

Food for Thought

Although cold soup is unfamiliar to many Americans, it is enjoyed in many countries. When summer heat makes the idea of a hot meal undesirable, you can still serve a nutritious – and remarkably tasty – meal. All of these soups can be made in advance and, in fact, need to be refrigerated for at least 4 hours. None of them will be harmed by refrigerating overnight if you do not add the garnishes until they are served. Add some crusty French bread, meat of your choice – cooked outdoors, of course – a salad and dessert for a complete meal.

COLD TOMATO/GARLIC SOUP WITH GRATED ZUCCHINI

1 lb. 10 oz. small zucchini, washed and finely grated
 1 lb. tomatoes, peeled, seeded and puréed
 4 garlic cloves 8 sprigs basil 1 Tbs olive oil
 3 cups water Salt & freshly ground pepper

Peel the garlic and place in a large pot with 3 cups of water, the basil leaves, olive oil and salt. Add the tomatoes and bring to a boil. Add the zucchini. Cover and gently simmer for 40 minutes.

When soup is cooked, let cool. May be served at room temperature or chilled.

To serve: Divide among 4 soup dishes and season to taste with freshly ground pepper and olive oil. Garnish with a sprig of basil.

COLD BEER & AVOCADO SOUP WITH TOMATO GARNISH

3 avocados 1-1/4 cups beer (not a dark beer) 2/3 cup chicken stock
 2 tomatoes 1 garlic clove, peeled 1 Tbs sugar juice of one lemon
 1/3 cup + 1 Tbs cream 2-3 pinches Cayenne pepper balsamic vinegar
 sea salt & freshly ground pepper

Score a cross in the base of each tomato. Plunge into boiling water for 1 minute, then into cold water, drain and peel away the skin. Cut in half, squeeze out the seeds, then dice. Reserve.

Peel avocados, remove pit and place the halves in a food processor. Add lemon juice, garlic, sugar, Cayenne and the cream. Purée.

Check the seasoning. Add salt and pepper to taste, pulse to mix. Add chicken stock and beer and pulse 2-3 times to blend. Pour into a bowl and chill in the refrigerator.

To serve: Divide among 4 soup dishes. Pour a thin line of balsamic vinegar on the top and decorate by pulling the point of a knife through the line. Sprinkle with the diced tomato and serve.

COLD TOMATO & BASIL SOUP

2 lbs. ripe tomatoes 2 cups chicken stock
 1 bunch basil + a few leaves reserved for garnish
 2 garlic cloves, peeled 2 Tbs olive oil 2 Tbs red wine vinegar
 2 pinches sugar sea salt & freshly ground pepper

Score a cross in the base of each tomato. Plunge into boiling water for 1 minute, then into cold water, drain and peel away the skin. Cut the tomatoes in half, squeeze out the seeds, then dice them.

Put the garlic, olive oil, and basil into a food processor and pulse to combine. Add the tomatoes, chicken stock and sugar and purée.

Pour this mixture into a saucepan and warm it gently, adding the salt, pepper and vinegar. Adjust seasoning, remove from heat and chill. When the soup has chilled, press it through a fine sieve. Keep cold until ready to serve

GAZPACHO

1 3/4 pounds ripe tomatoes 1 large cucumber, chopped
 1 green bell pepper, chopped 2 cloves crushed garlic
 1 Tbs chopped black olives 1/3 cup white wine vinegar
 1/4 cup olive oil 1 Tbs tomato paste
 2-1/2 cups water 1 small onion, chopped
 1 green bell peppers, diced 2 green onions, thinly sliced
 1 large cucumber, chopped 2 hard-cooked eggs, chopped

Score a cross in the base of each tomato. Plunge into boiling

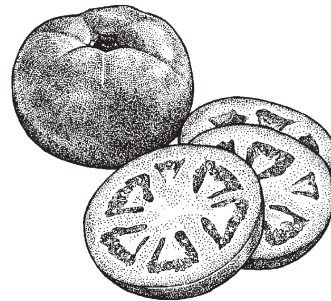
water for 1 minute, then into cold water, drain and peel away the skin. Chop the flesh so finely that it is almost a puree.

Mix together tomatoes, 1 chopped cucumbers, 1 diced green pepper, garlic, olives, vinegar, oil and tomato paste, and season to taste. Cover and refrigerate for 2 to 3 hours.

Use 2 to 3 cups of chilled water to thin the soup to your taste. Serve chilled with the chopped onion, green pepper, scallions, cucumber, boiled egg, herbs and croutons served separately for diners to add to their own bowls.

To Make Garlic Herb Croutons: Preheat the oven to 350 degrees. Cut two 1/2 thick slices from a loaf of bread (your choice). Remove the crusts and cut each bread slice into 16 cubes. In a bowl, mix together 3 tablespoons olive oil, 2 crushed cloves garlic, 1 tablespoon chopped fresh oregano, 2 tablespoons chopped fresh thyme, 1 tablespoon chopped fresh rosemary and a pinch of chili flakes. Add the bread cubes to the herbed oil and toss until all the oil has been absorbed. Lay the bread cubes in a single layer on a baking tray and bake in the oven for 10 to 12 minutes, or until the croutons are golden brown. Turn once during baking.

Serves 4 to 6.



VICHYSOISE

2 leeks, chopped 1 onion, chopped 2 Tbs unsalted butter
 3/4 cup thinly sliced potatoes 2 1/3 cups chicken stock
 salt to taste ground black pepper to taste 1-1/8 cups heavy whipping cream

Gently sauté the chopped leeks and the chopped onion in butter or margarine until soft, about 8 minutes. Do NOT let them brown.

Add potatoes and stock to the saucepan. Salt and pepper to taste; do not overdo them! Bring to a boil, and simmer very gently for 30 minutes.

Purée in a blender or food processor until very smooth. Cool. Gently stir in a swirl of heavy cream.

Serves 5

NOTE: There is always an exception – this soup should not be refrigerated overnight.

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.

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 FOURSQUARE CHURCH

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

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.

ST. AUGUSTINE (CANTERBURY) EPISCOPAL CHURCH

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

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 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.

ASSEMBLY OF GOD

David Jenkins, Pastor
 662 Jefferson Ave., Vernonia,
 503 816-1989
 Sunday School 9:45 a.m.
 Morning Worship 11:00 a.m.