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CAPERONE

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Formator's Corner



Br. Robert, OFM Cap.

Some of my happiest memories are of joyful celebrations of meals with family, friends and my Capuchin Brothers. One of the key aspects of the celebration was the good food. The enjoyment of good food together is a delight of our humanity. The Lord has gifted us with our senses to enjoy the food we eat not just with our taste, but with sight and smell. Perhaps we could even include hearing the sound of steak sizzling or the touch, the feel of warm bread fresh from the oven. All these senses help us to enter into the sheer delight of the variety of food that we have to celebrate with.

One great gift of being in the novitiate is the mixture of the cultural backgrounds of the novices that come every year. They get a chance to cook for their brothers on Saturdays and Sundays each week, offering them the opportunity to share their skills by cooking favorite dishes from their home and cultural heritage, the foods they grew to love, for their brothers. Each culinary celebration of person and place brings a rich and varied palette to our novitiate table, allowing all of us to share in the food we love but also in the memories and experiences of life that shaped all of us.

Of course, everyone has their favorites, dishes that hold such memories of home, family, love, and good times. Shared moments can be brought to life with the sight, smell and taste of the food, a memory made present again. For myself, no one cooked my favorite food like my mother; a roast leg of lamb with roast potatoes and carrots and peas with plenty of gravy. This was followed by dessert with Roly Poly pudding. This dinner holds for me such memories of warmth, home and hearth. My mother taught me to cook this dinner, yet I cannot get it exactly as she did it. Perhaps it is the secret ingredient of love and dedication that needs to be added to get it just right!

With this issue of Caperone, our novices share their favorite recipes with you, so that you too can share in the delight of our table gathered together to celebrate the wonder and beauty of our simple humanity together. *Bon Appetit!*

“Behold how good and how pleasant it is for brothers to dwell in unity.”

Post-novices at the SLS FOCUS conference promoting vocations.



We began this year, in Phoenix, Arizona at a conference for Catholic college students. The SLS20 conference was hosted by FOCUS (the Fellowship of Catholic University Students) and is aimed at equipping college students to serve as Catholic leaders in their respective Newman Centers and campus parishes.

We were touched, by the presence and witness of our Capuchin brothers. Between three provinces (St. Mary, St. Joseph, and St. Augustine) we had 14 brothers present at the conference. One vocation booth was for St. Joseph’s province and adjacent was a vocation booth being shared by St. Augustine and St. Mary. When the brothers had all arrived to set up our respective booths, there was an immediate joy as we greeted each other. Yet, after setting up our booths there was a tangible awkwardness to the situation; something simply did not sit right. Each of the hundreds of booths at the conference was separated by a low metal bar... including our two booths. This artificial division made it uncomfortable for us to interact, we felt divided and we knew that this needed to be remedied.

It was only a matter of minutes before we as brothers joined together, removed the bar, and united our tables into one. After we had done so, we cheered. This simple act was to us symbolic and gave us great hope for the future of our brotherhood in the United States. Some Jesuits who had a booth near ours, later told us that they had watched this moment of unity and were really inspired.

Since entering formation we have enjoyed the benefits of inter-provincial collaboration. We enjoy an inter-provincial postulancy program in St. Louis; we are invested in the habit and have a novitiate inter-provincially; our teachers come to the novitiate from across the country; and we see the larger vision of Capuchin life. Now, many of our post-novitiate student friars annually gather together at the FOCUS conference to spend a week assisting the vocation directors to promote vocations to our Capuchin way of life.

Sadly, we often hear friars talk about other Provinces as though we somehow are not members of the same Order; the same brotherhood. We often pride ourselves in the culture of our Province and too easily set ourselves ‘above’ the rest and/or put down others. It may well be true that in some aspects of our life we excel; yet, in other aspects we lag behind and could use an opportunity to learn from other Provinces.

The boundaries that we have built between our provinces are artificial, often the result of cultural or ethnic divides that are no longer representative of the friars living today. The joining of our tables gave us hope for a greater sense of brotherhood and cooperation among our provinces. We are not suggesting that our Provinces merge, but rather that the boundaries that define our geographical territories not keep us from interacting as one, loving, Capuchin family. Our booth was successful because it manifested the joy and universality of our brotherhood. People saw the friars joking, laughing and praying together and were attracted by this joy. They wanted to know who we were. Our witness is strongest when we come together as brothers. My hope is that we can strive to develop a greater sense of our brotherhood beyond our Provincial ‘borders.’

