

2025
A Multicultural Guide to Liturgical Living

THESE, THY GIFTS

Multicultural Cooking *for the Season of Lent*



*Recipes compiled from “Gather at the Table: Multicultural
Cooking for Liturgical Living” and new bonus recipes!*

The Office of Multicultural Ministries
Catholic Diocese of Arlington

CONTENTS

A Note from the Author

What is Lent?

My Lenten Promise

March Ideas

Irish American Heritage Month

Women's History Month

St. Patrick's Day

Feast of St. Joseph

Lenten Recipes

Meatless Meals

Feast Day Calendar

Lent & Triduum Calendar Cut Out

THESE, THY GIFTS

A note from the author

As the season of Lent rolls around, I always find myself reflecting on what I will be offering up and what it will mean to make that sacrifice. Often these reflections overlap with work and whatever task is at hand. For example, this year, we opted to make a special Lenten edition of the diocesan cookbook “Gather at the Table” focusing in on Lent friendly recipes (namely, meatless meals) but combine it with a few events and initiatives offered throughout the Diocese, much like our typical Liturgical Living Guidebooks.

Naturally, when your work is inherently Catholic, prayer is a natural element and the traditional Grace before meals prayer popped in my head. How fitting for a cookbook! One line in particular stood out: “these thy gifts.”

Voila! The Lenten cookbook has a name!

Not only is grace before meals an opportunity to pause and reflect on the blessings laid out before us, but Lent is a time to reflect on the *ultimate* blessing, that Christ died on the Cross and rose from the dead. What a gift it is to witness this time and again at the Holy Sacrifice of the Mass.

In a smaller way, what a gift it is to create and consume a delicious meal, even if preparing it without meat may be a challenge for some. I encourage you to focus on the “offering” in “offering up” this Lenten season, that it isn’t only a gift you give, but a gift you receive.

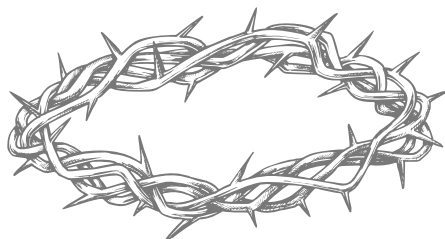
I hope you enjoy these recipes and that this season of Lent be a season of grace.

By Bridget Wilson, Director of the Office of Multicultural Ministries

WHAT IS LENT?

Lent is a solemn forty day season of prayer, fasting and almsgiving that begins on Ash Wednesday. It is a period of preparation for the Lord's Resurrection on Easter, where the faithful are called to practice self-discipline, abstain, fast, and pray, seeking a true inner conversion of the heart. These practices help to prepare our hearts and minds for the Paschal Mystery, Christ's work of Redemption accomplished by His Passion, Death, Resurrection, and glorious Ascension. By dying He destroyed our death, rising He restored our life.

This guidebook is intended for use beginning Ash Wednesday on March 5th, 2025 through Holy Saturday, April 19th, 2025.



MY LENTEN PROMISE

This page is intended to keep a simple list of the promises you plan to keep during the Lenten Season. They are broken down into three categories: Penance, Prayer, and Almsgiving

PENANCE

What will you abstain from throughout the forty days? Or, in some cases, what will you add to your day in your effort to remove obstacles to loving God with your whole heart?

PRAYER

In what ways can you deepen your spiritual life?

ALMSGIVING

Are you able to give of your time, talent, and treasure?

MARCH IDEAS

March is both *Irish American Heritage Month* as well as *Women's History Month*. Most of these suggestions are not all limited to one day, and can be initiated at any point throughout the month.

Irish American Heritage Month Ideas:

- Learn about the Ancient Order of Hibernians (AOH), the oldest Irish Catholic Fraternal organization in America.



*Check out their website by
scanning the QR code!*

- March 17 is St. Patrick's Day. Later on in the guidebook, you'll find ideas to celebrate his feast day.
- Scan the QR code to learn about the apparition of Our Lady of Knock with St. John the Evangelist and St. Joseph at the Parish Church in Knock, Ireland.



Women's History Month Ideas:

- Learn about ministries that support women in need, especially those going through crisis pregnancies, seeking help after abortion, or are single mothers in difficult circumstances.



- Research Marian Apparitions around the world. Check out this guide from Ascension:



- All women are invited to attend the Diocese of Arlington Women's Conference on Saturday, March 15th.



Learn more!



Women's History Month Ideas (continued):

- Make a pilgrimage to the Cathedral of St. Thomas More to visit the statues of 8 multicultural women saints (or saints-to-be)!



- Read Pope John Paul II's Letter to Women:



- Pray for Women Religious in the Diocese of Arlington and those discerning the call to religious life and learn more about different religious communities by scanning the QR code!



