

Food for Thought

By Leslie Barnes

Chanterelles are everywhere this time of year and what better time to make some of our favorite comfort foods using these wonderful mushrooms. I have finally crossed over to the wheat pasta side. I was pleasantly surprised in the flavor and texture when coupled with these dishes.



BEEF STROGANOFF

2-1/2 lb beef tenderloin, well trimmed, meat cut into 2x1x1/2 inch strips
 2 T olive oil 1/4 cup finely chopped onion
 3-4 cloves garlic, minced
 1 lb small button mushrooms, thickly sliced
 1 cup beef broth 2 T Cognac
 3/4 cup sour cream or whipping cream 1 T Dijon mustard
 1-1/2 tsp dill 12 oz wide egg noodles (whole wheat)

Pat meat dry with paper towels. Sprinkle with salt and pepper. Heat oil in heavy large skillet over high heat until very hot. Working in batches, add meat in single layer and cook just until brown on outside, about 1 minute per side. Transfer to rimmed baking sheet.

Add 2 tablespoons olive oil in same skillet over medium-high heat. Add chopped onions and sauté until tender, scraping up browned bits, about 2 minutes. Add button mushrooms and garlic. Sprinkle with pepper and sauté until liquid evaporates, about 12 minutes. Add beef broth, then Cognac. Simmer until liquid thickens and just coats mushrooms, about 14 minutes. Stir in sour cream and Dijon mustard. Add meat and any accumulated juices from baking sheet. Simmer over medium-low heat until meat is heated through but still medium-rare, about 2 minutes. Stir in dill. Season to taste with salt and pepper.

Meanwhile, cook noodles in large pot of boiling salted water until tender, about 8 minutes. Drain. Transfer to bowl. Season with salt and pepper. Divide noodles among plates. Top with beef and sauce.

Serves 4.

POTATO AND CORN CHOWDER WITH BACON AND CHANTERELLE MUSHROOMS

7 bacon slices, cut crosswise into 1/4-inch-wide strips
 1-1/2 cups finely chopped onion
 1-1/2 cups finely chopped leeks (white and pale green parts only; about 2 medium)
 3/4 cup finely chopped celery
 6 oz fresh chanterelle mushrooms, thickly sliced
 1 tsp thyme 2-4 cloves garlic, minced
 2 T white wine
 1-3/4 lb potatoes, peeled, cut into 1/2-inch cubes
 4 cups low-salt chicken broth
 2 cups yellow corn, frozen or fresh
 3 cups half & half

Heat heavy large pot over medium-high heat. Add bacon and sauté until crisp, about 8 minutes. Transfer bacon to paper towels to drain. Pour off all but 3 T pan drippings; add onion, leeks and celery to the pot. Sauté about 4 minutes. Add garlic, mushrooms, thyme and white wine, sauté about 5 minutes, until mushrooms are tender. Add chicken broth and potatoes. Simmer until potatoes are almost tender, stirring occasionally, about 10 minutes. Stir in corn and half & half. Simmer chowder until potatoes are tender, about 5 minutes longer.

Season to taste with salt and pepper. For an added kick, give it a pinch or two of cayenne pepper. Ladle chowder over and serve.

Serves 6 to 8.



FETTUCCINE WITH WILD MUSHROOM SAUCE

2 T olive oil 1 lb chanterelle mushrooms, sliced
 1 medium onion, diced 4 large garlic cloves, chopped
 1 tsp thyme 1/2 cup white wine
 2 cups canned low-salt chicken broth
 8 T freshly grated Parmesan cheese
 3/4 lb whole wheat fettuccine

Heat oil in heavy large skillet over medium-high heat. Add onion, sauté until translucent, about 4 minutes. Add fresh mushrooms, garlic, thyme and white wine, sauté about 6 minutes. Add broth and boil until sauce thickens slightly, about 5 minutes. Mix in 4 T cheese. (Can be prepared 1 hour ahead. Let stand at room temperature.)

Cook pasta in large pot of boiling salted water until just tender but still firm to bite. Bring sauce to simmer over medium-high heat.

Drain pasta. Add to sauce; toss. Season with salt and pepper. Transfer pasta to bowl. Top with 4 T cheese.

Serves 4.



BLUEBERRY CRUMB CAKE

For the streusel:

1/4 cup granulated sugar 1/3 cup light brown sugar, lightly packed
 1 tsp ground cinnamon 1/8 tsp ground nutmeg
 1/4 lb (1 stick) unsalted butter, melted 1-1/3 cups all-purpose flour

For the cake:

6 T unsalted butter, at room temperature (3/4 stick)
 3/4 cup granulated sugar 2 extra-large eggs, at room temperature
 1 tsp pure vanilla extract 1/2 tsp grated lemon zest
 2/3 cup sour cream 1-1/4 cups all-purpose flour
 1 tsp baking powder 1/4 tsp baking soda
 1/2 tsp kosher salt 1 cup fresh blueberries

Confectioners' sugar for sprinkling

Preheat the oven to 350°F. Butter and flour a 9-inch round baking pan.

For the streusel: Combine the granulated sugar, brown sugar, cinnamon, and nutmeg in a bowl. Stir in the melted butter and then the flour. Mix well and set aside.

For the cake: Cream the butter and sugar in the bowl of an electric mixer fitted with the paddle attachment on high speed for 4 to 5 minutes, until light. Reduce the speed to low and add the eggs one at a time, then add the vanilla, lemon zest, and sour cream. In a separate bowl, sift together the flour, baking powder, baking soda, and salt. With the mixer on low speed, add the flour mixture to the batter until just combined. Fold in the blueberries and stir with a spatula to be sure the batter is completely mixed.

Spoon the batter into the prepared pan and spread it out with a knife. With your fingers, crumble the topping evenly over the batter. Bake for 40 to 50 minutes, until a cake tester comes out clean. Cool completely and serve sprinkled with confectioners' sugar.

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, 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.
 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.