

Food for Thought

For a special Valentine's Day dinner, treat your sweetheart or your entire family with some of these great recipes. Just add your favorite dessert to complete a sweet day.

STANDING RIB ROAST

1 standing rib roast of beef, about 6-1/2 lbs
3 or 4 cloves of garlic, thinly slivered
Coarse salt and pepper

Preheat oven to 450°F. Make small slits in the meat with the tip of a small knife; insert the garlic slivers. Rub the meat with salt and pepper. Roast on a rack in a shallow pan for 25 minutes. Reduce oven temperature to 350°F and roast for 16 minutes per pound (about 1-3/4 hours), or until a meat thermometer reaches an internal temperature of 135°F to 140°F for a medium-rare center. Let rest for 15 minutes before carving.

Makes 8 servings.

HOISIN-BAKED SALMON

2 6-oz pieces salmon
2 tsp soy sauce
1/4 tsp chili paste or hot sauce (optional)
2 tbs hoisin sauce
few drops dark sesame oil
1 to 2 tsp sesame seeds

Preheat oven to 375°F. Place salmon in a baking dish. Thin hoisin with a little soy sauce and flavor with a few drops of sesame oil. Stir in chili paste, if desired. Brush or spoon mixture on salmon. Sprinkle with sesame seeds. Bake for 8 to 10 minutes, or until fish flakes easily with a fork.

Makes 2 servings.

GOLDEN PARMESAN POTATOES

6 large potatoes (about 3 lbs)
1/4 cup grated Parmesan cheese
1/3 cup butter
1/4 cup sifted flour
3/4 tsp salt
1/8 tsp pepper
chopped parsley

Pare potatoes; cut into quarters. Combine flour, cheese, salt and pepper in a bag. Moisten potatoes with water and shake a few at a time in bag, coating potatoes well with cheese mixture.

Melt butter in a 13x9" baking pan. Place potatoes in a layer in pan. Bake at 375°F for about 1 hour, turning once during baking. When golden brown, sprinkle with parsley.

Makes 6 to 8 servings.

PECAN AND WILD RICE PILAF

3/4 cup uncooked brown rice
2 cups chicken stock
1 whole clove
1 shallot, finely minced
1 tbs butter
1/4 cup uncooked wild rice
1 small onion, peeled
2 tbs finely grated carrots
1 cup pecan halves

Place rices, stock, onion stuck with the clove, carrots and shallot in medium saucepan. Bring to a boil, reduce heat to low, cover and steam 50 minutes. Remove from heat, keep covered.

Melt butter in medium skillet and lightly brown the pecans. Remove the onion and clove from the rice, toss the rice, then stir in pecans.

Makes 6 servings.

VEGETABLE ROOT BAKE

1 lb each of 4 of the following:
turnips, parsnips, rutabagas, Granny Smith apples (optional), butternut squash, acorn squash, celery root, carrots, sweet potatoes.
apple cider
heavy cream
parmesan cheese
salt & pepper

Slice vegetables and layer in a non-stick sprayed casserole with apples, if used, somewhere in the middle. Season with salt and pepper on each layer. Cover with apple cider. Cover with foil, bake for 60 minutes at 350°F.

Remove from oven. Uncover and add enough heavy cream to cover vegetables. Sprinkle with parmesan and cook to tender,

uncovered, about 30 more minutes.
Makes 6 to 8 servings.

GREEN BEANS WITH ALMONDS AND GINGER

1 lb green beans
1 tsp minced peeled ginger root
1/4 cup sliced almonds
2 tbs safflower oil
1/2 tsp tarragon vinegar
1/2 tsp honey

Steam green beans for 4 to 5 minutes, or just until crisp-tender. Place them under cold running water to stop further cooking.

Place oil in large skillet. Add ginger, stirring over low heat a minute or two. Add vinegar, honey and beans. Stir just until the beans are heated through.

Stir in almonds and remove from heat. Serve hot.
Makes 4 servings.

WILTED ROMAINE LETTUCE WITH GARLIC & MUSHROOMS

3 tbs virgin olive oil
1/2 cup sliced mushrooms
8 large leaves romaine lettuce
3 to 4 garlic cloves, thinly sliced
4 tsp beef broth

Bring a large pot of water to a boil. Meanwhile, place the oil in a small skillet over low heat. Add the garlic and stir until slightly tender but not browned. Stir in the mushrooms and continue to cook, stirring frequently, until the mushrooms have released their liquid and it has nearly evaporated.

Stir in the beef broth and remove from heat. Keep warm.

Quickly dip the lettuce leaves in the boiling water and remove them as soon as they are wilted, about 3 to 5 seconds.

Arrange the lettuce on a serving plate, Drizzle the sauce over it and serve.

Makes 4 servings.

Church Directory

VERNONIA COMMUNITY CHURCH

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

Sunday
Breakfast 10:00 a.m.
Morning Worship 10:45 a.m.
*B.L.A.S.T. w/Nursery 11:00 a.m.
*Bible Learning and Scripture Training
Youth Group 6 -8:00 p.m.
(Jr. & Sr. High)
Wednesday
Prayer Meeting 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.
Evening Service will change to 3:00 p.m. on Sept. 7,2003

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

Gary Taylor, Pastor
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.

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.

VERNONIA CHRISTIAN CHURCH

Jim Kirby, Evangelist
410 North Street
Vernonia, 503 429-6522

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

Every Wednesday:
Ladies' Bible Study 9:30 a.m.
Ladies' Worship 10:00 a.m.
Children's Choir 3:00 p.m.
Family Bible Study 6:30 p.m.

VERNONIA FOURSQUARE CHURCH

850 Madison Avenue
Vernonia, 503 429-1103

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

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.

Lions Club open house Feb. 18

Vernonia Lions Club open house will present a great opportunity for people interested in serving their community to meet a great group of men and women with similar interests. The open house will be held at the Vernonia Scout Cabin on February 18. Dinner will be at 6:30 p.m. followed by a short meeting. A door prize drawing will be included.

There will be a guest speaker to provide an overview of how the Lions serve the community. Though their main focus is on sight and hearing, most people are surprised at the number of projects with which the Lions are involved.

Both men and women are members of the Lions Club.

For information on membership call Fred Skidmore at 503-429-7855, Larry Snethen at 503-429-9050 or Bob Curl at 503-429-2652.