ST. PATRICK'S DAY

MARCH 17

A immensely popular saint and feast day, St. Patrick is celebrated around the world by Christians and non-Christians, honoring his legacy. Although he was originally from Britain, he became a bishop in Ireland known for his widespread conversion of pagans to Christianity. According to legend, he also drove all snakes out of Ireland and famously compared the Holy Trinity to a shamrock. His feast day is a solemnity and holy day of obligation in Ireland. Here are some ideas for how to celebrate St. Patrick's Day:

- Start the day with St. Patrick's Breastplate Prayer
- Wear green or eat green foods!
- Sponsored by the AOH, attend the annual "Gaelic Mass in Honor of St. Patrick" celebrated March 10th at St. Agnes Catholic Church in Arlington. Mass begins at 7:00 PM and a reception will follow.
- Bake Irish Soda Bread using the recipe found in this book! This recipe was submitted by Meaghan Nigra, a parishioner at the Basilica of St. Mary.
- Cut shamrocks out of green paper and label each leaf with a member of the Holy Trinity!
- Visit St. Patrick Catholic Church in Spotsylvania.



Tip: look for the shamrock to spot St. Patrick's Day recipe ideas!

FEAST OF ST. JOSEPH

MARCH 19

The foster-father of Jesus and spouse of the Blessed Virgin Mary, St. Joseph is a widely celebrated saint in the Universal Church, especially in Italy, Poland, Spain and the Philippines. He is the patron saint of the Catholic Church and of workers, carpenters, fathers, married people, and a holy death – the latter because it is believed he would have passed with both the Virgin Mary and Jesus by his side.

Here are some ways that you can celebrate this feast day:

- Cook Spaghetti di San Giuseppe (St. Joseph's Spaghetti) with the recipe found in this book. This recipe is submitted by Allison Kellner, parishioner at St. Theresa's Catholic Church
- Pray the Litany of St. Joseph
- Write a letter to your own father, a priest or spiritual father, or a new father!
- Spend time in silence, as St. Joseph is not quoted anywhere in the Bible, only spoken of.
- Decorate your home with lilies, symbolic of St. Joseph's purity and integrity.
- Plan a "St. Joseph's Table" feast. A Sicilian tradition, it typically involves decorating a table with flowers, bread, pasta, desserts, and other Italian foods of choice. You can design the feast however you'd like. You may opt to do a potluck, inviting friends and neighbors to celebrate with you.

Tip: look for the lily to spot St. Joseph's Day recipe ideas!



Benedictine Brown Bread

Submitted by Darin Collignon, St. Ambrose Catholic Church



INGREDIENTS:

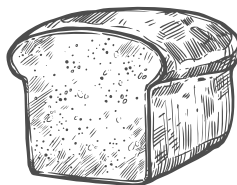
- 4 cups whole wheat flour
- 2 $\frac{3}{4}$ cups all-purpose flour
- $\frac{1}{4}$ cup sugar
- 1 tablespoon + 1 dash of salt
- $\frac{1}{3}$ cup dry milk
- 1 $\frac{3}{4}$ cups of water
- $\frac{1}{4}$ cup salted butter
- 1 $\frac{1}{2}$ ounces of yeast – dissolved to directions



Tip: Make these on the feast day of St. Benedict, March 21. It is also a great addition to a St. Joseph's Table!

DIRECTIONS

1. Mix sugar, salt, dry milk and butter together
2. Add water, yeast, flours
3. Mix into a dough
4. Knead for 15-20 minutes – until smooth
5. Let rise for one hour
6. Punch down and divide equally into loaves – place in bread pans
7. Proof under a wet cloth for one hour
8. Bake in 395-400 degree oven for approx. 55 minutes
9. Makes 2-3 loaves



Brazilian Milk Pudding

Submitted by Silvia Oliveira, Holy Spirit Catholic Church



INGREDIENTS:

- ¼ cup (4 tablespoons) white sugar
- ¼ cup (4 tablespoons) room temperature water
- Ingredients for pudding
- 1 can (14 oz) sweetened condensed milk
- 1 ½ can whole milk (use empty condensed milk can for measuring)
- 4 eggs
- 1 tablespoon wheat flour

DIRECTIONS

1. Syrup: melt the sugar until caramelized , then add the water and let it boil.
2. Coat a ring mold with the caramel
3. Blend the pudding ingredients in a blender on medium for 5 minutes.
4. Pour into the caramelized mold
5. Place mold into pan filled halfway with water
6. Bake in preheated 350 F oven for 1 hour on 350 F
7. Remove from the oven and cool or chill before serving.

This silky custard flan is usually enjoyed chilled and cut into wedges, and it is commonly served plain. Typical accompaniments to this dessert include whipped cream, berries, and fruit.

