

Food for Thought

By Leslie Barnes

Here are some winter comfort foods, great for snowy, cold weather, as long as you have the power to cook them.



COQ AU VIN

Serve this over garlic mashed potatoes for a nice winter meal.

2 T olive oil
4 oz good bacon or pancetta, diced
1 (3 to 4-lb) chicken, cut into 8 pieces
Kosher salt and freshly ground black pepper
1/2 lb carrots, cut diagonally in 1-inch pieces
1 yellow onion, sliced 1 tsp chopped garlic

1/4 cup Cognac or good brandy
1/2 bottle (375 ml) good dry red wine such as Burgundy
1 cup chicken stock, preferably homemade
10 fresh thyme sprigs, or 1 tsp dry crushed thyme
2 T unsalted butter, at room temperature, divided
1-1/2 T all-purpose flour
1/2 lb small whole onions, peeled
1/2 lb cremini mushrooms, stems removed and thickly sliced

Preheat the oven to 250° F.

Heat the olive oil in a large Dutch oven or other heavy kettle. Add bacon and cook over medium heat for 8 to 10 minutes, until lightly browned. Using a slotted spoon, transfer bacon to a plate.

Meanwhile, lay the chicken out on paper towels and pat dry. Liberally sprinkle chicken on both sides with salt and pepper. When bacon is removed, brown the chicken pieces in batches in a single layer for about 5 minutes, turning to brown evenly. Remove browned chicken to the plate with the bacon and continue until all the chicken is browned. Set aside.

Add carrots, onions, 2 tsp salt, and 1 tsp pepper to the pan and cook over medium heat for 10 to 12 minutes, stirring occasionally, until the onions are lightly browned. Add garlic and cook for 1 more minute. Add Cognac and put the bacon, chicken, and any juices that collected on the plate into the pot. Add wine, chicken stock and thyme; bring to a simmer. Cover the pot with a tight fitting lid and place in oven for 30 to 40 minutes, until the chicken is just not pink. Remove from oven and place on top of the stove.

Mash 1 tablespoon butter and the flour together and stir into the stew. Add onions. In a medium sauté pan, add the remaining 1 tablespoon butter and the mushrooms; cook over medium-low heat 5 to 10 minutes, until browned. Add to stew. Bring the stew to a simmer and cook for another 10 minutes. Season to taste. Serve hot.

GARLIC MASHED POTATOES

1/2 cup garlic cloves, peeled (about 1 head)
1 cup extra-virgin olive oil
3 lb Yukon gold potatoes, peeled and quartered
Kosher salt
1 tsp freshly ground black pepper
1/4 cup heavy cream, half-and-half, or creme fraiche

In a small saucepan, bring garlic and oil to a boil, then reduce heat to low and cook uncovered for 5 minutes, or until garlic is lightly browned. Turn off heat and set aside; garlic will continue to cook in the hot oil.

Place potatoes in a large pot of salted water, bring to a boil, and cook for 15 to 20 minutes, until potatoes are very tender. With a slotted spoon, remove potatoes from water, reserving the cooking water. Remove garlic from the oil, reserving the oil.

Process potatoes and garlic through a food mill fitted with the medium disk. Add reserved olive oil, 2 tsp salt, the pepper, cream, and 3/4 cup of the cooking water; mix with a wooden spoon. Add more cooking water, if necessary, until the potatoes are creamy but still firm. Season, to taste and serve hot.

TURKEY LASAGNA

2 T olive oil
1 cup chopped yellow onion
2 garlic cloves, minced
1-1/2 lb sweet Italian turkey sausage, casings removed
1 (28-oz) can crushed tomatoes in tomato puree
1 (6-oz) can tomato paste
1/4 cup chopped fresh flat-leaf parsley, divided
1/2 cup chopped fresh basil leaves
2 tsp kosher salt
3/4 tsp freshly ground black pepper
1/2 lb lasagna noodles
15 oz ricotta cheese
3 to 4 oz creamy goat cheese, crumbled
1 cup grated Parmesan, plus 1/4 cup for sprinkling
1 extra-large egg, lightly beaten
1 lb fresh mozzarella, thinly sliced

Preheat oven to 400°F.

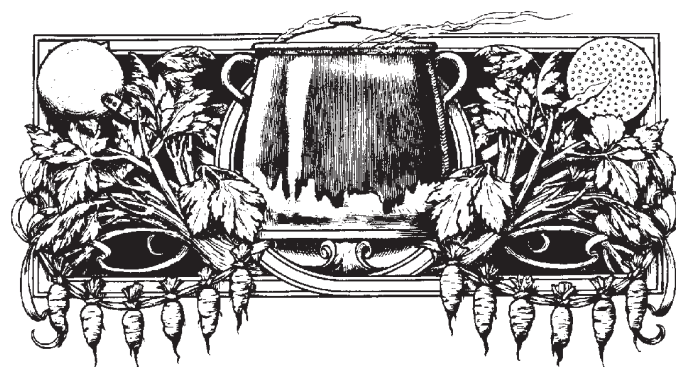
Heat olive oil in a large (10 to 12-inch) skillet. Add onion and cook for 5 minutes over medium-low heat, until translucent. Add garlic and cook for 1 more minute. Add sausage and cook over medium-low heat, breaking it up with a fork, for 8 to 10 minutes, or until no longer pink. Add tomatoes, tomato paste, 2 tablespoons of parsley, basil, 1-1/2 tsp salt, and 1/2 tsp pepper. Simmer, uncovered, over medium-low heat, for 15 to 20 minutes, until thickened.

Meanwhile, fill a large bowl with the hottest tap water. Add the noodles and allow them to sit in the water for 20 minutes. Drain.

In a medium bowl, combine ricotta, goat cheese, 1 cup of Parmesan, egg, the remaining 2 tablespoons parsley, remaining 1/2 tsp salt

and 1/4 tsp pepper. Set aside.

Ladle 1/3 of the sauce into a 9 by 12 by 2-inch rectangular baking dish, spreading the sauce over the bottom of the dish. Then add the layers as follows: half the pasta, half the mozzarella, half the ricotta, and one 1/3 of the sauce. Add the rest of the pasta, mozzarella, ricotta, and finally, sauce. Sprinkle with 1/4 cup of Parmesan. Bake for 30 minutes, until the sauce is bubbling.



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.