

Fr. Paul D. Seil, Host Our Daily Bread
Sin/Confession/Forgiveness

As seen on "Our Daily Bread" 03/10/2018

"Our Daily Bread" airs every second Saturday at 6:30 a.m. noon on WKBW Ch. 7
www.odbtv.org 716.847.8730

Fr. Paul's Cinnamon Popcorn

5 cups popped popcorn
5 Tbsp. butter, melted
4 Tbsp. brown sugar
½ to 1 tsp. cinnamon
½ tsp. salt

In a small sauce pan over low heat, melt butter and brown sugar and cinnamon until all combined. Pour the melted sugar into a very large bowl, then add the popcorn. Mix well. Add the salt and mix well.

Fr. Paul's Risen Pancake

3 eggs separated
¼ cup heavy cream
¼ cup milk
¼ cup flour
2 Tbsp. sugar
¼ tsp. salt
3 Tbsp. melted butter
¼ tsp. nutmeg
½ tsp. vanilla
¼ cup powdered sugar
Blueberries
Raspberries
Blackberries

In a large bowl beat the egg yolks, cream, milk, vanilla, nutmeg and melted butter. Stir in the flour, sugar and salt.

In a separate bowl beat the egg whites until stiff peaks form. Gently fold into the batter.

Heat a lightly greased nonstick ovenproof skillet with butter or cooking spray. Pour batter into the pan. Cover with a lid and cook until the bottom is lightly brown and bubble appear around the edges. Approximately 5-8 minutes.

Place the pan under the broiler for 2-3 minutes. Remove from oven. Remove the pancake to a plate. Top with berries and powdered sugar. Serve immediately.

Fr. Paul's Chocolate Soufflé

3 oz. of 70% dark chocolate
3 Tbsp. olive oil
1 tsp. vanilla extract
1/8 tsp. salt
2 eggs, separated
3 Tbsp. sugar

Place a large bowl over a double boiler. Add chocolate and oil. Melt over medium heat. Grease a 16oz. ramekin with butter and set aside. Beat egg whites until stiff peaks form, set aside. When chocolate is melted, remove from heat and add egg yolks one at a time, whisking so the eggs do not scramble. Add the sugar and whisk. Add the vanilla and whisk. Fold in egg whites. Heat oven to 375 degrees. Pour batter into the ramekin. Bake for 25 to 35 minutes or until the top has puffed up. Remove from the oven. Top with Zabaglione Sauce.

Fr. Paul's Zabaglione Sauce

2 large egg yolks
2 Tbsp. sugar
¼ cup sweet wine
½ tsp. salt
¼ tsp. chili powder

Over a double boiler, place a large glass or metal bowl. Add the egg yolks and sugar and using a whisk vigorously until pale and thick, about 3 minutes.

Add the Marsala wine, salt and chili powder to the eggs and continue to whisk until tripled in volume, about 6-8 minutes. The finished zabaglione should coat the back of a spoon nicely. Remove the bowl from the heat and continue to whisk for an additional minute to prevent from over cooking.