

Phanouropitta: Saint Phanourios Cake

Ingredients:

- 1 cup of applesauce
- 1 cup of sugar
- 4 inches of vanilla bean (cut into small pieces)
- 3/4 cup of chopped walnuts
- 1 cup of plump raisins
- 1 tablespoon of baking powder
- 4 cups (approximately) of white wheat flour
- 1 tablespoon of baking soda
- 2 cups of orange juice



Ask for help and guidance from the Holy glorious Greatmartyr Phanourios the newly-appeared, the Wonderworker. Beat applesauce and sugar together until they are thoroughly mixed. Add vanilla bean, walnuts, raisins, and baking powder; mix. Dissolve baking soda in orange juice and add to mixture. Add flour; mix. Wisk the mixture until the batter has a good and proper consistency; add more white wheat flour or orange juice as needed. Pour batter into two 9" cake pans lined with baking paper on the bottom. Bake in a preheated oven at 350°F for about 33 minutes or until an inserted toothpick pulls out cleanly. Cut into slices for serving after the Phanouropitta has been blessed by the priest. [Traditionally, a Phanouropitta has 9 ingredients for the 9 Choirs of the Honorable Heavenly Bodiless Powers.]

Ἦχος δ΄. Ταχὺ προκατάλαβε.
4th Tone. Quickly prevent.

Ὡς ἄστρον ἀνέτειλας ἰ τῆ Ἐκκλησίᾳ Χριστοῦ ἰ καὶ πάντα κατηύγασας, ἰ φανερωθεὶς θαυμαστῶς, ἰ Φανούριε ἔνδοξε· ἰ ὅθεν τοῖς εὐφημοῦσι ἰ τὴν σὴν ἄθλησιν, Μάρτυς, ἰ νέμεις τῶν σῶν θαυμάτων, ἰ τὴν σωτήριον χάριν, ἰ πρεσβεύων τῷ Κυρίῳ ἰ ὑπὲρ τῶν ψυχῶν ἡμῶν.

As a star rising ἰ for the Church of Christ ἰ and illuminating all, ἰ you appeared wondrously, ἰ O glorious Phanourios; ἰ whence to those who praise ἰ your contest, O Martyr, ἰ you distribute of your wonders, ἰ the saving grace, ἰ interceding to the Lord ἰ for our souls.

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Feast of the Holy Greatmartyr Phanourios the Newly-appeared

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