

## Food for Thought

by Leslie Barnes



### CHICKEN POT PIE

3 whole (6 split) chicken breasts, bone-in, skin-on  
 3 T olive oil  
 Kosher salt  
 Freshly ground black pepper  
 5 cups chicken stock, preferably homemade  
 2 chicken bouillon cubes  
 1/2 T (1-1/2 sticks) unsalted butter  
 2 cups yellow onions, chopped (2 onions)  
 3/4 cup all-purpose flour  
 1/4 cup heavy cream  
 2 cups medium-diced carrots, blanched for 2 minutes  
 1 (10-ounce) pkg frozen peas (2 cups)  
 1-1/2 cups frozen small whole onions  
 1/2 cup minced fresh parsley leaves

For the pastry:

3 cups all-purpose flour  
 1-1/2 tsp kosher salt  
 1 tsp baking powder  
 1/2 cup vegetable shortening  
 1/4 lb cold unsalted butter, diced  
 1/2 to 2/3 cup ice water  
 1 egg beaten with 1 T water, for egg wash  
 Flaked sea salt and cracked black pepper

Preheat the oven to 350°F.

Place the chicken breasts on a baking sheet and rub them with olive oil. Sprinkle generously with salt and pepper. Roast for 35 to 40 minutes, or until cooked through. Set aside until cool enough to handle, then remove the meat from the bones and discard the skin. Cut the chicken into large dice. You will have 4 to 6 cups of cubed chicken.

In a small saucepan, heat the chicken stock and dissolve the bouillon cubes in the stock. In a large pot

or Dutch oven, melt the butter and saute the onions over medium-low heat for 10 to 15 minutes, until translucent. Add the flour and cook over low heat, stirring constantly, for 2 minutes. Add the hot chicken stock to the sauce. Simmer over low heat for 1 more minute, stirring, until thick. Add 2 tsp salt, 1/2 tsp pepper, and heavy cream. Add the cubed chicken, carrots, peas, onions and parsley. Mix well.

For the pastry, mix the flour, salt, and baking powder in the bowl of a food processor fitted with a metal blade. Add the shortening and butter and mix quickly with your fingers until each piece is coated with flour. Pulse 10 times, or until the fat is the size of peas. With the motor running, add the ice water; process only enough to moisten the dough and have it just come together. Dump the dough out onto a floured board and knead quickly into a ball. Wrap the dough in plastic and allow it to rest in the refrigerator for 30 minutes.

Preheat the oven to 375°F.

Divide the filling equally among 4 ovenproof bowls. Divide the dough into quarters and roll each piece into an 8-inch circle. Brush the outside edges of each bowl with the egg wash, then place the dough on top. Trim the circle to 1/2-inch larger than the top of the bowl. Crimp the dough to fold over the side, pressing it to make it stick. Brush the dough with egg wash and make 3 slits in the top. Sprinkle with sea salt and cracked pepper. Place on a baking sheet and bake for 1 hour, or until the top is golden brown and the filling is bubbling hot.

Serves 4.

### TIERED CHOCOLATE BUTTERCREAM CAKE

3-1/2 cups all-purpose flour  
 2 cups good cocoa powder  
 1 T baking soda  
 1/2 tsp kosher salt  
 1 1/2 cups (3 sticks) unsalted butter, at room temperature  
 1 1/3 cups granulated sugar

1 1/3 cups light brown sugar, packed  
 4 extra-large eggs, at room temperature  
 4 tsp pure vanilla extract  
 2 cups buttermilk, at room temperature  
 1 cup sour cream, at room temperature  
 1/4 cup brewed coffee

Chocolate Buttercream Frosting, recipe follows.

Preheat the oven to 350°F.

Butter a (4 by 3-inch) cake pan, a (6 by 3-inch) cake pan and a (8 by 3-inch) cake pan. Line the bottoms with parchment paper, and butter and flour the pans.

Sift the flour, cocoa, baking soda, and salt together in a medium bowl.

In the bowl of an electric mixer fitted with a paddle attachment, cream the butter and sugars on high speed until light, approximately 5 minutes. Add the eggs and vanilla and mix well. Combine the buttermilk, sour cream, and coffee. On low speed, add the flour mixture and the buttermilk mixture alternately in thirds, beginning with the buttermilk mixture and ending with the flour mixture. Mix the batter only until blended.

Divide the batter between the 3 pans and smooth the tops with a spatula. Bake on the middle rack of the oven as follows: for the 4-inch pan 45 to 50 minutes, or until a toothpick comes out clean; for the 6-inch pan 70 to 75 minutes, or until a toothpick comes out clean; and for the 8-inch pan 85 to 90 minutes, or until a toothpick comes out clean. Cool the cakes in the pans for 10 minutes each on a cooling rack, carefully remove from the pans and allow to finish cooling.

Place the 8-inch cake on a serving plate, flat side up. Frost the top of that layer with buttercream. Place the 6-inch cake in the center of the top of the 8-inch cake, flat-side up, and frost the top and sides. Place the 4-inch cake in the center of the top of the 6-inch cake, flat side down. Frost the top and sides of that layer with buttercream. Spread any remaining buttercream over the cake evenly.

### CHOCOLATE BUTTERCREAM FROSTING

1 lb bittersweet chocolate  
 12 oz semisweet chocolate  
 3/4 cup egg whites (4 to 5 extra-large eggs), at room temperature  
 1 1/2 cups granulated sugar  
 1/4 tsp cream of tartar  
 3/4 tsp kosher salt  
 1 1/2 lb unsalted butter, at room temperature  
 3 tsp pure vanilla extract  
 3 tsp instant espresso powder, dissolved in 1-1/2 tsp water  
 3 T dark rum, optional

Chop the chocolates and place them in a heat-proof bowl set over a pan simmering water. Stir until melted and set aside until cooled to room temperature.

Mix the egg whites, sugar, cream of tartar, and salt in the bowl of an electric mixer fitted with a whisk attachment. Place the bowl of egg whites over the pan of simmering water and heat the egg whites until they are warm to the touch, about 5 minutes. Return the bowl to the electric mixer and whisk on high speed for 5 minutes, or until the meringue is cool and holds a stiff peak.

Add the butter, 1 T at a time, while beating on medium speed. Scrape down the bowl, add the melted chocolate, vanilla, espresso, and rum, if using, and mix for 1 minute or until the chocolate is completely blended in. If the buttercream seems very soft, allow it to cool, and beat it again.

Yield: about 4 cups

## 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.  
 Vernonia Community Preschool

### 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.