

Food for Thought

by Leslie Barnes



Warm yourselves up with a bowl of hot soup or stew.

SPICED UP CARROT SOUP

- 1 lb. carrots, peeled and sliced into 1/8" thick rounds.
- 1 medium onion, peeled and chopped
- 1 stick of celery, chopped
- 3 cloves garlic
- 2 T olive oil
- 1 T tomato paste

1 bouquet garni (see recipes below) If you do not have a bouquet garni, use a level teaspoon of mixed herbs.

3 cups of vegetable stock (vegetarian variety) or chicken stock for meat eaters.

1 tsp salt

1 level tsp ground coriander
ground black pepper to taste

Optional: a wee bit of cayenne if you want a slightly spicier flavor.

Optional: garnishes of finely chopped parsley or croutons.

Don't have time to use the traditional recipe? Here is a quick method: Add all your vegetables, spices and broth at once and let it simmer for 30 – 45 minutes. You can add fresh mushrooms, red or orange bell peppers to the mix as well, for added flavor.

Add olive oil to the pan and then add the sliced carrots, onions and celery. Bring the mixture to a very gently sizzle, stirring occasionally. Cover the pan and cook on low heat until the vegetables begin to soften (about 10 minutes), stir frequently to make sure that they do not stick or burn.

Add the stock and stir until the thick liquid is smooth. Add the bouquet garni and salt. Cover and simmer for approximately 45 minutes until the carrots are fairly soft.

Remove the bouquet garni (if you used fresh herbs) and transfer all the solid vegetable matter to a blender along with as much liquid as the blender can accommodate. (A mixing wand is perfect in this case. You're able to blend it in the pot.) Blend until you have a smooth liquid. Alternatively, if no blender is available, press the vegetables through a coarse sieve (this can be quite hard work unless the vegetables are very soft.) If using a blender, add the coriander when blending.

Return the blended mixture to the pan and mix with the remaining liquid. Bring to a gentle simmer, stirring frequently. Cook for another 5 minutes.

Add pepper according to taste and adjust the salt if necessary.

Serve when hot, garnished with croutons and/or a little finely chopped parsley.

Serves 4.

CREAM OF SPINACH SOUP

2 cups chopped fresh spinach, packed (or 1-10 oz. pkg frozen spinach, thawed)

1 cup chopped onion 1/4 cup butter

3 medium potatoes, peeled and quartered (about 1 lb)

1-1/2 cups chicken or vegetable broth

1-1/2 cups water

2 chicken or vegetable bouillon cubes

2 cups half-and-half

1/2 tsp salt

1/8 tsp pepper

3/4 cup sour cream

In a large saucepan over medium heat, sauté onion in butter for 3 minutes or until limp. Add potatoes, chicken broth, water, and bouillon cubes. Bring to a boil. Reduce heat to low, cover and simmer for 20 minutes or until the potatoes are tender. Add spinach and cook for 2 to 4 minutes longer until spinach is tender.

Working in batches, purée soup mixture in a blender. Return to saucepan. Whisk in half-and-half, salt and pepper.

Over low heat, bring to just before simmering. Whisk in the sour cream. You may want to use an immersion blender to get the sour cream fully incorporated.

This soup can be served hot or chilled. Garnish with chopped chives, sprinkles of allspice, or a dollop of sour cream.

Serves 6 to 8.

Bouquet Garni Recipe Using Fresh Herbs

1 bay leaf

2 stems parsley

1 stem tarragon

3 stems thyme

Bouquet Garni Recipe Using Dried Herbs

1 bay leaf

1 T parsley

2 tsp tarragon

1 T thyme

IRISH BEEF STEW WITH GUINNESS STOUT

2 T olive oil

3 bay leaves

2 lbs beef stew meat, cut into

1-1/2 to 2 inch cubes (with

some fat)

1 large yellow onion, peeled and cut into 1/4 inch slices

2 cloves garlic, peeled and chopped

1 tsp dried thyme, whole

1 tsp dried rosemary

2-3 T all-purpose flour

3/4 cup beef stock

1/2 cup Guinness stout

1 T chopped parsley

1/2 lb carrots, sliced

salt & freshly ground black pepper to taste

Preheat oven to 275°F.

Heat a 6-quart stove-top casserole and add the oil and bay leaves. Cook the bay leaves for a moment, then add the meat.

Brown the meat on both sides on high heat. Add the sliced onion and cook for a few minutes until it is clear. Reduce the heat to low and add garlic, thyme, rosemary and flour, and stir well until smooth.

Add the beef stock and stout; simmer, stirring, until the stew thickens a bit. Add the remaining ingredients and cover.

Place the pot in the oven for about 2 hours, stirring a couple of times. Check for salt and pepper before serving.

Serves 4 to 6.

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.

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.

FIRST BAPTIST CHURCH

Pastor John D. Murray
359 "A" Street, Vernonia
503 860-3860
Sunday School 9:45 a.m.
Sunday Worship Service 11:00 a.m.
Wednesday Prayer Meeting 7:00 p.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
www.pbfalive.com
Sunday School 9:45 a.m.
Sunday Morning Worship 11:00 a.m.
Thursday 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.