



**GIRLFRIENDS IN GOD:
JOURNEY WITH THE
WOMEN OF HOLY WEEK**

**Lenten Recipe
Booklet**

He said in reply, "It is written: 'One does not live by bread alone, but by every word that comes forth from the mouth of God.'"

Matthew 4:4

Smoked Salmon Cheesecake

By Jane Angha

- 3 tablespoons dry bread crumbs
- 5 tablespoons grated Parmesan cheese, divided
- 1/2 cup chopped onion
- 1/2 cup chopped green pepper
- 3 tablespoons butter
- 4 packages (8 ounce) cream cheese, softened
- 1/2 cup heavy whipping cream
- 1/4 tsp pepper
- 4 eggs
- 5 ounces smoked salmon, diced
- 1/2 cup shredded Swiss or Gruyere cheese
- Assorted crackers



Directions

- Grease the bottom and sides of a 9-in. spring form pan. Combine the bread crumbs and 2 tablespoons Parmesan cheese; sprinkle into pan, coating bottom and sides. Set aside.
- In a skillet, saute' onion and green pepper in butter until tender; set aside. In a bowl, beat cream cheese until fluffy. Beat in the cream, pepper and remaining Parmesan cheese. add eggs; beat on low speed just until combined. Fold in the onion mixture, salmon and Swiss cheese.
- Wrap a double thickness of heavy-duty foil around bottom of prepared pan. Pour salmon mixture into pan. Place in a large baking pan. Fill larger pan with hot water to a depth of 1-1/2 in. Bake at 325° for 35-40 minutes or until center is almost set. Cool on a wire rack for 1 hour. Refrigerate overnight.
- Remove foil and sides of pan. Serve with crackers. Yield: 12-14 servings.

Garlic-Rosemary Parmesan Pull-Apart Bread

By Amberly Boerschinger

- 5 1/2 cups unsifted bread flour
- 2 tablespoons sugar
- 1 (1/4 ounce) package fast rising yeast
- 1 3/4 cups very warm water (120*to 130*)
- 3 tablespoons olive oil
- 1 teaspoon fresh rosemary or 1/4 teaspoon dried rosemary leaves
- 1 teaspoon minced garlic
- 1 teaspoon salt
- fresh rosemary (optional)
- 1/4 cup grated parmesan cheese
- 3 tablespoons wheat germ
- 1 tablespoon chopped fresh rosemary or 1 teaspoon dried rosemary leaves
- 1 teaspoon paprika

Crumb Topping



Directions

- In large bowl of heavy-duty electric mixer, combine 2 cups flour, the sugar, and yeast. Beat water into flour mixture until soft dough forms. Cover and set aside 20 minutes. Meanwhile, prepare Crumb Topping (see below).
- Lightly grease a 2 1/2-quart casserole dish.
- Add 3 cups remaining flour, the rosemary, garlic, and salt to the soft dough. Beat until smooth dough forms.
- Turn dough out onto floured surface. Knead dough, adding remaining flour as necessary, until smooth and elastic- about 5 minutes. Divide dough into 24 pieces.
- Place oil in small bowl.
- Dip each dough piece into oil and roll into a ball. Dip each ball into Crumb Topping and place, crumb side up, in greased dish. Cover loosely with clean cloth and let rise in warm place until double in size- about 45 minutes.
- Heat oven to 350°F.
- Bake 55 to 60 minutes or until golden brown and bread sounds hollow when tapped on top. Cool on wire rack 10 minutes; remove from dish and cool completely.
- To serve, pull balls apart.
- **Crumb Topping:** In cup, combine 1/4 cup grated Parmesan cheese, 3 tbs. wheat germ, 1 tbs. rosemary leaves, and 1 teaspoons paprika.

Soft Pretzel Bites

By Amberly Boerschinger

Ingredients:

- 1 and 1/2 cups (300ml) warm water, plus 9 more cups for step 5
- 1 packet Red Star Platinum instant yeast (2 and 1/4 teaspoons)
- 1 teaspoon salt
- 1 Tablespoon (8g) packed light brown sugar
- 1 Tablespoon (15g) unsalted butter, previously melted and not scorching hot
- 3.75 - 4.25 cups (470- 530g) all-purpose flour + more for the counter surface
- 1/2 cup baking soda
- 1 large egg, beaten

Directions:

