

QUICK COOKING

Red snapper with lemon-marjoram butter, and carrot puree with Kalamata olives

THE ASSOCIATED PRESS

The braised red snapper in this quickly made dish picks up plenty of flavor from its well-chosen seasonings, lemon and an underused herb, marjoram. If you can't find marjoram, oregano is an acceptable substitute. A carrot puree seasoned with Kalamata olives would be a

colorful accompaniment to the fish.

The snapper recipe takes only about 20 minutes to make; the carrots about 35 minutes. Their handiness puts them squarely in the "quick kitchen" section of the Every Day cooking feature in Gourmet magazine's December Holiday issue,

among a series of recipes by food editor Paul Grimes designed to make life easier. The message is: Even if we're on the run, we can still be well-fed.

Red Snapper With Lemon Marjoram Butter

(Active time 15 minutes, start-to-finish 20 minutes)

1/2 stick (1/4 cup) unsalted butter, softened

1 teaspoon finely grated fresh lemon zest

2 teaspoons fresh lemon juice

1 teaspoon chopped fresh marjoram or oregano

1/4 teaspoon salt

1/8 teaspoon black pepper

Four 7-ounce red snapper fillets with skin

Olive oil for brushing

Preheat broiler. Line a shallow baking pan (1 to 11/2 inches deep) with foil.

Stir together butter, zest, juice, marjoram, salt and pepper in a small bowl.

Brush both sides of each snapper fillet with olive oil.

Arrange fillets, skin sides down, in baking pan and season with salt and pepper.

Broil 4 to 6 inches from heat

until cooked through, about 5 minutes. Serve immediately, topped with marjoram butter.

Carrot Puree With Kalamata Olives

(Active time 20 minutes, start-to-finish 35 minutes)

2 pounds carrots, cut into 1/4-inch-thick slices

2 garlic cloves

2 tablespoons unsalted butter

1/2 cup low-sodium chicken broth

1/2 cup pitted Kalamata or other brine-cured black olives (2 ounces), sliced

Cover carrots and garlic with salted water by 1 inch in a 2- to 3-quart saucepan and boil, partially covered, until tender, about 15 minutes. Drain well in a colander, then puree carrots and garlic in a blender or food processor with butter and broth until very smooth.

Transfer puree to saucepan and add olives, then cook over low heat, stirring frequently, just until hot.

Makes 4 servings.

AIDS is reality for Lumberton man

By Tim Wilkins
THE ROBESONIAN

In 1979, doctors told Shane Koonce he had 16 months to live.

At that time, Koonce was diagnosed with a virus which later went by the name human immunodeficiency virus and which few Americans of the leisure-suit-and-disco set had ever heard of.

But he survived beyond those 16 months, as did his HIV, which mutated two years after that initial diagnosis into this generation's viral version of the Black Death — Acquired Immunodeficiency Syndrome, or AIDS.

According to the doctors who prognosticated his demise 24 years ago, Koonce should be just a ghost of a memory a statistic in the fight against a scourge that has killed more than 30 million in 25 years.

Yet, he lives. And not just lives, but thrives. Koonce was diagnosed with HIV/AIDS earlier than anyone else in Robeson County, and he has lived with the disease longer than anyone he knows. Given a boatload of second chances, he has put his survival skills to good use, serving as a community activist intent on spreading the gospel of AIDS prevention and treatment throughout the county.

"I don't think about death," Koonce said. "I think about living."

A major element of Koonce's living was founding the Borderbelt AIDS Resource Team in 1996. BART is a non-profit Lumberton agency that offers a variety of services to HIV/AIDS patients, including the education of patients and their family members about the disease, food assistance, clothing, housing, rent, transportation to and from the doctor, and medical expenses.

Koonce, 52, said founding BART was his way of helping people afflicted with AIDS, as well as a vehicle for helping himself.

"The attitude I have is that every person that is physically able should be required to do some sort of community service if they're receiving some type of disability payment," said the Fayetteville native. "I have no sympathy toward people who sit around the house partying all day, then coming down to an agency like BART and saying, I need help with my telephone bill."



We're always online
www.thecharlottepost.com

INNER HARBOR SEAFOOD MARKET
3019 Central Avenue
Charlotte, NC 28205
704-567-0283 • Fax 704-567-0293

CHARLOTTE'S ONLY LIVE SEAFOOD MARKET

Over 30 kinds of fish Live Lobsters, Crabs, Fishes plus soft-shell crabs, scallops, squids, clams, oysters and much more!!

COMING SOON!!
DEEP FRY SERVICE ON SITE

THIS WEEK'S SPECIALS
SHRIMP - \$4.99/lb.
Blue Crab - 1/2 dozen: \$5.99
Manila Clams - \$4.49/lb.
Dungeness Crab - \$7.99/lb.
Tilapia - \$1.99/lb.
Red Snapper - \$5.99/lb.

Wide selection of goods and fresh produce

Authentic Japanese Sushi Products also available!!

FRESH PRODUCE FROM AROUND THE WORLD
Mon. - Fri.: 10AM - 8PM
Sat.: 9AM - 8PM • Sun.: 9AM - 7PM

great saturday
sale
extra **10%** off everything
7-10 am only including regular, sale & clearance items
Excludes Exceptional Values, Great Price Items and Lands' End® merchandise. See below for additional exclusions.

plus, 7am-11pm get savings throughout the store

50% off
our entire Christmas shop

50% off
Craftsman® 15.6-volt drill, includes 2 batteries and case. #11425
Reg. 99.99, sale 49.99

50% off
all women's boots

**Exclusions apply. See below.

59.99
Sylvania® 13-in. TV, after \$20 savings plus \$10-mail-in rebate #43203
Rabate offer good thru Jan. 3, 2004. See store for details.

TV screens measured diagonally. Reception simulated.

give the good life

SEARS
Good life. Great price.

Sale prices in effect Saturday, December 13. Availability of items shown in this advertisement may vary by store. *10% savings off regular, sale and clearance prices apply to merchandise only. May not be used to reduce a layaway or credit balance. Not valid on Exceptional Values, Special Purchases, Lands' End® merchandise, Great Price Items, Introductory Offers, outlet store purchases, catalog orders, fragrances, J.A. Henckels, Rose, Makamichi, automotive services, Good Year tires, Maytag Wide-by-Side Gemini and Neptune, Sears licensed businesses, installed home improvements, and protection agreements. **ALL ON SALE EXCLUSIONS: Exceptional Values, Special Purchases, Great Price Items, Lands' End® merchandise, clearance, closeouts, outlet store purchases, catalog orders, fragrances, introductory offers, Calphalon, J.A. Henckels, Bose, Nakamichi, automotive services, Maytag Wide-by-Side Gemini and Neptune, Sears licensed businesses, installed home improvements, and protection agreements. SEARS SHALL NOT BE HELD LIABLE for errors or omissions. In the event of an error, we will make every effort to accommodate our customers. Sears is a registered trademark of Sears Brands, LLC. ©2003 Sears Brands, LLC.