

CHOCOLATE AND BREAD

- 10oz dark chocolate
- 4 eggs, separated
- 7 tbsp. butter, softened
- 2 tbsp. powdered sugar

Grease a loaf pan and line with parchment. Melt chocolate gently. When melted, whisk in egg yolks. Add butter and stir until all the butter has melted.

In another bowl, beat egg whites until soft peaks form. Continue whisking and add sugar until glossy meringue forms. Fold 1/3 of meringue into chocolate and then fold in remaining. Pour into pan, cover with plastic wrap, refrigerate for 2 hours. When ready to serve, turn chocolate onto a cutting board, slice into 1/2inch slices, drizzle with olive oil and sprinkle with salt. Serve with thinly sliced, toasted bread.

POTATOES IN RED SAUCE

- 6 medium red potatoes, or 24 fingerling potatoes

Bring potatoes to a boil and cook for 25 minutes. Drain the potatoes and cut into large bites if using medium potatoes, sticking each with a toothpick.

For sauce:

- 1 day-old piece of bread (soaked in water and squeezed out)
- 2 cloves of garlic
- 1/2 tsp. salt
- 1 tbsp. paprika and cumin
- 2 tbsp. red wine vinegar
- 5 tbsp. olive oil
- 2 roasted red peppers

Combine ingredients in a food processor, adding liquid as necessary to make a smooth sauce. Serve as a dipping sauce.

MYSTICISM

- It's a process, a way of life
- An element of a larger religious tradition
- Not just experiences, but a way of coming to knowledge and apprehension of the Divine

3 STAGES OF THE MYSTICAL

LIFE

- **Purgative** - purging sin and seeking piety, detachment
- **Illuminative** - awareness of God's presence is infused, learned, grown
- **Unitive** - ecstatic assurance of God presence, universal call

ST. JOHN OF THE CROSS

- "The Ascent of Mount Carmel"
- Detachment

ST. TERESA OF AVILA (TERESA OF JESUS)

- "The Interior Castle"
- Dwellings 1-2 purgative, cleansed of sin by sacraments and denial of passions through practice of prayer
- Dwellings 3-4 passive purification of the soul and enlightenment of the mind
- Dwellings 5-7 prayer of union and spiritual betrothal to God
 - 5 relinquish self and practice detachment
 - 6 spiritual betrothal, mystical phenomena - visions, ecstasies, trance, locutions
 - 7 spiritual marriage, inseparably united with Christ, consummated

tereja de jesu



MEALS, MASS & MYSTICS

Cooking with a Catholic twist



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Presented By: Amberly Boerschinger
Speaker, Writer and Holistic Health Consultant
www.mealsandmystics.com

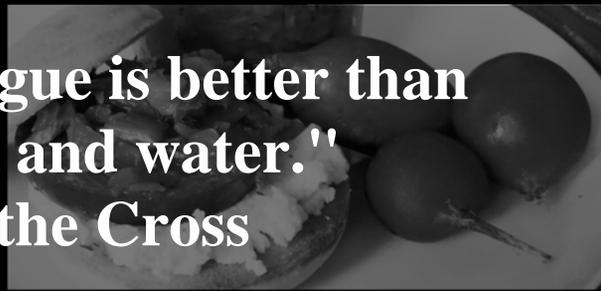
*"There's a time for
partridge and a time for
penance."*

-St. Teresa of Avila



**"Conquering the tongue is better than
fasting on bread and water."**

- St. John of the Cross



SPICY PORK AND SQUASH DIP

- 3lbs squash, peeled and cut into cubes
- 2 onions, chopped
- 1 head of garlic
- 1 tbsp. sea salt
- 10oz. pork back fat, chilled
- 1 tbsp. oregano
- 1 tbsp. smoked paprika, ground cloves

In a saucepan, cover pumpkin, onions, and garlic with a cup of water, cover, and cook over low heat for 1 hour. Remove cover and cook for another 20 minutes. Drain. Cool, then remove onions and finely chop. Squeeze out the garlic cloves and add the pumpkin and salt. Mix. Drain off any extra liquid. Grind back fat in your food processor and combine with pumpkin mixture and spices. Heat again until pork is rendered and mixture is bubbling. Cover and refrigerate for 24 hours. Serve with toasted bread or crackers.

CHICKPEA CREAM

- 1 can chickpeas
 - 1 large carrot, unpeeled
 - 1 yellow onion, peeled and halved
 - 1 head garlic
 - 3 bay leaves
 - 2 tsp sea salt
 - 1/3 c extra virgin olive oil
 - 3 ripe tomatoes, seeded and chopped
- Cover chickpeas, carrot, onion halves, bay leaves and head of garlic with cold water. Bring to a boil and boil for 10 minutes. Remove carrot and chop, placing in the food processor. Squeeze the garlic cloves into the food processor. Remove chickpeas with a slotted spoon and add to the food processor with 1/3 cup of cooking liquid. Process until smooth. Add sea salt and olive oil and process for a minute. Refrigerate until cool and top with a drizzle of olive oil and tomatoes. Serve with fresh veggies and toasted crackers.

FIG COOKIES

- 2 c. flour
- 3/4 cup almonds
- 8 tbsp. soft butter, chopped
- 1 c. dried figs, finely chopped
- 1/2 c. raisins
- 1/3 c. honey
- 1 tsp. lemon zest
- 3/4 tsp. ground cloves
- 1/2 tsp. cinnamon
- 1 tbsp. sherry
- Powdered sugar

Preheat oven to 400 degrees. Toast flour on a baking sheet for 12 minutes and almonds for 8 minutes. Place flour in a large bowl and chopped almonds in a food processor until a coarse meal forms. Combine. Blend butter into flour with your fingers until nearly combined, then add additional ingredients and mix until dough comes together. Let stand at room temp for 20 minutes. Reduce oven to 350. Divide dough in 30 pieces and roll into logs. Bake on lightly floured sheet for 15 minutes. Dust heavily with powdered sugar. Serve with coffee or tea.

SANGRIA JAM – 3 PINTS

- 3.5 c. sugar
- 2 c. red wine
- 3 tbsp. lemon and orange juices
- 3 apples and 3 pears, diced
- 1 box of dry pectin

Day 1: Mix wine and sugar in a large, non-reactive bowl. Mix in diced fruit. Cover and place in the fridge overnight. Day 2: Pour the mixture in a large pot and bring to a boil. Cool, cover, and place back in the fridge. Day 3: remove the fruit with a slotted spoon and set aside. Boil the juice until the temperature reaches 212 degrees on a candy thermometer. Prep and sterilize your canning supplies. When the fruit reaches 212, mix in the pectin and the fruit and bring the temperature to 220 degrees. Fill hot jars, wipe rims, add lids and tighten rings just to finger-resistance. Place your jars in the hot water bath, and bring to a boil for 10 minutes. Remove. Check lid seal after one hour – refrigerate immediately if a jar has not sealed. Let sit undisturbed for 24 hours.