Fraternally yours, Br. Nathan Linton (St. Joseph Province) & Br. Mike Herlihey (St. Augustine Province) OFM Caps.



a novice ponders

Before going to bed, I always look up at the night sky, to my favorite constellation- Orion (the hunter). In all the places and countries I've lived, I have been privileged to recognize this constellation ever since I was a child. I guess, in a way, seeing this constellation reminds me that I'm at home. I never fail to stand in awe at the myriad of stars, and marvel that all this beauty is for little ol' me.

In the time I've spent at the novitiate, I have rediscovered my love for beauty. In a way, my eyes have been opened to the magnificent breath of God, moving through creation and people. I guess this has been enhanced through my newly discovered love for literature. It is one thing to simply describe

a house, but another to illuminate the spirit of a home. I think this is where I appreciate the beauty of the sunrise and sunset, the personal and unique experiences of my brothers, and the dancing flame of the candles during prayer.

For me, it is exciting to live life. This opportunity and invitation to recognize beauty is irresistible. I think it is this that draws me into a deeper, more intimate desire to fall in love with God. Beauty, I guess, is my continuing conversion.

So every night I look up at the sky, and I marvel at the beauty of Orion and our Creator- I know that I'm home.

Pilgrimage



We went on a pilgrimage to the National Shrine of St. Francis of Assisi - We offered this up for our discernment to the Capuchin way of life.





Bake off

Thanks to ABC and the Great American Baking Show for recognizing the goodness and talent of our Brother Andrew Corriente, OFM Cap. We're glad to let a few million other people know what we already did: he's a wonderful brother and -though many have different talents and couldn't bake a cake to save their lives - the Lord's goodness & peace can still shine through by His grace. Congratulations, Br. Andrew! At the Novitiate we often bake and cook for each other. We thought it might be nice to share our favorite recipes with our readers at home .

Hot Buttered Soft Pretzels

Ingredients

Dough

2 1/2 cups (298g) King Arthur Unbleached Bread Flour

1 teaspoon salt

1 teaspoon sugar

2 1/4 teaspoons (7g) instant yeast

7/8 to 1 cup (198g to 227g) warm water*

*Use the greater amount in the winter, the lesser amount in the summer, and somewhere in between in the spring and fall. Your goal is a soft dough.

Topping

1 cup (227g) boiling water

2 tablespoons (28g) baking soda

coarse, kosher or pretzel salt, optional

3 tablespoons (43g) unsalted butter, melted

Instructions

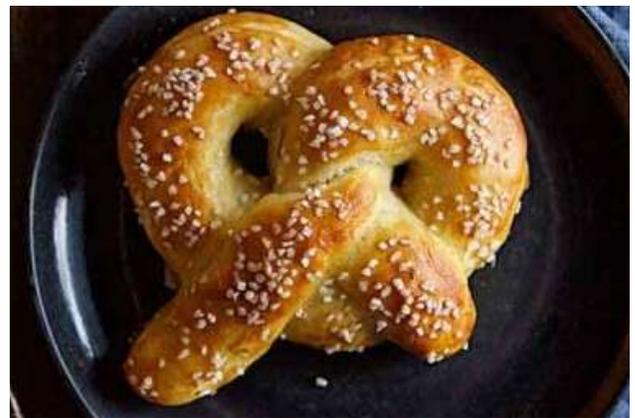
1. To make dough by hand or with a mixer: Place all of the dough ingredients into a bowl and beat until well-combined. Knead the dough, by hand or machine, for 5 to 8 minutes, until it's soft, smooth, and elastic, then proceed to step 4.
2. To make dough with a bread machine: Place all of the dough ingredients into the pan of your bread machine, program the machine for dough or manual, and press Start. Allow the dough to go through its kneading cycle, then proceed to step 4.
3. To make dough with a food processor: Place the flour, salt, sugar, and yeast in the work bowl of a food processor equipped with the steel blade. Process for 5 seconds. Add the water and process for 7 to 10 seconds, until the dough starts to clear the sides of the bowl. Process a further 45 seconds, then proceed to step 4.
4. Transfer the dough to a lightly greased bowl, cover, and let it rise for 30 minutes.
5. To make the topping: While the dough is rising, prepare the topping. Combine the boiling water and baking soda, stirring until the soda is totally (or almost totally) dissolved. Set the mixture aside to cool to lukewarm (or cooler).
6. Preheat your oven to 475°F. Prepare a baking sheet by spraying it with vegetable oil spray, or lining it with parchment paper.
7. Transfer the dough to a lightly greased work surface, and divide it into eight equal pieces (about 70g each).

