Martinmas Feast Menu

Martinmas, like many feast days, usually involves a lot of meat, traditionally roasted goose or sausages. I'm a vegetarian, so I created my own menu based on some of the traditions associated with Martinmas, especially in Europe. We have wine because St. Martin of Tours is the patron saint of vintners. We also enjoy (veggie) sausage and apples served with a side of roasted carrots and parsnips—quintessential late fall vegetables. Wine-poached pears are a phenomenally delicious nod to the type of medieval cookery St. Martin might have enjoyed. And, of course, a Martinmas meal would not be complete without Vanilla Horseshoe Cookies, which are traditionally made for St. Martin's beautiful white horse—they're quite tasty for humans too!

Sausages with Apples & Onions

Ingredients:
1 Tbsp olive oil
1/2 sweet onion, thinly sliced
2 tsp minced garlic
4 sausages (or veggie sausages)
1/4 c water
1/4 c apple cider
2 apples, peeled and thinly sliced
1/2 tsp marjoram
salt and freshly ground pepper, to taste

Directions:
1. In a large skillet, heat olive oil over medium heat. Add onions and cook until slightly softened. Add garlic and marjoram and sauté for an additional 30 seconds.
2. Add sausages, water and cider to skillet. Cook until water is mostly evaporated.
3. Add apples, cover, and cook until soft and lightly browned, about 10 minutes.
4. Remove from heat. Serve hot.

Roasted Carrots and Parsnips

Ingredients:
1 lb carrots, cut into thumb-sized pieces
1 lb parsnips, peeled, cut into thumb-sized pieces
1 Tbsp olive oil
1/2 tsp dried thyme
1/2 tsp salt
pepper, to taste

Directions:
1. Preheat oven to 350° F.
2. In a large baking pan, toss carrots, parsnips, oil, thyme, salt, and pepper. Spread evenly throughout pan.
3. Roast vegetables until tender, stirring occasionally—about an hour and fifteen minutes. Serve immediately.

Red Wine Poached Pears

Ingredients:
2 large pears, peeled, halved, and cored
1 1/2 c red wine
3/4 c sugar
2 Tbsp apple cider
2 tsp vanilla
2 tsp cinnamon

Directions:
1. Combine wine, sugar, apple cider, vanilla, and cinnamon in a large skillet, and bring to a boil over medium heat.
2. Add pears, flat side down, and simmer for about 10 minutes; flip pears over and simmer an additional 10 minutes.
3. Remove pears to cool a bit. (*Continued on next page.*)

4. Continue simmering wine sauce until it has reduced by about half (a spoon dragged through the sauce should leave a trail).
5. Remove sauce from heat and pour over pears. Serve warm, but not hot.

Vanilla Horseshoe Cookies

Ingredients:
1 c butter, softened
1/2 c confectioners' sugar
2 tsp vanilla
2 c flour
1/2 tsp salt
1 c rolled oats, uncooked

Directions:
1. Preheat oven to 325° F.
2. Cream butter. Add sugar gradually while continuing to cream; beat until fluffy.
3. Stir in vanilla, flour, and salt. Add rolled oats and mix with two hands, kneading the oats into the dough while still in the bowl.
4. Take a bit of dough, roll into a short "snake" shape, then place on cookie sheet and bend into a horseshoe shape. Repeat until cookie sheet is filled. Note: These cookies don't rise much, so they can be placed close together.
5. Bake until lightly browned, about 15 minutes. Remove carefully from cookie sheet, as cookies are very rich and break easily—place on rack and allow to cool. Enjoy at room temperature.

For more ideas for celebrating Martinmas, visit
www.AroundtheYear.org/Martinmas

Graphics on these pages created by elements © J Mattson Johnson, Skandia Design Studio; © Kayla Phan, CosynestArt; © Jing Chen, CornerCroft