

FLIGHT 93 CHAPEL  
PASSPORT  
COOK BOOK  
*ONE FROM MANY*



BOULEVARD OF HEROES  
SHANKSVILLE, PENNSYLVANIA

CHAPEL COOK BOOK PROJECT

*“ONE FROM MANY”*

Preparation is now underway for the production and printing, Spring 2008 of Flight 93 Memorial Chapel Cook Book. The book will include favorite family recipes submitted by contributors, and a section of Chapel creation and history.

*YOU ARE INVITED*

Request for recipes, original recipes preferred. Please submit entries for consideration to be included in the Chapel Cook Book. Recipes can be original “family handed down” from generation to generation, or traditional recipe favorites. Materials submitted cannot be copied from copyrighted cook books or other copyrighted sources.

*“ONE FROM MANY” COOK BOOK*

Western Pennsylvania is blessed with an accumulation of diverse ethnic cultures and traditions. Attending parish dinners is a real treat and experience. Many ethnic cook books are available from local churches and groups, but the Chapel has no membership, no parishioners to contribute their favorite family recipes. “One From Many” will gather favorite recipes from anyone who wishes to share and submit their family and traditional recipes, and from these will be selected the recipes for the Chapel cook book.

Suggested categories, but not limited:

Creole, Cajun, Southern, Country. American, Italian, German, Bylo Russian, Jewish, Lebanese, Serbian, Polish, Slovenian, Slovakian,

## EXAMPLE OF RECIPE

### VEGETARIAN LASAGNA

FR. MASCHERINO  
Shanksville, PA

Prep: 45 minutes

Bake: 30 minutes

#### Ingredients

- 8 dried lasagna noodles
- 1 10-ounce package frozen chopped broccoli
- 1 14-1/2-ounce can diced tomatoes
- 1 15-ounce can no salt added tomato sauce
- 1 cup chopped celery
- 1 cup chopped onion
- 1 cup chopped green or red sweet pepper
- 1-1/2 teaspoons dried basil or oregano, crushed
- 2 bay leaves
- 1 clove garlic, minced
- 1 beaten egg
- 2 cups fat-free ricotta cheese
- 1/4 cup grated Parmesan cheese
- 1 cup shredded part-skim mozzarella cheese (4 ounces)
- 1/8 teaspoon salt
- 1/4 teaspoon black pepper

#### Directions

1. Cook noodles and broccoli separately according to their package directions; drain well. Set aside.
2. For sauce, in a large saucepan stir together tomato sauce, undrained diced tomatoes, celery, onion, sweet pepper, basil, bay leaves, garlic, and salt. Bring to boiling; reduce heat. Simmer, uncovered, for 20 to 25 minutes or until sauce is thick, stirring occasionally. Discard bay leaves.
3. Meanwhile, for filling, in a bowl stir together egg, ricotta cheese, Parmesan cheese, and black pepper. Stir in cooked broccoli.
4. Spread about 1/2 cup of the sauce in a 3-quart rectangular baking dish. Top with half of the noodles, half of the filling, and half of the remaining sauce. Repeat layers, ending with the sauce.
5. Bake, uncovered, in a 350 degree F. oven for 25 minutes; sprinkle with mozzarella. Bake about 5 minutes more or until heated through. Let stand 10 minutes before serving. Makes 8 servings.

EXAMPLE OF STORY: you may have an amusing anecdote about you experience with recipes, cooking, or chefs, or grandmother's cooking habits. 100 words maximum

Pane e coperto

FR. MASCHERINO  
Shanksville, PA

When I visited Rome with a Monsignor friend, we went to dinner three nights in a row at a fine restaurant, Angelina Ai Fori. The waiter brought out some wonderful garlic toast, and I asked him what was the bread called? "Pane e coperto."

One afternoon, we met a deacon seminarian for lunch. Monsignor insisted I order for all of us. I ordered tres, pane e coperto, and the waiter went off. The deacon asked what I ordered? Proudly, I announced, three orders of garlic bread. Oh? He said, is that so?

You just ordered "three bread and cover charges."

Garlic Toast (a la Angelina Ai Fori) FR. MASCHERINO

Any good wholesome home made style bread. Sourdough bread works well, or any hearty bakery bread, Foccocia works real well. Sliced 1/4".

Toast close to the broiler, both sides. Bread will be crunchy.

Coat with Extra Virgin Olive Oil (or butter) and minced garlic.

Sprinkle with oregano and other Italian herbs and Parmesan cheese.

Can be warmed under the broiler or not.

Please use the this form to type out your recipe(s) and/or story and it will be reset according to the format of the book. You may include your name and city if you wish for the recipe, but please include your name and city for submission. Download the page and save it as a WORD Document. When your recipe is complete, attach it to an email addressed to: [recipes@flt93memorialchapel.org](mailto:recipes@flt93memorialchapel.org)