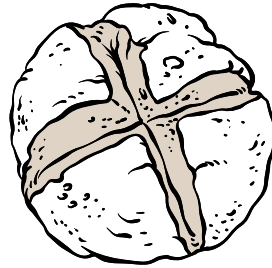
Irish Soda Bread

Submitted by Meaghan Nigra, Basilica of St. Mary



INGREDIENTS:

- 4 cups all purpose flour
- 1/4 cup sugar
- 1 tbs. baking powder
- 1 tsp. salt
- 1 tsp. baking soda
- 6 tbs butter
- 2 eggs, beaten
- 1 1/2 cups buttermilk
- 1 cup golden raisins (optional)



DIRECTIONS

1. Preheat the oven to 350 degrees.
2. Grease a round casserole dish or pie pan with butter or shortening.
3. Soak the raisins in a cup of boiling water or hot tea. Set aside.
4. Put dry ingredients in a bowl. Add butter, mix in with a pastry blender.
5. Drain & discard the liquid from the raisins. Add them to the flour mixture.
6. Set aside a tablespoon of egg. Then add the rest of the eggs to the flour mixture.
7. Add the buttermilk.
8. Knead 10 strokes. Form a ball. Put it in a greased, round casserole dish or pie pan.

Irish Soda Bread

Submitted by Meaghan Nigra, Basilica of St. Mary



(continued)

9. Cut a cross shape in the top of the dough with a sharp knife.
Brush the dough ball with the reserved egg.
10. Bake 1 hour 10 min. at 350 degrees until it is golden brown.
11. Serve warm with butter and a cup of tea.



Italian Cream Puffs

Submitted by Maria Wolpert, All Saints Catholic Church



INGREDIENTS:

Puffs

- 1 cup water
- 1/2 cup butter
- 1/8 teaspoon salt
- 1 cup flour
- 4 eggs

Custard Filling

- 2/3 cup sugar
- 2 tablespoon flour
- 2 tablespoon cornstarch
- 1/4 tsp salt
- 3 cups whole milk
- 3 egg yolks, beaten
- 2 teaspoon vanilla

DIRECTIONS

Preheat oven to 400*

In a saucepan, add water, butter and salt. Bring to a rolling boil. Reduce heat and add flour all at once. Stir vigorously with a wooden spoon until mixture leaves the sides of the pan in a ball. Cool 3-4 min. Place mixture in a mixing bowl and add eggs one at a time, beating well after each addition.

Transfer batter to a pastry bag and pipe into small mounds on a cookie sheet. Be sure to leave space between them as they expand during baking. Bake for 20-25 min. Slice the side of each puff and let stand in the turned off oven for 5 min. Remove from oven and Cool completely.

Fill with chilled custard (recipe below). Sprinkle with powdered sugar.

Custard Filling:

Combine sugar, flour, cornstarch, and salt in a saucepan. Gradually stir in milk. Cook and stir over medium heat until mixture thickens and comes to a boil. Cook 3 min longer, stirring regularly so it doesn't stick. Combine egg yolks with a small amount of hot milk mixture to temper the eggs, then add egg yolks to pan. Continue cooking until mixture boils and thickens. Stir in vanilla. Remove from heat and cool completely in the refrigerator.

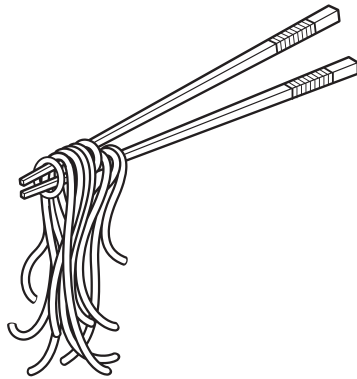
Mì xào chay (Vegetarian Stir Fried Noodles)

Submitted by Marierose Hoang, Our Lady of La Vang Mission



INGREDIENTS:

- 1 tbsp leeks (white part only), thinly sliced
- 30 g dried shiitake mushrooms soaked in water until softened
- 100 g cabbage shredded
- 600 g egg noodles
- 20 g chives
- 50 g celery finely chopped
- 100 g bean sprout



For the sauce

- 1 tbsp sugar
- 1 tbsp soy sauce
- 1 tbsp vegetarian oyster sauce
- 1 tbsp ketchup
- 1 tbsp chili sauce
- 1/2 tsp vegetable/mushroom stock powder
- 3-4 tbsp filtered water

Directions on the following page

Mì xào chay (Vegetarian Stir Fried Noodles)

Submitted by Marierose Hoang, Our Lady of La Vang Mission



(continued)

DIRECTIONS

1. To make stir-fry sauce, combine sugar, soy sauce, vegetarian oyster sauce, ketchup, chili sauce, vegetable/mushroom stock powder, filtered water and stir until dissolved.
2. In a pan, heat vegetable oil and sauté the leek slices. Add shiitake mushrooms, tofu, carrots, season with 2 tbsp sauce and stir fry for 2 minutes until mushrooms are cooked.
3. Blanch egg noodles in boiling water for 3–4 minutes until soft. Then, rinse the noodles with cold water.
4. Add the egg noodles to the pan and stir well. Depending on the amount of noodles, you can add more or less sauce to taste. Add shredded cabbage and some chives, celery and bean sprouts.



