



# Abiding Press

## Abiding Presence Faith Community

A PARISH OF THE REFORMED CATHOLIC CHURCH  
AN INCLUSIVE CATHOLIC COMMUNITY  
MAKING GOD'S LOVE KNOWN IN CENTRAL FLORIDA

APRIL 2024 VOLUME 3 #5

5330 Poinsetta Ave, Winter Park, FL 32792

321-594-4922

Office [info@apfcwp.com](mailto:info@apfcwp.com)

*Sunday Mass is Celebrated at 12:30 pm*

*The Sanctuary Building of the First United Church of Christ*

*4605 Curry Ford Rd., Orlando, Florida 32812*

### ***Social Media***

Web Site [www.apfcwp.com](http://www.apfcwp.com)

Facebook <https://www.facebook.com/groups/1386619738179316/?ref=bookmarks>

YouTube - <https://www.youtube.com/channel/UCP9i133esG31IRPfgk-Jn4w>

### ***Clergy Serving the People of God***

**Pastor: Most Rev. William R. Cavins [pastor@apfcwp.com](mailto:pastor@apfcwp.com)**

**Kingsport TN Ministry: Rev. Fr. Lucas G. Brown [RevLBrown@apfcwp.com](mailto:RevLBrown@apfcwp.com)**

**Palm Coast FL Ministry: Rev. Mr. Christopher M. Larsen [DcnCLarsen@apfcwp.com](mailto:DcnCLarsen@apfcwp.com)**

### ***Volunteer Staff Serving the Parish***

**Gene L. Thompson II - Technology**

**Dennis Last - JMB Crock Pot Ministry**

**Klaus Stodtmann - Bread Baking**

## Mass Intentions & Prayer Requests

Please email the bishop if you want someone remembered at Mass or added to the Prayer Lists. It is at your discretion how much you donate to the support of our community. We also have Mass Cards for you to send to the recipients.

### Upcoming Dates

- APR 3 Breaking Open the Word 7 PM Zoom  
APR. 7 Divine Worship – Octave of Easter 12:30 PM  
Communal Celebration Anointing of the Sick within Mass  
Intention: RIP Dennis L. Underwood  
APR. 10 Breaking Open the Word 7 PM Zoom  
APR. 14 Divine Worship – Third Sunday of Easter 12:30 PM  
Intention: Robert Francis Reymont  
APR 16 Crock Pot Class 11 AM  
Dedicated Senior Medical Center -4270 Aloma Ave, Winter Park  
APR. 17 Breaking Open the Word 7 PM Zoom  
APR. 21 Divine Worship – Fourth Sunday of Easter 12:30 PM  
Intention: RIP Ann Marie Witkowski  
APR 23 Crock Pot Class 10 AM  
Dedicated Senior Medical Center – 690 S. Goldenrod Rd., Orlando  
APR. 24 Breaking Open the Word 7 PM Zoom  
APR. 28 SCAP Divine Worship – Fifth Sunday of Easter 12:30 PM  
Intention: People of the Parish

\*SCAP = Sunday Celebration in the Absence of a Priest

### Financial Update as of 3/26/2024

Total Income Year to Date: \$ 6153.39. Total Expenditures Year to Date: \$ 6964.46  
Difference **-810.56**. Balance on hand: \$1616.88.

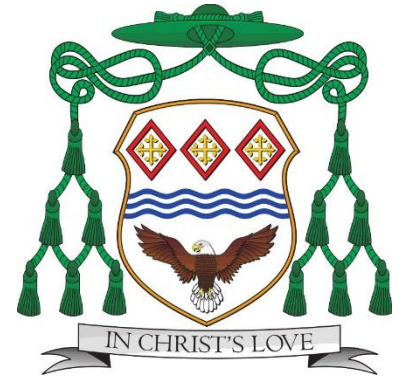
### Online Giving

Donations can now be made online through our website. To make sure we get your full donation please utilize the **Zelle** method. If you choose one of the others, please send it as if to an individual. Our email address for all giving platforms is [bkpg@apfcwp.com](mailto:bkpg@apfcwp.com). Thank you for your generosity.

## From the Bishop's Desk

Christ is risen! He is risen indeed!

