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Deacon Carlo Maniglia cooks using family tradition

By Christine Bordelon
Clarion Herald

Deacon Carlo Maniglia's love for food and faith came from his upbringing in an Italian family.

His recalls his grandparents' home burning down on North Roman and Gov. Nicholls streets, and soon after, they erected a St. Joseph altar.

"They got out without bodily harm," said Deacon Maniglia, who has served at St. Clement of Rome since 2012. "They had to rebuild their house but they dedicated the altar to St. Joseph after that."

He has fond memories of food aromas from when his na-nan (his daddy's sister) and his grandmother spent a whole weekend making Italian cookies for the altar. His cooking skills come from his mother, who learned from her mother-in-law, Edna Millet Maniglia.

"I watched my mother," Deacon Maniglia, 68, said. "It's really kind of funny because we went to my grandparents' house every Sunday and had spaghetti and meatballs. That was it. You didn't



Photo by Christine Bordelon | CLARION HERALD

Deacon Carlo Maniglia fries his delicious crab cakes at his home in Metairie. He honed his cooking skills from his ancestors but makes each recipe his own.

make any other plans. When my grandmother (Katie Malizzo Maniglia) got too old to cook every Sunday, my mom took up the tradition.

"One Sunday, my wife and I asked my mom if we could have the recipe. My mom said, 'There is no recipe.' So, Debbie and I went to my mom's house when she started it, and we started writing down everything that she did, and we developed the recipe."

Makes his own

While his serious cooking might have started with Italian red gravy, what he does today is look at several recipes and take the best of each and "add or subtract to it" to make it his own. He cooks a variety of food, including gumbo. He shares his eggplant and shrimp dish and crab cakes for this feature.

"My red gravy is different than my mom's," he said. "I learned how to

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Eggplant and Shrimp



- 5 eggplants
- 2 large onions
- 4 bunches of green onions
- 1 bunch of parsley
- 4 stalks celery
- 1 green bell pepper
- 1 tablespoon crushed garlic
- ¼ to ½ cup Italian bread crumbs
- ½ cup Pecorino Romano cheese
- 2 pounds shrimp
- Olive oil

Directions

Peel eggplant and boil it in water with a pack of Splenda.

In a separate large frying pan, cook until soft the yellow onions, green onions, bell pepper, parsley and crushed garlic in olive oil.

Puree eggplant and then add to sautéed vegetables. Basically, there is an equal amount of eggplant to seasoning. Cook until blended.

Add 2 pounds of shrimp and add Italian bread crumbs until mixture thickens, and shrimp turn pink. Add Pecorino Romano cheese a little at a time while stirring.

Transfer to casserole dish.

Bake in a 325-degree oven for about 25-30 minutes until brown and bubbling. This feeds about 12-16 as a main meal. Maniglia said the recipe can be doubled or tripled easily to feed more.

Deacon Carlo Maniglia

(adapted from his mother's recipe)

St. Clement of Rome Parish in Metairie



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MANIGLIA

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enhance it and do a different way to thicken it." Most precious gift

While he might not have fully realized it as a child, his faith has been essential to his life.

"The greatest gift my mother and father gave to me was this beautiful gift of the Catholic faith, and then they raised me in the faith," Maniglia said. "You don't just baptize your child; you raise them in the faith. ... Faith was always important in my life."

Even with the church's sins, he said when one follows Christ and not man, "you stay with the church. The church is flawed because man is flawed," he said.

Retired since age 55, Maniglia, a proud Eagle Scout, does all the cooking in his family. Since retiring, he's also had time to study and then become a deacon after an invitation from former St. Clement pastor, Father Ralph Carroll. Maniglia had previously spent 35 years in pastoral music ministry at St. Clement and previously at Nativity of Our Lord and St. Edward the Confessor.

"I fought it for a year," he said about the diaconate, adding how he was the guy who was "the life



Photo by Christine Bordon | CLARION HERALD

Deacon Carlo Maniglia adds Italian cheeses to his shrimp and eggplant casserole. He says it can be eaten as a full meal.

of the party that everyone wanted to be with."

"But, I brought it to prayer and asked the Lord to let me know if this is what I was supposed to do. I knew it was what God wanted me to do. ... I realized I had this gift that God gave me ... to step up to the ambo and share the words of God before 800 people."