Nyilã si Wotsɔ Kplu Wɔɛ (Ghanaian Corned Beef Stew)

Submitted by Comfort Lartey, Holy Spirit Catholic Church



INGREDIENTS:

- 2 cans of corned beef
- 1/2 cup vegetable oil
- 1 good size Onions (chopped)
- 3 good size fresh tomatoes (chopped)
- 1 6 oz can of tomato paste
- 1 teaspoon of curry
- 1 teaspoon white pepper or 1 teaspoon hot pepper



DIRECTIONS

1. Heat the oil for 5 minutes on medium heat
2. Add the chopped onion, cook for 5 minutes
3. Add the tomato paste, cook for 5 minutes
4. Add the fresh chopped tomatoes, cook for 10 minutes and keep stirring.
5. Add the curry and pepper
6. Break the corned beef in small pieces, and add it to the stew
7. Cook for 10 to 15 minutes on medium heat, stirring regularly



*Try this one out as unique take on a St.
Patrick's Day staple - corned beef!*

Patacones (Ecuadorian Fried Green Plantain)

Submitted by Becky Desrosiers, St. John Neumann Catholic Church



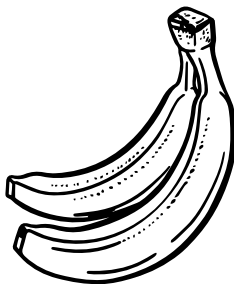
INGREDIENTS:

For patacones:

- 4 green plantains
- salt
- oil for frying

For curtido (pickled onion topping)

- 1 red onion
- 1 tomato
- salt
- 2 limes
- 1/2 bunch of cilantro



DIRECTIONS

1. Cut the plantains into 2-3 in. slices
2. Pour the oil into a deep frying pan over medium heat (a deep fryers works as well!)
3. Once the oil is warm, place the plantains chunks into the oil (the oil should not be bubbling vigorously, it should bubble lightly)
4. Fry the plantain until it is golden brown and softened
5. Using a slotted spoon, take the plantain chunks and place on a paper towel lined plate

Patacones (Ecuadorian Fried Green Plantain)

Submitted by Becky Desrosiers, St. John Neumann Catholic Church



(continued)

6. Using a slotted spoon, take the plantain chunks and place on a paper towel lined plate
7. Using the bottom of a glass, or other flat object, smash each plantain slice into a coin shape
8. Heat oil over medium high heat
9. Place plantain coins into the oil, frying them for about a minute on each side
10. Using a slotted spoon, remove the coins and place them on a paper towel lined plate
11. Sprinkle with salt to taste. Enjoy!



Curtido is a pickled onion salad traditionally placed on top of the patacones:

1. Thinly slice the red onion and quickly pass it through ice cold water to get rid of any bitterness
2. Small dice the tomato
3. Finely chop the cilantro
4. Combine cilantro, onion, tomato, lime juice in a bowl and add salt to taste
5. Enjoy!

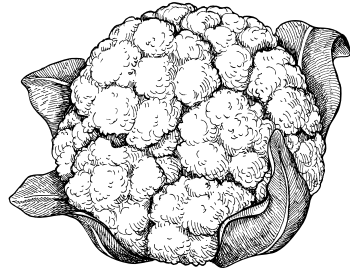
Parmesan Roasted Cauliflower

Submitted by Kathleen Powers, Nativity Catholic Church



INGREDIENTS:

- 7 cups cauliflower florets, cut into bite-sized pieces
- 3 to 4 TBSP olive oil
- 1 cup Italian bread crumbs
- 1/2 tsp garlic powder
- 1/2 tsp salt
- 1/3 cup parmesan cheese



DIRECTIONS

1. Preheat oven to 425 degrees.
2. Line a large, rimmed baking sheet with foil and spray liberally with non-stick cooking spray. Set aside.
3. Combine the cauliflower and olive oil in a large zip close bag and shake to coat.
4. Add the remaining ingredients to the bag and shake until coated, pressing slightly to help the breading stick.
5. Pour onto the baking sheet and spray the top of the cauliflower with cooking spray.
6. Bake for 20 minutes.
7. Stir the cauliflower and continue to bake an additional 10 minutes.
8. Serve hot. Enjoy!

