



The National Shrine of Saint Jude

Potato Pancakes

Ingredients

- 2 lbs russet potatoes (about 4 large)
- ¼ cup grated onion
- 2 eggs, slightly beaten
- 2 TAB flour
- ½ tsp baking powder
- ¾ tsp salt
- Dash pepper
- Dash nutmeg



Directions

Grate potatoes, squeeze through cheesecloth to get out most all of the juice. Mix in all other ingredients. Shape into thin, 3-inch round patties. Pan fry in oil, turning half way through, until golden brown. Serve with sour cream, syrup, or apple sauce.



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Lentil Soup

Ingredients

- 2 cups diced yellow onions
- 2-3 large garlic cloves, minced
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 cup dry lentils
- 1 bay leaf
- 4 tablespoons fresh lemon juice
- 32 oz canned chopped tomatoes
- 1 15 oz jar artichoke hearts, drained
- ¼ teaspoon crushed red pepper flakes
- 4-6 cups low sodium chicken broth
- 2 cups water
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 2 Tbsp olive oil

Directions

Add onions and garlic to large sauce pan with olive oil and sauté on medium heat for about 5 minutes, until golden. Add the 4 cups chicken broth, water, cumin, coriander, lentils, bay leaf, lemon juice, tomatoes, artichoke hearts, and crushed red pepper and bring to a boil. Lower the heat and simmer for about 20-30 minutes or until the lentils are tender. Add additional chicken broth if desire less thickness. Remove and discard the bay leaf. Add salt and pepper to taste.



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Vegetable Lasagna

Ingredients

- 6 oz can tomato paste
- 8 oz can tomato sauce
- 16 oz crushed tomatoes
- ½ tsp dried oregano
- ½ tsp dried basil
- ½ tsp garlic powder
- 1 ¾ cups water
- 2 eggs
- 1 pint ricotta cheese
- ½ teaspoon salt
- 1 10 oz package frozen chopped spinach, thawed and drained
- 1 package shredded Parmesan cheese
- 1 package shredded mozzarella cheese
- 1 16 oz box lasagna noodles

Directions

Preheat oven to 350 degrees. In a medium saucepan add tomato sauce, tomato paste, crushed tomatoes, 6 oz water, oregano, basil, garlic, and salt and pepper to taste. Bring to a boil and let simmer for at least 1 hour. In a large pot boil lasagna noodles until they are slightly undercooked (4-6 mins). Remove noodles from pot and rinse under cold water. In a medium bowl, beat the eggs and combine them with the ricotta, salt, spinach and 1/4 cup of the Parmesan cheese. Spread sauce into the prepared baking dish. Layer enough noodles to cover the sauce, spread with half the spinach mixture, half the mozzarella cheese, and top with sauce. Repeat layers, with ingredients. Top with sauce and parmesan cheese. Bake for 1 hour. Let stand 10 minutes before cutting and serving.



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Grilled Cheese

Ingredients

- Sliced Sourdough bread
- ¼ cup grated Swiss cheese
- ¼ grated white cheddar cheese
- ¼ grated parmesan cheese
- 2 Tomatoes, sliced
- 1 Tbsp Butter

Directions

Lightly butter the outside slices of the bread. Top slices of bread, not buttered side, with a mix of grated Swiss, cheddar and parmesan cheese and tomato slices. Close the sandwiches. In a medium size skillet on med-high heat grill each side of sandwich until the cheese is melted and bread is toasted.



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Quiche

Ingredients

- 1 cup sliced mushrooms
- 1 cup chopped onion
- 1/2 cup butter
- 3 cloves garlic, minced
- 1 10 oz package frozen chopped spinach, thawed and drained
- 1 6 oz package shredded parmesan cheese
- 1 8 oz package shredded Swiss cheese
- 1 9 inch unbaked pie crust
- 6 eggs, beaten
- 2/3 cup cream
- 1 cup milk
- Salt and pepper to taste

Directions

Preheat oven to 375 degrees. In a medium skillet, melt butter over medium heat. Sauté garlic, onion and mushrooms until lightly browned. Stir in spinach, mushrooms, Swiss and 1/2 cup parmesan cheese. Season with salt and pepper. Add to pie crust. In a medium bowl, whisk together eggs, cream, milk, and salt and pepper. Pour carefully over spinach mixture into pie crust. Lightly tap, or jiggle to help egg mixture to thoroughly combine with spinach mixture. Bake in preheated oven for 15 minutes. Sprinkle top with remaining parmesan cheese, and bake an additional 30 to 40 minutes, until set in center or knife comes out clean. Allow to stand 10 minutes before serving.



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Fried Lake Perch

Ingredients

- 2 pounds Lake Perch (20-24 fillets)
- 6 cups flour (reserve 1 cup for dusting fillets)
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 teaspoon cayenne pepper
- 2 12 ounce cans of warm beer or warm clear soda (7-Up or something similar)
- Canola oil for frying

Directions

Combine 5 cups of flour, salt, pepper and cayenne pepper in a medium bowl, mix well. Add liquid (beer or clear soda) to flour and seasoning mixture and whisk until combined and foamy. Refrigerate batter for at least two hours. Remove skin from Lake Perch and rinse under cold water. Dry fillets of any excess water using paper towel. Place 1 cup flour into large plastic (Ziploc) bag. Add 1 pound of Lake Perch to plastic bag and shake until all fillets are coated (repeat process with second pound of Lake Perch). In a large frying pan, heat the canola oil 3/4 inch deep to about 385 degrees. Remove batter from refrigerator and stir well again. Take the floured fillets and dip in twos into the batter to coat and then carefully place the fillets into the hot oil. Do not crowd frying pan, only cook maximum 4 at a time. Fry fillets until golden brown. Drain excess oil from fillets using paper towel. Serves 4-5 people.



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