

# There's more than one way to cook a fish

There is more than one way to cook a fish on the barbecue.

The recipe shown discusses cooking them in tin foil. If this is the way you are going to do it, be sure to use a heavy foil (or two layers if it's a large fish). Also be sure to spray the foil really well with non-stick cooking spray. This will ensure you aren't trying to pick all the fish bits off that are stuck to the foil.

Fish can also be cooked in banana leaves (if you can get them)! This is a real treat for your guests. Wrap the fish in banana leaves (the recipe show here would be fabulous done this way) and tie each end with string.

What's cookin'?

Lori and Gerry Kentner



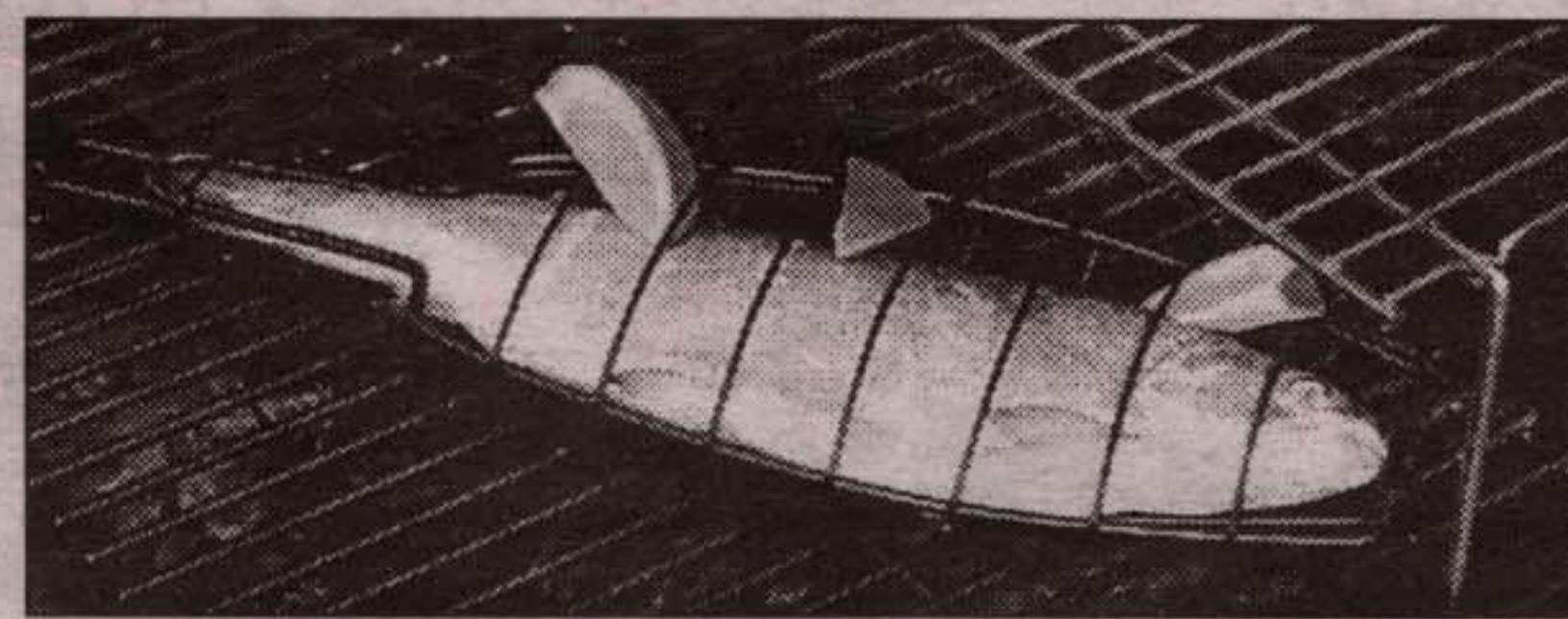
When you serve the fish, serve it in the banana leaves—it makes a great display on the table.

