

Summer fish tales

I have three recent experiences with fish that I'd like to share with you. I have been on a diet for a while now and have been eating a lot of fish, especially at restaurants.

When I was on holiday in France, I went to the market to buy fish for dinner. I told the man behind the counter in my best (not-so-good) French that I wanted something different that I could cook on the barbecue. He recommended a fish that was whole, about 15 inches long and was an iridescent blue/green/gold.

I looked at the sign, but couldn't recognize the name and I asked him twice to tell me what it was, but he just kept repeating the name in French, which was not helping me. But I decided, what the heck, why not try something completely new!

When I got back, I cooked the fish on the barbecue and served it up to the family. It was good, but certainly not the best fish I've ever had. My husband was very curious as to what this fish was, so since he is far more fluent than I am, he asked our host what it was. When my husband translated, I almost choked—DOLPHIN!

Oh my! But I had already eaten it!

After a few minutes of initial shock and horror, I thought, but it was only a foot long—nowhere near the size of any dolphins I've ever seen at Sea World!

After a little more difficult French/English translation, we discovered that there are actually dolphins (the kind I know from the marine

parks) and then there are dolphin fish. Dolphin fish are fish, and are not even related to the dolphin, which is a mammal. What a relief!

My next experience was in Oakville, ordering fish in a restaurant. I was out to dinner with seven friends at a restaurant that serves pasta, pizza, steaks and fish. Surprisingly enough, every single person at our table ordered fish. Perhaps it was because of the fabulous array of sauces and preparation methods this restaurant offered with their fish. I ordered a blackened catfish, no butter, no sauce, nothing. It was great!

The rest of the gang had various kinds of fish with lots of creamy, rich, yummy looking sauces and all said theirs was excellent as well.

The last experience was with a piece of fish my parents bought in

Toronto for us. They came home from a day in the city with three filets of sea bass for us.

Now if you've been to any fine dining restaurants lately, you'll know that sea bass is the "in" fish right now, but I have never tried it.

So, I covered the filets with blackening spice and pan-fried them, again with no butter or sauce. The sea bass was, without a doubt, the best piece of fish I have ever had in my life!

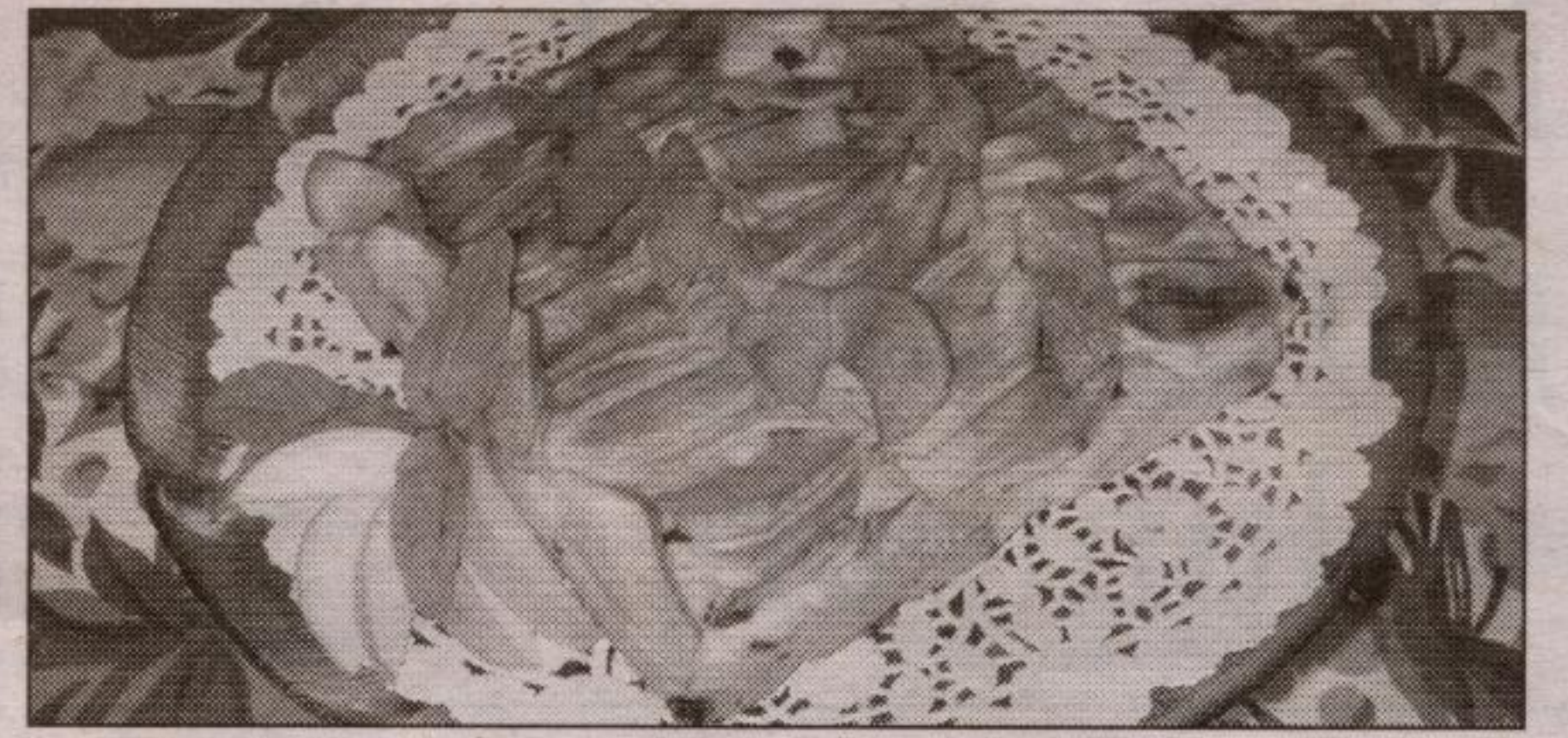
So, if you are eating fish in the near future, I highly recommend the blackened catfish or blackened sea bass.

Have fun and keep cooking!

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What's cookin'

Lori and Gerry Kentner



Apple Coffeecake

This is a sugar-free dessert

Ingredients

- 1/3 cup margarine, softened
- 2 egg whites
- 1/2 tsp vanilla
- 1 1/2 cups all-purpose flour
- 3/4 cup Splenda granular
- 2 1/2 tsp baking powder
- 1/4 tsp salt
- 1/2 cup skim milk
- 1/2 cup raisins
- 3 medium apples, peeled and diced
- 1 tsp cinnamon

Method

Beat margarine, egg whites and vanilla until light. Combine flour, 1/2 cup Splenda, baking powder and salt. Add flour mixture and milk alternately to egg mixture, beating after each addition until smooth. Stir in raisins.

Spread evenly into eight-inch baking pan sprayed with non-stick cooking spray. Arrange apple slices on top of batter. Combine 1/4 cup Splenda and cinnamon; sprinkle over apples.

Bake at 375 degrees for 40 to 45 minutes or until cake tester inserted into centre comes out clean. Cool cake in pan. Serve warm or cold.

Makes nine servings.



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