Lent and Holy Week this year have been different for me. Perhaps because of my mother's death this past December or perhaps because of my age. It has been less about how sinful we are as a people and more about the transforming power of the resurrected Christ.



St. Paul declared to the Corinthians, "If Christ has not been raised, then our preaching is in vain, and your faith is in vain" (1Cor. 15:14). It is the resurrection that confirms that all that Jesus did and taught was indeed true. Jesus truly has power over death. Jesus' message of instituting the Reign of God hinged on his power to overcome sin and death. The resurrection confirms Jesus' divine authority and his very divinity. It shows us that he is truly "I Am," the Son of God and God himself.

Moreover, because of Jesus' resurrection we, too, can rise to eternal life. As St. Paul explained to Timothy: "This saying is trustworthy: If we have died with him, we shall also live with him; if we persevere, we shall also reign with him" (2 Tm 2:11-12).

How then do we die with Christ? Simply by acknowledging Christ as our redeemer and being baptized. Yet we must recall that baptism is an outward sign of an inward reality. Some of us may die before water is poured. It does not diminish God's power in our lives. For those of us who are baptized, we enter the universal priesthood of Jesus Christ and are called upon to love and care for others as we love and care for ourselves.

What we celebrate this Easter is the power of God in our lives. May we who have died with Jesus in baptism live our lives in such a way that we might live and reign with him in eternity!

In Christ's Love

+*William*

Pastor



**OFFICE OF THE PRESIDING BISHOP**  
**Reformed Catholic Church**  
[www.reformedcatholic.org](http://www.reformedcatholic.org)

**19 E. Eldridge Street**  
**Manchester, CT 06040**  
**562-708-7198**

Dear Brothers, Sisters, and They/Them Siblings in Christ,

HAPPY EASTER! On this most solemn yet celebratory of all Christian feasts, we bishops of the Reformed Catholic Church have chosen to raise our voices in support of the Transgender Day of Visibility which is also being commemorated on March 31<sup>st</sup>, 2024. Sadly, the basic human dignity of transgender men, women and non-binary individuals in some parts of the United States is increasingly being violated.

“Who am I?” This question marks the beginning of philosophy—indeed, the beginning of theology--as well as of psychology or reflective thought. During a recent trans support group meeting that one of our bishops attended, participants agreed: “No doctor can tell me who I am!” Who can tell any of us who we are? A bishop? A parent? A judge? Yet when asked how this group would respond to anyone who asserts “God made them male and female and that is it,” participants forcefully answered: “God made my soul!”

Yes, the soul. Isn't that what we believers profess? God has fashioned us in the womb of our mothers in every shape, color, ability, or disability as wonderful, unique creatures in God's own image. But with such diversity, such a broad spectrum of humankind, how specifically are we made in God's own image? We answer: Human beings are not defined or constrained by our perishable, physical body. Human beings are marked by our eternal soul, invisible to the eye but the essence of our identity.

Here then is where we stand as brothers, sisters and non-binary siblings, as all of us are in one way or another on the spectrum of gender. In particular, we want those who are trans or non-binary to know you are God's precious child for whom Jesus offered his very self, even unto death on the cross. Jesus gives us all a share in the power of his

Resurrection: the promise of eternal life with a new body, transformed and yet true to the nature of who we have become.

We walk arm in arm with those who identify as transgender or non-binary. We heartily affirm what you have often said to the church at large, to your families, to society and all its institutions (political, legal, medical, educational, etc.): “I am who I am.”



Whether Jew or Greek, gender fluid or cis male, trans or non-binary, we all must respond to the call we hear in Deuteronomy 6:5 “to love God with all one’s heart, soul, and might,” followed by the second great commandment in Matthew 22:39 and Luke 10:27: “Love your neighbor as yourself.” We are also made aware in Galatians 3:28 that “There is no longer Jew or Greek, there is no longer slave or free, there is no longer male and female; for all of you are one in Christ Jesus.”

While it may be challenging to compare any of our own life experiences to the experience of a transgender or non-binary person living in a predominantly cisgender society, the Holy Spirit calls us to respond to all with empathy and compassion. But does not the New Testament impel us even further? Not just to accept but to embrace, nurture, and even celebrate the most vulnerable among us.

Therefore...

The bishops and clergy of the Reformed Catholic Church hereby oppose all legislation that would hinder individuals from access to care that affirms their true gender identity appropriate to their age and stage of life.

