

Food for Thought

By Schann Nelson



I first tried this recipe out of Molly Katzen's first book *Moosewood Cookbook*. The results are excellent with or without the sausage, and I've altered the recipe to fit my taste, so this is my version.

SOLYANKA

4 medium potatoes
1 cup cottage cheese
1 cup sour cream
1 cup plain yogurt

1-1/2 cups chopped onion 3 Tbs. butter
1-1/2 tsp. salt 1/2 tsp. caraway seed
4 packed cups shredded cabbage
1/2 tsp. (or to taste) dill weed
1/4 cup cider vinegar Black pepper to taste
1 pound (approx.) ready-to-eat flavorful sausage, formed like polish sold in stores. Smoked game sausage is great.
Paprika for garnish

Scrub unpeeled potatoes, cut them into small pieces and boil until mashable. Drain and mash, while still hot, with cottage cheese, sour cream and yogurt. Sauté onions in butter with salt and caraway seed. After five minutes, add cabbage and remaining salt. Sauté until cabbage is tender.

Combine with potato mixture, and add everything else except the sausage and paprika.

Spread into a deep, buttered casserole. Slice sausage into about 2 inch pieces and push into casserole, leaving top exposed. Sprinkle with paprika. Bake at 350 degrees, 35 – 40 minutes.

Though Molly accompanies this with a cucumber salad, I'm going to give you a yummy recipe that may, or may not, accompany Solyanka. Remember, this is cooking not baking, so quantities are not exact and should be adjusted to your family's taste. I love ginger and use twice as much as I have called for here.

RASPBERRY GINGER CARROT SALAD

Wash, peel and grate at least one good-sized carrot per person and put them in a bowl big enough to mix in. Approximately 3 cups of grated carrots.

1/4 cup candied ginger, finely chopped
1/4 cup raspberry vinegar

Mix it all together. Because the ginger is sticky, the easiest way is to get your hands right in and mix thoroughly.

Let sit for as long as you can before eating. The flavors are well blended overnight, and this will keep for a long time in the fridge, so don't be afraid to make a lot.

To finish your meal, here's a wholesome apple crisp. This is also a great breakfast dish, warm or cold.

APPLE CRISP

This amount fills an 11" x 16" baking dish. Preheat oven to 350 degrees.

Topping:

4 cups old fashioned rolled oats
1 cup whole-wheat flour
1/2 tsp. salt (optional)
2 tsp. cinnamon

1/4 tsp. grated nutmeg (You can use ground nutmeg from the store, but buying the little grinder and grating your own is best. In this case, the taste is MUCH better. Four or five whole nutmegs last for a lo-o-ong time.)

1/2 cup (one stick) butter, melted, plus some for the pan. Margarine works but doesn't taste as good!

Mix dry ingredients in bowl. Pour melted butter over and mix thoroughly until crumbly.

Grease the pan liberally with butter. Slice apples into pan until about 1/2 inch from top of pan. Peeling, or not, is up to you. If your apples are very tart, or you like them very sweet, add up to 3/4 cup of sugar.

Add about a cup of apple cider or juice and a pinch of salt. Add about 1/2 cup of the topping mixture to the apples. Toss the apple mixture around in the pan to distribute the additional ingredients. Spread apples evenly in pan.

Cover with the remainder of the topping mixture. Don't pat it smooth. Cover loosely with foil and bake until apples start to get soft, about 30 – 40 minutes. Remove cover and bake an additional ten minutes to crisp the top.

Finally, for the brave among you, a tea to sweat the cold out! It's not as bad as it sounds!

GARLIC/GINGER TEA

For one cup of tea:

Slice into a large cup, one or more cloves of peeled garlic, and a couple thin slices of raw ginger. Add a Tbs. of honey and a dash of Tabasco sauce (optional).

Pour boiling water over, and inhale steam while it cools. By this time, the sliced stuff will have sunk to the bottom so you don't have to fish it out. Drink the whole thing!

Turkeys needed for holiday boxes

The second annual turkey drive for Christmas food boxes is now underway for Vernonia Cares. The goal again this year is 200 turkeys. To help maximize existing funds at Vernonia Cares, the donation of turkeys is needed more than ever.

Because turkeys will be on sale during the next few weeks, it is an ideal time to help in the effort. There are several ways to help meet the need for 200 turkeys.

If you purchase a turkey at Vernonia Sentry and donate it at the check stand, Sentry will store it for collection later. You may also donate "Saver Shields" at the check stands to offset the purchase price.

Turkeys may also be delivered to the Providence Vernonia Health Center parking lot, Nov. 13 or Nov. 20, from 9:00 a.m. to 3:00 p.m. There will be someone there to take your donation.

By donating a turkey (10 to 12 pounds suggested weight) your contribution will stay in the community, benefiting friends, neighbors and families.

For additional information on the turkey drive, contact Pat or Bob Stacklie at 503-429-7563.

Church Directory

VERNONIA COMMUNITY CHURCH

Grant Williams, Pastor
957 State Avenue
Vernonia, 503 429-6790
Sunday Breakfast 9:00 a.m.
Morning Worship 9:45 a.m.
*B.L.A.S.T. w/Nursery 10:00 a.m.
*Bible Learning and Scripture Training
Wednesday
Prayer Meeting 7:00 p.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.

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
Grant & North Streets
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.

VERNONIA CHRISTIAN CHURCH

Sam Hough, 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.

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

375 North St. (Vernonia Grange Hall)
Vernonia, 503 795-2173
Sunday Services 10:00 a.m.

VERNONIA FOURSQUARE CHURCH

850 Madison Avenue
Vernonia, 503 429-1103
Sunday Worship Service: 10:30 a.m.
Children's Sunday School

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.

Computer Counselors

Doug Tesdal and Glenda Delemos

- New Systems, Upgrades and Desktop Support
- Virus Prevention & Protection
- Digital Camera Support and Operation
- Applications for both Home and Business
- DSL and Wireless Network Set Up

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