



# finding faith through food & family

**A QUARANTINE COOKBOOK**

**by Kennedy Murphy**

# about

Coming from an Italian family, food has always been an essential part of my life. Easter wouldn't be the same without the mostaccioli, Christmas Eve wouldn't be the same without the ravioli, and trips to my grandparents' wouldn't be the same without the smell of sauce filling up the entire house. I've always recognized the importance of our Italian dishes. What I didn't realize was how closely this Italian identity was tied up with a Catholic identity. This very Italian, very Catholic love and appreciation for food that I have come from my very Italian, very Catholic great grandmother. I am proud to uphold it in my family today and share it with my close friends.

Sharing a meal, breaking bread, is what eating is all about. It's not so much about the food as it is about the meal, the time spent preparing it and enjoying it with those at the table. Preparing a microwave meal during a late study night, eating alone, at a desk, is vastly different from the love and labor of making ravioli from scratch with your extended family in preparation for your annual Christmas Eve dinner. One is simply about fueling a body, the other, nourishing both the body and the soul. Perhaps nothing embodies this thought better than the Eucharist. The significance that Jesus chose to give his body to us in the form of bread is unmatched. Jesus says to us, "I am the bread of life. He who comes to me will not hunger. He who believes in me will never thirst," and he means this literally. In Catholic tradition, Jesus becomes the bread and wine, the body and blood of the Eucharist. Through food, Jesus gives us life.

Finding a way to appreciate this gift can be difficult in a setting where inconsistent schedules and dining halls are the norms. I found the first year on campus to be the most difficult, when I ate alone for nearly every meal, just trying to find a moment between classes to fuel up. In the following years, although my schedule tightened even further, I formed more relationships and found more opportunities to share meals with my friends. In this cookbook, I have shared recipes for some of the most important meals I shared throughout my time at Loyola. During this time of isolation, I have greatly missed those college meals and the premature loss of them. However, I have now had the opportunity to prepare and enjoy them with my family. Life will always change and evolve, but the communion of a meal will always remain.

*-Kennedy*

# cheesecake



**prep time: 35 min, chill time: 4 hours, servings: 12**  
**source: Sam Merritt**

## INGREDIENTS

**1 1/2 cups graham cracker crumbs**  
**2 tablespoons sugar**  
**1 tablespoon brown sugar**  
**7 tablespoons melted butter**  
**16 oz cream cheese**  
**1 cup powdered sugar**  
**1 teaspoon vanilla extract**  
**2 teaspoons lemon juice**  
**1/3 cup sour cream**  
**1 1/2 cup heavy cream**  
**additional whipped cream for topping**

## INSTRUCTIONS

- 1) Pulverize the graham crackers in a food processor until finely ground into crumbs.**
- 2) Combine graham cracker crumbs and sugars in a medium-sized bowl. Add melted butter and use a fork to combine ingredients well.**
- 3) Pour mixture into pie or springform pan. Use the bottom of a measuring cup to firmly pack the crumbs into the bottom of the pan and (if using a pie pan) gently press up the sides. Use your fingers to pack the crumbs tightly into the sides of the pie pan.**
- 4) Refrigerate or freeze for 10-20 minutes before filling**

# cheesecake



## INSTRUCTIONS (CONT.)

- 5) Place the cream cheese in a large bowl and, using an electric mixer, beat until smooth and creamy.
- 6) Add powdered sugar and stir until combined.
- 7) Stir in vanilla extract and lemon juice, pausing to scrape down the sides and bottom of the bowl.
- 8) Add sour cream and stir well.
- 9) Pour heavy cream into a separate, medium-sized bowl (preferably a chilled metal bowl). Whisk on high speed (preferably using an electric mixer) until stiff peaks are achieved.
- 10) Fold your whipped cream into the cream cheese mixture until smooth and well-combined.
- 11) Spread cheesecake mixture evenly over prepared graham cracker crust.
- 12) Cover and refrigerate for at least 4 hours or overnight. Top with additional whipped cream before cutting and serving, if desired.

## ABOUT

There are few things better than cheesecake. I believe any celebration is cause for cheesecake, and what place better to get it than Cheesecake Factory? The night before the announcement that classes would be online for the remainder of the semester, I offered to grab a slice on my way home from a night class downtown for each of the friends I'd be with later that night. We needed it. Without knowing it, we had our last "normal" night of college together. A little celebration of our time together before we realized it.

# chex mix



**prep time: 10 min, cook time: 55 min, servings: 18**  
**source: kellogs.com**

## INGREDIENTS

**7 cups Kellogg's Crispix cereal**  
**1 cup pretzels**  
**1/2 teaspoon garlic salt**  
**4 teaspoons lemon juice**  
**6 tablespoons butter or margarine, melted**  
**8 teaspoons Worcestershire sauce**

## INSTRUCTIONS

- 1) In a 13 x 9 x 2-inch baking pan, combine the Crispix and pretzels. Set aside.**
- 2) Stir together remaining ingredients. Drizzle over cereal mixture. Stir until evenly coated.**
- 3) Bake at 250F for 45 minutes, stirring every 15 minutes. Spread on paper towels. Cool completely. Store in an airtight container.**

## ABOUT

**My all-time favorite study food is Bold Chex Mix. Many nights while at Loyola, I stopped at CVS on my way home for a bag or two. If CVS was out, I went to Target to continue my search. All my time spent searching for Bold Chex Mix definitely took away from some study time, but studying wouldn't have been nearly as manageable without a treat to get myself through it.**