We similarly oppose attempts by legislatures to prohibit doctors, nurses, educators, parents, and other individuals from providing appropriate gender-affirming care.

We are appalled by the physical and verbal violence being directed at trans and non-binary persons. We call on our members and all people of goodwill to reject all forms of violence directed at trans and non-binary persons, as well as at our gay, lesbian, bisexual, and queer brothers and sisters.

The faith communities of our Reformed Catholic Church are open to all transgender and non-binary persons. They are welcome to receive and fully celebrate all the sacraments of the church. We stand ready to nurture into leadership those who are called to sacred orders as deacons, priests, and bishops. We encourage all who have a call to ministry through the variety of gifts the Holy Spirit has given them--be it music, education, administration, and so forth--to join us in our mission. In short, ALL ARE WELCOME in both body and soul.

May we all experience and celebrate renewal this Easter, and may God bless you!

Sincerely in Christ,

The Bishops of the Reformed Catholic Church  
Reformedcatholic.org

## **JMB Crockpot Ministry**

Our current supply of crockpots is running low. To donate a crockpot or volunteer to conduct a class contact Dennis Last at 321-388-1572.

Our next Crock Pot Classes are scheduled for April 16, 2024, at 11 AM at the Dedicated Senior Medical Center -4270 Aloma Ave, Winter Park, and on April 23, 2024, and April 23, 2024, at 10 AM at the Dedicated Senior Medical Center – 690 S. Goldenrod Rd., Orlando. Enter to win a new Crock Pot at the end of class. Email Info@apfcwp.com to register.

## **Volunteer Opportunities**

Are you looking to do more within the parish community in 2024? Here are a few opportunities broken down by day of the week. On Sundays, we need readers, musicians, singers, altar servers, and Eucharistic Ministers. On Mondays or Tuesdays, we usually schedule our Crock Pot Classes. Contact Dennis Last to become a presenter. On Tuesdays, we would like to have volunteers help out at Rebecca's Pantry in the morning. Then on Wednesdays, there is the Thrift Shop. On Saturday, once a month, we will be canvassing a different area around the Church building. So much to choose from. We could also use a few Special Ministers to the Sick which would be a new ministry. What is God calling you to do?

## **Prayer for Vocations**

*Creating God and Father, we thank you for calling men and women to serve in Christ's Kingdom as priests, deacons, and consecrated persons. Send your Holy Spirit to help others to respond generously and courageously to your call. May our community of faith support vocations of sacrificial love in our youth and young adults. Through our Lord Jesus Christ, who lives and reigns with you in the unity of the Holy Spirit, one God, forever and ever. Amen.*

## **A View from the East by Deacon Christ Larsen**

**Esteban Peter al Douwayhi**

As Lent ends and we celebrate Holy Week and Easter, we are reminded of the heroes and martyrs who fought long and hard to preserve our faith. We look to the history of the Church to aid us in going forward with tackling the challenges we face every day as Christians. We often look to these individuals as role models for our everyday life.

Persecution of religious is not a new thing. In fact, it is an ongoing struggle for people of faith, whether they be Christian, Muslim, or Jewish. Christianity in particular, fight amongst themselves. But there are also those who seek to unite and seek justice for the wrongs that are done to them.

The above is a prime example of what was going on in the world of Esteban al Dowayhi. He was a Maronite Patriarch in the 17<sup>th</sup> to early 18<sup>th</sup> century in Ottoman-occupied Lebanon. He was known as the Historian of the Maronite Church.

Esteban al Dowayhi was born “Istifanus al thani Boutros al Douayhi” (in Arabic) in Ehden, Lebanon in 1630. He was born into a wealthy family who was to send him to the Maronite College in Rome at the age of sixteen. He spent fourteen years there, travelling the length of Italy trying to collect as many histories as possible of the Maronite Church. At the end of these years, he fell ill with a disease that blinded him. He was then cured. He later attributed that to the Blessed Virgin Mary healing him.

He continued his studies in Lebanon where, in 1656, he became a priest. For his first assignment, he was sent as a parish priest in Aleppo in modern-day Syria. He was appointed a bishop and eventually became the 57<sup>th</sup> Patriarch of the Maronite church in 1668. He sought to reform the church. The Maronites were in Union with Rome, and al Douwayhi emphasized the importance of education. As a result, he sent his monks and clergy to go to school in Rome so they could come back with an advanced education to the villages. However, on the liturgical side, he valued Maronite traditions and sought to de-latinize major components of worship.

