

The Catholic Kids' Cookbook

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HALEY STEWART

The

CLARE SHEAF

HOLY DAYS

Catholic

AND

Kids'

HEAVENLY FOOD

Cookbook


WORD ON FIRE

DEDICATIONS

To Daniel, Benjamin, Lucy, Gwen, and
Hildie: you are my favorite chefs. —H.S.

To my husband, Jacob, and his culinary
amnesia: for always proclaiming each recipe I
cook him to be “the best meal he’s ever had”;
to my newborn daughter, Annie: I cannot
wait to live liturgically with you! —C.S.



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ARTWORK
Johannes Vermeer
Christ in the House of Martha and Mary
c. 1655

What Is the Liturgical Year?

Every family has traditions. Your family sings a certain song on birthdays. You gather around the table to share special meals. You look at photographs of favorite memories. When you are all together to celebrate, you might hear stories about the day you were born or an important tale from your parents' or grandparents' lives. These shared traditions help you to remember who you are and to understand your story.

The Church is a family too. And it's a family with traditions: songs, meals, prayers, and celebrations. These traditions remind us who we are. They help us tell our story, and it's a very beautiful story: we are loved by God and he made us part of his family.

To tell this important tale, the Church gives us a special gift: the liturgical year (sometimes called the Christian Year). The liturgical year is the calendar of seasons, feasts, and fasts by which we learn the story of God's love for us.

Living liturgically means making this holy calendar our own. We get to participate in God's great story! If you've ever been in a Christmas pageant or Nativity play as an angel or a shepherd, you helped tell a story we all know well: the story of when Jesus was born. Even though this event happened many years ago, we still celebrate Christmas every year. God's gift of Jesus changed everything. Because this story is so important, we return to it again and again. By living liturgically, we retell the story of Christmas and the other important moments in the history of the Church. We are all invited into this great story.

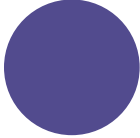


Liturgical Seasons and Colors

The Christian Year follows several liturgical seasons that help us walk through the story of God's love for us. We journey through these times together with our brothers and sisters in Christ. There are many things that can help us remember which season we are in and what that season means.

The priest's vestments—the garments that he wears to celebrate the Mass—will be the color of the season (or holy day being observed) to help remind us of the liturgical year. As we dive into recipes, we'll talk more about what each season signifies, but here's a quick guide to the liturgical colors:

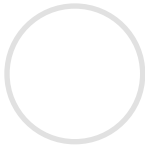
PURPLE



Purple is the color we use for Advent, the season observed during the four weeks leading up to Christmas. This color represents preparation, as we get ready to celebrate the Nativity, when Christ was born as a baby to the Blessed Virgin Mary. We must prepare for Christmas during this time!

Purple is also used during Lent, the season of forty days that prepares us for Easter. During this time, we focus on penitence—feeling sorrow for times when we failed to love and obey God, and asking for his forgiveness.

WHITE



Christmas and Easter are the highest holy days of the year and are celebrated with the color white. Christmas Day celebrates the Nativity, when Jesus was born, but the season of Christmas lasts for several days (great news if you like to celebrate). Easter is the most important day of the liturgical year, and it begins a festive season that lasts for fifty days.

