

Food for Thought

Elk and deer season have now ended, so some new recipes for venison and elk seem to be appropriate for this month's food column. You can celebrate the bounty with some great tasting recipes.

CROCKED VENISON

2 - 4 lb deer roast	1 lb carrots, diced	Black pepper
2 cloves garlic, chopped	2 onions, chopped	2 Tbs cornstarch
1 packet onion soup mix	2 beef bouillon cubes	
2 cups water, more may be needed		

Place the carrots and onions in a crockpot. Add the deer, garlic, soup mix and bouillon cubes. Pepper to taste. Add water. Cook on high for 4 hours. Check to see if it needs more water and add if necessary. Drain off the juice and place in a saucepan. Bring to a boil and stir in the cornstarch. Simmer and stir until thick. Pour the gravy back in the crockpot over the meat and veggies. Cook for another hour.

Serving Suggestions: Remove meat to a serving platter and slice. Place meat in the middle of the platter and arrange the veggies around it. Pour a little gravy over the meat and serve. Use the rest of the gravy for mashed potatoes or noodles.

ELK LOIN STEAK WITH RED WINE-HORSERADISH SAUCE

4 6 to 8-ounce elk loin steaks (about 1 inch thick)

Sauce

1 Tbs. butter	1 cup chopped shallots	1/2 cup whipping cream
1 tsp. crushed black peppercorns	1 Tbs. prepared white horseradish	
2 fresh thyme sprigs or 1/2 tsp dried thyme	2 cups dry red wine	

Melt 1 Tbs butter in heavy medium saucepan over medium heat. Add shallots, peppercorns and thyme and sauté mixture until shallots are tender, about 5 minutes. Add 2 cups red wine. Increase heat and boil until liquid is reduced to 1 cup, about 20 minutes. Strain sauce and return to same saucepan. Add 1/2 cup whipping cream and boil until reduced to sauce consistency, about 7 minutes. Stir in horseradish. Season sauce to taste with salt and pepper. (Can be prepared 1 day ahead. Cover and refrigerate. Bring to simmer before using.)

Prepare barbecue (medium-high heat) or preheat broiler. Season steaks generously with salt and pepper. Grill or broil to desired doneness, about 5 minutes per side for medium-rare. Transfer steaks to plates. Spoon horseradish sauce around and serve.

JUNIPER ELK ROAST

1 elk roast (standing rib, sirloin tip or round)

Marinade

1 medium onion	1 Tbs. salt
5 peppercorns	2 gloves garlic
1 medium carrot, sliced	2 stalks celery, sliced
1 cup cider vinegar	1 cup beef bouillon
1 cup dry vermouth	12 juniper berries

Combine all the marinade ingredients and boil for 5 minutes. Cool. Place the roast in the marinade and refrigerate overnight. Remove from the marinade and place on a roasting rack in a preheated 250 degree oven with a blanket of beef suet. Roast at this low temperature for 50 minutes per pound. Remove suet for the last 30 minutes and baste the roast with the pan drippings and a little of the marinade.

DRUNK DEER

3 lbs venison, cut in 1/2 inch cubes	2 Tbs flour
1 tsp salt Dutch oven	1/4 tsp freshly ground pepper
1 Tbs olive oil	2 medium onions, diced
1/2 cup chopped green pepper	2 cloves garlic, minced
1/2 cup beef bouillon	1 cup tomato sauce
1/2 tsp thyme or crushed rosemary	3 oz. bourbon

Dredge meat in a mixture of flour, salt and pepper. Brown meat in olive oil in Dutch oven over medium heat. Remove meat from pan and set aside. Sauté onions, green peppers and garlic pan until soft but not brown. Return meat to Dutch oven and add bouillon, tomato sauce, thyme or rosemary and bourbon. Cover and simmer slowly for 2 hours, watching to make sure liquid does not dry up.

VENISON CHOPS WITH SWEET POTATO PUREE AND WINTER VEGETABLES

8 bone venison rack, trimmed and cut into double chops		
2 garlic cloves, crushed	1 Tbs olive oil	3 ounce port wine
8 peppercorns, crushed	several sprigs fresh thyme	

Combine ingredients and massage into venison. Marinate overnight or for several hours. Bring to room temperature before cooking.

Sweet Potato Puree

3 sweet potatoes, baked for 45 minutes	
3 Tbs butter	Salt and pepper

Peel potatoes and put through a food mill with salt, pepper and butter. Set aside and keep warm.

Vegetables

8 Brussels sprouts, halved	2 Tbs butter	Pinch of sugar
2 parsnips, peeled and cut into 3 inch x 1/2 inch pieces		
2 carrots, peeled and cut into 3 inch x 1/2 inch pieces		
Salt and pepper	Water	

In separate pans, add Brussels sprouts, parsnips, and carrots. Add to each a pinch of salt, pepper, sugar, 2 Tbs water, and a little butter. Cook until glazed, about 10 minutes. You may need to add a little more water if it evaporates before the vegetables are tender.

FANCY SOUPED VENISON STEAKS

4 to 6 venison steaks	1 pkg. dry onion soup mix
1 can mushroom soup	1/2 soup can of milk

Mix together the soups and the milk. Brown steaks in a little butter. Add soups and simmer for about an hour.

Take out steaks and thicken gravy if needed. Serve with rice or potatoes.

HERBED POTATOES

This is a good accompaniment with either wild game or domestic meat dishes.

2 pounds small red potatoes	1 Tbs butter	
2 green onions, sliced	1 Tbs chopped parsley leaves	
1 tsp snipped chives	1/2 tsp salt	1/8 tsp pepper

Scrub potatoes and peel a ring around centers with a vegetable peeler. Boil 20 minutes. Drain and transfer to bowl. Melt the butter in a skillet over medium heat, add the green onions, parsley, chives, salt, and pepper and cook 3 minutes. Add to potatoes.

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.