

## Food for Thought

By Leslie Barnes

A pantry list can be extremely helpful when it comes to making good things to eat at home. If you have most of these things on hand you will be able to make many recipes with ease.



### PANTRY LIST

Mustard (Dijon-style, honey, spicy brown, yellow)	Worcestershire sauce
Nuts (almonds, cashews, dry roasted peanuts, pecans, walnuts)	Yeast, active dry
Oats (quick-cooking, rolled)	Baking powder
Oils (olive, roasted garlic, vegetable, peanut)	Baking soda
Olives (green, kalamata, ripe)	Beans, canned (black, garbanzo, Mexican-style chili, white)
Onions (green, red, yellow)	Bread crumbs (dry)
Pasta, dried (bow tie, orzo-rosamarina, ramen noodles, shells, tortellini)	Broth or bouillon (beef, chicken, vegetable)
Pasta (angel hair, fettucine, macaroni, spaghetti)	Bulgur
Peanut butter	Catsup
Potatoes (red, russet, yellow)	Chocolate-flavored syrup
Preserves (strawberry)	Chocolate (semi-sweet pieces, bars, white baking bar, white pieces)
Rice (brown, instant, long grain white, pilaf mixes, wild)	Cocoa, unsweetened
Salsa	Coffee (instant crystals, instant espresso powder)
Soy sauce	Corn, canned (baby, cream-style, whole kernel with/without sweet pepper)
Spaghetti sauce	Cornmeal, yellow
Sugar (brown, granulated, powdered)	Cornstarch
Tomatoes, canned (Italian-style stewed, stewed, tomato sauce)	Corn syrup (light and dark)
Tomatoes, dried (dried, oil-pack)	Cream of tartar
Tomatoes, fresh (common, roma)	Dressings (honey-mustard, Italian, vinaigrettes)
Tortilla chips	Dried fruit (apricots, blueberries, cherries, cranberries, figs, mixed fruit bits, raisins)
Tortillas (flour)	Flour (all-purpose white)
Tuna, canned	Garlic (bulb, bottled)
Vinegar (balsamic, cider, distilled white, red wine, rice wine, white balsamic, white wine)	Graham crackers (crumbs)
	Green chiles (canned, diced)
	Honey
	Hot pepper sauce
	Maple syrup
	Milk (evaporated skim, sweetened condensed)

### PUMPKIN PANCAKES WITH ORANGE SYRUP

2 cups all-purpose flour	2 T brown sugar
1 T baking powder	1/2 tsp salt
1/2 tsp pumpkin pie spice	1-1/2 cups fat-free milk
1 cup canned pumpkin egg product, thawed	1/2 cup refrigerated or frozen
2 T cooking oil	Nonstick cooking spray
1 recipe Orange Syrup (optional)	1 orange, peeled and sectioned

In a medium bowl stir together the flour, brown sugar, baking powder, salt, and pumpkin pie spice. Make a well in the center of flour mixture.

In another medium bowl combine the milk, pumpkin, egg product, and oil. Add the milk mixture all at once to flour mixture. Stir just until moistened (batter should be lumpy).

Lightly coat a nonstick griddle or heavy skillet with cooking spray. Heat over medium heat. For each pancake, pour about 1/4 cup batter onto the hot griddle or skillet. Cook over medium heat about 2 minutes or until pancakes have bubbly surfaces and edges are slightly dry. Turn pancakes; cook about 2 minutes more or until golden brown. Serve warm with Orange Syrup and, if desired, orange sections.

**Orange Syrup:** In a small saucepan stir together 1 cup orange juice, 2 tablespoons honey, 2-1/2 teaspoons cornstarch, and 1/4 teaspoon ground cinnamon. Cook and stir until thickened and

bubbly. Cook and stir for 2 minutes more. Serve warm. Makes about 1 cup. Serves 8.

### SOURDOUGH PANCAKES

It takes five days for starter preparation.

#### Sourdough Starter

1 pkg active dry yeast 2-1/2 cups warm water (105 degree F to 115 degree F)  
2 cups all-purpose flour 1 T sugar or honey

#### Sourdough Pancakes

1 cup all-purpose flour 1 T sugar 1 tsp baking powder  
1/2 tsp baking soda 1/4 tsp salt 1 egg, slightly beaten 2 T cooking oil

**For sourdough starter,** dissolve yeast in 1/2 cup of the warm water. Add remaining warm water, 2 cups flour, and 1 tablespoon sugar or honey, stirring until smooth. Cover with 100-percent-cotton cheesecloth. Let stand at room temperature (75 degree F to 85 degree F) for 5 to 10 days or until mixture has a sour, fermented aroma, stirring 2 or 3 times each day. (Fermentation time depends upon the room temperature; a warmer room hastens fermentation.) When starter is fermented, transfer to a 1-quart jar. Cover with cheesecloth; refrigerate. Do not cover with a tight-fitting lid. If starter isn't used within 10 days, stir in 1 teaspoon sugar or honey. Repeat every 10 days until some of the starter is used.

**To Replenish Sourdough Starter:** For every 1 cup of starter used, stir 3/4 cup all-purpose flour, 3/4 cup water, and 1 teaspoon sugar or honey into the remaining amount. Cover the starter and let stand at room temperature at least 1 day or until it's bubbly; refrigerate for later use.

**For pancakes,** bring 1-1/4 cups starter to room temperature. Mix 1 cup flour, 1 tablespoon sugar, baking powder, baking soda, and salt. Mix egg, starter, and oil. Add to flour mixture. Stir until combined but still slightly lumpy. Heat a lightly greased griddle or heavy skillet over medium heat until a few drops of water dance across the surface. For each pancake, pour about 1/4 cup batter onto hot griddle. Spread batter into a circle about 4 inches in diameter. Cook over medium heat until pancakes are golden brown, turning to cook second side



when surfaces are bubbly and edges are slightly dry (1 to 2 minutes per side). Serve immediately or keep warm in a loosely covered ovenproof dish in a 300°F oven.

Makes 10 pancakes.

## 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.