Note: Can substitute broccoli for the cauliflower

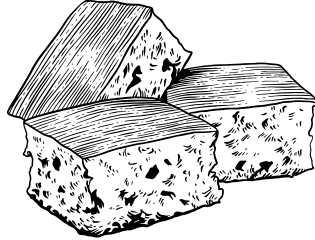
Pispili (Albanian Cornbread)

Submitted by Ehsen Zajmi, Albanian Catholic Community



INGREDIENTS:

- 1/2 cup yogurt
- 3/4 cup olive oil
- 3 eggs
- 1 1/2 cups flour
- 1/2 cup fine corn flour
- 3 cups of leeks, chopped
- 1 tsp baking powder
- 1/2 tsp black pepper
- 1 tsp salt
- 1 cup crumbled feta cheese
- 1 cup chopped scallions



DIRECTIONS

1. Preheat oven to 400 degrees and grease a 9 x 13 size pan
2. Cut leaves off leeks, leaving the white stalk behind. Clean between any spaces on the stalk, because dirt hides!
3. Mix eggs, yogurt, and oil in a bowl. Add corn flour into the egg mixture and whisk together. Let sit for 3 minutes.
4. Sift together dry ingredients and then add dry mixture to egg mixture. Hand mix. Pour into pre-prepared pan.
5. Mix together leeks, feta, and scallions in a bowl. Place on top of the cornbread mixture.
6. Bake for 25–30 minutes and cut into squares. Enjoy!

Salad Udang Nyonya (Malaysian Shrimp Salad)

Submitted by Alex and Connie Eng, Holy Spirit Catholic Church



INGREDIENTS:

- 1 lb shrimp, peeled, deveined and steamed (al-dente)
- 1 head romaine lettuce, chopped coarsely
- 2 small carrots, cut into matchsticks
- 2 cucumbers, cut into matchsticks
- 3 tomatoes, halved lengthwise, seeded and sliced
- 1-2 cups green beans, blanched and cut into 2" long
- Shredded cabbage is optional
- Cilantro for garnish

Dressing:

- 1 cup plum sauce
- 4 gloves garlic
- ½ cup lime juice
- 2 tbsp light soy sauce
- 1 tbsp sesame oil
- 2 tbsp sugar (to taste)



DIRECTIONS

1. Put half of the plum sauce with the garlic in a blender, blend till smooth.
2. Pour into a bowl, add the remaining plum sauce, sesame oil, light soy sauce, lime juice and sugar. Mix well. Set aside.
3. Mix all the carrots, cucumbers, tomatoes, lettuce, green beans together in a big bowl.
4. Add the cooked shrimp to the salad.
5. Drizzle the dressing and garnish with cilantro.

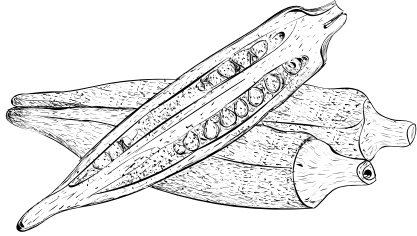
Seafood Gumbo

Submitted by Cari Sewell, St. Matthew Catholic Church



INGREDIENTS:

- 5 tbsp bacon grease*
- 2 tbsp flour
- 2 small onions, chopped
- 2 cloves garlic
- 1.5 c celery, chopped
- 28 oz can diced tomatoes
- 15 oz can tomato sauce
- 6 c chicken broth*
- Seasonings to taste: garlic powder, onion powder, Cajun seasoning, salt and pepper
- 1 lb Andouille sausage*
- 1 ham hock*
- 2 lbs shrimp, peeled
- 2 c okra, fresh or frozen
- 1 lb crabmeat
- 1 tbsp Worcestershire sauce



Directions on the following page

Seafood Gumbo

Submitted by Cari Sewell, St. Matthew Catholic Church



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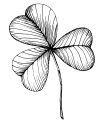
DIRECTIONS

1. Brown flour in bacon grease and make roux.
2. Add garlic clove, onion and celery and brown for 5 minutes.
3. Add tomatoes, tomato sauce, chicken broth, Worcestershire sauce, sausage and ham hock. Simmer on low for 1 hour.
4. Add okra and cook for 10 minutes then add shrimp and crab and cook until shrimp is pink.
5. Season to taste. Serve over rice steamed rice.

***Lent friendly substitutes:** swap bacon grease for butter and swap chicken broth for vegetable broth. Instead of Andouille sausage and ham hock, add extra spices to taste like cayenne, garlic, paprika and thyme. To add more bulk to the gumbo, increase the amount of crabmeat and shrimp, or add other vegetables like cauliflower, bell peppers, and mushrooms.

Shepherd's Pie

Submitted by Catherine Murphy, Precious Blood Catholic Church



INGREDIENTS:

- 1 1/4 lbs. red potatoes, cut into chunks (or 3 russets)
- 3 garlic cloves, peeled
- 3/4 cup sour cream
- 1/2 cup cheddar cheese, divided
- 1 lb. lamb cubes (or ground beef)
- 2 tablespoons flour
- 2 cups frozen peas, 2 cups fresh chopped carrots
- 3/4 cup beef stock (or part potato water)
- 2 tablespoons ketchup

DIRECTIONS

In a large saucepan, cover potatoes and garlic with water. Bring to a boil on high heat. Reduce heat to low; simmer 20 minutes or until potatoes are very tender. Drain; return to saucepan with sour cream. Mash to desired consistency. Stir in optional 1/4 cup cheddar cheese, if used.