# mac and cheese



**prep time: 15 min, cook time: 25 min, servings: 6**  
**source: [spendwithpennies.com](https://spendwithpennies.com)**

## INGREDIENTS

2 tablespoons butter  
2 tablespoons flour  
1/2 teaspoon onion powder  
1 teaspoon dry mustard powder  
1 cup milk  
1/2 pound Velveeta cubed  
2 cups medium shells measured dry  
1/2 cup sharp cheddar

## TOPPING

1/4 cup panko breadcrumbs  
1 tablespoon melted butter  
2 tablespoons cheddar cheese

## INSTRUCTIONS

- 1) Preheat oven to 350°F.
- 2) Cook the shells al dente according to package directions.
- 3) Drain the shells.
- 4) Melt butter, flour, mustard powder, and onion powder in a medium saucepan over medium heat.
- 5) Cook 1-2 minutes.
- 6) Add milk a little at a time whisking after each addition.

# mac and cheese



## INSTRUCTIONS (CONT.)

- 7) Bring to a boil, reduce heat and cook 2-3 minutes.
- 8) Stir in cubed Velveeta and continue stirring until melted and creamy.
- 9) Remove from heat and add sharp cheddar.
- 10) Stir in shells.
- 11) Spread shells into a 2 qt baking dish.
- 12) Combine topping ingredients in a small bowl and sprinkle overtop.
- 13) Bake for 20 minutes or until hot and the crumbs are golden.

## ABOUT

Mac and cheese is, of course, a staple of the college diet. I come from a Kraft family, so you can imagine my surprise when my roommates admitted their preference for Velveeta. My argument for the superior taste of Kraft was nothing compared to the free Velveeta my roommate's mother would send each month. It was tough at first, but I grew to love it. I often miss it and the long dinners I would share with my roommates while talking quidditch and watching our favorite shows.

# wheatie cookies



**prep time: 15 min, cook time: 13 min, servings: 36**  
**source: Great Grandma Shirley's friend Pete**

## INGREDIENTS

**2 cups Wheaties**  
**2 cups coconut**  
**2 cups flour**  
**1 cup brown sugar**  
**1 cup sugar**  
**1 cup shortening**  
**2 eggs**  
**1 tablespoon baking soda**  
**1/2 tablespoon baking powder**  
**1/2 tablespoon salt**  
**1 teaspoon vanilla**

## INSTRUCTIONS

- 1) Preheat oven to 350°F.**
- 2) Mix together all ingredients.**
- 3) Drop on a greased pan.**
- 4) Press with a fork.**
- 5) Bake for 12 to 14 minutes.**
- 6) Let cool before enjoying.**

# wheatie cookies

## ABOUT

Wheatie cookies are a Grandma Kathy (aka "G") specialty. G doesn't bake a huge variety of sweets, but what she does bake is amazing. Our family has many stories of Wheatie cookie mishaps, my favorite one being the time G and my sister forgot to add any baking powder. Completely inedible, but they still had fun together, and that's what baking with your grandma is all about. I received many care packages during my college career, and each came with at least a dozen Wheatie cookies, best served after a spin in the microwave and with a glass of milk.

# ravioli



**prep time: 1 hour, cook time: 15 min, servings: 10**  
**source: Great Grandma Virginia (GG)**

## INGREDIENTS

**3 1/2 cups of flour**  
**5 eggs (room temperature)**  
**2 tablespoons oil**  
**1 tablespoon water**

## INSTRUCTIONS

- 1) Mound the flour on the counter and make a well in the center.**
- 2) Whisk the eggs thoroughly in a small bowl.**
- 3) Gradually add small amounts of egg to the center of the flour and work in with your thumb until incorporated.**
- 4) When all egg is in the flour mixture, knead the dough to make a solid ball.**
- 5) Soak a clean, cotton dishcloth with warm water and wring out the extra water.**
- 6) Wrap the dough ball in it, and let it sit on the counter for 20 minutes.**
- 7) Flour the working surfaces (table, tray, and foil-lined cookie sheets.**
- 8) Cut away a small amount of the dough from the ball and cover the remainder with the wet towel.**
- 9) Flatten the piece somewhat with your hands.**
- 10) Put the pasta machine on the largest roller setting, and roll the dough through.**
- 11) Reduce the roller setting and pass through twice more until the dough is twice the length of the ravioli tray.**

# ravioli

## INSTRUCTIONS (CONT.)

- 12) Tap the flour from the tray, some left is fine.
- 13) Take desired filling and put a very small amount in each indentation.
- 14) Fold the remaining dough over the tray to cover the filling and roll until sealed.
- 15) Pull away excess dough to go into the next batch.
- 16) Dump tray out onto working surface and transfer to the cookie sheet in a single layer.
- 17) Continue until all dough is used and make pasta strips out of the excess.
- 18) As the cookie trays fill up, put them into the freezer.
- 19) Gather raviolis into freezer bags for storage.
- 20) To cook, bring water to boil and salt.
- 21) Place ravioli into the water.
- 22) When they float to the top, wait about 30 seconds more and remove them.
- 23) Since you're scooping them out, no need to drain further.

## ABOUT

I couldn't not share my family's ravioli recipe after talking about it so much. Every Christmas Eve, for as long as I can remember, my extended family has come over to our house to enjoy this meal. We prepare it weeks ahead of time with my mom's side of the family. One year, when I was little, a snowstorm turned our power off, ruining that year's batch. We had to settle for regular pasta, which was still delicious, but it made me appreciate the love that goes into our annual meal. I won't be sharing our family's meatball or sauce recipes, but part of the fun is coming up with your own family recipes, creating your own traditions in the process.

