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# Healthy way to prepare fish, 'chips'

MAY 12, 2010

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I got a bonus of sorts when I stopped at Keegan's Seafood on Salem Avenue in Mount Washington for my fresh seafood "fix."

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Outside the store was the cutest little couple selling produce, herbs and veggie plants. Mr. and Mrs. Klug come from Fayetteville and grow the produce themselves.

I bought some heirloom yellow tomato plants, a rhubarb plant, and some beautiful purple basil. They are there a couple times a week, so if you're in the neighborhood, stop by to see Tom Keegan and these truck farmers.

All throughout our Community Press and Recorder areas there are these kinds of folks who are independents trying to make a living doing something they love.

You'll find them outside places like Tom's, at roadside stands, Findlay Market, or in the parking lots at shopping malls.

Anytime you can support our independent grocers and farmers, I hope you do so.

## Seafood Tips From Tom Keegan

"Oil the fish, not the pan," he says. Tom brushes oil on the fish for a healthier, tastier dish. He also says simple is better.

"When you have a quality piece of seafood, you don't need to do much other than sauté it simply in some olive oil and/or butter with your favorite seasonings."

## Pan-Seared Salmon With Herbs

Usually I oil the fish, not the pan, but in this case, I put the olive oil directly in the pan since I have aromatics with it. Here's how I do it:

Film a pan with olive oil and cook a large, peeled, smashed clove of garlic in it until it turns golden. If you have a few sprigs of lemon grass, toss them in too and saute along with the salmon.



Rita Heikenfeld  
Rita's kitchen

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Courtesy Rita Heikenfeld  
Simple pan-seared salmon with dill and lemon herbs.

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Remove garlic and lemon grass and add a piece of salmon which has been seasoned with salt and pepper.

Cook until done, turning once. Sprinkle with fresh dill and a squeeze of lemon juice.

### Oven-Fried French Fries

For Mandy Roberts, who wanted healthier french fries with lots of flavor.

You need to precook the potatoes first so they'll bake up crisp without a long time in the oven.

If you want, add less garlic powder and substitute Cajun seasoning.

4 big baking potatoes, cut into big wedges, skin left on if desired

1/4 cup each: bread crumbs and shredded Parmesan mixed together

2 teaspoons garlic powder or to taste

Olive oil, salt and pepper

Preheat oven to 425 degrees. Bring water to a boil, put potatoes in, then lower to a simmer. Cook until barely tender, about five to seven minutes.

Spray a baking sheet and put potatoes on in single layer. Season and toss with a bit of olive oil.

Sprinkle bread crumb mixture over them, tossing to coat. Press the coating lightly so it sticks.

Bake, and toss about halfway through, until crispy, about 10 to 12 minutes or so.

### Stuffed Bell Pepper Soup

I've had several requests for this and finally tweaked the recipe so that it's good enough to share.

Like eating a stuffed pepper, inside out!

1 pound ground beef (I use sirloin but any will do)

1 cup chopped onion

2 bell peppers, medium size, diced

1 nice rib celery, chopped

1 nice carrot, chopped

2-3 teaspoons garlic, minced or more to taste

1-2 teaspoons dried oregano or more to taste

Chili powder to taste - start with a couple teaspoons

Soy sauce to taste - start with a couple tablespoons

Beef broth - start with 5 cups and add more to taste

14.5 ounces diced tomatoes

1 jar, 26-ounce or so, favorite pasta sauce

1/2 cup brown or white rice - I like brown

Shredded cheddar for garnish

Film pan with olive oil and brown beef along with onion, peppers, celery, carrot, garlic and

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oregano.

When beef is cooked, add everything but rice and cheddar. Bring to a gentle boil and cook about 10 minutes.

Lower to a simmer, add rice, put lid on and cook until rice is done, about 15 to 20 minutes or so. Adjust seasonings and add salt and pepper to taste.

**Can You Help?**

Bananas in sweet white "cream" sauce: For Connie, a Fort Thomas reader, who has enjoyed this in buffet restaurants.

**Readers Want To Know**

"Is it OK to plant basil now?" Yes, the soil has warmed up enough and we shouldn't be getting any more frosty nights.

It's a good time to divide perennial herbs like thyme and oregano that have gotten woody or out of bounds.


**Rita's Container Gardening Video**

Check out my website [www.abouteating.com](http://www.abouteating.com) for the most watched container herb gardening video on YouTube last year.

Just type in "container gardening video" in the search engine or go to [www.abouteating.com/container-gardening-video.htm](http://www.abouteating.com/container-gardening-video.htm).

And I'll be blogging daily about our garden adventures on my blog at [www.communitypress.com](http://www.communitypress.com).

Rita Nader Heikenfeld is Macy's certified culinary professional. E-mail [columns@communitypress.com](mailto:columns@communitypress.com) with "Rita's kitchen" in the subject line. Call 513-248-7130, ext. 356.

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