

## Food for Thought

by Leslie Barnes



*I enjoy having a warm bowl of soup on a crisp fall day. One of the many benefits of soup, you can prepare these using a crock pot.*

### CREAM OF WILD MUSHROOM SOUP

5 oz. fresh shiitake mushrooms  
5 oz. fresh portobello mushrooms  
5 oz. fresh cremini (or porcini) mushrooms  
1 T good olive oil  
1/4 lb (1 stick) plus 1 T unsalted butter, divided  
1 cup chopped yellow onion

1 carrot, chopped  
1 sprig fresh thyme plus 1 tsp minced thyme leaves, divided  
Kosher salt and freshly ground black pepper  
2 cups chopped leeks, white and light green parts (2 leeks)  
1/4 cup all-purpose flour  
1 cup dry white wine  
1 cup half-and-half  
1 cup heavy cream  
1/2 cup minced fresh flat-leaf parsley

Clean the mushrooms by wiping them with a dry paper towel. Don't wash them! Separate the stems, trim off any bad parts, and coarsely chop the stems. Slice the mushroom caps 1/4-inch thick and, if they are big, cut them into bite-sized pieces. Set aside.

To make the stock, heat the olive oil and 1 tablespoon of the butter in a large pot. Add the chopped mushroom stems, the onion, carrot, the sprig of thyme, 1 tsp salt, and 1/2 tsp pepper and cook over medium-low heat for 10 to 15 minutes, until the vegetables are soft. Add 6 cups water, bring to a boil, reduce the heat, and simmer uncovered for 30 minutes. Strain, reserving the liquid. You should have about 4-1/2 cups of stock. If not, add some water.

Meanwhile, in another large pot, heat the remaining 1/4 pound of butter and add the leeks. Cook over low heat for 15 to 20 minutes, until the leeks begin to brown. Add the sliced mushroom caps and cook for 10 minutes, or until they are browned and tender. Add the flour and cook for 1 minute. Add the white wine and stir for another minute, scraping the bottom of the pot. Add the mushroom stock, minced thyme leaves, 1-1/2 tsp salt, and 1 tsp pepper and bring to a boil. Reduce the heat and simmer for 15 minutes. Add the half-and-half, cream, and parsley, season with salt and pepper, to taste, and heat through but do not boil. Serve hot.

Serves 4-6.

### MEXICAN CHICKEN SOUP

4 split (2 whole) chicken breasts, bone in, skin on  
Good olive oil  
Kosher salt and freshly ground black pepper  
2 cups chopped onions (2 onions)  
1 cup chopped celery (2 stalks)  
2 cups chopped carrots (4 carrots)  
4 large cloves garlic, chopped  
2-1/2 quarts chicken stock, preferably homemade  
1 (28-ounce) can whole tomatoes in puree, crushed  
2 to 4 jalapeño peppers, seeded and minced  
1 tsp ground cumin  
1 tsp ground coriander seed  
1/4 to 1/2 cup chopped fresh cilantro leaves, optional  
6 (6-inch) fresh white corn tortillas

For serving: sliced avocado, sour cream, grated Cheddar cheese, and tortilla chips

Preheat the oven to 350 degrees F. Place the chicken breasts skin side up on a sheet pan. Rub with olive oil, sprinkle with salt and pepper, and roast for 35 to 40 minutes, until done. When the chicken is cool enough to handle, discard the skin and bones, and shred the meat. Cover and set aside.

Meanwhile, heat 3 T of olive oil in a large pot or Dutch oven. Add the onions, celery, and carrots and cook over medium-low heat for 10 minutes, or until the onions start to brown. Add the garlic and cook for 30 seconds. Add the chicken stock, tomatoes with their purée, jalapeños, cumin, coriander, 1 T salt (depending on

the saltiness of the chicken stock), 1 tsp pepper, and the cilantro, if using. Cut the tortillas in half, then cut them crosswise into 1/2-inch strips and add to the soup. Bring the soup to a boil, then lower the heat and simmer for 25 minutes. Add the shredded chicken and season to taste. Serve the soup hot, topped with sliced avocado, a dollop of sour cream, grated Cheddar cheese, and broken tortilla chips. Serves 4-6.

### ALMOST OLD BAY SEASONING

1 T ground bay leaves  
1-1/2 tsp ground mustard seed  
3/4 tsp ground nutmeg  
1/2 tsp ground ginger  
1/2 tsp red pepper  
1/4 tsp ground cardamom

2-1/2 tsp celery salt  
1-1/2 tsp black pepper  
1/2 tsp ground cloves  
1/2 tsp paprika  
1/4 tsp ground mace

Combine and store in an air-tight container.

Note: Use on seafood, poultry, salads, meats, and more. Makes delicious boiled crabs and shrimp. Try it on French fries with vinegar.

Yield: 1/4 cup.

### CHEDDAR DILL SCONES

4 cups plus 1 T all-purpose flour, divided  
2 tsp salt  
4 extra-large eggs, beaten lightly  
1/2 lb extra-sharp yellow Cheddar, small-diced  
1 cup minced fresh dill  
1 egg beaten with 1 T water or milk, for egg wash

2 T baking powder  
3/4 lb cold unsalted butter, diced  
1 cup cold heavy cream

Preheat the oven to 400 degrees F.

Combine 4 cups of flour, the baking powder and salt in the bowl of an electric mixer fitted with a paddle attachment. Add the butter and mix on low speed until the butter is in pea-sized pieces. Mix the eggs and heavy cream and quickly add them to the flour-and-butter mixture. Combine until just blended. Toss together the Cheddar, dill, and 1 T of flour and add them to the dough. Mix until they are almost incorporated.

Dump the dough onto a well-floured surface and knead it for 1 minute, until the Cheddar and dill are well distributed. Roll the dough 3/4-inch thick. Cut into 4-inch squares and then in half diagonally to make triangles. Brush the tops with egg wash. Bake on a baking sheet lined with parchment paper for 20 to 25 minutes, until the outside is crusty and the inside is fully baked.

Serves 6-8.

## 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

957 State Avenue, Vernonia  
503 429-6790  
Sunday Worship 9:45 a.m.  
Children's Church (Blast!) 10:15 a.m.  
Nursery 10:15 a.m.  
High School Youth 6:00 p.m.  
Wednesday Prayer 6:00 p.m.  
Preschool: Open House soon

### 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

### 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.

### 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.

### 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.