

Saintly Bites



Children

**Mixing Faith, Fun &
Family Time in the Kitchen**

By Shelby Siegfried

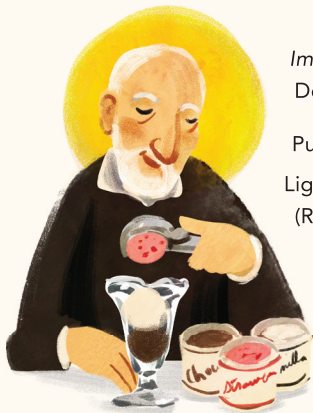
Illustrated by Ted Schluenderfritz



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Saintly Bites for Children
Shelby Siegfried

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First Edition



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Introduction

Getting Ready to Cook With the Saints

We're All Called to Be Saints!

Did you know that every one of us is called to be a saint? That's right—no matter how young or old you are, no matter where you come from, you can live a life of holiness and love, just like the holy people we read about. Saints are ordinary people who loved God and others in extraordinary ways. They were kind, brave, generous, and they never gave up on doing what's right.

The saints show us that being holy isn't just for people who lived a long time ago—it's something we can all strive for every day. You don't have to perform miracles or be perfect to become a saint. Instead, try to live each day with love, kindness, and a heart open to God. Whether it's helping a friend, being patient with your family, or praying for someone in need, every little action can bring you closer to becoming a saint.

Measuring Your Ingredients and Common Conversions

Did you know that dry ingredients and liquid ingredients are measured differently? While it's OK to use measuring spoons for both dry and liquid ingredients, larger amounts need different types of measuring cups.

For liquid ingredients (such as oil or water), use a clear plastic or glass measuring cup with a spout and a handle. The cup will be marked with lines to show you the different amounts. Try to find a large measuring cup that holds up to 2 cups. To measure, fill the measuring cup carefully up to the line that marks the amount you need. Then, you can easily pour the liquid into a mixing bowl or pan.

Measuring cups for dry ingredients (such as sugar, flour, or rice) come in sets that include a variety of cups in different sizes (for example, $\frac{1}{4}$ cup, $\frac{1}{3}$ cup, $\frac{1}{2}$ cup, and 1 cup). These cups have handles so you can scoop up ingredients. Make sure that the measuring cup is level, not overfilled or underfilled, before pouring the ingredient into the mixing bowl or pan.

Quick Tips

Remember these conversions that will make measuring easier:

3 teaspoons = 1 tablespoon

16 tablespoons = 1 cup

16 ounces = 1 pound

Here are some helpful measurement conversions.

Dry Measurements

3 teaspoons = 1 tablespoon = $\frac{1}{16}$ cup

6 teaspoons = 2 tablespoons = $\frac{1}{8}$ cup

12 teaspoons = 4 tablespoons = $\frac{1}{4}$ cup

24 teaspoons = 8 tablespoons = $\frac{1}{2}$ cup

36 teaspoons = 12 tablespoons = $\frac{3}{4}$ cup

48 teaspoons = 16 tablespoons = 1 cup

Liquid Measurements

8 fluid ounces = 1 cup = $\frac{1}{2}$ pint = $\frac{1}{4}$ quart

16 fluid ounces = 2 cups = 1 pint = $\frac{1}{2}$ quart

32 fluid ounces = 4 cups = 2 pints = 1 quart = $\frac{1}{4}$ gallon

128 fluid ounces = 16 cups = 8 pints = 4 quarts = 1 gallon

US to Metric Volume Conversions

1 teaspoon = 5 milliliters
2 teaspoon = 10 milliliters
1 tablespoon = 15 milliliters
2 tablespoon = 30 milliliters
1/4 cup = 59 milliliters
1/3 cup = 79 milliliters
1/2 cup = 118 milliliters
3/4 cup = 177 milliliters
1 cup = 237 milliliters
2 cups = 1 pint = 473 milliliters
4 cups = 1 quart = 0.946 liter
4 quarts = 1 gallon = 3.8 liters

US to Metric Weight Conversions

1/2 ounce = 14 grams
3/4 ounce = 21 grams
1 ounce = 28 grams
2 ounces = 57 grams
3 ounces = 85 grams
4 ounces = 113 grams
5 ounces = 142 grams
6 ounces = 170 grams
8 ounces = 227 grams
10 ounces = 283 grams
12 ounces = 340 grams
16 ounces = 1 pound = 454 grams

Fahrenheit to Celsius Temperature Conversions

250°F = 120°C
300°F = 150°C
325°F = 165°C
350°F = 180°C
375°F = 190°C
400°F = 200°C
425°F = 220°C
450°F = 245°C

Safe Minimum Internal Temperature for Meat

Beef, pork, veal, and lamb steaks,
chops, and roasts: 145°F (62.8°C)
(allow meat to rest for at least 3 minutes
before taking temperature)

All poultry 165°F (73.9°C)

Safe steps in food handling, cooking, and storage are essential in preventing foodborne illness. You can't see, smell, or taste harmful bacteria that may cause illness. In every step of food preparation, follow these four guidelines to keep food safe:

Clean—Wash hands and surfaces often.