"I don't think I was as in love with the faith as I am today when I realized God gave me these gifts and was calling me," he said.

As part of his diaconate ministry, he does hospital ministry at East Jefferson General Hospi-

tal. This involves giving Communion to newly arrived Catholic patients. He also is chaplain for the Kenner Police Department and sometimes acts on stage.

Once he learned the depths of the Catholic faith as a deacon, Maniglia began starting and ending his day with prayer and praying with his wife.

His cooking talents and generosity has led him also to auction dinners at his home for 10 or more for St. Clement and Notre Dame Seminary galas. He also is an active member of the Dawn Busters Kiwanis of Metairie where

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Carlo's Etouffé



- 1 medium onion
- 2 stalks scallions
- 1 bell pepper
- 1 can "Dawn" steak sauce
- 1 can Campbell mushroom gravy
- 1 can creamy mushroom soup
- 1 can Rotel tomatoes
- 1 small can V8 juice

Directions

Brown onion, scallions and bell pepper in a little butter. Add other ingredients. Cook for one hour. Then add shrimp or crawfish. Cook until seafood is done.

Deacon Carlo Maniglia

St. Clement of Rome Parish, Metairie

Carlo's Red Gravy



- 1 large onion
- 1 medium onion
- 4 cloves of garlic
- 2 (15-ounce) can Contadina sauce
- 1 (15-ounce) can Contadina sauce
- (32-ounce) water
- $\frac{3}{4}$ cup sugar (Splenda)

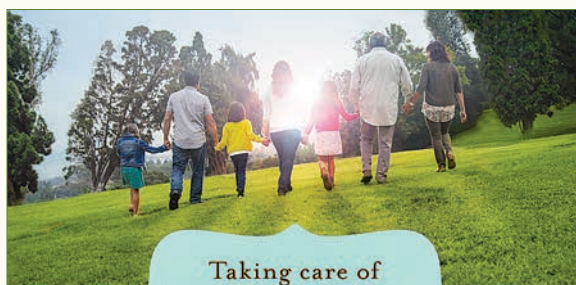
Directions

Sauté onions and garlic in olive oil till soft. Add Contadina sauce and paste. Season with 1 tablespoon salt, pepper, organo, basil and parsley and 4 tablespoons sugar or Splenda.

For Meats (when not in Lent):

- 1 pork roast (1 to 2 pounds)
- 1 beef roast filet' (1 to 2 pounds)

See **RED GRAVY** page 13 ➤



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RED GRAVY from page 12 ►

- 1 whole garlic pod

Directions

Brown a pork roast stuffed with whole garlic pods and add to gravy. Brown a beef roast (I use a filet) with whole garlic pods and add to gravy. For large roast you can double the gravy. Cook for six hours.

For Meatballs (when not in Lent):

- 2 eggs
- Seasoned breadcrumbs
- ½ cup grated Romano cheese (or more to taste)

Directions

For meatballs, this is a 2-to-1 mixture. Two pounds of ground chuck to one pound of ground pork. Mix all together and add breadcrumbs to hold meatballs together. Fry in olive oil to cook the outside only. Add to gravy at the four-hour mark. Season with salt, pepper, oregano, parsley, basil and Romano cheese. Serve over your favorite pasta. Both recipes can be doubled or tripled to serve more people.

Deacon Carlo Maniglia
St. Clement of Rome, Metairie

Creamed Spinach



- 3 tablespoons butter
- 4 tablespoons flour
- 1¼ teaspoons salt
- 1 cup whole milk
- ½ cup sour cream
- 2 tablespoons butter
- 2 tablespoons onion (minced)
- ¼ cup water
- 1 (20-ounce) package of frozen spinach
- ¼ cup Parmesan cheese

Directions

In a saucepan, melt three tablespoons butter over medium-low heat. Stir in flour and salt

until creamed together. Stir in milk a little at time. Increase heat to medium, stir constantly until thick and smooth. Remove from heat. In a deep saucepan, melt 2 tablespoons butter over medium heat. Stir in onions until transparent. Stir in spinach and water, lower heat and cover. Stir several times until spinach is almost cooked. Add white sauce, sour cream, and Parmesan cheese. Stir well and simmer until completely blended.