PREP 20 mins

BAKE 8 - 9 mins

TOTAL 1 hr 10 min

YIELD 8 large pretzels



8. Allow the pieces to rest, uncovered, for 5 minutes. Pour the baking soda/water into a 9" square pan.
9. Roll each piece of dough into a long, thin rope (about 28" to 30" long), and twist each rope into a pretzel shape. Working with four pretzels at a time, place them in the pan with the baking soda/water, spooning the water over their tops; leave them in the water for 2 minutes before placing them on the baking sheet. This baking soda bath will give the pretzels lovely golden-brown color.
10. Transfer the pretzels to the prepared baking sheet. Sprinkle them lightly with coarse, kosher, or pretzel salt, if desired. Allow them to rest, uncovered, for 10 minutes.
11. Bake the pretzels for 8 to 9 minutes, or until they're golden brown.
12. Remove the pretzels from the oven, and brush them thoroughly with the melted butter. Keep brushing the butter on until you've used it all up; it may seem like a lot, but that's what gives these pretzels their ethereal taste. Eat the pretzels warm, or reheat them in an oven or microwave.

Recipe - King Arthur Flour





Braised Endive with Ham and Gruyère *SERVES 4*

Ingredients

Endive

5 tablespoons unsalted butter
1/4 cup sugar
3 1/2 tablespoons kosher salt
8 large yellow Belgian endive, trimmed
8 thinly sliced Black Forest ham

Béchamel

2 tablespoons unsalted butter
1/4 cup all-purpose flour
2/3 cup whole milk, warmed
1 tablespoon plus 1 teaspoon freshly grated nutmeg
1/4 teaspoon freshly ground black pepper
16 ounces Gruyère cheese, shredded (3 cups)

Instructions

1. To cook the endive, combine the butter, sugar, salt, and 2 cups water in a large pan. Bring to a boil, then reduce the heat to maintain a steady simmer. Add the endive, cover, and cook until very tender. A knife should be able to pierce through with no resistance. Use a slotted spoon to transfer the endive to paper towels. Add water if necessary. When cool enough to handle, squeeze out as much liquid as possible from the endive. Keep the juices for later.
2. Wrap each endive with slices of ham. Arrange the endive in a shallow baking dish that holds them snugly; you don't want any space between the endive.
3. Preheat the oven to 400°F.
4. To make the béchamel, melt the butter in a medium saucepan over medium-low heat until golden. Add the flour and cook, whisking constantly, until the mixture smells nutty, about 2 minutes. Continue whisking and add the milk, then the reserved endive cooking liquid in a slow, steady stream. Bring the mixture to a boil while whisking. Continue whisking until thickened, about 5 minutes. Whisk in the nutmeg and pepper. Whisk in half the cheese.
5. Pour the béchamel over the endive and spread to cover them evenly. Sprinkle the rest of the cheese evenly over the top. Set the dish on a rimmed baking sheet and bake until bubbly and golden brown on top, about 15 minutes. If you want the top more browned and crusty, broil for a minute or two after baking. Serve hot, with mashed potatoes or good brown bread and salted butter.



This simple winter comfort food from Belgium reminds me of my grandmother. She always knew how to make it just right! Bitter and sweet, soft and creamy, perfect for a cold day when it's grey outside and you haven't seen the sun in weeks. I was so happy to see the brothers like it too and even go for second and third helpings.

