

Food for Thought

Food for Thought focuses on Scandinavian cooking this month, with recipes from Sweden, Norway, and Denmark.

ÄRTER MED FLÄSK (Swedish pea soup with pork)

1 lb (2 cups) dried yellow split peas	5 cups cold water
1 whole onion, peeled, studded with 2 cloves	2 med. onions, finely chopped
1/2 tsp thyme	1 lb lean salt pork, in 1 piece
	1 tsp leaf marjoram or 1/4 tsp powdered marjoram
	salt

Wash the split peas in cold running water and place them in a 2 to 3-quart saucepan. Cover with 4 cups cold water and bring to a boil.

Skim off any pea husks that rise to the surface, add the chopped onion, the whole onion, salt pork, marjoram and thyme and again bring to a boil. Immediately lower the heat and simmer with the pot partially covered for about 1-1/4 hours, or until the peas are quite tender. Remove the whole onion and the salt pork from the soup and cut the pork in slices about 1/4 inch thick.

May be served one of two ways. Either place a few slices of pork in serving bowls, season soup with salt and ladle over the pork. Or, serve soup alone, accompanied by a separate plate of sliced salt pork and spicy brown mustard.

Makes 4 to 6 servings.

PLÄTTAR (Swedish pancakes)

This famous dish, customarily served with lingonberries or fruit preserves, is a part of the traditional Swedish Thursday night dinner, following the main dish of pea soup with pork.

3 eggs	1 cup flour
2 cups milk or 1 cup milk and 1 cup light cream	6 tbs unsalted butter, melted
	1/2 tsp salt

Beat the eggs together with 1/2 cup milk for 2 or 3 minutes with a rotary beater or whisk. Add the flour all at once and beat to a heavy, smooth consistency. Beat in the remaining milk and then the melted butter and salt. Because of the large amount of butter, the skillet will require little, if any, additional buttering.

If you have the Swedish 5 or 7-section pancake pan, heat it, ungreased, over medium-high heat. When the pan is so hot that a few drops of water flicked on the surface bounce around and evaporate instantly, drop a tablespoon of batter into each depression. The pancakes should bubble almost immediately. After 1 or 2 minutes, when the edges begin to brown, turn the pancakes with a narrow spatula and cook another 1 to 2 minutes to brown the other side.

A heavy cast-iron skillet can be used instead of the sectioned pan, but first grease it lightly with a pastry brush or paper towel dipped into a little melted butter (this step need not be repeated). When the skillet is very hot, drop 1 tablespoon of batter into the pan for each pancake; each should form a 3-inch circle. When the edges brown lightly after about 1 minute, turn the pancakes with a spatula and cook another minute or two. In Swedish families, the *plättar* are served "from pan to plate," but if necessary, set each batch on a platter and keep them warm in a 200° oven until all are ready.

Makes 6 to 8 servings.

RISTED LAKS MED KREMSAUS (Norwegian fried trout in sour cream sauce)

4 fresh or frozen trout, about 1/2 lb each, cleaned but with head and tail left on	salt
2 tbs vegetable oil	1/2 cup flour
1/2 tsp lemon juice	4 tbs butter
	1 cup sour cream
	1 tbs finely chopped parsley

If using frozen trout, defrost completely. Wash the fish under cold running water, pat dry inside and out with paper towels, and sprinkle a little salt into the cavities. Spread the 1/2 cup of flour over wax paper, roll the fish around in the flour, and shake off excess flour.

In a heavy 10 to 12-inch skillet, heat 2 tbs of the butter and 2 tbs of oil. When the foam subsides, lower the heat to moderate and fry the trout, 2 at a time, for about 5 minutes on each side, turning them carefully with a large spatula. When all the trout have been browned, keep them warm on a heatproof platter in a 200° oven while you quickly make the sauce.

