

Food for Thought

Yes, we know Cinco de Mayo was yesterday, but the diversity of Mexican cooking is too rarely looked at, so it seems like a good time to present some recipes other than burritos, tacos and fajitas.

SOPA de POLLO

1 (16 oz.) can stewed, sliced tomatoes	1 (10 oz.) can condensed chicken broth, fat skimmed off
4 cups water	1 red or green pepper, seeded and diced
1 cup thinly sliced onion	2 tbs raisins
1 cup thinly sliced celery	1 tsp chile powder
1 (10 oz.) pkg frozen corn	1/4 tsp oregano
1 tsp whole cumin seeds	2 cups diced cooked white meat chicken or turkey
6 tbs shredded sharp cheese (optional)	

Combine ingredients, except corn and cheese. Simmer 15 minutes. Add corn and simmer till heated through. Sprinkle with cheese.

Makes 6 servings.

CARNÉ ASADA

1 pound beef flank steak	1/2 cup lime or lemon juice
1 tsp chile powder	1 tsp dried garlic (or 4 fresh garlic cloves, chopped)
1 tbs dried oregano	
salt & pepper to taste	

Combine ingredients in plastic bag in bowl (for drips), refrigerate 24 to 48 hours. Place 4-5 inches under broiler and broil about 5 minutes per side. Slice very thinly against grain.

Makes 4 servings.

ENCHILADAS DE MOLÉ

1 dozen corn tortillas	Oil for frying, 1/4" deep
Oil for frying, 1/4" deep	1 jar (8 oz. prepared molé poblano paste (NOTE))
3-1/2 cups chicken broth	

For sauce, pour the oil that has separated from the jar into a skillet. Heat oil, add paste and fry 2-3 minutes over medium heat. Slowly add broth, stirring constantly. Bring to boil, then reduce to simmer. Keep warm.

Chicken Filling

1 3-lb chicken	2 tbs oil
1 onion, chopped	2 cloves garlic, crushed
1 tsp salt	1/2 cup sour cream
3/4 molé sauce	1/4 cup cilantro leaves, slightly chopped
1/2 lb Monterey Jack cheese, 1/4 lb grated & 1/4 lb sliced	12 corn tortillas

Disjoint chicken, cover with cold water. Bring to a boil, cover and simmer 1-1/2 hours. Cool to handle easily. Skin, bone and chunk. Remove fat from broth and save broth.

In skillet heat oil, sauté onion and garlic till transparent. Add chicken, salt and molé. Reduce heat to simmer. Add sour cream and cilantro.

Lightly fry each tortilla in 1/4 inch hot oil. Dip into warm molé sauce. Fill with slices of cheese and about 2 tbs chicken filling.

Roll and place in overproof pan. Sprinkle with grated cheese, tightly cover pan with foil; bake at 350° for 15 minutes.

Makes 12 servings.

NOTE: Molé sauce may be bought in most grocery stores.

ENSALADA DE JICAMA Y NARANJAS

1 small (1/2 lb.) jicama, peeled and diced	1/2 cucumber, thinly sliced
2 or 3 oranges, peeled and sliced thin	1 small onion, thinly sliced
1/2 tsp salt	1/4 cup olive or other salad oil
	1/3 cup wine vinegar
	Lettuce

Mix the sliced vegetables and oranges. Top with a dressing made from the oil, vinegar, and salt. Serve as a salad on lettuce. Makes 4-6 servings.

BUÑUELOS

4 cups flour	1 tsp salt
1 tsp baking powder	2 tbs sugar
1/3 cup margarine	2 eggs
1 cup milk	oil for frying, at least 1 inch deep
sugar mixture: 1/2 cup sugar & 2 tsp cinnamon	

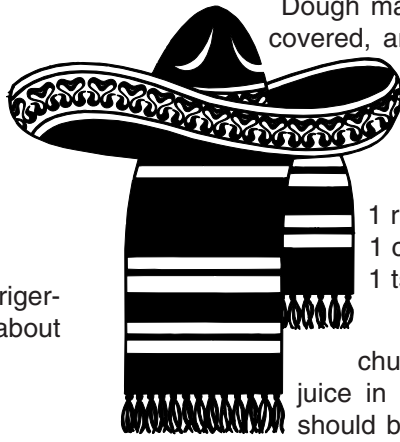
Stir dry ingredients together, set aside. Melt margarine. In a large bowl, beat eggs, then mix in milk. Gradually stir in dry ingredients. When thoroughly mixed, add melted margarine and, with hands, work margarine into dough.

Turn onto a lightly floured board and knead gently until smooth and elastic. Divide dough and roll into 30 to 50 balls. With a rolling pin, roll each ball into a thin circle.

Fry in hot oil (400° to 425°). Turn to brown on both sides, Drain on paper towels. Sprinkle with sugar mixture. Best served still warm.

Dough may be refrigerated up to 2 days, tightly covered, and then rolled as needed. This recipe also may be cut in half.

Makes 30 to 50.



LICUADO DE PAPAYA Y NARANJA

1 ripe papaya
1 cup orange juice
1 tsp lemon juice

Peel and seed the papaya and cut into chunks. Liquify with the orange and lemon juice in a blender. Chill and serve. No sugar should be needed unless the orange lacks the usual sweetness.

Makes about 2 cups.

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.

Vernonia Pride walking tour

The walking tour of historical Vernonia buildings is now complete, books are printed and plaques are up. Vernonia Pride has worked on the project for over a year, gathering information from people's memories, old pictures and old records.

In addition to the many people who provided information, others helped in vital ways: Don Webb, Larry Bernardi, Randy Aultman and Dale Webb mounted the plaques that Dan and Heidi Brown helped prepare. Engraving was done by Specialized Engraving.

Many hours were spent at the city library, accessing old newspapers and using the meeting room. Carol Sawyer, Isabelle McDaniel and Audeen Wagner combined their skills to edit the tour book and businesses allowed the plaques to be mounted on their buildings.

Books for the tour, which starts at Triple S Saw Shop on Rose Avenue, are available for \$3 each at City Hall, Chamber of Commerce or Vernonia Sentry Market.