The Ultimate Grilled Cheese And Tomato Soup Bowl

SERVES 4

Ingredients

TOMATO SOUP

3 tablespoons unsalted butter
1 large yellow onion, chopped
2 cloves garlic, minced
15 oz crushed tomato, 1 can
2 cups chicken broth
¼ cup heavy cream
2 teaspoons salt
1 teaspoon pepper

GRILLED CHEESE BOWL

11 slices white bread
2 tablespoons butter,
melted, plus more for greasing bowl

CROUTON FRIES

1 tablespoon olive oil
2 teaspoons dried oregano
½ teaspoon pepper

2 cloves garlic, minced
1 large egg, beaten
7 slices cheddar cheese

Instructions

1. Make the tomato soup: melt the butter in a large pot over medium-high heat. Add the onion and stir for 6-8 minutes, until the onions just start to brown.
2. Add the garlic and stir for another minute. Stir in the crushed tomatoes, chicken broth, heavy cream, salt, and pepper.
3. Bring the soup to a boil, then reduce the heat to low, cover, and simmer for 15 minutes.
4. Remove the soup from heat and transfer to a blender. Remove vent so that steam can escape. Blend for 2 minutes, until the soup is smooth and thick. Alternatively, leave the soup in the pot and use an immersion blender.
5. Make the grilled cheese bowl: cut the crusts off the bread and set aside in a medium bowl.
6. Arrange the bread slices into 3 lines: a line of 5, a line of 4, and a line of 2.
7. In a small bowl, combine the melted butter and garlic and use a brush to



- spread the mixture over each piece of bread.
8. Preheat the oven to 400°F (200°C).
 9. Brush the bottom of each slice in egg wash and then dab the bottom of each piece of bread in the line of 5 and the line of 4. Dab all four sides of the bread in the group of 2. Overlap the edges of the 5 pieces of bread, then press the edges together to adhere. Repeat with the line of 4.
 10. In a greased medium oven-safe bowl, place one of the single slices of bread. Then, take the line of 5 slices and make it into a circle on the inside of the bowl. Press down the edges to adhere to the piece of bread at the bottom of the bowl.
 11. Cover the bread with 6 slices of cheese. Lay the remaining single slice of bread over the cheese, then make a circle with the line of 4 slices of bread, pressing to seal the edges and adhere to the bread below. Lay the remaining slice of cheese on the bottom.
 12. Using a small bowl, press down on the bread bowl to compress slightly.
 13. Bake for 15 minutes, until the bread is golden brown.
 14. Make the crouton fries: Add the olive oil, oregano, pepper, and salt to the bowl with the crusts. Toss until thoroughly coated. Transfer the crusts to a large baking sheet.
 15. Bake for 5 minutes, until the crusts are golden brown.
 16. Remove the bowl and crouton fries from oven. Use tongs to move the bread bowl from the bowl to a serving dish. Fill with tomato soup.
 17. Enjoy!



Asparagus Chicken Sandwich

Ingredients

- 3 boneless chicken breasts
- Salt, to taste.
- Pepper, to taste.
- 1 tablespoon lemon zest
- 9 asparagus, ends trimmed
- 3 slices of pepper jack cheese
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- 1 teaspoon olive oil



Instructions

1. On a cutting board, cut the chicken breasts in half, lengthwise, leaving it intact on one side.
2. Season the inside of the chicken with salt and pepper.
3. Sprinkle the lemon zest on the interior of the chicken, top with a piece of Pepper Jack cheese and three stalks of asparagus, then fold the chicken over enclosing the filling.
4. Season the outside with salt and pepper, garlic powder and paprika.
5. Heat a large, oven-safe, skillet over medium-high heat, and add the oil. Add the chicken to the pan and cook for 3-5 minutes, or until golden brown.
6. Flip the chicken over and cook for an additional 3-5 minutes.
7. Cover the skillet with aluminum foil and place in a preheated oven, 425 F, for 15 minutes - or until the internal temperature reaches 155 F.
8. Remove the skillet and let sit covered for 5 minutes.
9. Remove the foil and place the chicken between slices of your favorite bread.

