

Cookin' with Debbie

By Debbie Johnston



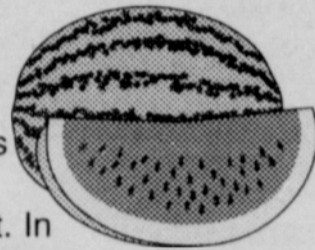
FOURTH OF JULY BARBECUE

When I think of July, I think of barbecuing, strawberry shortcake and sliced watermelon. So pick out the perfect watermelon and one or more shish kabob recipes and try this "easy" shortcake recipe. Now you're set for a fabulous fourth.

BEEF TERIYAKI KABOBS

1 lb top sirloin or flank steak, 1-1/2 inch thick
1/4 cup firmly packed brown sugar

1/4 tsp pepper
1/4 cup water
1 garlic clove, minced
1 20-oz can (about 2 cups) pineapple chunks, drained
1/2 tsp ginger
1/2 cup soy sauce
2 tbs oil
1/2 cup green onions, cut into 1 inch pieces



Slice steak into 2 x 1/4 inch strips with the grain of the meat. In 12 x 8 inch (2 quart) baking dish or plastic bag, combine brown sugar, ginger, pepper, soy sauce, water, oil and garlic; blend well. Add steak; stir. Cover dish or seal bag; refrigerate 3 hours or overnight.

Heat grill. Drain steak. Alternately thread meat, onions and pineapple on 8 to 12 metal skewers. When ready to barbecue, oil grill rack. Place kabobs on gas grill over medium-high heat or on charcoal grill 4 to 6 inches from medium-high coals. Cook 6 to 10 minutes until desired doneness, turning once.

Yields 4 to 6 servings.

Broiler Method: Prepare as directed above. Place kabobs on broiler pan; broil 4 to 6 inches from heat, 6 to 8 minutes, until desired doneness, turning once.

MARINATED SCALLOP KABOBS

1 lb sea scallops
2 tbs soy sauce
Dash of pepper
1 lg green, red or yellow bellpepper, cut into 16 pieces
1 cup fresh pineapple chunks or 1 can (8 oz) pineapple chunks, drained
4 oz whole fresh mushrooms
2 tbs lemon juice
16 small cherry tomatoes
2 tbs vegetable oil
1/2 tsp salt

Place scallops and mushrooms in shallow glass or plastic dish. Mix oil, soy sauce, lemon juice, salt and pepper; pour over scallops and mushrooms. Cover tightly and refrigerate 30 minutes, turning scallops once.

Remove scallops and mushrooms from marinade; reserve marinade. Alternate scallops, mushrooms, tomatoes, bell pepper and pineapple on each of eight 11-inch metal skewers. Cover and grill kabobs about 4 inches from medium coals 12 to 20 minutes, turning and brushing 2 or 3 times with marinade, until scallops are white in center.

Yields 4 servings

TERIYAKI PORK KABOBS

2 tbs cornstarch
1 tbs packed brown sugar
1 lb boneless pork loin, cut into 1 inch pieces
4 cherry tomatoes
1 - 14 oz can clear beef broth
1/4 tsp garlic powder
12 medium fresh mushrooms
1 large red onion, cut into 12 wedges
2 tbs soy sauce
1/4 tsp ground ginger

In saucepan, stir together cornstarch, beef broth, soy sauce, brown sugar, garlic powder and ginger until smooth. Over medium heat, cook until mixture boils, stirring constantly.

On four 10 inch skewers, thread pork, mushrooms and onion. Grill kabobs directly above medium coals, uncovered, 20 minutes or until pork is no longer pink, turning and brushing with sauce. Place tomatoes on kabobs.

Heat remaining sauce to boiling. Serve with kabobs and hot cooked rice. Garnish with chives.

Yields 4 servings

HONEYED PORK AND MANGO KABOBS

1/2 cup honey
3 tbs red hot sauce
1/4 tsp ground allspice
1 lb pork tenderloin, cut into 1 inch cubes
1/2 cup frozen large baby onions, partially thawed
1/4 cup frozen apple juice concentrate, thawed
1 tsp grated lemon peel
1 lg (12 oz) ripe mango, peeled, pitted and cut into 3/4 inch cubes, divided

Combine honey, juice concentrate, red hot sauce and allspice in small saucepan. Bring to a boil over medium heat. Reduce heat to low; cook, stirring 5 minutes. Stir in lemon peel. Remove from heat. Pour 1/4 cup marinade into small bowl; reserve.

Place pork in large resealable plastic food storage bag. Pour remaining marinade over pork. Seal bag; refrigerate 1 hour. Prepare grill.

To prepare dipping sauce, place 3/4 cup mango cubes in blender or food processor. Add reserved 1/4 cup marinade. Cover; process until pureed. Transfer to serving bowl; set aside.