RED



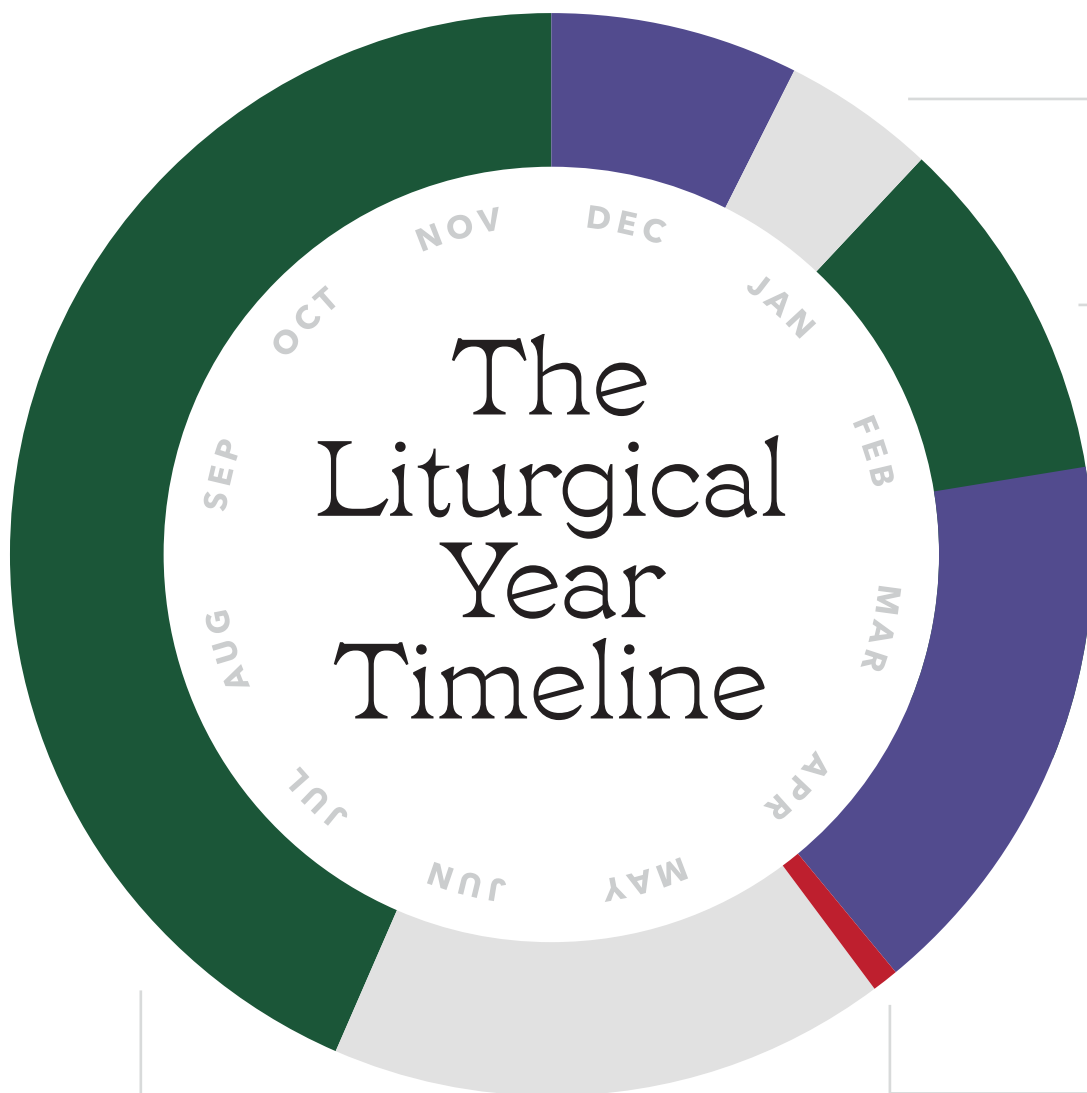
Red is used for the Passion of Christ as well as Pentecost, the birthday of the Church when the Holy Spirit descended on the followers of Jesus. It is also used to honor martyrs who died for their faith.

GREEN



Ordinary Time, the weeks after Christmas leading up to Lent and the weeks following Pentecost leading up to Advent, is marked with the color green. Just as we see green plants growing in the sunshine, the green of Ordinary Time is a reminder that this season is a time for our faith to grow.

The beginning and ending date of different liturgical seasons can change from year to year but this timeline will give you a general idea of where each season falls.



ADVENT

(Beginning of the Liturgical Year)

CHRISTMAS

ORDINARY TIME

LENT

HOLY WEEK

EASTER

ORDINARY TIME

How Do We Live Liturgically?

The Bible tells us to “pray without ceasing” (1. Thess. 5:17). But how do we do this? Our days are filled with school, friends, family, sports, music, activities, and chores. We are busy! We don’t live in quiet monasteries like monks and nuns. Life in our houses might be very loud. How can we pray without ceasing?

Sometimes when we pray, we speak to God by repeating words that have been passed down to us like the “Hail Mary” or the “Our Father.” Our hands may be folded and our eyes closed as we think about the words and offer them to God. But that isn’t the only way that prayer can fill our lives. If we know that prayer is simply “the raising of one’s mind and heart to God” (*Catechism of the Catholic Church* 255) then the call to pray at all times makes more sense. There are many ways to raise our minds and hearts to God! Can cooking a meal and sharing it with family and friends be a form of prayer? It certainly can. We call this living liturgically. We can celebrate feast days. We can offer certain sacrifices to God during times of penance. We can remember the saints in heaven and their holy lives. Living liturgically is a kind of prayer because we are lifting our minds and hearts to God together with the rest of God’s family, the Church.