- Whisk the yeast into 1 and 1/2 cups warm water. Allow to sit for 1 minute. Some clusters of yeast may remain. Add salt, brown sugar, and melted butter. Whisk until fairly combined. Slowly add 3 cups of flour, 1 cup at a time. Mix with a wooden spoon (or dough hook attached to stand mixer) until dough is thick. Add 3/4 cup more flour until the dough is no longer sticky. If it is still sticky, add up to 1/4 cup more. Poke the dough with your finger - if it bounces back, it is ready to knead.
- Turn the dough out onto a lightly floured surface. Knead the dough for about 3 minutes, then shape into a ball. Place in a large greased mixing bowl. I usually use nonstick spray to grease it, but olive oil works too. Cover and let the dough rest in a warm area for about 10 minutes.
- Preheat oven to 425°F (218°C). Line two large baking sheets with parchment paper or silicone baking mats. Set aside.
- With a sharp knife, cut ball of dough into 6 sections. Roll the dough into six 20-inch long ropes. Cut the rope into 1.5 inch pieces to make bites.
- Combine 9 cups of water and the baking soda in a large pot and bring to a rapid boil. Drop 8-10 pretzel bites into water and let sit for 20 seconds. Remove with a spatula and place onto the prepared baking sheet. Make sure the bites aren't touching.
- Brush beaten egg over each pretzel bite. Sprinkle with sea salt. Bake batches for 15 minutes each, or until golden brown.
- Remove from oven and serve with cheese sauce or honey mustard. Pretzel bites remain fresh for up to 3 days in an airtight container, though they will lose some softness.
- **Make ahead/Freezing:** The prepared pretzel dough can be refrigerated for up to one day or frozen in an airtight container for three months. Thaw frozen dough in the refrigerator overnight. Refrigerated dough can be shaped into pretzel bites while still cold, but allow some extra time for the bites to puff up before the baking soda bath and baking. Baked pretzel bites freeze well for up to 3 months. Thaw and reheat in the oven at 300°F (149°C) until warm.



Pumpkin Bread with Whipped Cream Cheese

Frosting and Candied Pecans

By Amberly Boerschinger

Servings: Makes 2 loaves

- 2 cups all-purpose flour (gluten free can be substituted)
- 1/2 teaspoon salt
- 1/2 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon ground cloves
- 1 teaspoon cinnamon
- 1 teaspoon ground nutmeg
- 2 cups sugar
- 1-1/2 sticks (3/4 cup) unsalted butter, softened, plus more for greasing the pan
- 2 large eggs
- 1 15-ounce can 100% pure pumpkin



Directions

- Preheat oven to 325 degrees. Generously grease two 8 1/2" x 4 1/2" loaf pans with butter and dust with flour (or use a baking spray with flour).
- Combine flour, salt, baking powder, baking soda, and spices in a bowl; use a whisk to mix well and set aside.
- In large bowl of an electric mixer, at medium speed, beat butter and sugar until just blended. Add eggs one at a time, beating well after each addition. Continue beating until very light and fluffy, a few minutes. Beat in pumpkin. The mixture might look grainy and curdled at this point -- that's ok.
- At low speed, beat in flour mixture until well combined.
- Turn batter into prepared pans, dividing evenly, and bake for 65 – 75 minutes, or until cake tester inserted in center comes out clean. Let loaves cool in pan about 10 minutes, then turn out on wire rack to cool completely.

Whipped Cream Cheese Frosting

- 6 egg yolks, room temperature
- 1 cup sugar
- 1/4 cup water
- 2 sticks unsalted, soft butter
- 1 cup cream cheese, softened

Directions

- Start by putting your room temperature yolks into the bowl of an electric mixer, fitted with the whip attachment. Turn the mixer on high and whip the yolks for five minutes or so, until they appear light in color and somewhat foamy.
- While the mixer is going, prepare your sugar syrup. Combine the sugar and water in a saucepan and bring them up to 238 degrees Fahrenheit. Immediately pour the syrup into a pyrex measure for easier handling.
- Start drizzling the syrup into the yolks a little at a time. Do it with the motor off so as not to splatter it all onto the sides of the bowl where it won't do your buttercream any good. Drizzle a little, run the machine a little, drizzle a little, run the machine a little until all the syrup is incorporated.
- Whip this sweet yellow "foam" until it's cool...about room temperature. Once that's achieved, switch to the paddle (beater) attachment and start adding your butter, a piece or two at a time until it's all in.
- If your egg yolk and syrup foam was too warm when you started adding the butter your buttercream will look almost soupy. A few minutes on high and you'll be set.
- As with the others, this is the time to add your flavorings and/or colorings. A teaspoon or so of vanilla for starters, then just about anything you want.

Candied Pecans

Preheat oven to 250 degrees F. In one small bowl, whisk together 1c. sugar, 1 tsp. cinnamon, and 1 tsp. salt. In another bowl, whisk 1 egg white and 1 tbsp. of water together until frothy. Toss 1-2lbs of pecans in the egg white and water mixture. Mix the sugar into the pecans until evenly coated and then spread pecans onto a backing sheet covered with foil. Bake in over, stirring every 15 minutes, until pecans are evenly browned, about 1 hour.

