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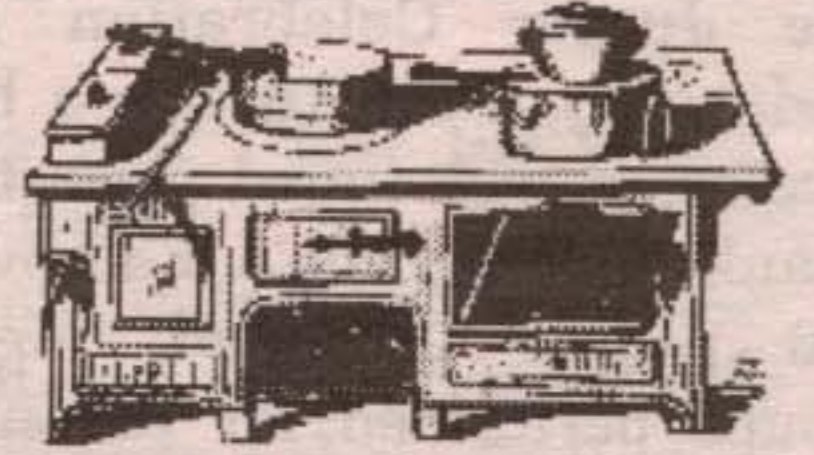
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BOARD & BATTEN

Keeping the home fires burning

Glenda's Kitchen Kapers

BY GLENDA BENTON



We enjoyed what I call a delicacy this month. Reid, our editor, brought me some ostrich meat to experiment with, compliments of Deborah and Don Simmons from White Rock Ostrich Farm. I felt a little nervous but I took the safe route and made a gourmet meatloaf using a recipe in Deborah's brochure. Then I pondered - what do you serve with ostrich? Scalloped potatoes and steamed mixed vegetables made a delicious meal. Knowing horse radish accents beef, cranberry is a must with turkey, and mint goes with lamb, I decided to try my own red and green pepper relish as a compliment to ostrich. It pleased my taste buds and Bert made sure no meatloaf was left over. I suggest you pay a visit to White Rock Ostrich Farm at 13085 4th Line, north of Regional Rd. 12, Rockwood, and discover the flavour that has created a sensation in fine Canadian restaurants.

All recipes compliments of White Rock Ostrich Farm.

Gourmet Meat Loaf

- 2 lbs. ground ostrich
- 1 medium chopped onion
- 2 tbsp. diced majoram
- 1 clove garlic, minced
- 1 egg, lightly beaten OR 1 egg white + 1 tbsp. oil
- 1/4 cup ketchup
- 1/2 tsp. prepared mustard
- Freshly ground pepper
- Salt to taste

Mix all ingredients together. Form into loaf and place in roasting pan. Cook at 350 F for 45 minutes. (I used fresh green onions from my garden in place of the chopped onion.)

Cajun Style: Add 1/2 tsp. dry thyme, 1/2 tsp. dry oregano and 1 tsp. red cayenne pepper.

Because ostrich meat SHOULD NOT be overcooked as it may become dry and tough, I have not yet had an opportunity to cook the steak. With Bert coming in at different times from the hay field, I want to be sure he is going to be here at the table the minute I feel the steak is ready. Some Sunday evening soon we will enjoy another of Deborah's recipes.

Saucy Grilled Ostrich

- 4 Ostrich medallions or steaks
 - 2 chopped shallots
 - 3 chopped garlic cloves
 - 1/2 cup dry white wine
 - 2 tsp. fresh thyme and garlic
 - 2 oz. wild mushrooms (Morels or Shitake)
- Sauté shallots, add mushrooms and cook until done. Add garlic and reduce until dry. Keep warm.

Saucy Mustard

- 1/2 cup dry white wine
- 5 shallots, finely chopped
- 2 tbsp. dijon mustard
- 1 cup packaged Demi-glace gravy, prepared
- 1 tsp. fresh chopped thyme
- 1/2 cup creme fraiche
- 1 tsp. butter

Sauté shallots in butter. Deglaze with white wine. Add thyme and dijon mustard. Add demi-glace and reduce by half.

Whisk in creme fraiche.

Sauté ostrich medallions in 1 tsp. butter to medium rare. Slice and arrange over wild mushroom mixture. Ladle sauce over meat. Serves two to four.

Our duty is not to see through one another, but to see one another through.



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Not all Fish are equal

BY LOU MAIERON
SPECIAL TO THE COMPASS

Your pond is a living ecosystem. An ecosystem in balance is desirable. When it's out of balance, problems occur. The balance between prey and predator is an important consideration.

Sometimes, pond owners with the best intentions can cause themselves serious problems. "We'd just dug a pond and we wanted to see if fish would survive, so we put in a couple of dozen goldfish." By the time I hear this common complaint, the fish have been in the pond for several seasons, two dozen fish have become thousands, and the pond is a mess.

Goldfish are carp and carp

are very prolific. If there is no predator species in the pond with them, carp will multiply unhindered. When they feed, carp love to dig up the bottom of the pond, making the water murky. When a pond is overpopulated, winter kill results in a putrid mess of fish corpses in the spring.

Other species to avoid are bullheads and catfish. They share the carp's indestructibility and they're equally prolific. Bullheads and catfish also have a pectoral fin defence mechanism, making them hard to control even with prey fish.

Large mouth and small

mouth bass are becoming popular species in shallow, warm ponds because they can tolerate warm water and low-oxygen conditions. Although bass are relatively expensive to purchase in the first place (two to three times the price of trout), they reproduce well. However, to thrive, bass need an adequate number of prey species in the pond with them, as well as a second predator species to keep the bass offspring in check. Without the right balance of prey and predator to regulate the food supply, bass will also over-populate, resulting in a few large bass and hundreds of stunted ones.

There are different trout species available to suit different ponds. Trout, as a predator, can be used to control many undesirable species. Trout also respond favourably to commercial floating trout food, eliminating the need for prey species. Only in exceptional ponds will trout reproduce. Maintaining the balance in your pond's ecosystem does not have to be difficult, but it does require educated management.

Before forging ahead, you are well advised to contact your local fish farm or aquaculturalist for information on species best suited to your particular pond environment.

And a final word of caution: it is illegal to remove fish from the wild and introduce them into your pond. One reason to honour the prohibition is that wild fish may bring disease, parasites or leeches with them.



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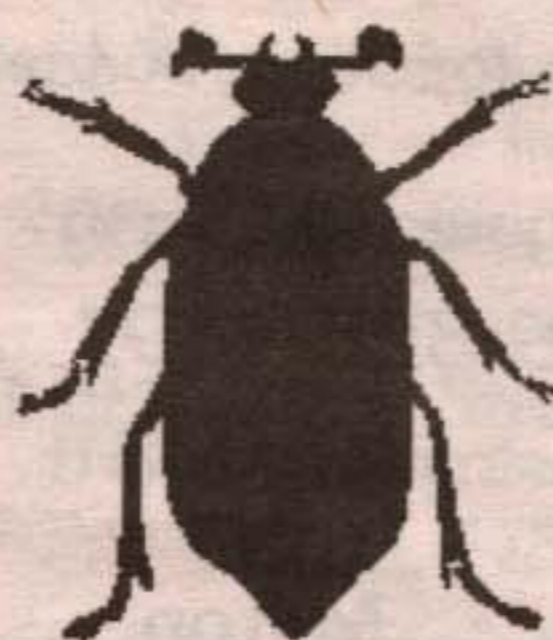
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