of His Kingdom. Teach us the look of faith that will help us recognize the face of Jesus Himself in the poor and suffering. Support us in our hours of trouble and trial and, should we fall, let us feel the joy of the sacrament of forgiveness. Teach us tender devotion towards Maria, mother of Christ and our Mother. Accompany us on our earthly pilgrimage towards the blessed Homeland, where we, too, hope to arrive to contemplate eternally the Glory of the Father, the Son and the Holy Spirit. Amen.

*This prayer was recited by Pope St. John Paul II on the occasion of the canonization of Padre Pio, on June 16, 2002.*

## LEARNING ABOUT POPE ST. JOHN PAUL II

- **Biography:** While your puff pastry is in the oven, take a few minutes to read this short biography aloud: [www.tinyurl.com/JP11bio](http://www.tinyurl.com/JP11bio). This takes you from his birth as Karol Wojtyła in Wadowice (pronounced “vah-do-vee-tsah”), Poland, through his priesthood and pontificate, to his last words before his death: “Let me go to my Father’s house,” and on to his canonization.
- **Witness:** As you work on preparing and spreading the custard filling, listen to this podcast: [www.tinyurl.com/JP11podcast](http://www.tinyurl.com/JP11podcast). A former Swiss Guardsman speaks of his experience serving at the Vatican and gives a unique insight into how Pope St. John Paul II shared the love of Christ with others.
- **Experience:** Once you have assembled the Kremówka Papieska, it will need an hour to set. After you clean up the kitchen, take half an hour to watch this YouTube playlist: [www.tinyurl.com/JP11playlist](http://www.tinyurl.com/JP11playlist). See Pope St. John Paul II on the day of his election and in his final public appearance before his death. Hear the voice of this saint in prayer and song and as he addressed gatherings of young people. His beautiful singing voice and his care and joy when interacting with people is truly remarkable to behold! One of the selections is Pope St. John Paul II’s address to the students of the Catholic University of America, on the steps of the Basilica. Especially living near to D.C., it is remarkable to see this man who would one day become a saint, standing in a spot not too far from where we live.
- **Remembrance:** Pope St. John Paul II was pope from 1978-2005, which means that most teenagers have little to no memory of him, but at his death he was the only pope many adults had ever known. Take a few moments here for the adult(s) participating to share a memory or two of his life and legacy.
  - Questions for the adults: What do you remember most about his life? What do you remember about his passing? What did he teach you about faith?
  - Questions for the young people: What do you think Pope St. John Paul II would want you to know about God? What does his life teach us about Jesus? If you were known for loving one dessert, what would it be?
  - Questions for both: What did you learn today about baking? What is the most interesting thing you learned about Pope St. John Paul II today?

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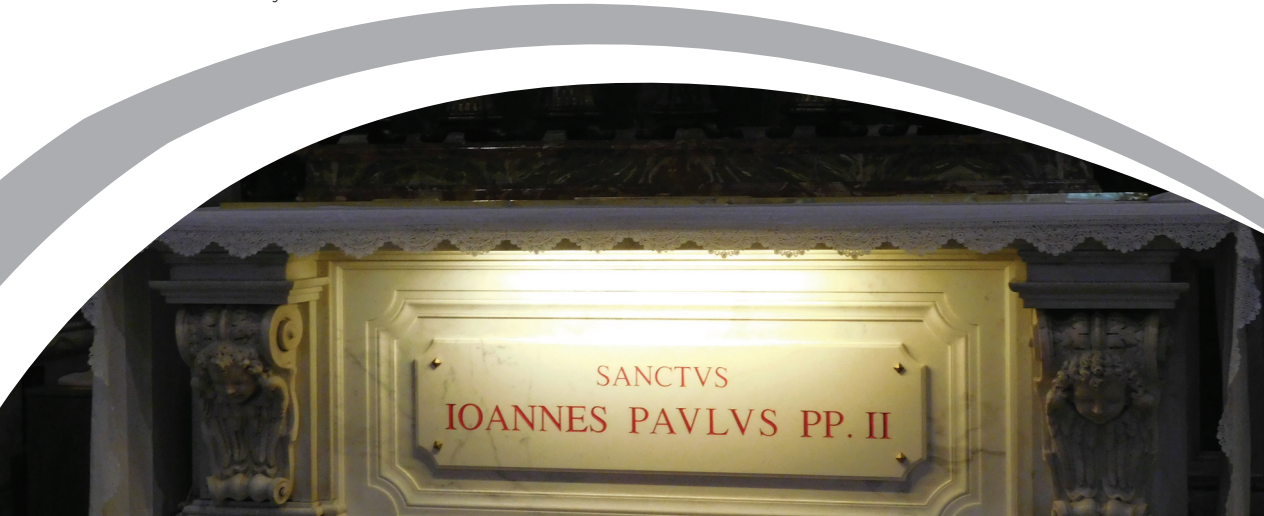
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Baking Fun: Fanette / Adobe Stock

Monument of Pope John Paul II in his home town: agneskantarak / Adobe Stock

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