Spanish Chocolate Spread

By Amberly Boerschinger

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

Directions

- Grease a loaf pan and line with parchment.
- Melt the chocolate gently in a double boiler. When melted, whisk in the egg yolks. Add butter and stir until all the butter has melted.
- In another bowl, beat eggs whites until soft peaks form. Continue whisking and add sugar until a glossy meringue forms. Fold 1/3 of the meringue into the chocolate mixture and then fold in the remaining meringue.
- Pour the mixture into the prepared pan and cover with plastic wrap. Refrigerate for 2 hours.
- When ready to serve, you can turn it out and cut into squares or you can use a knife to spread the mixture onto toasted bread and drizzle with olive oil and top with a sprinkle of sea salt.



English Muffin Bread

By Amberly Boerschinger

Yield, 1 loaf

- 3 cups flour
- 1 tablespoon sugar
- 1 1/2 teaspoons salt
- 1/4 teaspoon baking soda
- 1 tablespoon instant yeast
- 1 cup milk
- 1/4 cup water
- 2 tablespoons vegetable oil or olive oil
- cornmeal, to sprinkle in pan

Directions

- Whisk together the flour, sugar, salt, baking soda, and instant yeast in a large mixing bowl.
- Combine the milk, water, and oil in a separate, microwave-safe bowl, and heat to between 120°F and 130°F. Be sure to stir the liquid well before measuring its temperature; you want an accurate reading. If you don't have a thermometer, the liquid will feel quite hot (hotter than lukewarm), but not so hot that it would be uncomfortable as bath water.
- Pour the hot liquid over the dry ingredients in the mixing bowl. Beat at high speed for 1 minute. The dough will be very soft.
- Lightly grease an 8 1/2" x 4 1/2" loaf pan, and sprinkle the bottom and sides with cornmeal.
- Scoop the soft dough into the pan, leveling it in the pan as much as possible.
- Cover the pan, and let the dough rise till it's just barely crowned over the rim of the pan. When you look at the rim of the pan from eye level, you should see the dough, but it shouldn't be more than, say, 1/4" over the rim. This will take about 45 minutes to 1 hour, if you heated the liquid to the correct temperature and your kitchen isn't very cold. While the dough is rising, preheat the oven to 400°F.
- Remove the cover, and bake the bread for 22 to 27 minutes, till it's golden brown and sounds hollow when tapped.
- Remove the bread from the oven, and after 5 minutes turn it out of the pan onto a rack to cool. Let the bread cool completely before slicing.



Gluten Free Banana Blinis

By Amberly Boerschinger

- 1 banana
- 2 eggs
- Optional: Pinch of cinnamon

Directions

Smash bananas and beat in egg until smooth (you can use a blender too!) Heat griddle or frypan to medium heat and coat with butter. Drop in 1-2 inch circles and bake until bubbles appear, then flip and bake 1 minute more.



Lemon Rosemary Shortbread

By Amberly Boerschinger

- 3 sticks (1 1/2 cups) unsalted butter, softened, plus more for the pan
- 1 cup sugar
- 1 tablespoon finely grated lemon zest
- 2 teaspoons finely chopped fresh rosemary
- 1/2 teaspoon kosher salt
- 1/2 teaspoon vanilla
- 3 1/2 cups all-purpose flour

Directions

- For the cookies: Preheat the oven to 350 degrees F. Line a 9-by-13-inch baking pan with foil, leaving a 2-inch overhang on two sides. Lightly butter the foil and sides of the pan.
- Pulse the sugar with the lemon zest and rosemary in a food processor until well combined. Remove 2 tablespoons of the sugar mixture and reserve.
- Add the butter, salt and vanilla to the food processor with the sugar and pulse until combined. Add the flour, about 1 cup at a time, pulsing to combine after each addition. (After the last addition, you may need to stir and scrape down the sides of the food processor to incorporate all of the flour.) Continue to pulse until a dough comes together.
- Turn the dough out onto the prepared baking pan and press it evenly into the pan. Poke the dough all over with a fork and sprinkle it with the reserved sugar.
- Bake until the edges are golden brown and the center is golden, about 25 minutes. As soon as it's out of the oven, use a bench scraper or knife to cut the shortbread into 1-by-3-inch cookies. Cool in the pan for 15 minutes, then carefully remove the cookies using the foil as handles. Cool completely on a rack.



Gluten Free Peanut Butter Cookies

By Amberly Boerschinger

- 1 cup peanut butter
- 1 cup sugar
- 1 large egg, beaten
- 1 teaspoon baking soda

Directions

- Preheat oven to 350* and grease cookie sheets.
- Beat together peanut butter and sugar in a large bowl with an electric mixer until smooth.
- Add beaten egg and baking soda to peanut butter mixture and beat until well combined.
- Roll 1 teaspoon of dough into a ball and place on cookie sheet.
- Place dough balls one inch apart on cookie sheet and flatten with tines of fork making a cross pattern.
- Bake until puffed and a golden pale, about 10 minutes.
- Cool cookies on baking sheet about 2 minutes and then transfer with spatula to rack to cool.
- May be kept in air tight container at room temperature for 5 days.
- Makes about 2 dozen cookies.