Preheat oven to 375 degrees.

Partially cook carrots in broth. Brown meat in oil in large skillet. Stir in flour; cook 1 minute. Add carrots, broth, and ketchup. . Spoon meat mixture into 8-inch square baking dish, add peas. Cover with mashed potatoes.

Bake 18 minutes; sprinkle with optional remaining cheese.

Bake an additional 2 minutes or until heated through and cheese is melted.

Makes 5 servings

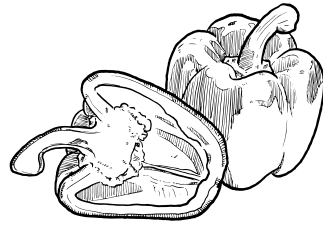
Shrimp Stuffed Bell Peppers

Submitted by Kathleen Powers, Nativity Catholic Church



INGREDIENTS:

- 1 small onion, minced
- 1 large clove garlic, minced
- 1-1/2 lb. shrimp, peeled, deveined, and chopped (or use small salad cooked shrimp)
- 1 tablespoon olive oil
- 1 cup breadcrumbs
- 1/3 cup Parmesan cheese, grated
- 1 egg
- 1-1/2 teaspoon oregano
- 1 teaspoon salt
- 1/4 teaspoon black pepper or 1/8 teaspoon red pepper
- 3 bell peppers, split with seeds and membrane removed



Breadcrumb Topping

- 2 tablespoons melted butter
- 1/2 cup plain breadcrumb

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Saute onions, garlic, and shrimp in oil. Add breadcrumbs, cheese, egg, and seasoning. Mix well.
3. Cut peppers in half lengthwise. Remove stems and seeds.
4. Parboil until skins turn a little dull in color; they should still be firm.

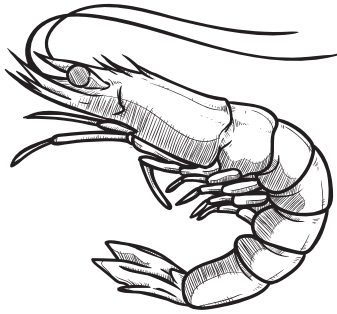
Shrimp Stuffed Bell Peppers

Submitted by Kathleen Powers, Nativity Catholic Church



(continued)

5. Stuff bell pepper halves with the shrimp mixture and place in baking dish.
6. Mix melted butter and breadcrumbs to create the breadcrumb topping.
7. Spread about 1 tablespoon topping on each stuffed pepper half.
8. Bake for 30 to 35 minutes.



Spaghetti di San Giuseppe (St. Joseph's Spaghetti)

Submitted by Allison Kellner, St. Theresa Catholic Church



INGREDIENTS:

- 1 pound bronze-cut bucatini pasta
- Extra Virgin Olive Oil
- 8 large/10 small garlic cloves – minced fine
- 1 can or small jar of anchovies in olive oil – finely chopped in oil
- 3 Tablespoons Pesto
- 1 Tablespoon red pepper flake (to taste)
- 1 cup breadcrumbs (pre-made plain is fine, or make fresh with day-old crusty bread)

DIRECTIONS

1. Bring a large pot of salted water to a boil. Salt water generously with kosher or sea salt (the water should be salty like the sea)
2. Add pasta to a large pot of salted water and cook to al dente. Do not overcook! The pasta will finish in the sauce.
3. Warm 2 Tablespoons of olive oil in a large skillet over medium heat. Once warmed, add breadcrumbs and stir to coat. Once the breadcrumbs have been coated in oil and lightly browned, remove them to a separate dish to hold. Wipe the skillet clean.
4. Warm 3 Tablespoons of olive oil in the large skillet over medium heat. Once warmed, add garlic. Cook over medium heat, stirring frequently and taking care not to burn the garlic.

