



ST. VINCENT DE PAUL

CATHOLIC PARISH & SCHOOL



Cooking with the Saints

April | St. Gianna Molla

From the Kitchen of the Harry Family

A meal shared. . .

Going back to ancient times, sharing a meal has been a powerful way to share life with those around us. It's no surprise, then, that a family dinner has the power to change lives! Studies have shown that families who eat at least one meal together each day have significantly reduced rates of substance abuse, obesity, depression, and anxiety (among other things). That sort of power comes straight from God, and every time we set aside the craziness of our day and sit down together at the family table (even if the toddler is screaming and the middle schooler appears unengaged), God blesses that experience. As a parish family, we are so excited to "share life" with each of you more deeply through this cooking class! Whether you have a family of 100 or 1, we are so glad you're here!

Meet St Gianna Molla

Gianna Beretta was born in Milan on October 4, 1922. From a young age, Gianna had a strong faith in God and was convinced of the necessity and effectiveness of prayer. After earning degrees in Medicine and Surgery from the University of Pavia, she opened a medical clinic and specialized in pediatrics, giving special attention to mothers, babies, the elderly and the poor.

Gianna stayed busy as a pediatrician, but always found time to get to the mountains to ski and hike! She also knew God had a special mission for her in her vocation and not long after she opened her clinic, she became engaged to Pietro Molla and was radiant with joy and happiness during the time of their engagement. They were married on September 24, 1955. Over the next four years, she had 3 kids. With simplicity and beauty, she harmonized the demands of being a mother, wife, and doctor.

In September 1961, towards the end of the second month of another pregnancy, she was touched by immense pain. Before the required surgery, and conscious of the risk that her pregnancy brought, she pleaded with the surgeon to save the life of the child she was carrying, and entrusted herself to prayer. The life of her baby was saved in surgery, but she knew the labor and delivery would still be risky. She faithfully went about her duties as a wife, mother, and doctor and a few days before the child was due, she was ready to give her life in order to save her child's: "If you must decide between me and the child, do not hesitate: choose the child - I insist on it."

On the morning of April 21, 1962, Gianna Emanuela was born. Despite all efforts and treatments to save both of them, on the morning of April 28, amid unspeakable pain and after repeated exclamations of "Jesus, I love you. Jesus, I love you", St. Gianna died. She was 39 years old. Her last act was heroic, but it was all of the small acts of love throughout her life allowed her to give herself in her last moment. The phrase used by Pope Paul VI to define the love of Gianna, "A young mother from the diocese of Milan, who, to give life to her daughter, sacrificed her own." Gianna was canonized on May 16, 2004, with her husband and children present.

Our Meal to Honor Her

For Fun: Italian Cream Sodas

Suggested Appetizer: Antipasti Tray – Cherry Tomatoes, Assorted Olives, Salami, Fresh Mozzarella Balls, Aged Parma, breadsticks - any fun munchies to enjoy while cooking!

Bolognese Pasta - Inspired by *Searching for Italy* - Stanley Tucci. Tucci took viewers on a guided tour through Italy's food mecca: the Emilia Romagna region- Bologna, Parma and Modena- each of which are famous for their food. Throughout the region, you can expect to dine on hearty bolognese sauces and silky egg pastas all while drinking meat-friendly wines like Nerello Mascalese from Cantine Ermes, one of the biggest wine co-ops in Southern Italy.

What is Bolognese sauce? Although every Italian family has their own version of bolognese—or as locals call it, ragu alla Bolognese, most agree it should contain nutmeg. The Harry's recipe is typically made with ground veal. However, any combination of veal, beef or pork can be used (remember this Italian food, do whatever feels right and you'll be OK).

What is the best pasta shape? The perfect vehicle for bolognese sauce is the region's handmade long egg noodles known as tagliatelle. Tagliatelle is best suited for this rich meat sauce due to its flat rough texture. Pappardelle will also work if tagliatelle can't be found.

Berry Crisp – A delicious Harry family Spring dessert! Serve with Bonnie Brae Lemon Custard Ice Cream for a real treat!