

Catfish may look funny but they taste good

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other ways farm-raised catfish can be cooked. When purchased in fillet form, they lend themselves perfectly to a broiler, lightly brushed with fresh lemon or lime juice and a sprinkle of paprika (great for the dieter).

Chief Fulse suggested I try char-

broiling, and after getting out the broiler and firing up on what turned out to be one of the coldest days of winter, I was pleasantly surprised to see the fillets hold together well.

(While broiling, I brushed them with a mild soy-sauce and melted butter baste). In all honesty, though, the farm-raised catfish steaks are, in my opinion, better on the grill. Keep

the fillets for oven broiling, baking and pan frying.

For the health conscious, a 3.5-ounce serving of farm-raised catfish contains about 115 calories, compared with 170 calories in a similar portion of chicken, 215 calories in beef sirloin and 240 calories in pork loin. That same serving of farm-raised catfish contains about 65 mil-

ligrams of cholesterol, much less than similar portions of lean beef, lamb, veal or skinless chicken.

Delta Pride's farm-raised catfish is the largest fresh-fish processor in North America. The cooperative's 168 members control about 64,000 acres of scientifically controlled ponds complete with mechanical aerators throughout Mississippi.

(That's almost a third of the total Mississippi area.)

LOCALLY, farm-raised catfish is wholesaled through Paul Inman and Associates in Southfield. Dale Murnahan, local sales representative for Inman Associates, has seen a market growth of "more than 200 percent."

Delta Pride catfish is available locally at all the major supermarket chains including A&P, Farmer Jack, Meijer's and Kroger's. If you want to try it out first, look for this special catfish on the menu at places like the Golden Mushroom, Macus' Red Fox and Sly Fox. D. Dennison's and Red Lobster locations.

Bon appetit!

GRILLED FILLET OF CATFISH WITH DIJON MUSTARD
4 (5- to 8-ounce) Delta Pride catfish fillets
3 tablespoons Dijon mustard
vegetable oil
salt and pepper to taste

Preheat the grill.
Coat each side of each Delta Pride catfish fillet with ½ tablespoon mustard. Let stand 30 minutes. Salt and pepper, to taste.

If using presoaked wood chips or other flavoring, sprinkle them over hot coals or lava rocks. Brush the grill lightly with oil.
Place the fish fillets in an oiled basket and grill over hot or high heat three to five minutes per side. Serve immediately. Serves four.

CATFISH AND ARTICHOKE AU GRATIN
4 (5- to 8-ounce) Delta Pride catfish

fillets, lightly seasoned with salt and pepper
2 cups water
1 cup white wine
1 small onion, quartered
salt and cayenne pepper to taste
¼ cup butter
¼ cup flour
1 cup heavy cream
salt and pepper to taste
1 small can of quartered artichoke hearts
¼ cup chopped green onions
½ cup grated Swiss cheese

Place four Delta Pride catfish fillets in a sauce pan with water, white wine, small quartered onion, salt and pepper to taste. Poach 10 minutes or until tender when flaked with a fork. Remove catfish and dice into ½-inch pieces. Strain liquid and bring back to a boil.

Add white roux made with ¼ cup butter and ¼ cup flour. Stir well and

slimmer over very low heat, approximately 10 minutes. Add 1 cup of cream and bring to a boil. Adjust seasoning to your taste.
Place catfish in bottom of a baking dish with quartered artichoke hearts around. Add chopped green onions. Cover with sauce and top with cheese. Bake in 350-degree oven for approximately 20 minutes, or until cheese is browned.

Serves four.

PAN-SAUTEED FILLET OF CATFISH WITH OYSTERS AND ANDOUILLE BUTTER SAUCE
2 (5- to 8-ounce) Delta Pride catfish fillets, lightly seasoned with salt and pepper
Eggwash — 1 egg and ¼ cup milk
¼ cup white flour
¼ cup vegetable oil

1 ounce julienned strips andouille (you may substitute high-quality smoked kielbasa sausage if andouille is not available)
1 teaspoon chopped garlic
¼ cup red bell pepper, chopped fine
8 oysters with liquor
3 ounces mascarpone wine (or any dry white wine)
1 tablespoon lemon juice
1 teaspoon red wine vinegar
¼ cup heavy cream
salt and cayenne pepper to taste
¼ cup butter, cut in pats

Heat saute pan over high heat. Place oil in pan. Dip fish in eggwash, then into white flour. Shake off excess flour. Place fish in hot saute pan and cook approximately five minutes or until done. Remove fish from pan. Add andouille, garlic, red pepper, oysters and liquor, and saute approximately two minutes.

