

Food for Thought

With this column, *The INDEPENDENT* is pleased to welcome Leslie Barnes, our new food columnist. She is starting with some great recipes for either holiday or everyday meals.



APPLE-CRANBERRY CRUMB PIE

Make the crust from scratch or, for time's sake, I've used pre-made dough. If you want to make two pies, just double all ingredients.

Filling

3/4 cup sugar 3 T. cornstarch 2 tsp. cinnamon
3-1/2 lbs. (about 7) golden delicious apples, peeled & sliced
1/2 cup fresh cranberries 1 T. grated orange peel
dough for bottom crust of 10" glass pie pan

Streusel (crumb topping)

1/2 cup all purpose flour 1/2 cup brown sugar 6 T. (3/4 stick) butter
1 tsp. cinnamon 3/4 cup old-fashioned oats

Preheat oven to 350 degrees.

Prepare topping by combining flour, brown sugar, butter and cinnamon in medium bowl. Mix until moist clump forms. Add oats, mixing thoroughly and set aside.

For pie filling, whisk sugar, cornstarch and cinnamon in large bowl to blend. Add apples, cranberries and orange peel; stir to blend. Let stand until juice forms, about 15 minutes, stirring occasionally.

Roll out dough and place in pie. Fold overhang under and crimp edge.

Place filling in crust. Sprinkle streusel evenly over pie, pressing lightly to adhere.

Bake until streusel is golden and crisp, apples are tender and juices are bubbling thickly, about 1 hour and 15 minutes. Cool to room temperature before serving.

PARSLEY, SAGE AND CELERY CORNBREAD DRESSING

You can make your corn bread days in advance, it doesn't need to be fresh.

1/2 cup butter 2 cups celery, chopped 2 cups onions, chopped
1 red bell pepper, chopped garlic to taste 1 T. sage
1 loaf corn bread, cut in 1/2 inch cubes 1 cup parsley 1/2 cup celery leaves
4 large eggs 1-1/4 cups vegetable broth 2 tsp. salt 1 tsp. pepper

Preheat oven to 350 degrees.

Butter 13 x 9 x 2-inch glass baking dish. Melt butter in heavy large skillet over medium heat. Add celery, onion, bell pepper, garlic and sage. Sauté until vegetables are just tender but not yet brown, about 15 minutes.

Combine cornbread, parsley, celery leaves and sautéed vegetables in a large bowl. In another bowl, beat eggs, broth, salt and pepper to blend; stir into cornbread mixture. Put in baking dish.

Bake covered, 40 minutes. Uncover and bake until cooked through and beginning to brown on top, about 25 minutes longer.

ROASTED BRUSSELS SPROUTS WITH DIJON CREAM SAUCE

1 lb. Brussels sprouts, halved lengthwise
2 cups red onion, cut into wedges
garlic to taste 2 T. olive oil salt and pepper to taste
1/2 cup cream 1/4 cup Dijon mustard 1 T. honey
1 tsp. cider vinegar

Preheat oven to 450 degrees

Toss sprouts, onions and garlic in a bowl with the oil, salt and pepper. Spread in a single layer on a baking sheet and roast 20 minutes, or until sprouts are tender, yet crisp.

Simmer cream, mustard, honey and vinegar in saucepan over low heat for 10 minutes, or until slightly thickened.

To serve, spoon sauce over roasted sprouts

PENNÉ PASTA WITH MEAT SAUCE

The main trick to this recipe is browning the meat sufficiently. Let the ground beef cook in its own fat, without stirring, so the meat has a chance to brown well.

1/2 lb. penné pasta (use rice pasta for gluten-free version)
4 quarts of water 1 T. salt 2 T. olive oil
2 cups onion, chopped 6 cloves garlic, chopped
1 tsp. Italian seasoning
Dash red pepper flakes or cayenne pepper
1/2 tsp thyme Salt and freshly ground black pepper to taste
1 lb. (16% fat) ground beef. If you use ground turkey, add a bit of olive oil to the pan and stir a bit more.
3 fresh basil leaves, chopped 1 - 15 oz. can no-salt diced tomatoes with juice
1 cup chicken broth 1 - 6 oz. can tomato paste
Wine to taste (Pinot Noir or another red wine of your choice)
1 tsp. sugar 1 T. fresh parsley, chopped

Heat water to boiling in a large pot; add salt and return to a boil, then add the pasta. Leave uncovered and let cook on high heat with a vigorous boil, 8-10 minutes, or whatever the pasta package says is appropriate for al dente (cooked but still a little firm). Drain.

While water is heating, start on the sauce. Heat olive oil in a very large skillet on medium heat. Add onion, Italian seasoning and red pepper flakes. Cook, stirring occasionally, until the onions are softened, about 5 minutes. Add garlic, thyme, salt and pepper; cook for additional minute, until garlic is fragrant. Remove from heat and set aside.

Heat a large cast iron pan on high heat. Salt the bottom of the pan generously. Once the pan is hot, break up small chunks of ground beef and add them to the pan, without stirring. (You may need to work in batches; do not crowd the pan.) You want the meat to get well browned. If the pan is too hot and the meat is burning, not browning, take pan off the heat for a little while, and reduce the heat to medium high. When the meat is browned on one side (a couple of minutes), use a metal spatula to flip the meat over and brown on the other side. At this point, assuming you are using a cast iron pan, you can remove the pan from the heat. The residual heat in the pan will finish cooking the meat.

Use a slotted spoon to lift the meat from the cast iron pan and add it to the pan with the seasoned onions. Add diced tomatoes, chicken broth, tomato paste, pinot noir, (or a red wine of your choice). Use edge of the metal spatula to break up bigger chunks of meat into smaller pieces. Add basil and sugar. Bring to a simmer on low heat and let cook, uncovered, for 15 minutes.

After 15 minutes, adjust seasonings, adding salt and pepper to taste. If the sauce is too acidic, add a little more sugar. If the sauce is a little dry, add more tomato sauce. Stir in the cooked penné pasta. Sprinkle with chopped parsley and serve immediately.

Serves 4.



Church Directory

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

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

CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

Marc Farmer, 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.

SEVENTH DAY ADVENTIST

Gary S. Walter, Pastor
2nd Ave. and Nehalem St., Vernonia
503 429-8301
Morning Worship, 11:00 a.m.
Sabbath School 9:30 a.m.

ASSEMBLY OF GOD

Wayne and Maureen Marr
662 Jefferson Ave., Vernonia,
503 429-0373
Sunday School 9:45 a.m.
Morning Worship 11:00 a.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.

FIRST BAPTIST CHURCH

359 "A" Street, Vernonia
503 429-5190
Sunday School 9:45 a.m.
Sunday Worship Service 11:00 a.m.
Wednesday Prayer Meeting 7:00 p.m.

ST. MARY'S CATHOLIC CHURCH

Rev. Luan Tran, Administrator
960 Missouri Avenue, Vernonia
503 429-8841
Mass Sunday 12:00 Noon
Religious Educ. Sunday 10:30 a.m.

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.
Children and Nursery 10:00 a.m.
Youth Group 6:00 p.m.
Preschool Mon. & Wed. 9:00 a.m.
Wednesday Prayer 6:00 p.m.
Tues. & Fri. Adult Volleyball 7:00 p.m.