Specialty cooking shops sell baskets that are specifically designed to cook fish in (they are even shaped like a fish). These work well—be sure to cook the fish over a medium heat so the outside doesn't get overcooked.

Cedar planks are a popular cooking tool for salmon. They are sold in many stores that sell fish. Here is how to cook with them. Soak the cedar planks in cold water for at least half an hour before cooking with them. Preheat the barbecue to a medium heat then place the cedar planks on the grill and heat them for 5-10 minutes until they are quite hot. Then put the salmon on top to cook.

Regardless of the type of fish or the method of cooking (barbecue, frying pan, oven, poaching, etc.) it cooks for approximately 10 minutes per one inch of thickness (at the thickest part of the fish).

Have fun and keep cooking!



## Thai Spiced Fish

(Serves 4)

### Ingredients

- 4 Red snapper (whole), about 12 oz each, cleaned and scaled
- 1 Lime, halved
- 1 Garlic clove, thinly sliced
- 2 Green onions, thinly sliced
- 2 tbsp Thai red curry paste
- 4 tbsp Coconut milk

### Method

1. Cut several deep slashes in the side of each fish. Place each fish on a layer of heavy foil (large enough to enclose the fish). Slice one lime half and tuck the slices into the slashes in the fish, with the slivers of garlic. Scatter the green onions over the fish.

2. Grate the rind and squeeze the juice from the remaining half lime. Combine both in a bowl and stir in the curry paste and coconut milk. Mix well, then spoon evenly over the fish.

3. Wrap foil to enclose the fish completely. Grill on a moderately hot barbeque for 10-15 minutes, turning occasionally. Check one portion to make sure the fish is thoroughly cooked through.

## Ride in the North Halton Bike-a-thon, May 16

Community Living North Halton is holding their ninth annual Bike-A-Thon on Sunday, May 16, rain or shine.

It will start and finish at the Georgetown Fairgrounds. The route is 13 km. Registration begins at 11:30 a.m. and the official start time is 1 p.m. All proceeds from the sponsor forms will go towards the

support of children and adults with developmental disabilities served through the Saturday Centre, Friday Friends Club and the Drop-In Centre, in Halton Hills and Milton.

Some feature attractions include "Pinball" Clemons from the Toronto Argos, Team Attard Formula One Speedboat Display,

the Centennial Middle School Jazz Band, and face painting. There will be many sponsor level prizes, including a chance at a new mountain bike, plus many draw prizes.

For information or to pick up sponsor forms, call Teri Cowbrough at Community Living North Halton, 62 Park Ave. in Georgetown at 873-8181.

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## Tooth Chatter



by ALEX TRENTON DENTURIST

### CHEWING FUNCTION

Learning to eat normally will require some effort on your part. For the first few days, eat soft foods. As you become accustomed to your dentures you may progress to solid food. Cut your food into small pieces and chew slowly. Dentures require that you chew your food for a longer period. The more time you take to eat, the faster you will master your denture.

Place half of each forkful of food on the right side of your mouth, the other half of the left side in order to distribute the chewing pressure evenly. Chew slowly and chew "at" your food instead of "through" it. Try to relax and avoid chewing vigorously, as this may cause soreness.

Don't attempt to eat an apple or corn on the cob immediately. Master the simpler things first. With time, you will become confident of your ability to eat normally, using common sense, of course, in the selection of your food.

If you are having trouble with your dentures, give our office a call. You do not need a referral.

You do not need a referral; simply call our office direct.

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## Guide to the Outdoors

Julie Pomeroy

The CREDIT RIVER provides excellent sport fishing opportunities for the experienced as well as beginner. There are huge runs of chinook salmon, steelhead and during open season anglers can fish for Brook, Brown & Rainbow Trout. The Credit River Anglers Association plays an active role in the conservation of the fisheries resources and will be on hand to answer questions about fishing the Credit on Saturday, May 15, at Norvals Riverfest 99. They will have an aquarium, videos and will demonstrate proper catch and release techniques on the river.



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