

Food for Thought

by Leslie Barnes



Here is a menu for a full, satisfying meal for the family, or guests. Enjoy!

CHICKEN TETRAZZINI

9 T butter
2 T olive oil
4 boneless skinless chicken breasts

2-1/4 tsp salt
1-1/4 tsp freshly ground black pepper
1 lb white mushrooms, sliced
1 large onion, finely chopped
5 cloves garlic, minced
1 T chopped fresh thyme leaves
1/2 cup dry white wine
1/3 cup all-purpose flour
4 cups whole milk, room temperature
1 cup heavy whipping cream, room temperature
1 cup chicken broth
1/8 tsp ground nutmeg
12 oz linguine
3/4 cup frozen peas
1/4 cup chopped fresh Italian parsley leaves
1 cup grated Parmesan
1/4 cup dried Italian-style breadcrumbs



Preheat oven to 450°F.

Spread 1 T of butter over a 13 x 9 x 2" baking dish. Melt 1 T each of butter and oil in a deep large nonstick frying pan over medium-high heat. Sprinkle the chicken with 1/2 tsp each of salt and pepper. Add the chicken to the hot pan and cook until pale golden and just cooked through, about 4 minutes per side. Transfer chicken to a plate to cool slightly. Coarsely shred chicken into bite-size pieces and put in a large bowl.

Meanwhile, add 1 T each of butter and oil to the same pan. Add mushrooms and sauté over medium-

high heat until the liquid from the mushrooms evaporates and the mushrooms become pale golden, about 12 minutes. Add onion, garlic and thyme, and sauté until the onion is translucent, about 8 minutes. Add wine and simmer until it evaporates, about 2 minutes. Transfer the mushroom mixture to the bowl with chicken.

Melt 3 more T butter in the same pan over medium-low heat. Add the flour and whisk for 2 minutes. Whisk in milk, cream, broth, nutmeg, remaining 1-3/4 tsp salt, and remaining 3/4 tsp pepper. Increase heat to high. Cover and bring to a boil. Simmer, uncovered, until sauce thickens slightly, whisking often, about 10 minutes.

Bring a large pot of salted water to a boil. Add the linguine and cook until it is tender but still firm to the bite, stirring occasionally, about 9 minutes. Drain. Add the linguine, sauce, peas, and parsley to the chicken mixture. Toss until the sauce coats the pasta and the mixture is well blended.

Transfer mixture to the prepared baking dish. Stir the cheese and breadcrumbs in a small bowl to blend, and sprinkle over the pasta. Dot with the remaining 3 T of butter. Bake, uncovered, until golden brown on top and the sauce bubbles, about 25 minutes.

Serves 6-8.

GARLIC BREAD

6 large garlic cloves, chopped
1/4 cup chopped flat-leaf parsley
1/4 cup chopped fresh oregano leaves
1/2 tsp kosher salt
Freshly ground black pepper
1/2 cup good olive oil
1 loaf ciabatta bread
2 T unsalted butter

Preheat oven to 350°F.

Place garlic in the bowl of a food processor and process until minced. Add the parsley, oregano, salt

and pepper and pulse twice.

Heat olive oil in a medium sauté pan and add garlic mixture. Remove the pan from heat.

Slice the ciabatta bread in half horizontally, and spread the butter on one half. Spread the garlic mixture on remaining half, and put the halves together. Wrap the bread in aluminum foil.

Place the bread in the oven and bake for 5 minutes. Open the foil, and continue baking for an additional 5 minutes.

Serves 4-6.

VINAIGRETTE FOR GREEN SALAD

1 tsp Dijon mustard
1 tsp minced fresh garlic
3 T champagne vinegar
Kosher salt and freshly ground black pepper
1/2 cup good olive oil
Salad greens or mesclun mix for 6 to 8 people

In a small bowl, whisk together the mustard, garlic, vinegar, 1 tsp salt, and 1/2 tsp pepper. While whisking, slowly add olive oil until the vinaigrette is emulsified.

Place salad greens in a medium bowl and add enough dressing to moisten. Sprinkle with a little extra salt and pepper, if desired, and serve immediately.

Serves 6-8.



Complete this satisfying meal with the Apple Strudel recipe at left, below.

CROATIAN APPLE STRUDEL (YUGOSLAVIAN)

3 T soft butter
3/4 tsp salt
1-1/2 cup warm water
4-1/4 cup sifted flour
12 golden delicious apples, peeled, cored and thinly sliced
1 cube of butter, split between the two strudels
sugar and cinnamon to taste (1/2 cup sugar)

Preheat the oven to 375°F.

Mix above ingredients and knead on floured board until it no longer sticks to hands. Do not use excess flour. Sprinkle flour over large tablecloth, divide dough into two equal parts and place one ball of dough in the middle of table, grease with a little oil.

Put oil on other ball and set aside. Wait 1/2 hour. Roll out with rolling pin like for a pie, not too big. Then wait another 20 minutes (a must). The dough will then stretch easily.

While the dough is resting prepare the apples. Don't let the dough stand too long or it will dry out and crack when it is rolled.

Sprinkle small pieces of butter and sugar and cinnamon over entire dough. Along one side of the table, lengthwise, place sliced apples inwards about six inches. Sprinkle with sugar and cinnamon to taste. Splash with butter and roll.

Place on greased cookie sheet in "S" shape and cut on top for steam to escape. This avoids sogginess. Brush with melted butter and bake for 50 minutes or until brown.

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.

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

Ralph Young, Pastor
957 State Avenue, Vernonia
503 429-6790
Sunday Bible Classes 9:00 a.m.
Family Praise & Worship 10:30 a.m.
Wednesday Prayer 6:30 p.m.
Thursday Ladies Study 7:00 p.m.
Nursery 10:15 a.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)
Various Home Group Meetings

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.