Alternately thread pork, remaining mango cubes and onions onto metal skewers. Place skewers on oiled grill. Grill over medium-low coals, 12 to 15 minutes or until pork is no longer pink. Serve with dipping sauce.

You may substitute 1-1/2 cups fresh or frozen peach cubes (2 to 3 peaches) for fresh mangos.

RED, WHITE AND BLUEBERRY SHORTCAKES

10 oz can Hungry Jack flaky biscuits
2 to 4 tbs sugar
2 cups blueberries, fresh or frozen
2 tbs margarine or butter, melted
1 cup sweetened whipped cream
2 cups fresh strawberries, sliced

Heat oven to 375 degrees. Grease cookie sheet. Separate dough into 10 biscuits. Dip top and sides of each biscuit in margarine, then in sugar. Place on greased cookie sheet. Bake at 375 degrees for 8 to 10 minutes or until golden brown. Cool slightly. Split biscuits; layer with whipped cream and berries.

Church Directory

VERNONIA FOURSQUARE CHURCH

Pastor Paul Pastor
850 Madison Avenue
Vernonia, 503 429-1103

Sunday Worship Service: 10:30 a.m.
Children's Sunday School

Wednesdays 7:00 p.m.
Evening Service
Youth Ministry
Children's Ministry
Nursery Available

Men's Ministry 7:45 a.m.
3rd Saturday each month

VERNONIA COMMUNITY CHURCH

Grant Williams, Pastor
957 State Avenue
Vernonia, 503 429-6790

Sunday School 9:45 a.m.
Morning Worship 11:00 a.m.
Children's Church w/Nursery
Sunday 6:00-7:30 p.m.
Jr. & Sr. High, AWANA, Adult Study
Nursery provided
Prayer Meeting, Wed. 7:00 p.m.
Women's Bible Study, Thurs. 7:00 p.m.

GRACE REFORMED BAPTIST CHURCH

D.J. Dickey, Pastor
Grant & North Streets
Vernonia, 503 429-1919

Sunday Services: Adult Prayer & Children's Sunday School 9:45 a.m.
Morning Worship 11:15 a.m.
Evening Worship 5:00 p.m.

Wednesday Service:
All Family Bible Study, 7:00 p.m.

ASSEMBLY OF GOD

Darwin Harvey, Pastor
662 Jefferson
Vernonia, 503 429-4615

Sunday School 9:45 a.m.
Morning Worship 11:00 a.m.
Evening Worship 6:00 p.m.

Bible Study, Wednesday 7:00 p.m.
Youth & Kids, Thursday 7:00 p.m.

FIRST BAPTIST CHURCH

John Cahill, Pastor
359 "A" Street
Vernonia, 503 429-1161

Sunday School 9:45 a.m.
Morning Worship 11:00 a.m.
Evening Worship
Saturday, 6:00 p.m.

NEHALEM VALLEY BIBLE CHURCH

500 California Ave
Vernonia, 503 429-5378

Sunday School 10:00 a.m.
Morning Worship 11:00 a.m.
Nursery available
Wednesday Service 7:00 p.m.

ST. MARY'S CATHOLIC CHURCH

Pastoral Associate
Juanita Dennis
960 Missouri Avenue
Vernonia, 503 429-8841

Mass Schedule
Sunday 12:00 Noon
Religious Education
Sunday 10:30 a.m.

CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

Jeff Cheney, Branch President
1350 E. Knott Street
Vernonia, 503 429-7151

Sacrament Meeting, Sunday 10 a.m.
Sunday School & Primary 11:20 a.m.

Relief Society, Priesthood and
Young Women, Sunday 12:10 p.m.

SEVENTH DAY ADVENTIST

Kevin Reiner, Pastor, 543-2254
2nd Ave. and Nehalem St.
Vernonia, 503 429-8301

Sabbath School 9:15 a.m.
Morning Worship, 11:00 a.m.
Prayer Meeting, Wed. 7:00 p.m.

ST. AUGUSTINE (CANTERBURY) EPISCOPAL CHURCH

The Rev. Robert Grafe, Pastor
375 North St. (Vernonia Grange Hall)
Vernonia, 503 429-3700

Sunday Services 10:00 a.m.

CHRISTIAN CHURCH

Joel Stith, Pastor
410 North Street
Vernonia, 503 429-6522

Sunday School 9:30 a.m.
Morning Worship 11:00 a.m.

Every Wednesday:

Ladies' Bible Study 9:15 a.m.
Children's Choir 3:00 p.m.
Family Bible Study 6:30 p.m.

Women's Fellowship, 2nd & 4th
Wednesdays, 1:30 p.m.