Deglaze pan with wine, add lemon juice and red wine vinegar. Reduce by half. Add cream. Reduce by half again. Swirl in butter, one piece at a time until all is incorporated. Season to taste with salt and cayenne pepper. Do not boil after adding butter or sauce will separate. Place one fillet on each plate and top with four oysters and ½ of the sauce.

Serves two.

PAN-SAUTEED CATFISH DIANE
4 (5- to 8-ounce) Delta Pride catfish fillets
salt and cayenne pepper
¼ cup cooking oil
¼ cup flour
1 ½ sticks unsalted butter
¼ cup red bell pepper
¼ cup chopped green onions
1 teaspoon chopped garlic
¼ cup chicken stock or bouillon
½ pound sliced mushrooms
3 tablespoons chopped parsley

Lightly season Delta Pride catfish

clarification

The recipe for Kingsley Inn Key Lime Pie that appeared Monday, March 20, should have stated these amounts: ½ cup lime juice and ½ cup sugar. Here is the complete recipe.

KINGSLEY INN KEY LIME PIE
(makes one pie)

1 9-inch baked pie shell
1 package unflavored gelatin
½ cup lime juice
2 egg yolks
1 can Eagle Brand milk
1 tablespoon clarified butter
2 egg whites
¼ cup sugar
1 teaspoon grated lime rind
¼ teaspoon pure vanilla
¼ cup heavy cream

Prepare pie shell. Sprinkle gelatin in cold lime juice. Let it sit in oven until the gelatin is well dissolved. Cool the mixture in an ice bath while whipping vigorously. Place egg yolks in mixing bowl. Add Eagle Brand milk, butter and cooled gelatin-lime juice mixture. Beat until smooth and thick at high speed.

In another bowl beat egg whites until foamy. Add ½ of sugar, grated lime rind and vanilla, then beat mixture until stiff and glossy. In another mixing bowl beat whipping cream and ¼ of sugar until it peaks. Fold whipping cream and meringue into green mixture. Pour into baked pie shell and refrigerate until firm. Top with whipped cream and garnish with lime slice.

Men, if you're about to turn 18, it's time to register with Selective Service at any U.S. Post Office.

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IGA Tablerite Beef Loin Sirloin Steaks
2.49 lb.
Save .70 lb.

IGA Tablerite Hamburger from Ground Chuck
5 lbs. or more 1.39 lb.
Save .50 lb.

IGA Tablerite Boneless Beef Bottom Round Steaks
2.29 lb.
Save .60 lb.

IGA Tablerite Beef Loin T-Bone or Porterhouse Steaks
3.99 lb.
Save .90 lb.

IGA Tablerite Family Pak Chicken Thighs
.69 lb.
Save .20 lb.

IGA Tablerite Boneless Beef Cube Steaks
2.49 lb.
Save .40 lb.

IGA Tablerite Pork Steak or Country Style Spare Ribs
1.29 lb.
Save .30 lb.

Ole Carolina Sliced Bacon
12 oz. pkg. .59 lb.
Save .40 pkg.

Armour Gold Star Turkey Link Breakfast Sausage
12 oz. pkg. 1.89
Save .30 pkg.

Frozen
Swanson Entrees
12-10.0 oz.
1.19
1.99

Dairy
Country Crock
3 lb. Crock
1.97
1.99

Produce
Fresh Plus Produce
Sno-White Cauliflower
12 ct. size
1.29
12.99

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Cheer Detergent
42 oz. box 1.79
Assorted Flavors
9-Lives Cat Food 6 oz. 3/1.00
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A defense against cancer can be cooked up in your kitchen.



There is evidence that diet and cancer are related. Follow these modifications in your daily diet to reduce chances of getting cancer.

1. Eat more high-fiber foods such as fruits and vegetables and whole-grain cereals.
 2. Include dark green and deep yellow fruits and vegetables rich in vitamins A and C.
 3. Include cabbage, broccoli, Brussels sprouts, kohlrabi and cauliflower.
 4. Be moderate in consumption of salt-cured, smoked, and nitrite-cured foods.
 5. Cut down on total fat intake from animal sources and fats and oils.
 6. Avoid obesity.
 7. Be moderate in consumption of alcoholic beverages.
- No one faces cancer alone.