He also fought against injustice. As mentioned, Lebanon and Syria had been under the Ottoman Turks. There was a taxation on non-Muslims called a Ciziah. It depended on who the “Pasha” or leader was at the time whether it was fair or not. Christians were subject to violent persecution. Al Dowayli would speak out against this even if he was assaulted. He kept going forward. He also traveled all over the Maronite world, including Cyprus, and preached reform and justice.

Al Dowayhi passed away in 1701. After his death, many attributed miracles to his intercession with the Holy Mother as a cause for sainthood. Francis I, Patriarch of the West and Bishop of Rome, approved of the miracle attributed to him and beatified him on March 17, 2024.

The Church is ever-changing, and it is up to us as congregants, clergy, and the like to seek out injustices in practice and reform them. We can look up to Patriarch al Douwayhi and his passion for reform and tradition. The title, “Second Chrysostom” is well deserved for him.

## **Priestly Ponderings by Rev. Lucas G. Brown**

### **Why do we celebrate the Easter ‘Season’ for 50 days and not more or less?**

Children are not the only ones among us to experience pure joy and want it to last. Surely the first disciples experienced it with Christ’s Resurrection. It’s the same joy we sometimes see on the faces of the newly baptized at the Easter Vigil, as they are washed clean of sin and rise to a new life of grace. It’s a joy that can’t be contained in just a moment. That’s why the Church, from as early as the third century, let Easter joy overflow into a 50-day season from Easter to Pentecost, in which kneeling in prayer was forbidden and the newly baptized delved into the meaning of what they had experienced.

Our ancestors found great symbolic meaning in these 50 days of Easter. For example, 50 days is seven weeks — a week of weeks plus one day. That extra day was the Eighth Day, the same name they gave to Sunday — the day of resurrection, the day that symbolized eternity. It’s not just the start of a new seven-day week but the beginning of a whole new creation. Fifty days is also just about one-seventh of the whole year, so these 50 days hold the same relationship to the year as Sunday does to the week. That’s why the 50 days of Easter are known as the Great Sunday of the entire year.

And there’s more. Easter, like Christmas, has an octave, and the eight days from Easter Sunday to Second Sunday of Easter are celebrated as one great day, the Sunday (so to speak) of the Easter season. In the early Church the newly baptized wore their white baptismal garments throughout this week, and after Christians gained power, this whole week was a legal holiday in many parts of the Roman Empire.

While 50 days of unmitigated joy seems hard for us to sustain today, the season still has meaning. It’s the time when we are meant to experience what it means when we say Christ is risen. It’s the season when we hear and ponder the beginnings of our Church, the gifts of the Spirit, and the meaning and mission of discipleship, on what joining in the Eucharist commits us to be and do. For no matter how glorious this 50-day taste of the heavenly banquet is meant to be, God eventually calls us out of the celebration and reminds us to move on and live what we’ve celebrated in all the moments of our lives.



### April 7, 2024, Second Sunday of Easter

#### Questions

- ◆ The disciples hid in a locked room, yet Jesus came into their midst. When have you felt hidden or locked away, only to find Jesus in your midst?
- ◆ John's account of the Gospel tells us that Jesus did more signs than those written down for us, but what's been written is there to help us believe. Who or what has been most instrumental in helping you believe that Jesus is the Son of God?
- ◆ Faith is a gift to be shared. Those who have gone before us in faith have helped us to believe. How can you share your faith and help others come to believe and have eternal life in Jesus' name?

