

Chicken Chasseur Recipe.

Chicken cooked in a flavoursome white wine sauce.

You Will Need

1 whole chicken (or more if necessary for a big family)
3 tbsps olive oil
25 g shallots, peeled and chopped
2 garlic cloves, finely chopped
A small glass of white wine
120 g small mushrooms, thinly sliced
2 tomatoes, deseeded and chopped

100 ml chicken stock
2 tsp fresh tarragon
a knob of butter
salt and pepper
2 sauté or frying pans
1 knife and 1 fork
1 cutting board

Step 1: Break up the chicken

This recipe only uses 2 breasts of the chicken but if you want to cook the quarters as well just give them more time to cook. Start by taking off the quarters then the breast and then the tip of the wings. Leave as much skin as possible on the breast.

Step 2: Preheat the oven

Set the oven to 220°C (425°F/ gas mark 7).

Step 3: Season the chicken

First pour on a little olive oil then season generously on both sides with salt and pepper.

Step 4: Pan fry the chicken

Heat the pan to medium and fry ONLY the skinned side of the chicken for 2-3 minutes or until light brown.

Step 5: Put the chicken in the oven

When lightly brown, transfer the pan to the oven and continue to cook for 15 minutes. It is best to place the pan on the floor of the oven.

Step 6: Turn the chicken

After 15 minutes, turn the chicken over and cook for a further 2 minutes.

Step 7: Start making the sauce

Meanwhile start preparing the sauce. Put the olive oil into the frying pan and heat for a few minutes then add the mushrooms and a knob of butter.

Step 8: Saute the shallots

Add the shallots to the heated oil and sauté for a minute or two then add the garlic and season with salt and pepper.

Step 9: Add the wine

Pour in the white wine and allow to cook for about half a minute.

Step 10: Add the stock

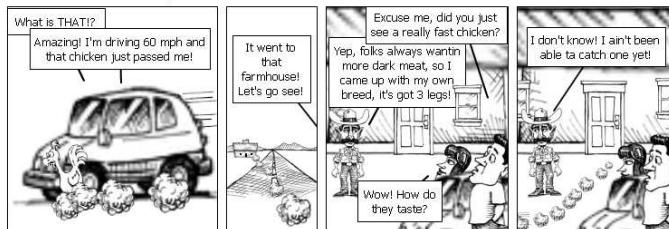
Add the tomatoes and the chicken stock and continue to stir everything together. Leave the ingredients to simmer and reduce by about a third.

Step 11: Finish off the sauce

Finally, stir in the fresh tarragon and the knob of butter to complete the sauce.

Serve and enjoy!

But first,
you've got to catch
the chicken!!!



Publisher: Fr. Paul Biérer

Eucharistic Crusade, 12 Tivoli Terrace South, Dun Laoghaire, Co. Dublin



Handmaids of Christ and Children of Mary

Supplement to the Bulletin of the Eucharistic Crusade in Ireland

January 2010
Month of the Holy Family

This leaflet is intended for high-school girls. Being part of the Eucharistic Crusade, you receive the bulletin of the Crusade and pray for the intentions of the Crusade. As girls, Our Lady is your special model. Therefore as well as being Crusaders and Handmaids of Christ, you are also Children of Mary. The purpose of these few pages is to help you in your spiritual life.

AN EASY WAY TO BECOME A SAINT By Fr Paul O'Sullivan, OP

Chapter 8 - THE PRINCIPAL DUTIES OF THE DAY - 8

THE PROBLEM OF LIFE

Suffering is thought by many to be the great evil of life. Oh, if they could only avoid it! If they did find a way of avoiding it, that would be the greatest evil of their lives. All about suffering. Our Lord has given us a most perfect redemption. He could have dispensed the law of suffering if He so willed. Why does God, being of infinite goodness and mercy, ask us to suffer? For the simple reason that suffering is a very great grace.

Our suffering is a share, a small but most valuable share, in the Passion of Our Dear Lord. It is priceless in value----if we only accept it and offer it in union with Christ's Passion.

He has suffered unspeakable agonies for each one of us. Are we such arrant cowards as to refuse to suffer a little for Him?

How little gratitude we show for all that He has done for us! The easiest and best way of thanking Him is to offer our daily crosses and trials for love of Him. The one big trouble about suffering is that we do not know how to suffer. We have no idea of its merits.

The secret is to suffer with patience and serenity. Then suffering loses all its sting, all its bitterness.

If we only remember that it is Our Sweet Lord Himself who asks us to bear these daily trials for love of Him, suffering loses its horrors.

God gives us abundant strength and grace to bear our crosses, if we ask Him.

Many good and pious Christians never think of asking God to help them to bear their crosses! Therefore, their crosses weigh heavily on them.

