

Fun With Food

From The Herald Kitchen

By MILDRED HUSKINS
 Guess you didn't expect a suggestion for something different for your Labor Day picnic.

Well, picnics have gone upscale. The routine sandwiches, chicken salad, and watermelon that have characterized summer picnics can hardly be beat. However, with summer waning and picnic time rapidly coming to an end, you might try something different such as a seafood salad or two. Maybe today's catch could be tomorrow's salad instead of the usual tuna. Low calorie, too.

With their infinite variety of flavors and textures, fish and seafood offer special bonuses in excitement and preparation for a real pace-setter picnic. Instead of packing your hamper with "a loaf of bread, a bottle of wine and thou," try one of these recipes developed by the National Fish and Seafood Promotional Council.

Clam Antipasto Salad is a new blend of potatoes, clams, squash, carrots, olives, and celery. You just marinate in dressing the night before, then at the picnic, line a plate with greens, spoon on the salad and serve. Grilled Catfish Salad Shanghai Style blends the flavors of grilled catfish with fresh summer vegetables and toasted sesame seeds. The special dressing gives it a distinctive Oriental flare.



PICNIC FARE -- A Labor Day weekend picnic may call for a seafood salad such as Clam Antipasto Salad or Grilled Catfish Salad Shanghai Style as something to add variety.

Clam Antipasto Salad
 2 lbs. small new red potatoes
 2 lbs. Little Neck clams
 1 medium yellow squash, sliced
 1 medium zucchini, sliced
 1 medium carrot, sliced
 3/4 cup pitted black olives
 1 small purple onion, sliced

1/2 cup sliced celery
 1/2 cup bottled Italian dressing
 1 tablespoon Balsamic vinegar
 Crisp salad greens
 8 slices Italian hard salami, for garnish
 Dice potatoes. Cook in boiling salted water until tender, about 6 to 8 minutes. Meanwhile, steam clams over small amount of boiling water until opened, about 3 to 4 minutes. Remove clams from shells. Cook squash, zucchini, and carrot in simmering salted water in small saucepan, until just tender, about 2 minutes; drain.

In a large bowl, combine potatoes, clams, squash, zucchini, carrot, olives, onion, celery, dressing and vinegar. Toss well. Cover and refrigerate several hours or overnight. To serve line plates with greens. Spoon salad over greens. Fold salami in quarters to make a loose flower and arrange as garnish. Serves 4 to 6.

Grilled Catfish Salad Shanghai Style
 3/4 lb. catfish fillets
 1 tablespoon light olive oil
 Salt and freshly ground pepper
 1/2 tablespoon finely minced fresh ginger
 1 clove finely minced garlic
 2 tablespoons rice wine salad vinegar
 1/2 cup peanut oil
 4 large fresh mushrooms, thinly sliced
 6 pea pods, thinly julienned
 1/2 small red pepper, thinly julienned
 1/2 carrot, thinly julienned
 1/2 cup fresh bean sprouts
 Cold grilled catfish
 4 whole green onions, sliced (for garnish)
 2 tablespoons toasted sesame seeds, garnish

Prepare grill. Rinse fish under cold water. Pat dry. Brush with olive oil. Season if desired. When grill is medium hot, grill fish about 5 inches from coals for 10 minutes per inch thickness until flesh is just opaque. Turn fish once. Refrigerate to chill thoroughly. Thoroughly mix dressing ingredients. Toss mushrooms, pea pods, red peppers, carrots and sprouts together with about half of the dressing.

Cut catfish into 8 equal size pieces. Loosely arrange vegetables on each of four plates. Place 2 pieces of fish over vegetables on each plate. Spoon small amount of dressing over fish. Sprinkle with green onions and sesame seeds. Serves 4 (Any firm fleshed ocean or freshwater fish may be used in this recipe instead of catfish.)



Special Deliveries



MARK THOMAS SHIMMEL

Scott Thomas and Susan Small Shimmel are proud to announce the birth of their son, Mark Thomas, at Wake County Medical Center on August 19. The baby weighed in at 8 lbs., 7 ozs.