There are many ways to observe those holy days and seasons: music, celebrations, special liturgies, and, of course, food! In this book, we want to share some ideas for how you can participate in the liturgical year with your family by cooking delicious recipes that will help you remember the great story of God’s love.





Who Are the Saints?

Many of the recipes in this book refer to certain saints of the Church and can be made to celebrate their feast days. The saints are holy men and women who shine with the love of Christ. They show us how to live faithful lives, they pray for us, and they cheer us on to glory. The saints want to help us get to heaven, and by honoring them and learning their stories, we can become more like them.

The Catholic Church has recognized *thousands* of saints through a process called canonization. That's far too many saints for any one family to celebrate, so just pick a few and you can join the Church in honoring and befriending them.

The calendar of saints is filled with warrior kings, gentle monks, moms, dads, children, teenagers, popes, farmers, rich people, poor people, brilliant scholars, and people who never learned how to read. The saints reflect God's love in many different ways: some were martyrs and others were teachers, some were called to religious life and others to marriage. But they all lived with heroic virtue, and we can look to them for inspiration and count on them for their prayers. You can use this cookbook to learn more about the saints and how to celebrate them.

CANONIZATION

The process by which the Church determines that someone is a saint and a model of heroic virtue to inspire Catholics all over the world.

ARTWORK

Albrecht Dürer
Adoration of the Trinity

How to Use This Book

This cookbook contains thirty-three recipes to help you participate in the liturgical year. But keep in mind that these are just suggestions. The Church has only a few, simple rules about how Catholics must observe the liturgical year (such as attending Mass on Holy Days of Obligation or fasting on Ash Wednesday and Good Friday). For the most part, the way to honor special days in your home and family is up to you! There is no official Vatican checklist. There are many ways to live out the Christian Year and participate in the beautiful traditions of the Church and her holy days and saints.

Here are some important things to keep in mind when observing the liturgical year by cooking:



Using sharp knives, the oven, the stovetop, mixers, food processors, and blenders requires supervision by a grown-up.

FEAST

A special meal or banquet for the celebration of a day that is set aside to honor Jesus, Mary, or a saint in a special way. Some feast days are also Holy Days of Obligation, days on which Catholics must attend Mass and refrain from unnecessary work.

FAST

Giving up a particular food or activity you enjoy as an act of penance so as to unite your sufferings with Christ and to prepare yourself physically and spiritually for a coming feast.



Read the whole recipe ahead of time and make sure you have all the ingredients and supplies you need.



Some recipes are very simple and you can do them all by yourself. Other recipes are trickier, take more time to complete, and may need more help from a grown-up. To help you determine how difficult a recipe is, we've ranked each recipe Easy, Moderate, or Difficult.



Be aware of food allergies. If someone who may eat the food has a food allergy, be sure to have a grown-up check the ingredients of any recipe you are preparing.



Always wash your hands before preparing food (and wash them again anytime you touch raw eggs, meat, etc.).



Pay attention to how many people each recipe serves. If you come from a big family, you may need to double (or triple!) the recipe.



These recipes use measurements and temperatures that will be familiar to an American audience. If you are an international reader, you may need to convert Fahrenheit to Celsius, etc.



Show love for your family by taking time to clean up any messes you make!









Advent

*O come, O come, Emmanuel,
and ransom captive Israel
that mourns in lonely exile here
until the Son of God appear.*



ARTWORK

Léon Augustin Lhermitte

La prière, église Saint-Bonnet

1920

Happy New Year!

Have you ever asked to stay up until midnight on December 31st to celebrate the New Year on January 1st? It's exciting to begin a fresh new year. Would you be surprised if I told you that the Church's calendar has its own special new year? The new Christian Year begins on the First Sunday of Advent, which is the Sunday closest to St. Andrew's Day on November 30th. If you observe Advent, you can tell your family "Happy New Year!" on that first Sunday.

As the days are shortening and growing darker, Advent is the time when we watch for Jesus, the light of the world. We get our houses and our hearts ready for the arrival of the Christ Child. In fact, the word Advent means "the coming" because it's when we focus on the amazing moment when Jesus came to earth as a little baby.

We celebrate Advent as a season of waiting—just as Mary and Joseph patiently waited and prepared for the birth of baby Jesus. If you've ever welcomed a new baby into your family, whether a cousin or brother or sister, you know that there is a lot to do to prepare. Even though they had little to offer this new baby, Joseph and Mary would have prepared the manger with soft hay to comfort baby Jesus. We might not have much to offer Jesus in Advent, but we can prepare in small ways to show Jesus that we are readying our minds and hearts for his arrival.