#### Activities

- ◆ Through the Holy Spirit, Jesus gave his disciples the power to forgive sins in his name. Talk about this outward sign of God's mercy. If your child has not yet celebrated the sacrament of reconciliation, show him or her the reconciliation room in your parish. Discuss the importance of forgiving one another and requesting forgiveness.
- ◆ Many things in our lives act as closed doors separating us from Jesus: overly busy schedules, moral compromises made in the workplace or social situations, misplaced priorities that lead us away from family or worship on Sundays, and so on. Discuss these compromises in the Christian community of your family, and list one for each of you to overcome. Encourage one another, pray together, and celebrate each success that brings you out of hiding and welcomes the light of Jesus.
- ◆ Celebrate this Sunday by inviting each family member to perform a secret kindness for someone who has hurt or aggravated him or her. Discuss ideas and share suggestions, but don't tell the names of the recipients of your gestures, and make sure these recipients don't know who performed the secret kindnesses. Consider saying special prayers for someone, tucking a small gift in a coworker's mail slot, picking up trash in a neighbor's yard when they aren't home, or another small act of generosity.

### April 14, 2024, - Third Sunday of Easter

#### Questions

- ◆ Jesus greeted his disciples with the words "Peace be with you." This peace of God, which is beyond understanding, is more than the absence of fighting; it's the fruit of love and justice. Are there any quietly festering issues of fear, frustration, or resentment within

your household that need to be addressed with love and justice so that you can enjoy true peace?

◆ Can you think of people who have brought peace to their families or communities by working for justice?

◆ How can you bring the love, justice, and peace of Christ to others?

### Activities

◆ Do you have a justice or social action committee in your parish? If so, learn more about their work and how your family can get involved, if it isn't already. If your parish has no such group, look into the possibility of starting one, even if it means starting very small.

◆ Raise your family's awareness of justice issues by making them a daily point of discussion. Help your child decorate a box or basket to keep on your dining table. Encourage family members to make notes to put in the box or basket, or if they can't write, have them draw pictures that bring to mind instances encountered each day that raise questions of justice and peace. Discuss these over meals. Discuss decisions made by TV characters and talk about the truths and partial truths you encounter in advertising.

◆ Look for other ways to treat fellow human beings, the earth, and all creatures who inhabit it with justice. Discuss recycling, reusing, and repairing for the good of the earth. Commit yourselves to purchasing fair-trade products that help eliminate unjust labor conditions and ensure fair wages for workers. Learn about factory farming and how your purchasing power can make a difference in the treatment of animals while increasing for yourselves the health benefits of eating foods that contain fewer chemicals.

## **April 21, 2024, - Fourth Sunday of Easter**

### Questions

◆ Think of people who have been like shepherds to you, leading, guiding, protecting, and nurturing you. What qualities did these people have that made you want to follow them? What did they do that demonstrated the love of God?

◆ Invite each family member to name a quality of Jesus, the Good Shepherd. Why did you choose that particular quality? What can you do to imitate the quality you chose?

◆ Jesus called himself the way, the truth, the life, the vine, and the Good Shepherd. Why do you think Jesus chose these images? What do these images tell you about the nature of God?

### Activities

◆ Invite your child to listen closely to today's Gospel that speaks of Jesus as the Good Shepherd and to pay attention to how he's described in the reading. Invite your child to listen for hymns that refer to Jesus as the Good Shepherd and to note what qualities the hymns attribute to him. Explain that Jesus called us his lambs and sheep and discuss how Jesus cares for us as a shepherd cares for his animals.

- ◆ Provide cotton balls for sheep, green construction paper or felt for a pasture, and blue for water. Help your child set up a scene in which he or she can “shepherd” the cotton-ball sheep to the good green grass and the clean, still water. Talk about all that God provides for our needs and the responsibility we have to use his gifts well and wisely. Discuss the needs of others and how we can help Jesus provide for them by giving and sharing.
- ◆ Following Jesus means standing in courageous solidarity with those in need. You won’t have to look far to find needs in your community. Feed Christ’s lambs through a local soup kitchen or food pantry. Encourage your parish school to form a twinning relationship with another Catholic school that has fewer resources than yours. Help to protect the vulnerable by offering assistance to social service agencies that help homeless families with children. Pray for justice and peace.

## **April 28, 2024, - Fifth Sunday of Easter**

### Questions

- ◆ How do you remain connected with Jesus like a branch to the vine? How do you draw spiritual sustenance from this relationship?
- ◆ Do you ever try to draw sustenance from sources that are unhealthy or even spiritually toxic, like friends who always put you down or video games that encourage violence? Are there things that need to be pruned from your life so that you can reach the authentic fulfillment to which Christ calls you?
- ◆ The apostles recognized Paul’s connection to the vine by his actions. How do people recognize you as a follower of Jesus? Can you describe the fruit you bear as a branch of the vine?

