

Food for Thought

By Leslie Barnes

It's hard to beat a good roast, especially when the weather turns cooler, so here are recipes for both beef and pork roasts.



BASIC POT ROAST

1/4 cup flour 1 tsp salt 1/4 tsp pepper
5 lb beef rump roast 2 or 3 T fat or oil
2 onions, sliced, or 10-12 small white onions, peeled
1 or 2 carrots, scraped and cubed
3 + cloves garlic, minced 1 tsp Italian seasoning
2 cups liquid (wine, bouillon, tomatoes, vegetable broth, etc.)

Other vegetables, as desired, and mushrooms can be added in the last half-hour of cooking time and make an excellent addition to this dish.

Season the flour with the salt and pepper and pound the mixture into the meat with the edge of a plate. Brown meat on all sides in the hot fat or oil. Add the onions, cover and cook over low heat 10 minutes. Add the carrots, herbs and garlic. Mix the remaining flour into the liquid, add to the meat. Cover tightly and simmer 3-1/2 to 5 hours, until meat is fork tender. Add desired vegetables during the last 20 or 30 minutes. Serves 6.



PAELLA

Chicken, shrimp and scallops are combined with rice in this tasty dish.

1/3 cup olive oil 1 small onion, minced
2-3 cloves of garlic, crushed 3-5 T minced fresh parsley
1 generous pinch of saffron 2 T chicken bullion
3 skinless chicken breasts, cut in large chunks
2 green peppers, sliced 1 red pepper, sliced
8 oz tomato sauce 1 tsp sugar
4 cups of rice 7 cups of water
Salt to taste
1/2 to 1 lb shrimp, leave shell on 1 lb scallops

Sauté onion, parsley, and garlic in olive oil until the onion begins to become transparent. Add saffron, chicken bullion, chicken and peppers; sauté until chicken has become white. Add tomato sauce, sugar. Stir. Add rice and water and bring to boil. Salt to taste. Boil 5 minutes, stirring occasionally. Add shrimp and scallops; boil an addi-

tional 5 minutes, stirring occasionally. Simmer 10 minutes covered, stirring occasionally. If the rice appears to be getting too dry during the last 10 minutes, add more water. If the rice is too wet at the end of the 10 minutes, uncover and evaporate unwanted liquid.

Serves 6.

ROAST PORK LOIN with GARLIC and ROSEMARY

Leftover pork loin is really great for sandwiches.

4 large garlic cloves, pressed
4 tsp chopped fresh rosemary or 2 tsp dried
1-1/2 tsp coarse salt
1/2 tsp ground black pepper
2-1/2 lb boneless pork loin roast, well trimmed
Fresh rosemary sprigs (optional)



Preheat oven to 400°F. Line 13 x 9 x 2-inch roasting pan with foil. Mix first four ingredients in bowl. Rub garlic mixture all over pork. Place pork, fat side down, in prepared roasting pan. Roast pork 30 minutes. Turn roast fat side up. Roast until thermometer inserted into center of pork registers 155°F., about 25 minutes longer. Remove from oven; let stand 10 minutes.

Pour any juices from roasting pan into small saucepan; set over low heat to keep warm. Cut pork crosswise into 1/3-inch-thick slices. Arrange pork slices on platter. Pour pan juices over. Garnish with rosemary sprigs, if desired. Serves 4.

ZUCCHINI BREAD

2 eggs, beaten 1-1/3 cup sugar 2 tsp vanilla
3 cups grated fresh zucchini 2/3 cup unsalted butter, melted
2 tsp baking soda Pinch salt 3 cups all-purpose flour
1/2 tsp nutmeg 2 tsp cinnamon
1 cup chopped pecans or walnuts (optional)
1 cup dried cranberries or raisins (optional)

Preheat oven to 350°F. In a large bowl, mix together the sugar, eggs and vanilla. Mix in the grated zucchini, then the melted butter. Sprinkle baking soda and salt over the mixture and mix in. Add the flour, a third at a time. Sprinkle in the cinnamon and nutmeg and mix. Fold in the nuts and dried cranberries or raisins if using.

Divide the batter equally between 2 buttered 5 x 9 inch loaf pans. Bake for 1 hour or until a wooden pick inserted into the center comes out clean. Cool in pans for 10 minutes. Turn out onto wire racks to cool thoroughly. Makes 2 loaves.

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, Minister
410 North Street, Vernonia
503 429-6522
Sunday School 9:45 a.m.
Sunday Worship 11:00 a.m.
(meets in Youth & Family Center)
Home Group Meeting
throughout the week
at various locations

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.
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