During Advent, you might want to clean up your room and help your family tidy up the house so that it's ready for Christmas decorations. You might want to "tidy up" your soul by going to confession and spending time with Jesus in prayer. You can also play music for Advent that helps you think about preparing for Christmas. We all get excited for Christmas, but don't skip over the special season of Advent!

Fisherman's Breakfast

St. Andrew

ADVENT | NOVEMBER 30

● ● ● **EASY**

St. Andrew was a fisherman. He was a friend of Jesus and the brother of St. Peter, the first pope. St. Andrew wanted everyone to follow Jesus and accept God's love. He traveled as far north as the Black Sea to share the Gospel. Even the danger of being killed for his faith did not hold St. Andrew back from his mission, and he was eventually martyred in Greece.

Ancient sources say that when St. Andrew was martyred, he was bound (rather than nailed) to a cross. Sacred art shows St. Andrew on a cross raised in the shape of an X. This shape is called a St. Andrew's Cross and can be found on the flag of Scotland, where he is the patron saint.

To remember this connection to Scotland and honor St. Andrew's work as a fisherman, make this simple Scottish dish of smoked salmon and scrambled eggs for your family!

Note: We have included St. Andrew in the Advent section of the cookbook. Depending on which day of week Christmas falls, the First Sunday of Advent can occur anywhere between November 27 and December 3; as a result, St. Andrew's feast day sometimes falls at the end of Ordinary Time.

SERVES: 4

PREPARATION:

15 minutes

INGREDIENTS:

8 eggs

¼ cup milk or cream

Dash of salt and pepper

Pat (or small square) of butter

Bread for toast

2 ounces smoked salmon

Chives

SUPPLIES:

Pan or griddle for stovetop

Medium-sized bowl for mixing

1. Crack the eggs into a medium-sized bowl.
2. Add the milk or cream and a dash of salt and pepper.
3. Gently beat the eggs.
4. Melt a pat of butter in a pan over medium-low heat.
5. When melted, pour the eggs into the pan, stirring them often so that they don't burn on the bottom.
6. When the eggs are firm, remove to a plate and turn off the stovetop.
7. Toast your bread.
8. Serve the eggs with toast and a slice of smoked salmon on the side. Add the chives on top of your eggs in an "X" shape like a St. Andrew's Cross.





ST. ANDREW CHRISTMAS NOVENA

This beautiful prayer is traditionally
prayed 15 times a day from St. Andrew's
Day until Christmas Day.

*Hail and blessed be the hour and moment in which the
Son of God was born of the most pure Virgin Mary, at
midnight, in Bethlehem, in the piercing cold. In that
hour vouchsafe, I beseech thee, O my God, to hear my
prayer and grant my desires through the merits of our
Savior Jesus Christ, and of his Blessed Mother.*

Amen.

ARTWORK
Caravaggio
The Calling of Saints Peter and Andrew
c. 1602–1604

Cozy Advent Chili

When the weather outside is chilly during the season of Advent, it's a great time to enjoy warm soups and stews. And making simple meals reminds us that the season of holiday celebration isn't quite here yet. If we eat simple food during Advent, then when Christmas comes, all the special holiday treats will make it feel like a real *feast*.

This recipe with a classic chili as a base is simple but fun to make because of all the toppings you can add to spice it up!

First Sunday of Advent

ADVENT

● ● ● MODERATE

SERVES: 6–8

PREPARATION:

40 minutes

INGREDIENTS:

1 tablespoon olive oil
1 yellow onion, diced
1 pound ground beef
1½ tablespoons chili powder (you can add an extra tablespoon if you like spice)
2 tablespoons sugar
Pinch of cayenne pepper
(leave out if you don't like spice)

2 tablespoons ground cumin
1 tablespoon garlic powder
1 tablespoon onion powder
2 teaspoons salt
½ teaspoon pepper
2 tablespoons tomato paste
2 (15-ounce) cans kidney beans, drained
3 cups beef broth
1 (16-ounce) can diced tomatoes
1 (8-ounce) can tomato sauce

TOPPINGS:

Sour cream
Green onions (chopped)
Cilantro (chopped)
Fritos or tortilla chips
Shredded cheddar cheese
Shredded lettuce

SUPPLIES:

Large soup pot





Cozy Advent Chili (Continued)

1. Add olive oil to a large pot and heat over medium heat. Once heated, add diced onion and sauté until clear.
2. Add ground beef and brown for about 7 minutes. You'll want to stir the ground beef as it cooks to break it up into smaller pieces.
3. Add spices, sugar, salt, pepper, and tomato paste and combine.
4. Add kidney beans, beef broth, diced tomatoes, and tomato sauce and bring to a boil.
5. Turn down heat to low (or medium-low) and simmer for 25 minutes.
6. Turn off heat and let the chili cool for 10 minutes, then serve it into bowls.
7. Add whatever toppings you like!

