

**Fr. Paul D. Seil, Host Our Daily Bread**  
**Explanation of the Catholic Mass**

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**Fr. Paul's Falafel**

1 16oz. can garbanzo beans, drained  
1 small onion, chopped  
¼ cup panko bread crumbs  
1 egg  
3 Tbsp. fresh parsley, chopped  
1 tsp. baking powder  
1 tsp. Curry powder  
1 Tbsp. garlic powder  
Juice of ½ a lemon  
½ tsp. black pepper  
¼ cup olive oil  
½ cup panko breadcrumbs for breading the falafel  
About 1 cup of oil for frying

Add everything to a food processor and blend until coarse crumbs form. Roll the mixture into meatball sized balls and pat flat. Place flatten falafel into the panko breadcrumbs to coat well. Heat oil a skillet over medium heat. Fry the falafel about 3 minutes per side or until crispy and brown.

**Fr. Paul's Kofte**

1 small onion, diced  
1/3 cup breadcrumbs  
1 egg  
¼ cup olive oil  
½ cup mint, chopped  
2 Tbsp. tomato paste  
4 cloves of garlic, chopped  
1 lb. ground lamb  
1 lb. ground lean beef  
2 Tbsp. Smoke Paprika  
1 tsp. Cumin  
1 tsp. pepper  
½ tsp. salt  
½ Allspice  
½ tsp. Cinnamon

In a bowl combine all ingredients and mix well. Divide meat into eight portions, shape each into a two inch thick patty. Place patties onto a griddle pan coated with cooking spray. Cook 4 minutes each side or until desired doneness. Serve in a warm pita pocket bread, with sliced tomatoes, feta cheese and yogurt dressing.

### **Yogurt Dressing**

1 cup plain yogurt  
2 tsp. white vinegar  
1 tsp. lemon juice  
Salt and pepper to taste  
2 tsp. fresh dill weed or 2 tsp. juice from a bottle of dill pickles.  
Mix well. Serve over the meat and top with tomatoes and feta cheese.

### **Fr. Paul's Couscous with Artichokes**

1 box Couscous  
1 14oz. can of low sodium vegetable broth  
2 1/3 cup water  
1 cup feta cheese  
3 Roma tomatoes, diced  
½ cup fresh parsley, chopped  
2 cans Artichokes, drained

In a saucepan combine, water, vegetable broth and bring to a boil. Stir in couscous and tomatoes. Cook according to couscous package directions. Remove from the heat and stir in the parsley. Place into a large bowl and add cheese and artichokes. Mix well. Serve.