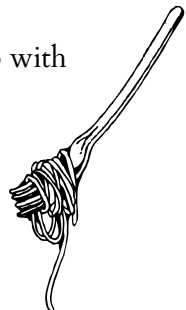
Spaghetti di San Giuseppe (St. Joseph's Spaghetti)

Submitted by Allison Kellner, St. Theresa Catholic Church



(continued)

1. Add anchovies to the garlic oil. Stir and smash the anchovies into the garlic pieces to make a garlicky anchovy paste in the oil. **Note: You must use anchovies! The sauce does not taste "fishy" instead the anchovy imparts a delicious unctuous flavor to the dish.**
2. Add red pepper flake and stir. Add pesto and stir. ***By this time, the pasta should be done. Reserve 1 cup of pasta water and drain the pasta***
3. Add al dente pasta to the skillet with the sauce. Turn the heat to low. Toss the pasta in the sauce.
4. Add the pasta water in 1/4 cup increments to bind the sauce to the pasta. Stir the pasta while adding the pasta water. Depending on the tightness of the sauce, more pasta water may be needed. The sauce is not to be runny - instead, it should cling to the pasta.
5. Add 1/4 cup of breadcrumbs to the pasta in the skillet and toss to coat.
6. Pour pasta and sauce onto a serving platter. Top with remaining breadcrumbs.
7. Serve immediately.



St. Joseph's Day Decorative Italian Bread

Submitted by Kathleen Macaluso Powers, Nativity Catholic Church



INGREDIENTS:

1. 3-1/2 lbs. flour (Approx. 11-1/2 cups)
2. 1/8 cup sugar
3. 1/2 cup shortening
4. 2-1/4 cups water
5. 1/4 cup warm water
6. 1 tablespoon sugar
7. 1/8 cup dry yeast
8. 1 egg
9. Sesame seeds (optional)



DIRECTIONS

1. Preheat oven to 400 degrees.
2. Mix flour, 1/8 cup sugar, salt, and shortening with water.
3. Dissolve yeast in the warm water and tablespoon of sugar.
4. Pour yeast water into flour mixture and mix well.
5. Knead. Let stand 5 minutes and knead again. Let stand 5 minutes more.
6. Cut and shape dough into various shapes (Joseph's staff, palms, cross, monstrance, saw, ladder, sandals, etc)
7. Place on greased baking sheet and let rise to double in size.
8. Brush entire dough well with beaten egg.
9. Sprinkle with sesame seeds (optional). Bake until golden brown

The yield depends on what decorative shapes are made. This recipe was halved from the original recipe which would have required a commercial mixer using a "baker's hook" and baked in a commercial oven. Cutting the recipe in half enables working the dough by hand.

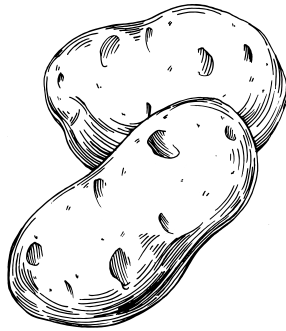
Warm German Potato Salad

Submitted by Sandra Minihan, Precious Blood Catholic Church



INGREDIENTS:

- 6 medium potatoes
- 1 medium onion or equal amount of fresh chives
- 2 hard boiled eggs, sliced
- fresh chives for garnish
- Dressing:
 - 2 beaten eggs
 - 1/4 cup butter
 - 1 cup sour cream
 - 2 tablespoons vinegar
 - 2 tablespoons sugar
 - salt and pepper to taste



DIRECTIONS

1. Slice onions or chives finely and sprinkle generously with salt.

Set aside

2. Melt butter in double boiler, then add rest of dressing ingredients.

3. Cook over medium-low heat until dressing is thick but not stiff.

DO NOT ALLOW TO BOIL.

4. Adjust vinegar, sugar and seasonings to taste.

5. Boil potatoes until tender. Allow to cool slightly then slice thinly.

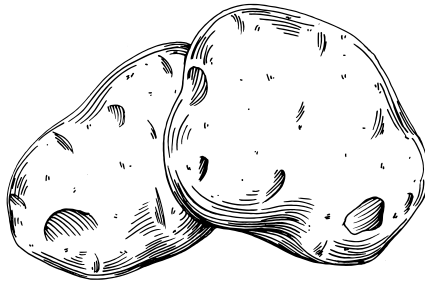
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(continued)

6. Squeeze the salted onion to remove liquid then add to dressing
7. Pour dressing over still-warm potatoes
8. Place in serving bowl and garnish with sliced hard-boiled eggs and chives
9. Serve warm



Although the recipe has German roots, the potato is a common ingredient in Irish cuisine. Give this recipe a try for St. Patrick's Day!

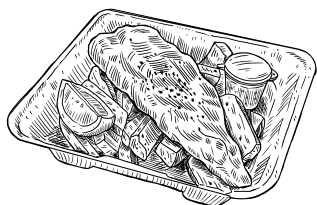


Meatless Meals

Soup Suppers, Fish Frys, and More!

The following parishes are hosting meatless meals on Fridays during Lent. This is not an exhaustive list of all parishes hosting a meal. Costs per meal will vary. Please contact the respective parish for details including dates, locations, and other specifics.