### Activities

- ◆ Our liturgy is filled with signs of unity in Christ: prayers recited and songs sung in community, postures and gestures made by all, and of course, the reception of the Eucharist—one bread, one cup. Invite your child to look for these and other signs that remind us that we’re connected with one another through Jesus. Discuss how participation in the Mass forms our understanding of community in Christ and how this is lived out in your parish.
- ◆ Trim a small branch from a tree or bush in your yard, place it in water, and observe what happens to it during the week. Compare it with the branches that remain on the plant. Explain to your child that Jesus is like the plant. As long as we keep our connection with him through prayer, sacraments, and following his will for us, we live the full life God intends for us. When we stop praying, celebrating sacraments, and following his direction, we lose our ability to be all that God wants us to be.
- ◆ Brainstorm a list of all the things you do that keep you firmly connected to Jesus the Vine. Make a separate list of all that tends to get in the way of this connection. Decide how you can do more from the first list and less from the second. Check your success by seeing

how much more good fruit you bear in the weeks to come and celebrate the life of Christ that flows abundantly in you.

## **Amazing April Saints**

March provides us with numerous opportunities to reflect on the lives of the saints in heaven. Please use Google or an encyclopedia to research each. Let us know which one of these saints is your favorite for this month. Go to our Facebook group or page and post your answer with a picture of your favorite.

We begin the month celebrating the Resurrection, which is a greater celebration than any saint. Following the Octave of Easter we begin our saintly devotions therefore on April 8 with Saint Julie Briliart founder of the Sisters of Nore Dame de Namur. She is followed on April 11 by Saint Stanislaus of Krakow. Saint Pope Martin I is remembered on April 13. Our next two saints are recalled on April 23. They are Saints George and Adalbert. On April 24 we celebrate Saint Fidelis of Sigmaringen, Saint Mark the Evangelist is commemorated on April 25. Saint Catherine of Siena, a Doctor of the Church, is venerated on April 29. We end the month remembering Saint Pope Pius V on April 30.

## **April Recipes**

### **Eggplant Pizzas**

Makes 4 Servings

Ingredients:

- globe eggplant.
- salt, for drawing water out of eggplant.
- olive oil
- basil leaves (optional)
- freshly grated Parmesan
- finely grated mozzarella
- hot red pepper flakes, optional
- garlic cloves, very finely chopped.
- canned petite diced tomatoes
- dried Italian Herb Seasoning
- Greek Oregano

## Directions:

1. For this recipe you'll need a globe eggplant, about 9 inches long. (Mine weighed about 1/2 pound.)
2. Cut the eggplant in slices about 3/4 inch thick, trying to make them all the same thickness.
3. Lay eggplant slices on a double layer of paper towels and salt generously.
4. While the eggplant sits, start cooking a generous amount of garlic in olive oil.
5. Then add a can of good quality petite dice tomatoes (or 2 cups diced fresh tomatoes), dried Italian Herb Seasoning and dried Greek Oregano.
6. Let the sauce simmer, adding a tablespoon or two of water whenever it seems dry.
7. After 30 minutes, you can see the liquid that's released from the eggplant.
8. Blot eggplant dry with paper towels and wipe off excess salt. Be sure to do that or the pizzas will be way too salty.)
9. Brush the eggplant with oil, sprinkle with dried herbs, and roast at 375F/190C for about 25 minutes.
10. While the eggplant roasts, thinly slice fresh basil (if using) and measure out the Mozzarella and Parmesan.
11. My eggplant was done after it roasted for 25 minutes.
12. Divide the sauce mixture among the eggplant pieces and top each with some sliced basil.
13. Then top each one with a generous amount of cheese.
14. Put pizzas under the broiler, just until the cheese is melted, and serve.