St. Nicholas' Chocolate Dowries

St. Nicholas

ADVENT | DECEMBER 6

● ● ● **EASY**

In the midst of the Advent season, while we wait in silence for the birth of Christ, we have a little festive light—St. Nicholas' feast day! St. Nicholas of Myra was a fourth-century bishop remembered for his generosity and care for the poor. He discovered that a father didn't have enough money for his three daughters' dowries (money they needed in order to marry). St. Nicholas wanted to help the family but did not wish to humiliate them in public, so he came to the house at night and put the money in a purse to throw down the chimney. Some say the bag of money fell down the chimney and landed into the daughters' shoes that were drying by the fireplace. In honor of this story, some families put their shoes out by the fireplace the night before St. Nicholas' feast day in hopes that a little gift might be found the next morning.

Honor the legacy of St. Nicholas by making these chocolate-dipped "dowries"! The clementine represents the gold that St. Nicholas gave to the family, and the chocolate represents the purse covering the money.

SERVES: 5-8

PREPARATION:

15 minutes

INGREDIENTS:

5 clementines

1 cup semi-sweet chocolate chips

¼ cup coconut oil

SUPPLIES:

Wire rack

Microwave-safe bowl

1. Peel the clementines and separate the sections. Lay the sections out on a wire rack.
2. Melt the semi-sweet chocolate in the microwave in a microwave-safe bowl. It's easy to burn chocolate, so try heating it for 30 seconds (or less) at a time and stirring thoroughly until the chocolate is melted.
3. When the chocolate is fully melted, add the ¼ cup of coconut oil. Dip the sections of the clementines into the melted chocolate. The coconut oil will act as a "shell" and dry the chocolate quickly.



Orange Pomanders

While you're enjoying your chocolate dowries, have fun decorating orange pomanders. These pomanders aren't for eating; they're for adding fragrant color to your home.

St. Nicholas

ADVENT | DECEMBER 6

● ● ● **EASY**

INGREDIENTS:

