

Food for Thought

Barbecue!! The very word starts anticipation of juicy, succulent meals. This simple method for cooking outdoors on a grate or grill over an open fire, allows meat, fish and vegetables to quickly absorb the aroma of the smoke, giving the food a distinct flavor. Food for Thought is offering some barbecue tips along with some really good recipes.

TIP: Add scent to the smoke by putting aromatic herbs (rosemary, thyme, bay, lavender, fennel, etc.) or wood chips on the coals before cooking. Hickory or mesquite wood chips may be purchased, but local fruit wood (especially apple) also adds aroma to the smoke. Soak wood in water for 30 minutes before use. Herbs may also be placed on the food as it cooks.

Marinades, rubs and glazes are used in different ways to add flavor to meat, fish, poultry and vegetables. Acidic marinades contain wine, vinegar, mustard or citrus juice to tenderize the food; oil and paste marinades are spread over the surface of fish or meat to form a savory protective crust that seals in juices when cooking on an open fire. Dry rubs are mixtures of ground herbs and spices that add flavor. Most meats are easily coated with the dry rub, but adding a splash of wine or olive oil to make a paste will help it stick to other foods. Glazes use jams or chutneys with mustard to make a surface coating of flavor that is brushed on meat, fish or poultry. It is brushed on only when the food is nearly done, or the sugar will burn.

KEBABS

Meat and veggies on a stick are long-time barbecue favorites and have gone way beyond the traditional beef or lamb, onion and green pepper combination. Nevertheless, let's start with that combo.

Beef Shish Kebab

1-1/2 lb. sirloin, cut into bite-size cubes
3 small onions, peeled & cut in wedges
3 green peppers, halved, seeded & cut in wedges
1/2 cup vegetable oil

Marinade

3-5 garlic cloves, diced
1 small onion, chopped
black pepper, coarsely ground
1 cup red wine
handful fresh bay leaves

Place cubed beef in a glass dish with the marinade ingredients. Turn to coat, then cover and marinate 3 hours at room temperature or overnight in the refrigerator.

Thread meat and bay leaves onto skewers, alternating with onion and green pepper wedges. Cook over HOT coals, turning occasionally. Allow 5-7 minutes for rare, 9-10 minutes for medium, 12-13 minutes for well done.

Scallop & Mushroom Kebabs

12 medium scallops
2 tbs butter
1/4 tsp lemon-pepper seasoning
12 medium mushroom caps
1/4 tsp salt

Gently rinse scallops and mushrooms under cold running water; pat dry. Place a scallop in each mushroom cap. In a small saucepan, melt butter, stir in salt and lemon-pepper.

Thread skewers through bottoms of mushroom caps so scallop inside is also skewered. Brush generously with butter mixture. Cook over HOT coals 6 to 9 minutes or till mushrooms are tender and scallops are opaque.

TIP: Meat and vegetables look pretty together on the skewer, but are disappointing when the meat is underdone or the vegetables are burned. The solution is to grill the meat on one set of skewers over high heat, while grilling the vegetables on a separate set of skewers over medium heat. In a charcoal grill, cook the meat in the center of the grill, where coals are highest, with the vegetables around the edges. This method also pleases vegetarian guests.

Some foods can be cooked on the barbecue even though they are wrapped in foil. Here's a great vegetable recipe.

SUMMER VEGETABLE POTPOURRI

12 lg whole fresh mushrooms, halved
2 cups small yellow summer squash, halved lengthwise & cut into 1/2-inch-thick slices
1 cup pearl onions or 1 lg onion cut into chunks
1 cup celery, bias-sliced into 1/2-inch pieces
1 cup red pepper, cored, seeded & cut into chunks
1 tsp fresh chopped basil or 1/4 tsp dried basil
1/2 tsp finely shredded lemon peel
1/8 tsp salt
1 tbs olive oil
pepper to taste

Cut an 18 inch square of heavy foil. Combine vegetables and place in center of the foil. Drizzle vegetables with olive oil. Sprinkle with basil, lemon peel, salt and pepper. Bring up 2 opposite edges of foil and, leaving a little space for expansion of steam, tightly seal top, then each end.

Place foil packet on edge of grill. Cook 40-45 minutes or till vegetable are crisp-tender. Spoon juices over vegetables before serving.

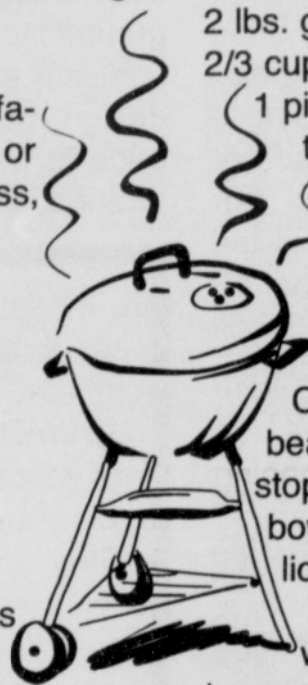
SUMMERTIME GREEN BEAN SALAD

This salad isn't barbecued, but it's a great way to enjoy the bounty of fresh green beans.

2 lbs. green beans, trimmed
2/3 cup extra-virgin olive oil
1 pint cherry or grape tomatoes, halved
1 cup imported olives, preferably Nicoise, pitted
5 cloves garlic, peeled
1/4 cup balsamic vinegar
1/2 large sweet onion, peeled & finely chopped
1/2 cup Parmesan cheese, freshly grated

Fill a large pot with salted water, set it over high heat and bring water to a boil. Add the beans and 2 cloves of garlic. Cook until beans are crisp-tender, 8 to 12 minutes. Drain the beans and immediately put them under cold running water to stop the cooking. When cool, drain again, put the beans in a bowl and immediately add the oil and vinegar. Discard the garlic.

Finely chop the remaining garlic. Add to the beans along with the remaining ingredients, and toss. Serve immediately or cover with plastic wrap and refrigerate for up to 4 hours. Serve chilled or at room temperature.



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 9:45 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 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.

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.

Jamboree T-Shirt design deadline

The Vernonia Festival Committee will be looking at T-Shirt ideas for the Vernonia Friendship Jamboree on July 8, at 6:30 p.m. at City Hall. The theme of this year's Jamboree will be "Just in Time for 49," in honor of the 49th Jamboree.

If you have an idea, it's not too late to bring it to the meeting for consideration.

Jamboree still in need of volunteers

The Vernonia Festival Committee (formerly called the Vernonia Jamboree Committee) is seeking volunteers to help with Jamboree. Many of the tasks require only small amounts of time, but they can make a big difference in how smoothly Jamboree runs.

For more information, call Katie Poetter at 503-429-0700.

Watson to perform at Sunday concert

Johnny Ray Watson will be in concert Sunday, July 10 at 9:45 a.m. at the Vernonia Community Church, 957 State Avenue. Everyone is invited to a continental breakfast at 9:00 a.m. The community is invited to enjoy a wonderful time of fellowship and blessing.

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.