Separate—Separate raw meat from other foods.

Cook—Cook to the right temperature.

Chill—Refrigerate food promptly.

Cook all food to the recommended minimum internal temperatures, as measured with a food thermometer, before removing food from the heat source. For reasons of personal preference, you may choose to cook food to higher temperatures.

----- Get to Know Your Tools -----

Take a look at some of the common tools you will use while preparing the ingredients and making the recipes.



Blender



Electric Mixer



Food Processor



Measuring Spoons



Dutch Oven (6 to 7 quarts)



Cutting Board



Mixing Spoon



Knives



Mixing Bowls (large, medium, small)



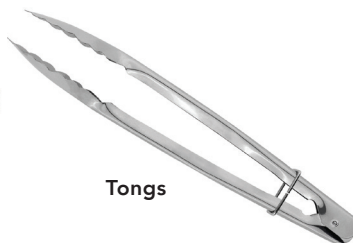
Citrus Juicer



Liquid Measuring Cup



Whisk



Tongs



Fine Mesh Strainer

Large
Saucepan



Skillet



Rolling Pin



Rimmed Baking Sheet



Muffin Tin



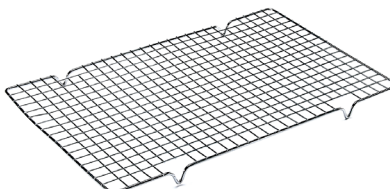
Pastry Brush



Pie Plate or Pie Tin



Oven Mitts



Wire Cooling Rack



Dry Measuring Cups



Box
Grater



Vegetable
Peeler



Food Thermometer



Rubber
Spatula



Colander



Potato Masher



Ladle

Glossary of Terms Used in This Book

Beat: To mix quickly, usually with a whisk or electric mixer, to combine the ingredients well and to add air into the mixture for a light and fluffy texture.

Boil: To heat liquid until it is bubbling and has reached a temperature of 212°F (100°C), or to cook food in boiling water.

Broil: To cook at a high temperature, usually in the oven, with the heat source directly above the food.

Chop: To cut food with a knife into small pieces.

Grate: To make very small pieces of food by running it over the small, sharp holes of a grater. Cheese and vegetables are commonly grated foods.

Grill: To cook food on a metal rack directly over the heat source—think of a barbecue.

Melt: To cause a solid food, such as chocolate or butter, to turn into liquid by heating it.

Mince: To cut food with a knife into tiny pieces, smaller than chopping.

Peel: To remove the outer layer of food, such as the skin or rind of a fruit or vegetable.

Sauté: To cook food in a shallow pan in a small amount of fat, such as butter or oil.

Scrape: To use a tool, such as a rubber spatula, to push ingredients on the sides of a bowl (pan, food processor, etc.) back into the bottom of the bowl with the rest of the mixture.

Shred: To cut food into small, narrow pieces, often by using the larger holes on a box grater.

Simmer: To heat liquid until small bubbles form and the temperature is just below boiling, or to cook food in simmering liquid.

Slice: To cut food with a knife into flat, often thin, pieces (think of slicing a cucumber or a loaf of bread) or individual portions (think of slicing a cake).

Stir: To use a tool such as a spoon or spatula to mix ingredients together, usually in a bowl, pan, or glass.

Toast: To heat food, usually in a toaster, pan, or oven, until it is golden brown.

Toss: To gently combine ingredients with tongs or two forks and/or spoons in order to distribute the ingredients evenly. You toss salad in a bowl (you don't stir it).

Whip: Similar to beating; to mix quickly to add air to a mixture of ingredients or a single ingredient (such as cream, to make whipped cream).

Whisk: To use a whisk to combine ingredients into a uniform, well-blended mixture.

Zest: To remove the flavorful colored outer peel (called the zest) from a lemon, lime, or orange with a zester, grater, or peeler. The zest does not include the white skin (called the pith) underneath the colorful peel.

Saint Hildegard of Bingen

Healing Foods of Joy

1098–1179 * Feast day: September 17

Patron of ecology, musicians, and writers

Hildegard was a remarkable woman whose life was filled with wonder and talent. Born in 1098 in the small village of Bermersheim vor der Höhe in Germany, she began having visions from God when she was just three years old. These special experiences made her feel very close to God, and she wanted to share his love and wisdom with everyone.

