

Fun With Food

From The Herald Kitchen

By MILDRED HUSKINS
Although the days of eating fish on Fridays only are long gone, seafood is synonymous with Lent and the coming of spring for many Americans.

Lent -- the 40 days from Ash Wednesday until Easter -- is the traditional season for serving fish or shellfish due to religious rules regarding abstinence from meat. Many Christian religions make a prominent place for traditional fish dishes on their Lenten menu. Some of us who grew up in a small town remember that the small local market only offered fresh fish and shellfish on Fridays. So, Friday was fish day at our house. This practice was just custom rather than religious for it was the only time the fish was available. We had a friend who was Catholic and when we went out to eat he would ask the waitress:

"What do you have for those of us who don't eat meat?" and he was often surprised at the scrawny fish hastily put before him.

Since February has been proclaimed National Heart Month by the American Heart Association, and March National Nutrition Month by the American Dietetic Association, there is no better time to serve the ones you love a heart-healthy meal. It is no secret that seafood is good for your heart since it is generally low in cholesterol, fat, sodium and calories. So that you can create heart-healthy meals in no time, try these microwave recipes for Trout Amandine, Salmon Steaks with Mushrooms and Crab and Broccoli Casserole.

Trout Amandine

2 trout filets, about 6 ounces each
1/2 teaspoon lemon pepper

1 tablespoon margarine, divided
2 tablespoons sliced almonds

1 tablespoon lemon juice
Lemon wedges and parsley for garnish

Pat trout dry and sprinkle with lemon pepper. Place 1 teaspoon margarine in 9-inch glass pie plate. Microwave, uncovered at HIGH 45 seconds or until melted. Stir in almonds; toss to coat. Microwave on HIGH 3 minutes or until golden brown, stirring once. Let stand 5 minutes and reserve. Place remaining 2 teaspoons margarine in microwave-safe (7x11-inch) dish. Microwave at HIGH 45 seconds to melt. Stir in lemon juice. Coat fish in mixture and arrange skin side down in dish. Tuck under thin edges to make an even thickness. Cover loosely with waxed paper. Microwave on HIGH 2 1/2 minutes and allow to stand, covered, for 2 minutes. Cook just until fish flakes easily when tested with a fork. Transfer fish to warm plates and sprinkle with toasted almonds. Serve immediately with lemon wedges and parsley sprigs as garnish. Serves 2.

Salmon Steaks with Mushrooms

2 tablespoons white vinegar
1 tablespoon olive oil or vegetable oil
1/2 teaspoon dried basil, crushed
1/8 teaspoon pepper
2 salmon steaks, about 6 ounces each
1/4 pound (4 large) thinly sliced mushrooms
1/4 cup thinly sliced green onions

Combine vinegar, oil, basil and pepper in 8x8-inch glass dish. Add salmon and turn to coat both sides. Marinate 15 to 30 minutes, turning once. Drain marinade into 4-cup glass measure; Add mushrooms and green onions and stir to coat well. Place salmon in glass dish. Cover with waxed paper. Microwave on HIGH 4 minutes, turning dish once, and let stand, covered, 3 minutes. Fish is done when it begins to flake easily with a fork. Microwave mushroom mixture, uncovered, at HIGH 3 minutes, stirring once. Transfer salmon to hot plates and spoon mushrooms over top. Makes 2 servings.

Crab and Broccoli Casserole
2 teaspoon oil
1 tablespoon finely chopped onion
1 tablespoon flour
1/8 teaspoon bottled hot pepper sauce
Dash pepper
1/2 cup skim milk
1 can (6 oz.) crabmeat, drained and cartilage removed
1/2 cups frozen chopped broccoli
Paprika for garnish

Combine oil and onion in 4-cup glass measure. Microwave at HIGH 45 seconds. Stir in flour, pepper sauce and pepper. Gradually stir in milk. Microwave at HIGH 1 to 2 minutes or until thickened, stirring every 30 seconds. Stir in crab meat. Place broccoli in 2 individual, microwave-safe casseroles. Cover with plastic wrap. Microwave at HIGH 1 to 2 minutes or until thawed, stirring once. Drain off liquid. Spoon crab meat over broccoli. Sprinkle with paprika. Cover with plastic wrap. Microwave at MEDIUM (50%) 1 1/2 minutes or until thoroughly heated. Makes 2 servings. Note: Can substitute blue crabmeat, dungeness crab, crab blended products and Alaskan crab.

Special Delivery

MICHAEL YORK POTOCKI COLEEN MARIE POTOCKI

Dr. Elizabeth York and Dr. Lance Potocki of Edenton are proud to announce the birth of their twins -- a son, Michael York; and a daughter, Coleen Marie, in Chowan Hospital on February 7.

Maternal grandmother is Mrs. Dorothy York of Hagerstown, Maryland.

Paternal grandparents are Mr. and Mrs. John Potocki of Baltimore, Md.

ERIC WILLIAM MACKIN

William Alan and Ann Godlewski Mackin of Edenton are proud to announce the birth of their son, Eric William, in Chowan Hospital on February 7.

Maternal grandparents are Mr. and Mrs. Walter Godlewski of Lynn, Ma.

Paternal grandparents are Mr. and Mrs. William Mackin of Hopkinton, Ma.

Maternal great - grandmother is Mrs. Alice Godlewski of Lynn, Ma.

LAUREN MICHELLE WILLIAMS

Victoria H. and William Howard Williams III of Manteo are proud to announce the birth of their daughter, Lauren Michelle, in Chowan Hospital on February 9.

Maternal grandparents are Mr. and Mrs. George Holanek of Fayetteville.

Paternal grandparents are Mr. and Mrs. Howard W. Williams of Hertford.

Maternal great-grandparents are Mrs. Celina Friedel and Mrs. Helena Holanek of Fayetteville.

Paternal great - grandmother is Mrs. Naomi Banks of Hertford.

COREY BRETT TOPPIN

Brad and Stacey Toppin of Pantego are proud to announce the birth of their son, Corey Brett, in Pitt Memorial Hospital, Greenville, on February 8.

Maternal grandparents are Mr. and Mrs. Robert Cutler of Pantego, and Mrs. Delores Spraker of Woodbridge, Va.

Paternal grandparents are Ms. Brenda Toppin of Tyner and Ronald Toppin of Plymouth.

Paternal great-grandparents are Mrs. Cornelia Perry of Tyner and the late Claude Perry, and Mrs. Erelan Toppin of Nags Head and the late Chowan County Sheriff Troy Toppin.

Engagement Is Announced

Mr. and Mrs. Preston Harper of Greenville announce the engagement of their daughter, Deborah Mayo Braye, to Jerald Isaac Perry Sr., son of Mr. and Mrs. John Isaac Perry of Edenton.

The bride-elect attended A&T University of Greensboro. She is employed by the Guilford County school system.

The prospective bridegroom attended Elizabeth City State University. He is now employed there.

The wedding is planned for 6 o'clock on the evening of March 18 in the Wells Memorial Church of God in Christ, Greensboro.

Friends and relatives are invited to attend.

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