

Food for Thought

by Leslie Barnes



Spring is in the air and the vegetables are coming, enjoy this chicken and spring veg recipe. If the snow decides to linger, make a batch of chowder to warm up.

POTATO and CORN CHOWDER with BACON and CHANTERELLE MUSHROOMS

7 bacon slices, cut crosswise into 1/4-inch-wide strips
1-1/2 cups finely chopped onion
1-1/2 cups finely chopped leeks (white and pale green

parts only; about 2 medium)
3/4 cup finely chopped celery
2-4 cloves garlic, minced
6 oz fresh chanterelle mushrooms, thickly sliced
1 tsp thyme
2 T white wine
1-3/4 lbs potatoes, peeled, cut into 1/2-inch cubes
4 cups low-salt chicken broth
2 cups yellow corn, frozen or fresh
3 cups half & half

Heat heavy large pot over medium-high heat. Add bacon and sauté until crisp, about 8 minutes. Transfer bacon to paper towels to drain. Pour off all but 3 T pan drippings; add onion, leeks and celery to the pot. Sauté about 4 minutes. Add garlic, mushrooms, thyme and white wine, sauté about 5 minutes, until mushrooms are tender. Add chicken broth and potatoes. Simmer until potatoes are almost tender, stirring occasionally, about 10 minutes. Stir in corn and half & half. Simmer chowder until potatoes are tender, about 5 minutes longer.

Season to taste with salt and pepper. For an added kick, give it a pinch or two of cayenne pepper.

Ladle chowder and serve.
Serves 6-8.

HERBED CHICKEN with SPRING VEGETABLES

1/4 cup chopped fresh thyme leaves
1/4 cup chopped fresh parsley leaves
3 cloves garlic, minced
1 tsp fennel seeds
1/4 tsp red pepper flakes
Kosher salt
Freshly ground black pepper

3 boneless, skin-on chicken breasts
3 bone-in, skin-on thighs
3 T olive oil
1 T butter
6 shallots, trimmed and peeled
8 oz baby carrots, peeled and trimmed, but leaving on a bit of green tip
1 cup chicken broth
6 oz snap peas, trimmed
4 oz morel mushrooms

Preheat the oven to 375°F.

In a small bowl combine the thyme, parsley, garlic, fennel seeds, red pepper flakes, and a pinch of salt and pepper. Stir to combine. Place the chicken pieces on a work surface. Gently loosen the skin of the chicken and push the herb mixture under the skin. Season the chicken all over with salt and pepper.

Warm the olive oil in a large skillet over medium-high heat. When the oil is hot, place the chicken in the pan, skin side down. Cook until the skin is crispy and golden, about 5 minutes. Turn the chicken and cook the same way on the other side. Turn the heat off the pan and reserve. Transfer the chicken to a baking dish, skin side up again, and finish cooking in the oven, about 15 minutes.

Meanwhile return the same pan to medium heat. Add 1 T of butter. When the butter has melted add the shallots and carrots. Sprinkle with salt and pepper. Cook until tender and golden in places, about 7 minutes. Add the chicken broth and scrape any brown bits off the bottom of the pan with a wooden spoon. Add the snap peas and mushrooms. Simmer over low heat until the vegetables are tender and the liquid has reduced by half, about 5 minutes. Season with salt and pepper, if necessary.

Remove chicken from the oven. Spoon the vegetables onto a serving platter along with the chicken. Spoon sauce over the chicken. Serve immediately.
Serves 6.

BLUEBERRY CRUMB CAKE

For the streusel:
1/4 cup granulated sugar
1/3 cup light brown sugar, lightly packed
1 tsp ground cinnamon
1/8 tsp ground nutmeg
1/4 lb (1 stick) unsalted butter, melted
1-1/3 cups all-purpose flour

For the cake:
6 T unsalted butter, at room temperature (3/4 stick)

3/4 cup granulated sugar
2 extra-large eggs, at room temperature
1 tsp pure vanilla extract
1/2 tsp grated lemon zest
2/3 cup sour cream
1-1/4 cups all-purpose flour
1 tsp baking powder
1/4 tsp baking soda
1/2 tsp kosher salt
1 cup fresh blueberries
Confectioners' sugar for sprinkling

Preheat the oven to 350°F. Butter and flour a 9-inch round baking pan.

For the streusel: Combine the granulated sugar, brown sugar, cinnamon, and nutmeg in a bowl. Stir in the melted butter and then the flour. Mix well and set aside.

For the cake: Cream the butter and sugar in the bowl of an electric mixer fitted with the paddle attachment on high speed for 4 to 5 minutes, until light. Reduce the speed to low and add the eggs, 1 at a time, then add the vanilla, lemon zest, and sour cream. In a separate bowl, sift together the flour, baking powder, baking soda, and salt. With the mixer on low speed, add the flour mixture to the batter until just combined. Fold in the blueberries and stir with a spatula to be sure the batter is completely mixed.

Spoon the batter into the prepared pan and spread it out with a knife. With your fingers, crumble the topping evenly over the batter. Bake for 40 to 50 minutes, until a cake tester comes out clean. Cool completely, serve sprinkled with confectioners' sugar.
Serves 6-8.

Church Directory

<p>VERNONIA FOURSQUARE CHURCH Carl Pense, Pastor 850 Madison Avenue, Vernonia 503 429-1103 Sunday Worship Service: 10:30 a.m. Children's Sunday School</p> <p>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.</p> <p>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.</p> <p>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.</p>	<p>COVENANT CHURCH VERNONIA 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.</p> <p>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</p> <p>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</p>	<p>PIONEER BAPTIST FELLOWSHIP John Cahill, Pastor 939 Bridge Street, Vernonia 503-429-1161 www.pbfalive.com Sunday School 9:30 a.m. Sunday Morning Worship 11:00 a.m. Thursday Prayer 7:00 p.m.</p> <p>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.</p> <p>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.</p>
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