In my family there's a custom that as soon as you're old enough to learn how to cook, you are put in the cooking rotation. This was one of the first homemade dishes I prepared with the help of my mother. I share this because I believe and encourage all families to cook together; it is a great way to strengthen the family bonds. Cooking with my family has always been a blessing.

Simple Colombian Breakfast

Ingredients

- Whole milk (1 1/2 cups per bar of chocolate)
- hot chocolate bars (Corona)
- 1 round block Colombian cheese - cubed
- 1 pack Ducales crackers
- 6 Eggs
- 1/2 cup diced tomatoes
- 1/2 cup chopped green onions
- salt to taste



Instructions

1. Bring the milk to a boil in a medium saucepan
2. Add proportionate number of hot chocolate bars, stirring with wooden spoon until the chocolate is dissolved.
3. For best texture, use a immersion blender with whisk attachment to fully mix hot chocolate, else manually whisk for 3 - 5 minutes, this should still work well enough.
4. Heat a skillet to medium heat with oil.
5. Add tomatoes and green onions and salt and cook for 3 minutes , until fragrant.
6. Add eggs and scramble together, cook until desired dryness of egg is reached.
7. Serve hot chocolate in a bowl and eggs on the side with cheese cubes and crackers.
8. Place cheese cubes in chocolate and let sit for at least 5 minutes before eating. Soak 1 (or more) cracker and eat soggy deliciousness. Enjoy while still hot.

This is a typical weekend breakfast back home and I absolutely love it. It's very simple to put together (the only difficulty is sometimes just finding the ingredients) and very filling. Making this breakfast for my brothers last year during postulancy was a lot of fun and I was able to give them a taste of home, a combination of flavors that few had ever tried before.

Panna Cotta with Orange Syrup and Almond Praline

Ingredients

For the Panna Cotta

- 1 1/2 cups whole milk
- 3 teaspoons powdered gelatine
- 1/3 cup caster sugar
- 1 1/2 cups cream
- 1 teaspoon vanilla paste
- pinch of salt

For the Orange Syrup

- Zest of half a large orange
- 3/4 cup orange juice
- 1/4 cup water
- 1/4 cup caster sugar
- 1 teaspoon powdered gelatine

For the Almond Praline

- 4 tablespoons sliced almonds
- 6 tablespoons sugar
- 2 tablespoons water
- 2 teaspoons light corn syrup
- Pinch of coarse kosher salt



Instructions

For the Panna Cotta

1. Pour the cold milk into a saucepan and sprinkle the gelatine over the top. Allow it to "bloom" for 5 minutes. Turn the heat on low under the saucepan and stir for a minute or two until the gelatine has dissolved.
2. Add the sugar and stir again until dissolved. Don't let the milk get too hot, it should only be just warm.
3. Take the saucepan off the heat. Pour in the cream, vanilla and salt and mix until thoroughly combined.
4. Pour into dishes or moulds. Place immediately in the fridge and allow to set for at least 4 hours, preferably overnight.

For the Orange Syrup

1. Place the zest, juice, water and sugar in a saucepan and simmer, stirring until all the sugar is dissolved. Turn the heat off and stir in the gelatine until dissolved.
2. Leave it to cool down and it should become nice and thick and syrupy. Drizzle over the top of the Panna Cotta.