Maternal grandmother is Mrs. Julia Small of Edenton and the late Vann Small.

Paternal grandparents are Mr. and Mrs. Cliff Shimmel of Raleigh.

Maternal great-grandparents are Mr. and Mrs. Stillman Leary of Edenton.

VIRGINIA ANNETTE OWENS

Kenneth Lee and Sherry Brickhouse Owens of Hobbville are proud to announce the birth of their daughter, Virginia Annette, in Chowan Hospital on August 19.

Maternal grandmother is Mrs. Millie A. Rackliffe of Edenton.

Paternal grandparents are Mrs. Dorothy R. Owens of Edenton and the late Abbitt Barlow Owens.

Maternal great-grandparents are George Brickhouse of

Episcopal Church

Holds "Fun Fair"

HERTFORD -- St. Catherine's Guild of the Holy Trinity Episcopal Church, Church Street, will hold a "Fun Fair" on Friday, September 14, from 9 a.m. until 4 p.m., in the parking lot adjacent to the church.

Some of the items which will be on sale are homebaked bread, other baked goods, frozen casseroles, jewelry, furniture, and many other knick-knacks. Come and enjoy the fun!

Telephone Employees

Show Their Support

TARBORO -- Carolina Telephone employees all across the company's service area in 50 counties are wearing and displaying on their private and work vehicles red, white and blue ribbons to show support for the American men and women serving in the Middle East.

Janis S. Plummer, the company's director-corporate communications, said, "A major portion of the troops deployed in the Middle East are from our service area -- Fort Bragg, Pope Air Force Base, Camp Lejeune, and Cherry Point Marine Air Station. The ribbons are our way of saying, 'We stand behind you.'"

Carolina Telephone showed its commitment to Operation Desert Shield by distributing ribbons on August 27 to all its 4,200 employees and 900 retirees.

Sunbury and Mr. and Mrs. Eugene Ainsley.

TEKIYUS MARQUECE ARMSTEAD

Katherine Copeland of Edenton is proud to announce the birth of her son, Tekiyus Markece, in Chowan Hospital on August 24.

JASON DAVID WHITE

Jennifer Amstutz and David White of Hertford are proud to announce the birth of their son, Jason David, in Chowan Hospital on August 11.

BETHANY PAGE BATEMAN

Phyllis Ann Bateman is proud to announce the birth of her daughter, Bethany Page, in Chowan Hospital on August 12.

TIFFANY DIANNE NIXON

Ronnie and Lynda Nixon Harrell of Edenton are proud to announce the birth of their daughter, Tiffany Dianne, in Chowan Hospital on August 22.

Maternal grandparents

are Mr. and Mrs. Murray Nixon of Edenton.

Paternal grandparents are Mrs. Louise T. Harrell and the late Cecil Harrell of Edenton.

Maternal great-grandparents are Mrs. Lucille White of Hertford and Cecil Nixon of Edenton.

CORY BRYANT SIMMONS

Kerry and Amanda Bryant Simmons of Wanchese are proud to announce the birth of their son, Cory Bryant, in Chowan Hospital on August 26.

Maternal grandparents are Herman and Barbara Bryant of Edenton.

Paternal grandparents are A.A. and Cora Simmons of Hatteras.

Maternal great-grandmothers are Mrs. Elaine Kallam of Eden, N.C. and Mrs. Viola Bryant of Edenton.

Paternal great-grandparents are Fred and Irma Austin of Hatteras and Lucy Voliva of Columbia.

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TOWN OF EDENTON LABOR DAY TRASH PICKUP SCHEDULE
 The Town of Edenton will observe its Labor Day holiday on Monday, September 3, 1990.

Monday, September 3	No Garbage Collection
Tuesday, September 4	East Side Collection Will Be Picked Up
Wednesday, September 5	West Side Collection Will Be Picked Up. Limbs and Waste Will Be Picked Up East & West Side.
Thursday, September 6	East Side Collection Will Be Picked Up.
Friday, September 7	West Side Collection Will Be Picked Up.

Sidewalk Sale 3 Days Only
 August 30 - September 1

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