

Food for Thought

by Leslie Barnes



It's officially summer and time for summer salads, and fun with friends and family

DILL VINAIGRETTE

- 2 T white wine vinegar
- 1 T fresh lemon juice
- 1 T minced shallot
- 2 T chopped fresh dill
- 1/4 tsp kosher salt
- 1/4 tsp freshly ground black pepper
- 1/8 tsp cayenne pepper, optional
- 1/2 cup extra virgin olive oil

Combine vinegar, lemon juice, shallot, dill, salt, black pepper and cayenne pepper in a blender and blend until smooth. With the motor running, slowly add the oil until emulsified. Transfer the vinaigrette to a bowl or squeeze bottle. Serves 4.

HERBED GREEK CHICKEN SALAD

Serve with toasted pita wedges.

- 1 tsp dried oregano
- 1/2 tsp garlic powder
- 3/4 tsp black pepper, divided
- 1/2 tsp salt, divided
- Cooking spray
- 1 lb skinless, boneless chicken breast, cut into 1-inch cubes
- 5 tsp fresh lemon juice, divided
- 1 cup plain yogurt
- 2 tsp tahini (sesame-seed paste)
- 3 cloves garlic, minced
- 8 cups chopped romaine lettuce
- 1 cup peeled chopped English cucumber
- 1 cup grape tomatoes, halved
- 6 pitted kalamata olives, halved
- 1/4 cup (1 oz) crumbled feta cheese

Combine oregano, garlic powder, 1/2 tsp pepper, and 1/4 tsp salt in a bowl. Heat a nonstick skillet over medium-high heat. Coat pan with cooking spray. Add chicken and spice mixture; sauté until chicken is done. Drizzle with 1 T lemon juice; stir. Remove from pan.

Combine remaining 2 tsp lemon juice, remaining 1/4 tsp salt, remaining 1/4 tsp pepper, yogurt, tahini, and garlic in a small bowl; stir well. Combine lettuce, cucumber, tomatoes, and olives. Place 2-1/2 cups of lettuce mixture on each of 4 plates. Top each serving with 1/2 cup chicken mixture and 1 T cheese. Drizzle each serving with 3 T yogurt mixture. Serves 4.

FOCACCIA BREAD WITH ROSEMARY

- 1 pkg dry yeast
- 1/3 cup warm water, about 100°
- 2-1/4 cups tepid water
- 2 T good quality olive oil, plus more for the pan and to paint on top of the bread
- 3 cups bread flour
- 4-1/2 cups all-purpose flour
- 1 T salt, plus coarse salt (fleur de sel if you have it, otherwise Kosher salt) for sprinkling over the top
- 2-3 T finely chopped fresh rosemary (can use sage or other herbs such as thyme or oregano, but whatever herb you use, do use fresh herbs, do not use dried)

Stir the yeast into the 1/3 cup of slightly warm-to-the-touch water and let it rest for 10 minutes.

In a large bowl, pour in 2-1/4 cups of tepid water and 2 T olive oil. After the yeast has rested for 10 minutes and has begun to froth, pour it into the water-oil mixture.

Whisk in 2 cups of flour (either the bread flour or the all pur-

pose, at this stage it doesn't matter which) and the T of salt. Add the rosemary. Then, cup by cup, whisk in the rest of the flour (both the bread flour and all purpose). As the mixture goes from a batter to a thick dough, switch from a whisk to a wooden spoon. By the last cup of flour, you will be able to work the dough with your hands. Begin to knead it in the bowl – try to incorporate all the flour stuck to the sides and bottom of the bowl as you begin kneading.

Once the bowl is pretty clean, turn the dough out onto a board and knead it well for 8 minutes. You might need some extra flour if the dough is sticky.

In a large clean bowl, pour in about a T of oil and put the dough on top of it. Spread the oil all over the dough. Cover the bowl with plastic wrap and set aside to rise (in a relatively warm spot or at room temp) for an hour and a half.

Spread a little olive oil in your baking pan or baking sheet (will make it easier to remove the bread). Place the dough in your baking pans or form it into free-form rounds on a baking sheet. This recipe will do two nice-sized loaves or one big one and a little one. Cover the breads and set aside for another 30 minutes.

Dimple the breads with your thumb. Push in to about the end of your thumbnail, roughly 1/2 inch. Cover again and leave it to rise for its final rise, about 2 hours.

With 30 minutes to go before the rise finishes, preheat your oven to 400°F. If you have a pizza stone put it in.

Once the dough has done its final rise, gently paint the top with olive oil – as much as you want. Then sprinkle the coarse salt on top from about a foot over the bread; this lets the salt spread out better on its way down and helps reduce clumps of salt.

Put the bread in the oven. If you are doing free-form breads, put it right on the pizza stone. Bake for a total of 20-25 minutes. If you have a water spritzer bottle, spritz a little water in the oven right before you put the bread in to create steam, and then a couple of times while the bread is baking.

When the bread comes out of the oven, turn it out onto a rack within 3-5 minutes; to keep the bottom of the bread crispy. Let cool on a rack for 10 minutes before eating.

Makes a large loaf and a small loaf of 1-1/2 to 2 inches thick.

How much will this serve? Easily a dozen, but it's so good you might find yourself eating more than you expect.

SOUTHWESTERN STEAK SALAD

- 1 lb flank steak (1/2 inch thick), trimmed
- Coarse salt and ground pepper
- 2 hearts romaine lettuce, torn
- 1 avocado, halved, pitted, peeled, and diced

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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 Maureene 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.