

# What's Cookin': Gerry's culinary adventures continue in North Carolina

Gerry is writing today...

Continued from last week, here are the next few food stops on our North Carolina trip.

4. The Hershey Hotel in Hershey, Pennsylvania was a step back in time to the early 1900s. Sitting high atop the city, offering spectacular views to Hershey World and factories below. Their circular dining room has the best unencumbered view. The grilled Panini

with marinated roasted beef, provolone, roasted peppers, spinach and mustard aoli and the eggplant parmesan with marinara and provolone were only second to the view and the entire atmosphere of this treasure.

5. The Soda Fountain at Woolworth Walk in Asheville, N.C. was certainly a nostalgic trip back in time as well. Offering traditional soda fountain fare from the 1930s, this 5 &

## Lori Gysel & Gerry Kentner



10 store was restored in early 2000. One of their waitresses, Geneva Tisdale, and two of her coworkers were the first African Americans to eat at the lunch counter at which they worked. Amazing history only

50 years ago.

6. The Sweet Onion in Waynesville, N.C.— lots of Southern fare including shrimp and grits, crab cakes, fried catfish, bacon wrapped meatloaf and smoked pork chops made it hard to choose a main course, and then there were so many sides too!

Of course some of the best food of the trip was at our friends' home. We experienced red eye gravy, country ham and

biscuits, liver mush (fried and served at breakfast).

All in all, a great trip and always a great culinary adventure. Remember the holiday starts the minute you leave home— not the minute you get there. So, slow down and enjoy yourself along the way— off the beaten path!

Have fun and keep cooking!  
For questions or comments contact Lori and Gerry at [whatscookin@theifp.ca](mailto:whatscookin@theifp.ca)

## Fish Tacos with Chipotle Mayonnaise

Makes 8 fish tacos

### Ingredients

- 4 large tilapia filets
- Cajun or jerk seasoning
- Salt and pepper
- Non-stick spray
- 1 recipe chipotle mayonnaise
- 1/4 head iceberg lettuce, slivered
- 2 medium ripe tomatoes
- 2 green onions, sliced
- 1 avocado, sliced
- 8 large flour tortillas

### Method

Rinse fish with cold water and pat dry. Sprinkle with Ca-

jun or jerk seasoning on one side, then salt and pepper on the other side.

Heat a non-stick pan until quite hot, spray with non-stick spray and then sear fish in pan for approximately 4 minutes or until golden in colour. Then flip fish over and finish for approximately 4 minutes on the other side.

In the meantime, warm the tortillas in the oven.

Cut fish filets in half.

Serve one tortilla filled with lettuce, fish, chipotle mayonnaise, tomato, avocado and green onion.

### Chipotle Mayonnaise Ingredients

- 1 head garlic
- 1 tsp extra virgin olive oil
- 1 cup good quality mayonnaise
- 1/2 cup sour cream
- 1 tbsp fresh squeezed lemon juice
- 2 chipotle peppers plus 2 tsp of the sauce they are canned in
- salt and fresh ground pepper to taste

### Method

Preheat oven to 400 F degrees. Cut garlic head in half and drizzle one half tsp of the



olive oil on each half. Place in tin foil and roast in the oven until golden brown and soft— approximately 30 minutes. Once cool enough to handle, squeeze the garlic out of the cloves.

To make sauce, combine all ingredients (except salt and pepper) in a food processor and puree until smooth. Taste, add salt and pepper as required. Refrigerate until ready for use.

### Shopping list for the Georgetown Bread Basket

The Georgetown food bank needs large cans of juice, canned meat, sugar, salt, coffee, snacks for children (puddings, jello, apple sauce) and cereal.

Any items can be placed in the food bank bins at Food Basics, Metro (north and south) and Real Canadian Superstore, Freshco and food bank volunteers will pick up, or at the food bank, Unit 12, 55 Sinclair Avenue.



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