Hildegard did many different things. She was a mystic, healer, artist, scientist, composer, poet, writer, philosopher, and theologian. She even became the leader of a group of nuns. Despite being born into a noble family, she chose to dedicate her life to God and helping others.

One of the most amazing things about Hildegard was her knowledge of healing. She believed that God's creations, like plants and foods, had the power to heal and bring joy. She wrote many books about the natural world and how different plants and foods could make us healthy and happy. She called these "foods of joy."

One of her favorite grains was spelt. She found spelt to be warm and gentle on the stomach, and she believed it made people strong, healthy, and cheerful. This recipe includes spelt plus some other favorite ingredients of the saint: spices! Hildegard believed eating warm spices, like nutmeg and cinnamon, would make us joyful—and what better way to start the day?

Saint Hildegard of Bingen, pray for us!



Spiced Spelt Pancakes



Ingredients

(SERVES 6 TO 8)

1 cup spelt flour
1 tablespoon sugar
½ teaspoon baking powder
½ teaspoon baking soda
¼ teaspoon salt
¼ teaspoon nutmeg
¼ teaspoon cinnamon
¾ cups buttermilk
¼ cup milk
1 egg
Nonstick cooking spray

Tools Checklist

Measuring cups
Measuring spoons
Large bowl
Mixing spoons
Griddle
Spatula

Instructions

1. Mix together the flour, sugar, baking powder, baking soda, salt, nutmeg, and cinnamon in a large mixing bowl.
2. Stir in the buttermilk, milk, and egg until the batter is well combined.
3. Heat a griddle over medium heat and lightly coat the surface with cooking spray.
4. Pour ¼ cup of batter for each pancake onto the griddle.
5. Cook until bubbles form on the surface, then flip and cook until both sides are golden brown.
6. Serve hot from the griddle with your favorite toppings.

Saint Lucy

The Shining Light

283–304 * Feast day: December 13

Patron of the blind and those with eye problems

Born in Syracuse, a coastal town of Sicily, Lucy was known for her deep faith, kindness, and courage from a young age. Even though being a Christian was dangerous in her time, Lucy dedicated her life to God as a young girl, promising to stay pure and never marry.

One of the most famous stories about Lucy is her incredible bravery. When a powerful man wanted to marry her, she refused because she had promised herself to God. This made the man very angry, and he reported her to the Roman authorities for being a Christian. Lucy was arrested, but she never lost her faith.

Lucy's name means "light," and she truly brought light to others. Even in the darkest times, her faith shone brightly. One legend says that Lucy lost her sight when she was imprisoned, but God restored her ability to see, making her a symbol of spiritual vision and inner light.

Another story tells how Lucy would secretly bring food to Christians hiding in the catacombs, or underground tunnels. To light her way, she wore a wreath of candles on her head, keeping her hands free to carry as much food as possible. Her selflessness and bravery helped many people during difficult times.

Saint Lucy's feast day is celebrated on December 13, during Advent, a time when we prepare for Christmas. In many countries, especially in Scandinavia, girls dress as Lucy, wearing white dresses with red sashes and wreaths of candles on their heads, bringing light and treats to their families.

One special tradition is baking St. Lucia's Braided Bread. Its beautiful braided shape reminds us of Lucy's candle crown and the way she lit the darkness with hope and love. Sharing this sweet, golden bread with others is a way to honor her spirit of giving, kindness, and bringing God's light to the world.

Saint Lucy, pray for us!



Saint Lucia's Braided Bread



Ingredients

(SERVES 12)

For the dough:

- 1½ cups milk
- 1 (.25-ounce) package active dry yeast
(2¼ teaspoons)
- ¼ cup plus 1 tablespoon sugar
- 6 tablespoons butter, cut into pieces
- 2 large eggs
- ¼ cup orange juice
- 1 tablespoon finely grated orange rind
- 1 teaspoon salt
- 5½ cups all-purpose flour

For the glaze and garnish:

- 2½ cups confectioners' sugar
- 2½ to 3½ tablespoons orange juice
- 1/3 cup dried cranberries

Tools Checklist

- Measuring cups and Measuring spoons
- Knife
- Small saucepan
- Medium and large bowls
- Whisk
- Mixing spoons
- Plastic wrap
- Rolling pin
- Baking sheet
- Oven mitts
- Wire cooling rack

Instructions

For the dough:

1. Warm the milk in a small saucepan, then pour ½ cup of the milk into a large bowl.
2. Add the yeast and 1 tablespoon of sugar to the large bowl with milk and let it set for 5 minutes. Meanwhile, melt the butter in the remaining milk in the saucepan.
3. Add the butter and milk mixture to the yeast mixture. Whisk in the eggs, juice, ¼ cup of sugar, orange rind, and salt.
4. Stir in the flour, 1 cup at a time, until the dough can be gathered into a ball. Knead the dough on a floured surface for 10 minutes, adding more flour until the dough is smooth and elastic and does not stick to your hands.

