

Food for Thought

by Leslie Barnes



I'm a huge fan of recipes that can be made ahead of time and frozen for a later date. Going to the freezer for a frozen meal and having it be homemade is a great feeling. Make it fun, plan several meals with friends and have a cooking party. Cooking with other people is always more fun and the prep and clean up is shared. Enjoy.

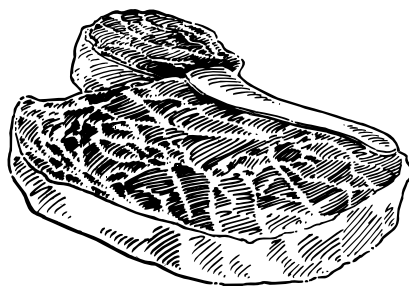
RED WINE POT ROAST WITH SHITAKE MUSHROOMS

1 cup boiling water
1/2 oz dried shitake mushrooms
1 4-lb boneless beef chuck roast, trimmed
1 tsp salt
1/2 tsp pepper
1/2 tsp cayenne pepper, optional
2 T extra-virgin olive oil
1 large onion, coarsely chopped
2 celery stalks with some leaves, cut into 1/2-inch thick slices
4 garlic cloves, smashed
1 tsp marjoram
low-salt chicken broth or beef broth
1 28-oz can whole peeled tomatoes, drained
1 cup dry red wine

Preheat oven to 300°F.

Add 1 cup boiling water to mushrooms, cover, and let stand until soft, about 15 minutes. Using slotted spoon, transfer mushrooms to cutting board. Chop coarsely. Reserve mushrooms and broth separately.

Sprinkle beef with salt, pepper and cayenne pepper. Heat oil in heavy large ovenproof pot over medium-high heat. Add beef and cook until brown on all sides,



about 15 minutes total. Transfer beef to large plate. Place pot over medium heat. Add onion and celery. Sprinkle with salt and pepper and sauté until beginning to brown, about 8 minutes. Add garlic, marjoram, and reserved shitake mushrooms; sauté 1 minute. Using hands, crush tomatoes, one at a time, into pot. Cook 3 minutes, stirring frequently and scraping up browned bits from bottom of pot. Add wine; boil 5 minutes. Add reserved mushroom broth, leaving any sediment behind. Boil 5 minutes.

Return beef and any accumulated juices to pot. Cover; transfer to oven. Cook 1-1/2 hours. Turn beef and continue cooking until tender, about 1-1/2 hours longer. (Can be made two days ahead. Cool slightly. Refrigerate uncovered until cool. Cover and keep refrigerated.)

Transfer beef to cutting board; tent with foil. Spoon fat from surface of juices in pot. Bring juices to boil; cook until liquid is reduced to 4 cups, about 7 minutes. Season with salt and pepper.

Cut beef into 1/2-inch-thick slices. Transfer to platter. Spoon juices over and serve.
Serves 6-8.

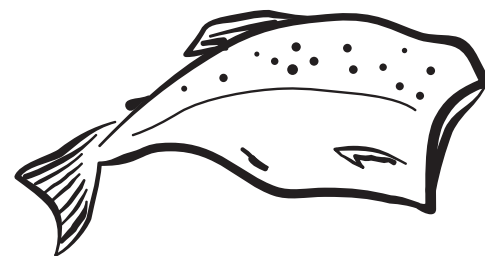
3/4 tsp freshly ground black pepper
4 cloves garlic minced
1-1/2 cups chopped celery (4 stalks)
1-1/2 cups chopped carrots (3 carrots)
1-1/2 cups chicken stock
2 T tomato paste
2 T good red wine vinegar
4 (8-oz) center-cut salmon fillets, skin removed

Place the lentils in a heat-proof bowl and cover with boiling water. Set aside for 15 minutes, then drain.

Meanwhile, heat the oil in a sauté pan, add the onions, thyme, salt, and pepper and cook over medium heat for 10 minutes, until the onions are translucent. Add the garlic and cook for 2 more minutes. Add the drained lentils, celery, carrots, chicken stock, and tomato paste. Cover and simmer over low heat for 20 minutes, until the lentils are tender. Add the vinegar and season, to taste.

Preheat the oven to 450 degrees F.

For the salmon, heat a dry oven-proof saute pan over high heat for 4 minutes. Meanwhile, rub both sides of the salmon fillets with olive oil and season the tops very liberally with salt and pepper. When the pan is very hot, place the salmon fillets seasoning-sides down in the pan and cook over medium heat without moving them for 2 minutes, until very browned. Turn the fillets and place the pan in the oven for 5 to 7 minutes, until the salmon is cooked rare. Spoon a mound of lentils on each plate and place a salmon fillet on top. Serve hot.
Serves 4.



SALMON WITH LENTILS

1/2 lb lentils
1/4 cup good olive oil, plus extra for salmon
2 cups chopped yellow onions
1 tsp thyme
1 tsp kosher salt

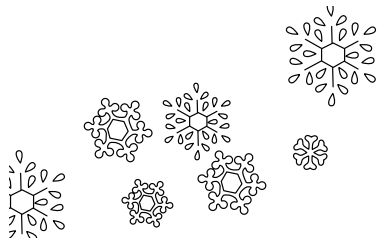
Weather is reason for tire extension

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streets, county roads and state highways. Other types of traction tires are available. These traction tires meet Rubber Manufacturers Association standards for use in severe snow conditions and carry a special symbol on the tire sidewall showing a three-peaked mountain and snowflake. Research shows these tires provide better traction than studded tires when used on bare

pavement.

Drivers with studded snow tires on their vehicles in Oregon after the deadline can be charged with a Class C traffic violation, which currently carries a minimum \$190 fine.



**If you don't avoid the bait,
you'll end up on the hook.**

VERNONIA CHRISTIAN CHURCH
410 North Street, Vernonia

Church Directory

VERNONIA FOURSQUARE CHURCH

Carl Pense, Pastor
850 Madison Avenue, Vernonia
503 429-1103
Sunday Worship Service: 10:30 a.m.
Children's Sunday School

SEVENTH DAY ADVENTIST

Larry Gibson, 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.

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.
Morning 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.

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.

PIONEER BAPTIST FELLOWSHIP

John Cahill, Pastor
939 Bridge Street, Vernonia
503-429-1161
Sunday School 9:45 a.m.
Sunday Morning Worship 11:00 a.m.
Wednesday Prayer 7:00 p.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

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.