Kristy Solis

NOLA Catholic Parenting columnist
Our Lady of Prompt Succor Parish,
Chalmette

Huevos Rancheros



- 1 pack flour or corn tortillas
- 1 can black beans
- 1 teaspoon cumin
- eggs (2 per person)

For Toppings:

- optional - we like to mix and match!
- fresh avocado
- shredded cheese
- salsa
- cilantro
- sour cream

Directions

Preheat oven to 350. Place tortillas directly on oven rack to toast for 5 - 7 min or until slightly crispy. In the meantime, warm the beans in a pot on the stove and stir in cumin. In a separate pan, cook eggs as desired (we like over easy, but you can also scramble them!)

To assemble: Place toasted tortilla on a plate, top with a spoonful of black beans and place eggs on top of beans. Then add any toppings you like! Chopped fresh avocado, shredded cheese, salsa, cilantro, and sour cream all taste great with this dish.

Serve + Enjoy!

Courtney M. Elmer

NOLA Catholic Parenting columnist
St. Catherine of Siena, Metairie

To Die For Blueberry Muffins

- 1½ cups all-purpose flour
- ¾ cup white sugar
- ½ teaspoon salt
- 2 teaspoons baking powder
- ⅓ cup vegetable oil
- 1 egg
- ⅓ cup milk
- 1 cup fresh blueberries
- ½ cup white sugar
- ⅓ cup all-purpose flour
- ¼ cup butter, cubed
- 1½ teaspoons ground cinnamon

Directions

Preheat oven to 400 degrees F (200 degrees C). Grease muffin cups or line with muffin liners. Combine 1 ½ cups flour, ¾ cup sugar, salt and baking powder. Place vegetable oil into a 1 cup measuring cup; add the egg and enough milk to fill the cup. Mix this with flour mixture. Fold in blueberries. Fill muffin cups right to the top, and sprinkle with crumb topping mixture. To Make Crumb Topping: Mix together ½ cup sugar, ⅓ cup flour, ¼ cup butter, and 1½teaspoons cinnamon. Mix with fork, and sprinkle over muffins before baking. Bake for 20 to 25 minutes in the preheated oven, or until done.

Recipe By: Colleen

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MANIGLIA

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fundraisers involve donating bikes and books to public schools and hosting a golf tournament. He serves meals with the Lantern Light ministry weekly at the Rebuild Center and volunteers at Metairie Manor. He also auctions dinners for the Please Foundation to raise \$4,500 for its

insurance.

“It’s a way to give back,” he said. “I think Kiwanis taught me how to give back. Early on, we went to the Methodist Home for Underprivileged Children. and it broke my heart and inspired me to do more in my life. . I just want to give back and help other people.”

Christine Bordelon can be reached at cbordelon@clarionherald.org.

Banana Banana Bread



- 2 cups all-purpose flour
- 1 teaspoon baking soda
- ¼ teaspoon salt
- ½ cup butter
- ¾ cup brown sugar
- 2 eggs, beaten
- 2⅓ cups mashed overripe bananas

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x5 inch loaf pan. In a large bowl,

combine flour, baking soda and salt. In a separate bowl, cream together butter and brown sugar. Stir in eggs and mashed bananas until well blended. Stir banana mixture into flour mixture; stir just to moisten. Pour batter into prepared loaf pan. Bake in preheated oven for 60 to 65 minutes, until a toothpick inserted into center of the loaf comes out clean. Let bread cool in pan for 10 minutes, then turn out onto a wire rack.

Recipe By: Shelley Albeluhn

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- 2 cup red lentils
- 2 tablespoons fair trade olive oil
- 1 shallot, chopped
- 1 garlic clove, chopped
- 1 teaspoons cinnamon
- Small handful dried or two fresh curry leaves
- 1 green chili, chopped

- 1 teaspoons hot curry powder
- 1 teaspoons salt
- 1 can coconut milk
- 2 cup water
- ⅓ cup lemon juice
- Basmati rice
- Cilantro

Directions

Rinse lentils. Heat olive oil in large pan. Sauté shallot and garlic until brown. Add lentils, cinnamon, curry leaves, green chili, curry powder, salt, coconut milk and water. Bring to boil, then reduce to simmer and cook until lentils are soft, adding more water as needed. Season with lemon juice. Serve with basmati rice and top with cilantro. Makes 4 servings