Instructions continued on next page.

5. Transfer the dough to an oiled bowl, turning it once to coat it. Loosely cover the bowl with plastic wrap and let it rise until it has doubled in size, about 1½ hours.
6. Punch down the dough and divide it into 3 equal parts. Roll each part into a 30-inch-long rope, then braid the ropes together.
7. Transfer the braid to a greased baking sheet. Bring the ends together and pinch them to form a circle. Let the dough rise until it has again doubled in size, about 45 minutes.
8. Preheat the oven to 375°F.
9. Bake the bread for 25 minutes or until golden brown, then let it cool on a wire rack.

For the glaze and garnish:

1. Stir together the confectioners' sugar and orange juice in a medium bowl until smooth.
2. Drizzle the glaze over the cooled bread, then garnish with cranberries.

Sharing this sweet,
golden bread with
others is a way to
honor St. Lucy's spirit
of giving, kindness,
and bringing God's
light to the world.

Saint Brigid of Ireland

The Generous Dairy Maid

451–525 * Feast day: February 1

Patron of Ireland, babies, dairy workers, farmers, sailors, and children without married parents

Around the year 451, a girl named Brigid was born in Ireland. Her mother, a Christian slave baptized by St. Patrick, and her father, a pagan chief, made her life quite unique. Brigid took her mother's faith and put it into action from a young age by helping the poor and the sick. One time, she gave away all of her mother's butter! Later, after Brigid prayed, the butter miraculously reappeared.

At age ten, she was sent to live with her father. Even though she was his slave, she would often take his valuables and give them to the poor. He became so infuriated that he tried to sell her to an Irish king. Being a Christian himself, the king convinced her father to free her from slavery.

Brigid went back to her mother, who was still a slave, running her master's dairy. While staying with her mother, Brigid gave much of the dairy's milk to the poor. God blessed her generosity, making the dairy thrive, and soon her mother was freed from slavery too.

Brigid's father wanted her to marry, but Brigid wished to devote her life to God. She prayed to become so ugly that no one would want to marry her, and God answered her prayer. Later, after Brigid became a nun, she became pretty again.

Brigid's holiness became evident in small ways. One famous story tells of her asking a king for land on which to build a monastery. He refused, so she asked for as much land as her cloak would cover. Miraculously, her cloak expanded to cover many acres. This legend shows how her small acts of love had great power.

Saint Brigid of Ireland found opportunities in everyday life to create holy moments. Celebrate her life by making and sharing this Creamy Mac and Cheese, a nod to her connection to dairy farms and her generous spirit.

Saint Brigid of Ireland, pray for us!



Creamy Mac and Cheese



Ingredients

(SERVES 8)

¼ teaspoon salt
8 ounces elbow macaroni, uncooked
2 tablespoons all-purpose flour
½ teaspoon sea salt
¼ teaspoon garlic powder (optional but recommended)
2 tablespoons salted butter
1 cup whole milk
¼ cup sour cream or Greek yogurt
2 cups shredded cheddar cheese

Tools Checklist

Large pot
Measuring cups and Measuring spoons
Colander/strainer
Small bowl
Mixing spoons
Medium pot
Whisk
Spatula

Instructions

1. Fill a pot with water and ¼ teaspoon salt, then cook the elbow macaroni in the pot according to package instructions. Drain the macaroni and set aside.
2. Mix the flour, sea salt, and garlic powder together in a small bowl.
3. In a medium saucepot over medium heat, melt the butter. Add the flour mixture and whisk to combine.
4. Cook until the mixture is slightly browned, about 1 minute. Add the milk and whisk until the mixture is smooth.
5. Add the sour cream or yogurt and whisk until smooth. Cook on medium-high heat until the mixture is thickened, about 3 to 5 minutes. Do not let it boil.
6. Once the mixture is thick enough to stick to the back of a spatula, reduce the heat to low and add the cheese. Whisk until the cheese is melted and mixture is smooth. Taste and adjust seasoning if desired.
7. Add the cooked pasta to the pot of cheese sauce and stir until the pasta is evenly covered with sauce.
8. Let the mac and cheese cool until the cheese sauce has thickened a bit and sticks to the noodles. Serve warm.