

## Friday of the Second Week of Lent 2015

Reading: Matthew 21:33-43, 45-46

Reflection: So how is your Lent going so far? Has it been a struggle? Has it challenged you to prayer, fasting or good works that are not a normal part of your life outside of Lent? Are you noticing any difference in your life or in the lives around you because of what you are doing this Lent? The Gospel speaks about our needing to produce fruit with our lives and with what we have been given. Lent can be and should be a fruitful time for us whether we are drawn closer to Christ through prayer, are able to discipline ourselves through fasting and therefore eliminate unhealthy habits? Have you found ways of doing good for others and for those in need and therefore made someone else's life a little better? We are still in the early part of Lent and it still can be a very fruitful time for us. Don't let Lent pass you by without it affecting your life.

### Questions for Reflection:

1. What are the ways in which your Lenten sacrificing is bearing fruit in your life or in the life of someone else?
2. How are you living the spirit of Lent in fasting, prayer and/or almsgiving this past week and how will you next week?

### **Friday during Lent Recipe #3:**

#### **Shrimp Boil**

While I was in seminary down in Houston they would have a big crawfish boil each year. Since I loved to cook I would always lend a helping hand or at least hang around and watch how they did it. Crawfish is not always the easiest thing to get here in North Texas, so years ago I would get together with friends and have a small shrimp boil.

#### **Ingredients:**

½ pound of shrimp per person (fresh or frozen are fine; I usually choose the ones with their shell and tail still on, but split down the back with the vein removed to make it easier to peel them)

½ to 2/3 cup of olive oil or butter

3 to 5 tablespoons of Old Bay Seasoning

1 to 2 bottles of Louisiana Hot Sauce

1 cup of salt

1 red potato per person

1 small corn on the cob per person

1 bulb of garlic with the top removed, but the cloves still in the bulb per person

½ lemon per person

1 large yellow onion sliced into thick slices

#### **Directions:**

Fill a large stock pot a little over 2/3 full of water and put it on the stove. Turn the heat to high and if using frozen shrimp remove them from the freezer and place them in the sink at this time. While the water is heating up to a rolling boil add the oil/butter, Old Bay, half of a bottle of Louisiana Hot Sauce

and salt to the water and stir. At this point taste the water. If it is not spicy enough add more Louisiana Hot Sauce until it is the right level of heat. The water should taste salty, if it is not salty add more salt. As this mixture begins to heat up cut your lemons in half, cut the tops off of your garlic exposing the cloves but still keep the cloves in the bulb. Clean your potatoes and by the time you have all of this done your pot should be getting close to boiling. Once the water is boiling throw in your garlic, onion, potatoes and corn on the cob, then squeeze the lemons so the juice goes into the pot and go ahead and put the juiced lemons in there as well. Bring this back up to a boil and let it boil for 10 minutes. Next, add your shrimp to the boiling pot and stir well. Boil this mixture for 8 minutes or until the shrimp are pink in color and firm to the touch. If your shrimp are frozen you may need to wait until the pot comes back up to a boil, boil it for a few minutes and then check the shrimp for doneness. Remove the shrimp, potatoes, corn and garlic with a slotted spoon and place into a bowl for serving or for something fun, put a table outside and cover it with newspaper and put all of the shrimp and veggies onto this. Serve with plenty of napkins and a loaf of French bread.



\*note\* If you are using a lot of shrimp and your pot is not quite this big:

You may need to cook the shrimp in several batches. You can add more water to the pot and then bring back to a boil if the level gets low.