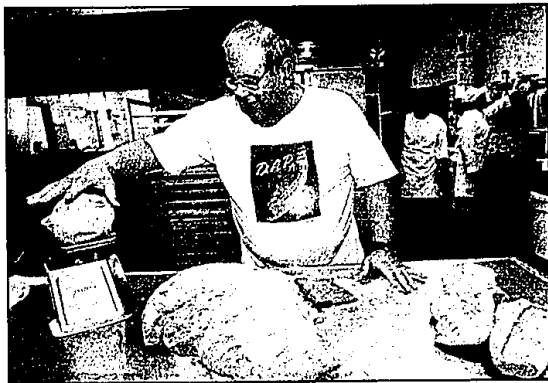


Scaling: Brother Vincent Reyes quips that scaling is what snakes and bakers do. Here he uses a scale to weigh two-pounds of dough before shaping it into a peasant loaf.

STAFF PHOTO BY
DILL BARBERS



Bread, soup heat up kitchen

See related story on Pastimes front.

HONEY WHOLE WHEAT BREAD

Capuchin Soup Kitchen Recipe

- 1 quart warm water
- 2 tablespoons dry yeast
- 2 tablespoons salt
- 4 cups whole wheat flour (for sponge...additional flour as needed.)
- 1/2 cup honey
- 1/2 cup powdered milk
- 1/2 cup uncooked oatmeal
- 2/3 cup pre-soaked raisins (optional)

In mixer bowl add warm water, powdered milk, yeast, salt and honey. Mix well.

Add whole wheat flour to make batter for initial "sponge." Mix well using wooden spoon or wire whip for about 10 minutes. Cover and place in warm area and let rest.

After sponge has risen and bubbled (about 45 minutes) add oil and oatmeal and raisins (if making raisin style...they should be plumped in hot water for at least 1/4 hour before being added.)

Add more whole wheat flour as

needed to make dough. Knead dough until it begins to pull away from bowl. Dough should be kneaded until it has a rubbery and silky texture.

After dough gets to silky texture stage continue to knead 10-15 minutes longer. Let dough remain in mixing bowl and let rise until double in bulk. Punch dough down, knead the dough for another 2 minutes. Transfer dough to table and cut into four equal sections.

Form loaves and let rise to slightly less than double in size. Bake in pre-heated oven at 375 F for 15 minutes, dropping temperature to 325 F and continue baking for another 20 minutes. Bread should have nice dark brown crust. Remove from oven and put on cooling racks. Do not put in bags until cool otherwise crust will get soggy. This bread will freeze well. Makes four loaves.

THICK PEA SOUP

"ALISON'S SPECIAL"

- 1/3 pound butter
- 2 pounds diced celery
- 2 pounds diced onion
- 2 pounds diced carrots
- 2 bay leaves
- 8 pounds dried split peas

- 2 ham bones
- 5 gallons ham stock
- 5 pounds ham scrap
- 1-2 tablespoons of black pepper
- 3-5 pinches of nutmeg
- 5-6 tablespoons thyme
- 3 cups butter and 3 cups flour to make roux

In large stock pot heat up 5 gallons of ham stock to simmer. Brine vegetables in butter.

To brine vegetable add dried peas, bay leaves and other seasoning. Add mix to 5 gallons of simmering ham stock. Cook until peas are split and tender. Remove bones from ham. Using wire whisk, add roux slowly, small amount at a time. Stir until smooth and continue to simmer for half hour.

This soup is best made a day or two before. The flavor will improve if given time to "age" for a couple of days.

The roux will enhance the flavor and thicken the soup. Excellent served with a crusty bread in a large bowl on a cold day. Makes 5 gallons of soup or enough to serve 40.

Soup from page B1

until it's all bubbly, about 30- to 45-minutes, adds more flour to make a dough, enough to make it silky and pull away from the pan.

"For sixteen loaves I use 16 ounces of oil," he said. "It adds to the texture of the bread. It makes it a little more moist. Honey adds moisture because it absorbs moisture from the air. You knead it till silky and let it raise until double in bulk and punch down."

Reyes then uses a dough cutter and scale to separate the dough into 2-pound peasant loaves.

"This is called scaling. It's what snakes and bakers do," he quips.

Reyes never loses his sense of humor. Baking bread helps him remain upbeat while helping the people who come to the soup kitchen for assistance. Reyes began baking out of necessity while working as a chaplain at a Chicago hospital's trauma center.

Reyes would bake up bread stuffed with marinated vegetables, mozzarella and drizzled with a little oil as a way of dealing with the stress.

"It was Level One trauma and I was starting to dream about things," said Reyes. "I began making bread as a stress release but it ended up being a way of taking care of the staff, to feed them and provide something pleasant to take a break from gunshots, stabbings and beatings. There's something about taking a break and talking between crisis. They're not used to being taking care of so I had to kind of come in the back door so I could care for them."

Caring for people is what the soup kitchen is all about. The Capuchin Soup Kitchen opened Nov. 29, 1993 in a hall on the north side of the monastery on Mt. Elliott. Fr. Herman Buss and Frances Spruck were inspired by the work of friar Solanus Casey who was the

doorkeeper at the time. He fed people because they were hungry, sometimes 200-300 people every day.

"They served soup, bread and coffee," said Reyes. "From the beginning we always had volunteers. In the history of this place we never ran out of food."

That includes hot and steamy, whole wheat bread fresh from the oven.

"Bread is always a surprise," said Reyes. "For some it's the first time they've had bread come out of the oven that hasn't been processed. Bread feeds the whole person. Bakers are very fortunate because baking bread is very tactile. I find myself wanting to share something very sacred and beautiful. There's something about breaking bread with people. You don't have meals with people you don't like. There's something sacred about getting together and baking and breaking bread."

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