Our sufferings are the purest gold in our lives. Five minutes' suffering is of greater worth than twenty years of pleasure and happiness.

The Son of God suffered, His Immaculate Mother suffered, the Apostles, the Saints, all God's friends suffered. Suffering therefore must be a great grace.

One of the most lamentable evils in our human lives is that we lose the immense rewards which our sufferings ought to merit.

We fear suffering, we hate it, we revolt. It is not the suffering, but this revolt, that makes suffering unbearable and makes us cross, irritable, peevish. On the other hand, suffering borne patiently brings out all the beautiful traits of our character. It refines us as fire purifies and refines gold.

One fact well worth remembering is that our daily sufferings, the least as well as the greatest, if borne well, merit for us a crown of martyrdom.

A second is that the priceless graces and rewards which our sufferings should bring us are lost if suffering is borne badly.

Consequently, let us remember this about suffering:

That it is our share of the Passion of Jesus Christ; therefore, it has indescribable merit.

That, if borne with patience for the love of God, it loses all its sting and bitterness. That if we ask God, He will most certainly give us abundant strength to bear the sufferings He sends us.

Our sufferings will save us from the fearful pains of Purgatory.

Suffering, well borne, makes us Saints.

Instruction upon meditation

Meditation, or mental prayer, is a devout and fruitful consideration of Divine things, and of all that is conducive to the acquirement of virtue and of eternal salvation. It is not a difficult exercise; it requires attention and reflection, a desire to know God better in order to love Him more. It should be done in the company of Our Lady, the saints and our guardian Angel.

Refer to the previous issues of this bulletin to learn how to make meditation properly. Remember that as Handmaid, you promised to meditate 15 minutes every day. St Teresa of Avila says that he who spends 15mn a day in mental prayer cannot be lost.

Read such matters as may produce compunction rather than give occupation.
Imitation of Christ, Book 1, Chapter 20 "Of the Love of Solitude and Silence"

Meditation – On the Kingdom of Christ - 2

« A man's own enemies are those of his household. » Victory in this interior war is your object; it will facilitate the conquest of external enemies. You must first attack your own passions; above all, the predominant one which most frequently betrays you into faults. You must overcome sloth in spiritual exercises, which stops you in the way of virtue: self-love, which shuns all hardships; self-will, that destroys obedience; vanity, that seeks esteem; love of superfluities, that disgraces poverty, etc. Examine these enemies and renew your fidelity to your king, whose kingdom is not of this world.

SAINT VERONICA of MILAN

(1445-1497)

Saint Veronica's parents were peasants of a village near Milan. From her childhood she toiled hard in the house and the field, and accomplished cheerfully every menial task. Gradually the desire for perfection grew within her; she became deaf to the jokes and songs of her companions, and sometimes, when reaping and hoeing, would hide her face and weep. Untaught, she began to be anxious about her lack of instruction, and rose secretly at night to try to learn to read. Our Lady told her that other things were necessary, but not this: "My daughter, do not be anxious, it will be sufficient for you to know the three letters that I bring you from heaven. The first is purity of heart, which makes us love God above all things; you must have only one love, that of My Son. The second is not to murmur against the faults of your neighbor, but to support them with patience and pray for the one in question. The third is to meditate every day on the Passion of Jesus Christ, who accepts you for His spouse."

After three years' patient waiting she was received as a lay-sister in the convent of Saint Martha at Milan. The community was extremely poor, and Veronica's duty was to beg throughout the city for their daily food. Three years after receiving the religious habit she was afflicted with constant bodily pains, yet never would consent to be relieved of any of her labors, or to omit one of her prayers. By exact obedience she became a living copy of her rule, and obeyed with a smile the slightest wish of her Superior. She sought until the last the hardest and most humble occupations, and in their performance enjoyed some of the highest favors ever granted to Saints.

By the first letter taught her by Our Lady, Saint Veronica learned to begin her daily duties for no human motive, but for God alone; by the second, to carry out what she had thus begun by attending to her own affairs, never judging her neighbor, but praying for those who manifestly lacked virtue; by the third she was enabled to forget her own pains and sorrows in those of her Lord, and to weep hourly, but silently, over the memory of the wrongs He suffered. She had constant ecstasies, and saw in successive visions the whole life of Jesus, and many other mysteries. Yet, by a special grace, neither her raptures nor her tears ever interrupted her labors, which ended only with death. She died in 1497, on the day she had foretold, after a six months' illness, in the thirtieth year of her religious profession.

Reflection. When Saint Veronica was urged in sickness to accept some exemption from her labors, her answer was, "I must work while I can, while I have time." Dare we, then, waste ours?