## Purple Rainy Day Soup

### Ingredients:

- 2 Tablespoons Olive Oil
- 1 Medium Red Onion, Diced
- 4 Cloves Garlic, Minced
- 4 Cups Shredded Red Cabbage
- 1/3 Cup Black Quinoa
- 2 Medium Purple Potatoes, Peeled and Diced (About 1 Pound)
- 1 Bay Leaf
- 4 Cups Vegetable Stock
- 2 Tablespoons Red Miso Paste
- 1/2 Teaspoon Ground Black Pepper
- 1/2 Teaspoon Dried Rosemary, Crushed
- 1 Tablespoon Sherry Vinegar
- 1/2 Cup Frozen Green Peas

#### Directions:

1. Place the olive oil in a large stock pot and set it over medium heat on the stove. Sauté for about 5 minutes, until translucent. Add in the garlic and continue cooking for another 5 – 10 minutes, until aromatic and lightly browned. Incorporate the shredded cabbage in handfuls, allowing it to wilt down slightly before adding more. Follow that with the dry quinoa, potatoes, and bay leaf.
2. Whisk the miso paste into the stock until smooth before pouring the mixture into the pot. Bring the mixture up to a boil, reduce the heat, and cover. Simmer for 25 – 30 minutes until the potatoes are fork-tender and the quinoa is fully cooked. Season with black pepper, rosemary, and vinegar, adjusting to taste if needed.
3. Toss in the frozen peas and simmer just until thawed and hot all the way through. Serve right away while piping hot!

Makes 4 to 6 servings.

### **Flourless Fudgy Brownies**

Makes 1 – 8” pan

#### Ingredients:

- ½ cup unsalted butter (114 grams)
- 1 cup semisweet chocolate chips (180 grams)
- ⅔ cup granulated sugar (139 grams)
- ½ cup natural unsweetened cocoa powder (48 grams)
- ¼ teaspoon kosher salt
- 3 large eggs (150 grams), room temperature

#### Directions:

1. Heat the oven to 325 degrees. Line the bottom and sides of an 8-inch-square pan with foil and lightly coat the foil with nonstick cooking spray.
2. Combine the butter and chocolate chips in a large saucepan over low heat. Melt, stirring occasionally, until smooth, then remove from the heat and let cool. Whisk the sugar, cocoa and salt in a large bowl. If the cocoa is lumpy, sift it through a fine-mesh sieve with the sugar, then whisk in the salt. Add the eggs to the bowl and whisk until smooth but not pale and frothy. While whisking, pour in the melted chocolate in a steady stream. Whisk until smooth, then pour into the prepared pan and smooth the top.
3. Bake until a toothpick inserted in the center comes out with a moist crumb, 30 to 35 minutes. Cool in the pan on a wire rack, then slide out onto a cutting board using the foil. Serve immediately or freeze first to cut neater squares.



## **Spring Soup with Greens and Green Beans**

### **Ingredients**

- 8 cups Vegetable Broth
- 5 Scallions, thinly sliced (about 1/2 cup)
- 4 Garlic Cloves, thinly sliced (about 1.5 tbsp. sliced)
- 1 Large Leek, thinly sliced (about 1.5 cups thinly sliced)
- 3 Celery Ribs, cut diagonally in thin slices (about 1 cup sliced)
- 2.5 tsp. Kosher Salt + more to taste
- 1.2 tsp. Black Pepper + more to taste
- 1/4 tsp. Red Pepper Flakes
- 1 15.5-oz. can Cannellini Beans, drained and rinsed.
- 8 oz. Sugar Snap Peas, trimmed and diagonally cut in half lengthwise (about 1.5 cups sliced)
- 2 cups packed Fresh Baby Spinach
- 1 cup Frozen Sweet Peas, thawed.
- Fresh Tarragon, chopped (or dill, if you prefer)
- Sprinkle of grated Parmesan Cheese
- Drizzle of Olive Oil

### **Directions:**

1. Stir together broth, scallions, garlic, leek, celery, salt, black pepper, and crushed red pepper in a stock pot or Dutch oven.
2. Bring to a boil and reduce the heat to simmer for 15-20 minutes, until vegetables are tender.
3. Add the beans and snap peas, spinach, and sweet peas. Stir to combine and submerge the spinach. Taste the soup and add more Kosher Salt and/or cracked black pepper to taste. Bring to a simmer and cook for 5-10 minutes. (For more well-done snap peas, simmer for 15-20 minutes.)
4. Ladle portions into a bowl, and top with fresh tarragon and a sprinkling of parmesan cheese.

