

Kitchen Diva

Here's a New Twist on Cooking Fish

If you've been timid about preparing fish, try the steaming method. Cooking "en papillote" -- meaning "in paper" in French -- is a method in which you seal the food in a pouch and bake it. The food essentially steams in the oven in its own juices.

Eating fish is an excellent way to add a low-fat, good-quality protein, omega-3 fatty acids, minerals and vitamins to your diet. Two servings of fish per week will greatly benefit your health. The high amounts of protein in fish also aid in the regulation of blood sugar for those with diabetes.

This Jamaican-Style Steamed Fish recipe is a beautiful dinner party dish because it's easy to prepare in advance and cooks quickly. Present each diner with their own aromatic packet of steamed fish and beautifully cooked vegetables in a delicious sauce. Jamaican-Style Steamed Fish done "en papillote" is a new twist on cooking fish.



Photo by DepositPhotos.com

JAMAICAN-STYLE STEAMED FISH

You also can prepare this recipe using sheets of aluminum foil or in small, lunch-sized paper bags. Twist or fold the ends to seal the foil or the paper bag closed.

- 4 (8-ounce) fillets, use red snapper, tilapia, salmon, catfish, orange roughy, perch, whiting or whitefish
- 1 tablespoon olive oil
- 1 small yellow onion, peeled and sliced into rings
- 1 1/2 teaspoons salt, divided
- 1 1/2 teaspoons ground black pepper, divided
- 1 teaspoon ground allspice, divided
- 1/2 teaspoon cayenne pepper
- 4 cloves garlic, peeled and coarsely chopped
- 1/4 teaspoon fresh, peeled, minced ginger
- 12 cherry tomatoes, sliced
- 12 white button mushrooms, sliced
- 2 cups broccoli florets
- 1 small red bell pepper, stemmed, seeded and diced
- Leaves from 4 sprigs fresh thyme
- Grated zest and juice of 1 lemon
- 1/2 cup water
- 1 tablespoon soy sauce
- 4 (12 by 14-inch) sheets parchment paper

1. Heat oil in a medium skillet over medium heat. Add onions to the pan and season with a teaspoon each of salt and pepper, 1/2 teaspoon allspice and the cayenne pepper. Add garlic and ginger and continue cooking until the onions are slightly wilted. Set pan aside.

2. Pre-heat oven to 350 F. Fold the four pieces of parchment paper in half. Cut each folded sheet into half of a heart shape, staying close to the outside edges of the paper when cutting out the shape. Place opened, heart-shaped pieces of parchment on a rimmed baking sheet. Place each fish filet to one side of the fold line of the heart-shaped parchment, at least 2-inches from the paper's edge. Place equal amounts of the onion mixture with any remaining liquid on top of the fish fillets. Place equal amounts of the cherry tomatoes, mushrooms and broccoli florets on the fish. Sprinkle vegetables with an equal amount of bell pepper, thyme and lemon zest.

3. Fold the top half of the parchment paper over the fish and vegetables to enclose. Starting at the top of the heart-shape, fold about 1/2 inch of the edge toward the center. Seal the paper closed by rolling, pinching and flattening the edges of the paper to form a "hem." When the hem reaches the bottom tip of the heart, leave a small opening so you can add the steaming liquid.

4. Mix together lemon juice, water and soy sauce. Pour equal amounts of the liquid into each packet. Twist the bottom inch or two of the parchment to seal it, then fold it underneath to complete the seal.

5. Bake 11 to 12 minutes, or until the packets have puffed up. Remove the pan of fish from the oven and let the fish rest for 2 minutes before opening the packets. The fish should be opaque and flake easily in the center. If the fish is not fully cooked, bake an additional 2 to 3 minutes. Serve immediately. Serves 4.

Angela Shelf Medearis is an award-winning children's author, culinary historian and the author of seven cookbooks. Her new cookbook is "The Kitchen Diva's Diabetic Cookbook." Her website is www.divapro.com. To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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Storytime Picture: Some of our Storytime kids celebrating Dr. Seuss Day.

Library Happenings

Estill Public Library

by Shannon Horn

March 6th, 2019

February is over and I'm hoping the cold weather soon will be too. There is only so much winter that a person can take. We are putting out our spring decorations here at the library, whether Mother Nature wants to play along or not! Luckily for us and our patrons, our library is a nice, warm place to work and visit. Check out some of our upcoming programs below and stop by this week!

PenPals - Crafternoon

In a world of emails and texts messages, the idea of having a penpal may seem a bit foreign -- especially to the younger generations. But Lesa put together this idea of becoming penpals with patrons from other libraries. This is open for all ages too! Henderson County Public Library has 5 patrons that are ready to start! Anyone who would want to take part would meet at the library and write a letter or make a card (maybe using our Cricket machines). When everyone is finished we will put them all in an envelope and mail to the other libraries. This will save everyone postage and the members of the group will all receive their letters at the same time. This is a great way to connect with other people, besides using social media. I've asked Lesa to sign me up, if you would like more information about this program call (606)723-3030 and ask for Lesa!

Tween Art Club

One of my favorite activities is crafting. I absolutely love to craft. Whether I'm drawing, painting, or just gluing stuff together I am ALL for it! And because of that I'm going to have an art club for middle school age tweens. It will be on March 18th at 3:30. Your tween can ride the bus to the library and then they can be picked up at 4:30. We will be trying out string art. If you don't know what that is, it is simply dipping string in paint and then creating designs with it on paper or card stock. I have never tried this before, but I believe it will be a lot of fun. If you have any questions, just call the library and ask for Shannon!

Imagination Station

Something that I've noticed with adults, in general, is that sometimes they lose their imaginative side. That is just a part of getting older, but I want to help people find their child-like creative sides. When you have kids, grandkids or you work with children they will want you to play with them and it is so much easier if you can imagine along with them. So on March 21st at 6:00 I will be having a workshop to help adults learn to imagine again. We will be talking about how important it is for kids to play

with toys and how to make toys at home. We will be making two toys that evening as well. We will make an airplane and yarn doll!



Tinley Johnson enjoying a good book with her mom and baby sister.

Book Clubs

Our Mystery Book Club is still meeting on the first Monday each month. If you would like to know where they will be meeting this month, call the library and ask for Kathy. They have been reading *The Circle* by Dave Eggers. Our Adult Book Club is on the first Tuesday of the month. They've just read *Hillbilly Elegy* by JD Vance. If you didn't know, this book will be turned into a movie later this year. Ron Howard is up to direct this \$45 million Netflix original. The Adult Book Club will be moving on to the book titled *Commonwealth* by Ann Patchett. The Teen Book Club has made it through *The Princess Bride*. Katelyn had the kids play a bean bag tossing game using their non-dominant hand. They had fun with it, but I didn't get how that went with the book. Mostly because I have never read that book before. So I guess if you, reader, don't know why that was significant, you and I will just have to read that book to find out!

There is a lot more going on at the library. We have our Storytimes at 10:30 every Wednesday and Friday. Or you could come hang out for teen game night or Fandom Friday (well, only if you are a teen). We have LEGO Club or Homeschool Enrichment. I wanted to highlight some of our newer programs this week. If you would like more information about our regular programs give us a call at (606)723-3030 or find us on Facebook. Or you could stop by the library and grab a calendar.

Reader, I hope you have a wonderful week!

SUNDAY

Daylight Saving Time begins
March 10

At 2am
turn your clocks
ahead ONE
hour