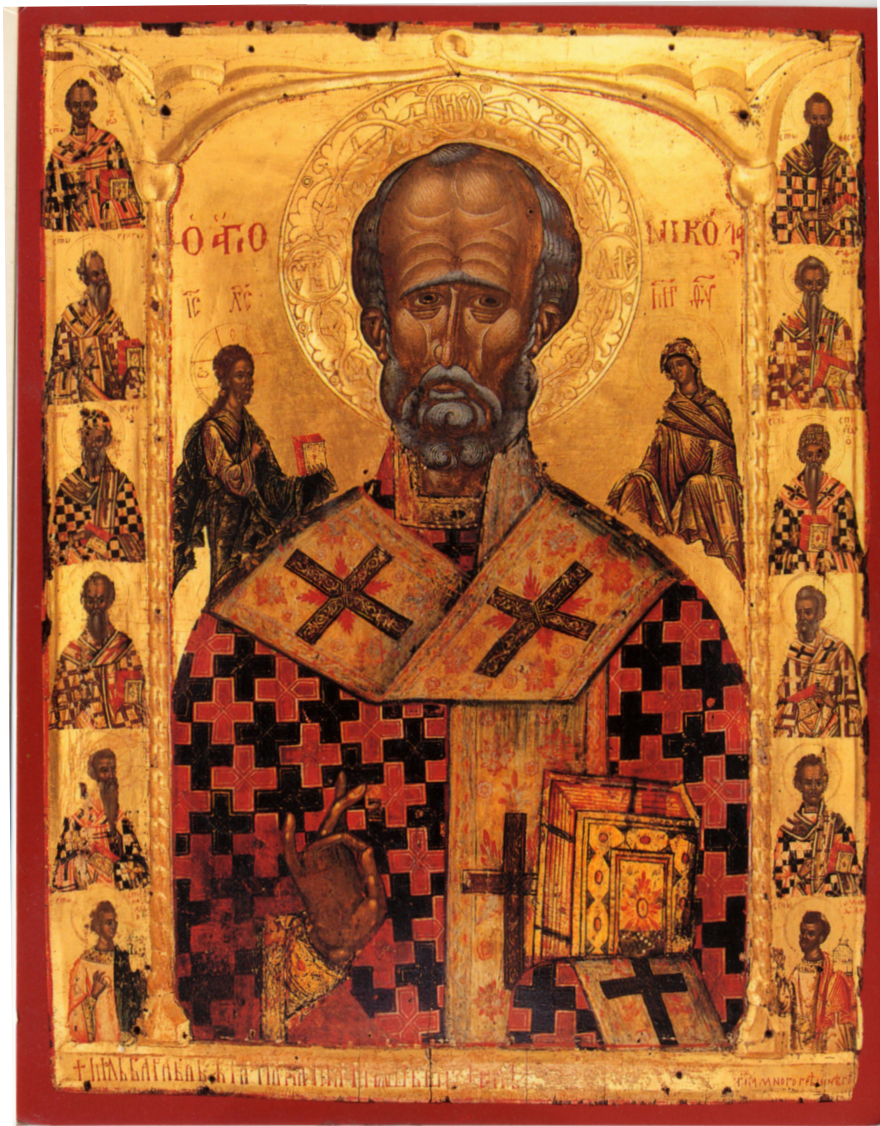
Clementines
Whole cloves

1. The beauty of this craft is its simplicity: just pierce the oranges with cloves, decorating in whatever pattern you'd like—spirals, diamonds, stripes, etc.
2. Place the pomanders in a decorative bowl with evergreen branches, dried orange slices, cranberries, and pinecones for a festive centerpiece.









O good Saint Nicholas, you who are the joy of the children, put in my heart the spirit of childhood, of which the Gospel speaks, and teach me to seed happiness around me. You, whose feast prepares us for Christmas, open my faith to the mystery of God made man.

You, good bishop and shepherd, help me to find my place in the Church and inspire the Church to be faithful to the Gospel.

O good Saint Nicholas, patron of children, sailors, and the helpless, watch over those who pray to Jesus, your Lord and theirs, as well as over those who humble themselves before you. Bring us all in reverence to the Holy Child of Bethlehem, where true joy and peace are found.

Amen.

ARTWORK
Unknown
Icon of St. Nicholas the Wonderworker
FIFTEENTH CENTURY

Our Lady's Fig Tarts

The Immaculate Conception

ADVENT | DECEMBER 8

● ● ● EASY

The Immaculate Conception celebrates the day when Mary began to grow in the womb of her mother, St. Anne, nine months before we celebrate Mary's birthday on September 8th. God had a very special plan for Mary, his Blessed Mother. From the very beginning of her existence, she was holy and without the stain of original sin on her soul.

When you think of original sin, you might remember Adam and Eve, who ate the fruit that was forbidden to them by God in the Garden of Eden and passed on their sin to the rest of the human race. We don't know what fruit they ate, but some people think it could have been a fig because Adam and Eve clothed themselves with fig leaves after they sinned.

To celebrate the Immaculate Conception, we aspire to be holy like Mary, and we are grateful that God offers us Baptism so we can be free from the stain of original sin like Our Lady. Feast on this special day by making these delicious fig tarts!

SERVES: 8

PREPARATION:

25 minutes (plus 40 minutes to thaw the pastry)

INGREDIENTS:

1 package frozen puff pastry
4 tablespoons fig jam or preserves
4 ounces brie cheese
⅓ cup honey
Optional: fresh fruit

SUPPLIES:

Muffin tin

1. Remove your puff pastry from the freezer and let thaw for 40 minutes at room temperature.
2. Lightly grease a muffin tin.
3. Preheat oven to 400°F.
4. Unroll your packaged puff pastry and cut into 8 even squares. Place squares into the muffin tin.
5. Spread a layer of fig jam on the pastry.
6. Chop the brie into ½-inch cubes and distribute 2 to 3 cubes onto the center of each pastry.
7. Bake the pastries in the oven for 10 minutes.
8. Take out the pastries (they should be on their way to golden brown, but not quite) and drizzle them with honey before placing them back in the oven for another 5 minutes. Enjoy warm or cooled with fresh fruit on top!





"I am the Immaculate Conception."

—OUR LADY TO ST. BERNADETTE

ARTWORK
Sandro Botticelli
Madonna of the Magnificat
1481