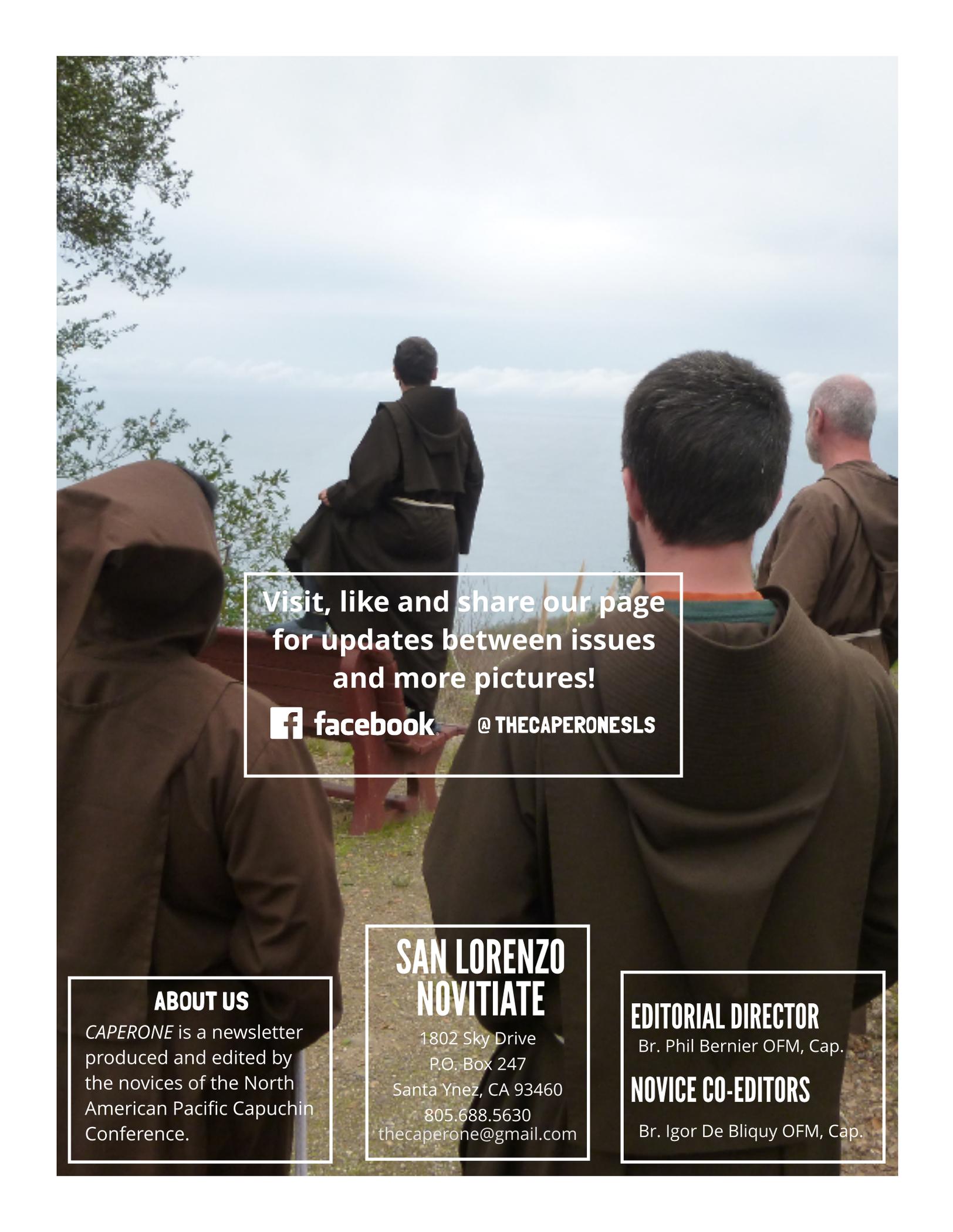
For the Almond Praline

1. Preheat oven to 375 F. Scatter almonds on small rimmed baking sheet.
2. Bake almonds until golden brown, about 3 minutes. Remove from oven. Push almonds together into a 4-inch square on the sheet and cool.
3. Stir sugar, 1 tablespoon water, corn syrup and coarse salt in a small heavy saucepan over low heat until sugar dissolves. Increase heat; boil without stirring until syrup is dark amber, occasionally swirling pan and brushing down sides with a wet pastry brush, about 5 minutes. Immediately pour caramel evenly over almonds, coating completely. Let it stand until cold and hard, about 30 minutes.
4. Break praline into pieces

Recipes obtained and adapted from sugarsaltmagic.com and bonappetit.com

I love a Panna Cotta that is light, hold's it's integrity and complements a tart syrup. I had experimented with a wide range of recipes, and found that this recipe produces the best one. The beauty of Panna Cotta lies in its versatility of flavors - there are a myriad of wonderful combinations that can be built fro the above base recipe. I hope you have as much fun making it as I did! I'm sharing it with you, because it is delicious without being heavy, easy to make, improves culinary skills, tantalizes your creativity in flavors and looks pretty!





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ABOUT US

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