

Food for Thought

by Leslie Barnes



Summer is officially here! Heat up your grills with these delicious barbeque recipes.

COFFEE RUBBED CHEESEBURGERS WITH TEXAS BARBECUE SAUCE

Coffee rub:

1 T freshly ground coffee
2 tsp (packed) golden brown sugar

2 tsp freshly ground black pepper
1/2 tsp ground coriander
1/2 tsp dried oregano
1/2 tsp fine sea salt

Mix all ingredients in small bowl. **DO AHEAD:** Can be made 1 week ahead. Store in airtight container at room temperature.

Burgers:

8 slices smoked bacon
1 lb each ground chuck and ground sirloin
8 slices smoked provolone, or smoked Gouda cheese (about 8 ounces)
8 potato-bread hamburger buns
8 slices red onion
8 slices tomato
Texas Barbecue Sauce

Cook bacon in large skillet until crisp. Transfer to paper towels to drain. Break in half. Gently combine chuck and sirloin in large bowl. Form meat into 8 patties, each 3-1/2 to 4 inches in diameter and 1/3 to 1/2 inch thick. Using thumb, make slight indentation in center of each burger (See note). **DO AHEAD:** Burgers and bacon can be prepared 8 hours ahead. Cover separately and chill.

Prepare barbecue (medium-high heat). Sprinkle 1 tsp coffee rub on top side of each burger. Place burgers, rub side down, on grill rack. Grill until slightly charred, about 4 minutes; turn.

Place 2 bacon slice halves atop each burger. Cook

3 minutes.

Top each with 1 slice cheese. Cover and cook until cheese melts, about 1 minute longer. Place burgers on bottom halves of buns. Top with onion and tomato slices. Spoon dollop of Texas Barbecue Sauce over. Cover with bun tops and serve, passing additional sauce alongside.

Note: Making a small indentation in the center of the patty before cooking ensures a nice, flat burger.

Serves 8.

GRILLED SALMON WITH CHINESE BARBEQUE SAUCE

1 T canola oil
1 T minced garlic
1 T minced ginger
1 T minced green onion
1 tsp red pepper flakes
1/2 cup orange juice
1/2 cup hoisin sauce
3/4 cup soy sauce
3 T honey
2 tsp sesame oil
4 (8-ounce) salmon steaks, 1-inch thick
Salt and freshly ground black pepper
Vegetable oil, for brushing
3 cups baby spinach

Heat a medium size saucepan, over medium heat.

Add canola oil and sauté garlic, ginger, and green onion until fragrant and tender. Add the red pepper flakes. Mix orange juice, hoisin sauce, soy sauce, honey and sesame oil in a separate bowl and add to the saucepan. Bring to a low simmer and cook for 10 minutes.

Preheat grill to medium-high heat.

Lightly season the salmon steaks with salt and pepper. Oil the grill with vegetable oil. Place the fish down for 4 to 5 minutes, then turn over, brush with the barbecue sauce, and continue cooking for another 4 to 5 minutes, until opaque throughout. Divide the baby spinach among

4 plates. Place the salmon steaks on top of the beds of spinach while still very hot. This will make the spinach wilt.

Serves 4.

SOUTHWESTERN BARBEQUE PULLED CHICKEN

1/4 cup firmly packed light brown sugar
1 T chili powder
2 tsp ground cumin
1/2 tsp paprika
1/2 tsp salt
1/4 tsp pepper
1 lb boneless skinless chicken thighs
1 T olive oil
1/2 green bell pepper, cut into 1/4-inch slices
1 small onion, cut into 1/4-inch slices
1 cup chicken broth
2 T balsamic vinegar
4 buns or rolls

Mix the brown sugar, chili powder, cumin, paprika, salt, and pepper in a small bowl. Place chicken in a single layer on a plate. Sprinkle and press the sugar mixture onto all sides of the chicken. Heat olive oil in a large skillet over medium-high heat. Add the chicken; cook for 2 to 3 minutes on each side or until it just begins to brown but is not thoroughly cooked. Transfer chicken to a plate and set aside. Add bell pepper and onion to the pan; cook, stirring constantly and scraping the bottom of the pan, for 2 to 3 minutes or until just tender. Return chicken to the pan and add broth. Increase the heat to high and bring to a boil. Reduce heat to low; cover and simmer for 30 minutes or until chicken is thoroughly cooked. Transfer chicken to a plate and shred it, using two forks. Return chicken to the pan. Bring to a boil over high heat. Reduce the heat to medium; simmer, uncovered, for 10 to 15 minutes or until most of the liquid is reduced. Stir in the balsamic vinegar. Spoon 1/2 cup of the chicken mixture onto each bun and serve warm.

Serves 4.

Happy 4th of July!

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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.
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.

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.