Sour Cherry Jam

By Deborah Gretzinger

- 4 c. pitted, chopped sour cherries (I used Door County cherries)
- 1 pkg. powdered pectin (I used Sure-Jell)
- 5 c. sugar

Directions

- Combine the cherries and pectin in a large pot.
- Bring to a boil over high heat, stirring constantly. Then add sugar
- Bring to a full rolling boil; boil hard for 1 minute. Beware the mixture will increase in volume.
- Skim foam. Pour into hot jars, leaving 1/4 inch head space. Adjust caps.
- Process 10 minutes in a hot water bath (I used a steam canner). Makes 6 or 7 half pints



Strawberry Freezer Jam

By Deborah Gretzinger

- 4 cups crushed strawberries (I usually puree)
- 4 cups sugar
- 1 tsp lemon peel or orange peel
- 1 package liquid pectin (I use Certo)
- 2 Tbsp lemon juice

Directions

- Mix strawberries, sugar and lemon peel together. Let stand for 10 minutes.
- Mix liquid pectin and lemon juice. Then add to strawberry mixture. Stir for 3 minutes.
- Place in mason jars, leaving 1/2-inch headspace. Wipe rims of containers; seal. Let stand at room temperature about 24 hours or until set.
- Store in freezer up to 6 months or in refrigerator up to 3 weeks.



Red Currant Jam

By Deborah Gretzinger

- 1 quart ripe red currants
- 2 ¼ cups sugar

Directions

- Wash the currants and remove them from their stems. Tip: freeze the currants, still on their stems, first. It will be easier to remove them from the stems when they are frozen. No need to thaw the fruit before proceeding with the recipe.
- Sterilize your mason jars.
- While the jars are sterilizing, put the red currants and water in a large pot. Gently crush the currants with the bottom of a wine bottle (sounds funny but works great!) Add the sugar. Cook the mixture over medium-low heat, stirring constantly to dissolve the sugar.
- Once the sugar is completely dissolved, raise the heat to high and boil, stirring often, until the jam reaches the jell point. Remove the red currant jam from the heat and skim off any foam that has formed on the surface.
- Ladle the hot jam into the sterilized jars leaving 1/2-inch head space. Screw on canning lids. Allow the jars to cool and then store them in the refrigerator for up to 3 months. For longer term storage at room temperature, process the jars in a boiling water bath (or steam canner) for 5 minutes.
- Keep in mind that as with all jams, your red currant jam will firm up as it cools. It will still be somewhat runny while it is still hot.
- Jars of red currant jam that have been processed in a boiling water bath will keep, unopened, for up to one year. Once opened, store the jars in the refrigerator just as you would with store bought jams.



Plum Jam

By Deborah Gretzinger

- 2 lbs plums, halved & pitted
- ½ cup sugar
- ½ cup water
- ½ Tbsp cinnamon (I like korintje cinnamon)

Directions

- Coarsely chop plums and stir together with sugar, water and cinnamon in a 2-quart heavy saucepan. Simmer, uncovered, stirring occasionally (more often toward the end of cooking to prevent sticking), until thick and reduced to about 2 1/2 cups, 45 minutes to 1 hour.
- Cool preserves. Transfer to sterilized mason jars and chill, covered. Preserves keep, chilled, 1 month (or in the freezer for 6 -12 months). You can also follow through with the complete canning process.



Motto's Raspberry, White Chocolate, Macadamia Nut Biscotti

By Mary Ann Otto

1 cup butter
1 ½ cups sugar
4 eggs
2 teaspoon vanilla
3 teaspoons raspberry flavoring
4 cups flour

3 teaspoons
baking powder
½ teaspoon salt
1 1/3 cups chopped macadamia nuts
1 1/3 cups white chocolate chips



- Preheat oven to 325 degrees and line a cookie sheet with parchment paper.
- In a large bowl cream together butter and sugar until fluffy. Beat in eggs, vanilla and raspberry flavoring.
- In a separate bowl, mix flour, baking powder and salt. Stir flour mixture into butter mixture. Fold in nuts and white chocolate chips.
- Divide dough into 4 equal parts. Place each ¼ of dough on a cookie sheet and form into logs about 14 inches long and 1 ½ inches wide.
- Bake 25 minutes in the preheated oven until very lightly brown. Cool and cut diagonally into ½ inch slices.
- Arrange slices on baking sheet and continue baking 6 minutes.
- Drizzle white chocolate on top. Enjoy!