

Food for Thought

By Leslie Barnes

As a Sunday dinner or served for lunch at the next Vernonia garden club meeting, this meal is sure to please most everyone.



CHICKEN TETRAZZINI

9 T butter, divided
2 T olive oil, divided
4 boneless, skinless chicken breasts
2-1/4 tsp salt, divided
1-1/4 tsp freshly ground black pepper, divided
1 lb white mushrooms, sliced
1 large onion, finely chopped
5 cloves garlic, minced
1 T chopped fresh thyme leaves
1/2 cup dry white wine
1/3 cup all-purpose flour
4 cups whole milk, room temperature
1 cup heavy whipping cream, at room temperature
1 cup chicken broth
1/8 tsp ground nutmeg
12 oz linguine
3/4 cup frozen peas
1/4 cup chopped fresh Italian (flat leaf) parsley leaves
1 cup grated Parmesan
1/4 cup dried Italian-style breadcrumbs



Preheat oven to 450 degrees F.

Spread 1 T of butter over a 13 by 9 by 2-inch baking dish. Melt 1 T each of butter and oil in a deep, large nonstick frying pan over medium-high heat. Sprinkle the chicken with 1/2 tsp each of salt and pepper. Add chicken to the hot pan and cook until pale golden and just cooked through, about 4 minutes per side. Transfer chicken to a plate to cool slightly, then coarsely shred chicken into bite-size pieces, into a large bowl.

Meanwhile, add 1 T each of butter and oil to the same pan. Add mushrooms and saute over medium-high heat until liquid from the mushrooms evaporates and the mushrooms become pale golden, about 12 minutes. Add onion, garlic, and thyme, and saute until the onion is translucent, about 8 minutes. Add wine and simmer until it evaporates, about 2 minutes. Transfer the mushroom mixture to the bowl with chicken.

Melt 3 more T butter in the same pan over medium-low heat. Add flour and whisk for 2 minutes. Whisk in milk, cream, broth, nutmeg, remaining 1-3/4 tsp salt and remaining 3 tsp pepper. Increase the heat to high. Cover and bring to a boil. Simmer, uncovered, until the sauce thickens slightly, whisking often, about 10 minutes.

Bring a large pot of salted water to a boil. Add linguine and cook until it is tender but still firm to the bite, stirring occasionally, about 9 minutes. Drain. Add linguine, sauce, peas, and parsley to the chicken mixture. Toss until the sauce coats the pasta and the mixture is well blended.

Transfer pasta mixture to the prepared baking dish. Stir cheese and breadcrumbs in a small bowl to blend. Sprinkle cheese mixture over the pasta. Dot with the remaining 3 T butter. Bake, uncovered, until golden brown on top and the sauce bubbles, about 25 minutes.

Serves 6 to 8

CROATIAN APPLE STRUDEL (Yugoslavian)

3 tbsp. soft butter
3/4 tsp. salt
1 1/2 c. warm water
4-1/4 c. sifted flour
12 golden delicious apples, peeled, cored and thinly sliced
1 cube of butter, split between the two strudels
1/2 cup sugar, mixed with cinnamon to taste

Preheat oven to 375 degrees Fahrenheit.

Mix first four ingredients and knead on floured board until it no longer sticks to hands. Do not use excess flour. Sprinkle flour over

large tablecloth, divide dough into two equal parts and place one ball of dough in the middle of table, grease with a little oil.

Put oil on other ball and set aside. Wait 1/2 hour. Roll out with rolling pin like for a pie, not too big. Then wait another 20 minutes (a must). The dough will then stretch easily.

While the dough is resting prepare apples. Don't let the dough stand too long or it will dry out and crack when it is rolled.

Sprinkle small pieces of butter and sugar and cinnamon over entire dough. Along one side of dough, lengthwise, place sliced apples inwards about six inches. Sprinkle with sugar and cinnamon to taste. Sprinkle with remaining butter and roll.

Place on greased cookie sheet in "S" shape; cut on top so steam escapes to prevent sogginess. Brush with melted butter and bake at 375 degrees for 50 minutes or until brown.

GARLIC BREAD

6 large garlic cloves, chopped
1/4 cup chopped fresh oregano leaves
1/2 cup good olive oil
1/4 cup chopped flat-leaf parsley
1/2 tsp kosher salt
1 loaf ciabatta bread
Freshly ground black pepper
2 T unsalted butter

Preheat oven to 350 degrees F.

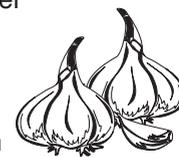
Place garlic in the bowl of a food processor and process until minced. Add parsley, oregano, salt and pepper and pulse twice.

Heat olive oil in a medium saute pan and add the garlic mixture. Remove pan from heat.

Slice the ciabatta bread in half horizontally, and spread the butter on one half. Spread garlic mixture on the other half of the bread, and put the halves together.

Wrap the bread in aluminum foil and place in the oven. Bake for 5 minutes, then open the foil and continue baking for an additional 5 minutes.

Serves 4 to 6



VINAIGRETTE FOR GREEN SALAD

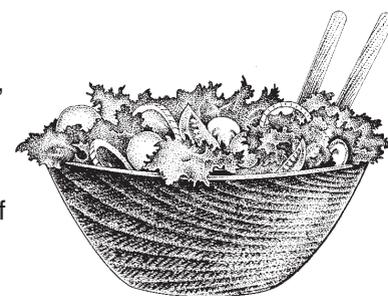
1 tsp Dijon mustard
1 tsp minced fresh garlic
Kosher salt and freshly ground black pepper
olive oil
3 T champagne vinegar
1/2 cup good

Salad greens or mesclun mix for 6 to 8 people

In a small bowl, whisk together the mustard, garlic, vinegar, one tsp salt, and 1/2 tsp pepper. While whisking, slowly add olive oil until the vinaigrette is emulsified.

Place salad greens in a medium bowl and add enough dressing to moisten. Sprinkle with a little extra salt and pepper, if desired, and serve immediately.

Serves 6 to 8



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
503 429-4027
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.