- All Saints, Manassas: Fish Fry
- The Basilica of St. Mary, Alexandria: Soup & Meatless Meals
- Holy Spirit, Annandale: Soup Supper & Meatless Meals
- Holy Trinity, Gainesville: Fish Fry
- Nativity, Burke: Soup Supper & Meatless Meals
- Our Lady of Good Counsel, Vienna: Fish Fry
- Our Lady of Lourdes, Arlington: Fish Fry
- Our Lady Queen of Peace, Arlington: Fish Fry
- St. Andrew the Apostle, Clifton: Soup Supper & Meatless Meals
- St. Elizabeth Ann Seton, Lake Ridge: Soup & Meatless Meals
- St. James, Falls Church: Fish Fry
- St. John the Baptist, Front Royal: Soup Supper & Meatless Meals
- St. John Neumann, Reston: Soup Supper & Meatless Meals
- St. Lawrence, Alexandria: Fish Fry
- St. Leo the Great, Fairfax: Soup Supper & Meatless Meals
- St. Mary of Sorrows, Fairfax: Fish Fry
- St. Patrick, Fredericksburg: Soup Supper & Meatless Meals
- St. Rita, Alexandria: Soup Supper & Meatless Meals
- St. Theresa, Ashburn: Soup Supper & Meatless Meals



*Scan the QR code for an exhaustive list from the
Arlington Catholic Herald!*



AT A GLANCE

Feast Day Calendar




March 5	Ash Wednesday
March 6	St. Colette (France)
March 7	Sts. Perpetua and Felicity (Carthage/Tunisia)
March 8	St. John of God (Portugal)
March 9	St. Frances of Rome (Italy)
March 14	St. Matilda (Denmark)
March 17	St. Patrick (Ireland)
March 18	St. Cyril of Jerusalem
March 19	St. Joseph (Nazareth/ Italy, Poland)
March 20	St. Maria Josefa Sancho de Guerra (Spain)
March 23	St. Turibius of Mogrovejo (Spain/Peru)
March 24	St. Óscar Romero (El Salvador)
March 25	Annunciation of the Lord
April 02	St. Francis of Paola (Italy)
April 03	St. Isidore (Spain)
April 05	St. Vincent Ferrer (Spain)
April 07	St. John Baptist de la Salle (France)
April 11	St. Stanislaus (Poland)

*This is not an exhaustive list of all feast days during the
Lenten season, nor are all the feast days listed on this calendar
expanded upon within this book.*

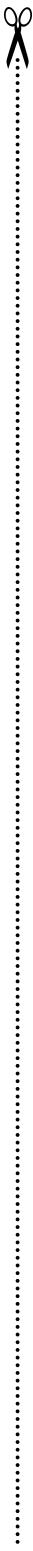
LENT & THE TRIDUUM 2025

MARCH 05 = APRIL 19

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		5 ASH WEDNESDAY 	6 St. Colette	7 Ss. Perpetua & Felicity 	8 St. John of God	9 St. Frances of Rome
						





10	11	12	13	14 St. Marilda 	15	16

17 St. Patrick	18 St. Cyril of Jerusalem	19 St. Joseph	20 St. Maria Josefa Sancho de Guerra	21 	22	23 st. Turbicus of Mogrovejo



LENT & THE TRIDUUM 2024



FEBRUARY 14 - MARCH 30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
24 St. Óscar Romero	25 ANNUNCIATION OF THE LORD	26	27	28 	29	30
31	1	2 St. Francis of Paola	3	4 St. Isidore 	5 St. Vincent Ferrer	6
7 St. John Baptist de la Salle	8	9	10	11 St. Stanislaus 	12	13 PALM SUNDAY 



LENT & THE TRIDUUM 2024

FEBRUARY 14 - MARCH 30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
14	15	16	17	18	19	20
						


LEGEND:

 = Ash Wednesday

 = No Meat

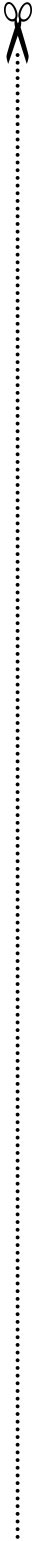
 = Palm Sunday

 = 40 Days of Lent;
Commit to your
Lenten Penance

 = Ash Wednesday,
Commit to your
Lenten Penance,
fasting & abstaining

 = Days of the Triduum

 = Good Friday;
fasting & abstaining



Are we missing anything?

Contact us and let us know if we can include your traditions,
recipes and/or parish, ministry, and/or school events and
initiatives in future guidebooks!

Email us at mcm@arlingtondiocese.org

This guidebook is a project of the Office of Multicultural Ministries, combining two initiatives into one: The Liturgical Living Guidebook series and the diocesan cookbook, “Gather at the Table” to create a convenient Lenten guidebook and cookbook.

If you would like your seasonal and cultural events, traditions, feasts, or more, included in future booklets please reach out to us at:
mcm@arlingtondiocese.org



For more guidebooks, scan the QR Code
or visit www.arlingtondiocese.org/multicultural