## **RIGATONI WITH PANCETTA AND SPRING PEAS**

### **Ingredients**

- 2 Heaping tbsp. Bacon Fat
- 4 oz. Diced Pancetta
- 1/2 tsp. Fresh Cracked Black Pepper, plus more for serving
- 1 cup of Fresh Peas (use more or less to suit your taste)

- 9 oz. Large Rigatoni (about half of the one-pound package)
- 1/2 cup Finely Grated Parmesan, plus more for serving

**Instructions:**

1. Set 1 quart of salted water to boil.
2. In a large pot or Dutch oven, brown the pancetta in the bacon fat over medium-low heat until the pancetta is evenly browned, about 5 minutes.
3. Use a slotted spoon to transfer the pancetta to a bowl, drain off all but 3 tablespoons of the fat.
4. Cook the rigatoni, stirring occasionally to keep it from sticking.
5. Strain the pasta over a bowl to collect the pasta cooking water.
6. Add 1.5 cups of the pasta cooking water to the 3 tablespoons of bacon fat in the large pot, add the pepper, and bring to a rapid boil over high heat. Stirring occasionally and scraping up the brown bits, let the sauce boil, and reduce until emulsified about 5 minutes.
7. Add the peas to the pot and boil for another 2 minutes.
8. Add the pancetta to the pot and reduce the heat to low.
9. Stir to combine the pancetta and peas, then add the pasta.
10. Stir to coat the pasta in the sauce and add the Parmesan cheese.
11. Gently but continuously stir the pasta in the sauce to melt the cheese and thicken the sauce.
12. Add a little more hot pasta water if necessary to smooth out the sauce.
13. Keep stirring the pasta up from the bottom to thoroughly coat until everything looks glossy and creamy.
14. Serve in bowls, topped with more pepper and Parmesan.

**CRUNCHY BAKED PORK CHOPS**

**Ingredients:**

- 1/4 cup Kosher Salt
- 4 Center-cut Boneless Pork Chops, 6 to 8 ounces each, 3/4 to 1 inch thick, trimmed of excess fat.
- 4 Slices Hearty White Sandwich Bread, torn into 1-inch pieces.
- 1 Small Shallot, minced (about 2 tablespoons)
- 3 Medium Garlic Cloves, minced or pressed through garlic press (about 1 tablespoon)
- 2 tbsp. Vegetable Oil
- Fresh Ground Black Pepper
- 2 tbsp. Grated Parmesan Cheese
- 1/2 tsp. Minced Fresh Thyme Leaves
- 2 tbsp. Minced Fresh Parsley Leaves

- ¼ cup Unbleached All-Purpose Flour plus 6 tablespoons
- 3 Large Egg Whites
- 3 tbsp. Dijon Mustard
- Lemon Wedges

Directions:

1. Adjust the oven rack to the middle position and heat the oven to 350 degrees.
2. Dissolve 1/4 cup Kosher salt in 1 quart water in a medium container or gallon sized Ziplock bag. Submerge chops, cover with plastic wrap, and refrigerate for 30 minutes.
3. Meanwhile, pulse bread in a food processor until coarsely ground, about eight 1-second pulses (you should have about 3 1/2 cups crumbs). Transfer crumbs to a medium-sized bowl and add shallot, garlic, oil, 1/4 teaspoon salt, and 1/4 teaspoon pepper. Toss until crumbs are evenly coated with oil.
4. Bake until deep golden brown and dry, about 15 minutes, stirring twice during baking time. (Do not turn off the oven.)
5. Cool to room temperature. Toss crumbs with Parmesan, thyme, and parsley.
6. Place 1/4 cup flour in a pie plate. In the second pie plate, whisk egg whites and mustard until combined; add the remaining 6 tablespoons flour and whisk until almost smooth, with pea-sized lumps remaining.
7. Increase oven temperature to 425 degrees. Spray the wire rack with nonstick cooking spray.
8. Dry chops thoroughly with paper towels. Season chops with pepper. Dredge 1 pork chop in flour; shake off excess. Using tongs, coat with egg mixture; let excess drip off. Coat all sides of the chop with bread crumb mixture, pressing gently so that a thick layer of crumbs adheres to the chop. Transfer the breaded chop to a wire rack. Repeat with the remaining 3 chops.
9. Bake until an instant-read thermometer inserted into the center of the chops registers 150 degrees, 17 to 25 minutes. Let rest on the rack for 5 minutes before serving with lemon wedges.