Pour off all the fat from the skillet and replace it with 2 tbs of butter. Stir over low heat, scraping up the brown pan drippings with a wooden spoon. Add the sour cream and continue stirring for about 3 minutes, without letting the cream boil. Stir in the lemon juice and pour the sauce over the hot fish. Garnish with chopped parsley and serve at once.

Makes 4 servings.

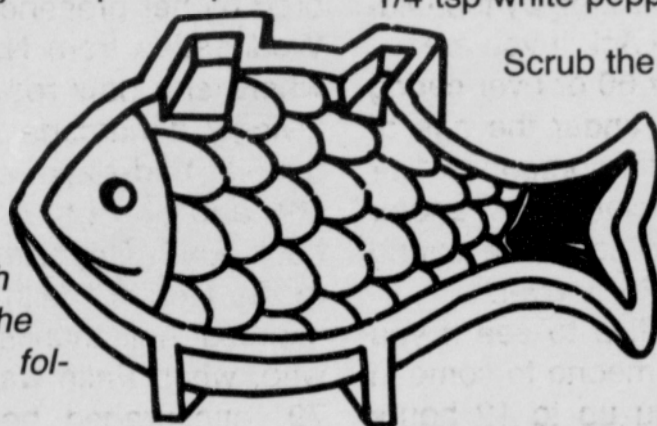
AGURKESALAT (Danish pickled cucumber salad)

2 large or 3 med. cucumbers	1 tbs and 1 tsp salt
3/4 cup white vinegar	1 tbs sugar
1/4 tsp white pepper	2 tbs chopped fresh dill

Scrub the wax coating (if any) off the cucumbers and dry them. Score cucumbers lengthwise with a fork and cut them in the thinnest possible slices. Arrange them in a thin layer in a shallow china or glass dish and sprinkle with 1 tbs salt. Place 2 or 3 plates on top of the cucumbers (to press out excess water and bitterness) and let them rest at room temperature for a couple of hours.

Remove the plates, drain all liquid, and spread them out on paper towels. Gently pat the cucumbers dry with paper towels and return them to dish. In a small bowl, beat together the vinegar, sugar, 1 tsp salt and pepper. Pour over the cucumbers and sprinkle them with chopped dill. Chill for 2 to 3 hours and just before serving, drain away nearly all the liquid.

Makes 4 servings.



Film on "Human Cost of War"

"The Human Cost of War," will be shown Saturday, April 9, at 4:30 p.m. at the Scappoose Library. The 20-minute film reveals that many more Americans have been seriously wounded or permanently maimed in the Iraqi War than the news seems to indicate.

Speaking from wheelchairs or leaning on crutches, some of the wounded veterans talk matter-of-factly about fighting in a war where the front line is all around you, an attack can come at any time, and the enemy looks like anyone else.

Marvin Simmons, host of "Veterans' Voice" on radio station KBOO, with Eric Blickenstaff of Military Families Speak Out, will be present to discuss issues facing veterans of this war, some of whom are dealing with governmental agencies which seem indifferent to military personnel and bereaved families. Simmons also represents Northwest Veterans for Peace.

The free public event is sponsored by Columbia County Citizens for Human Dignity (CCCHD). This is not a political event but an attempt to let citizens get a different look at the conflict which has almost fallen out of public view, even after 1,500 Americans and uncounted Iraqis have died.

Church Directory

ST. AUGUSTINE (CANTERBURY) EPISCOPAL CHURCH

375 North St. (Vernonia Grange Hall)
Vernonia, 503 705-2173
Please call for service schedule.

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.

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.

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.

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.

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.

VERNONIA FOURSQUARE CHURCH

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

ASSEMBLY OF GOD

662 Jefferson Ave., Vernonia,
503 556-1961 for Information
Sunday School 9:45 a.m.
Morning Worship 11:00 a.m.

SEVENTH DAY ADVENTIST

John Aitken II, Pastor, 396-1856
2nd Ave. and Nehalem St.
Vernonia, 503 429-8301
Morning Worship, 9:15 a.m.
Bible Study 10:30 a.m.