

Not to be missed

High Achieving students of African-American/Black, Asian/Pacific Islander, or Hispanic descent who reside in or attend a college in the San Francisco Bay area can apply for one of three \$5,000 college scholarships. Applicants must meet certain academic criteria and must express an interest in pursuing a career in the insurance and financial services industry. Students of all majors will be considered. Scholarship winners will have the opportunity to network with professionals in the industry and may be eligible for internships. For more information on how to apply and for eligibility requirements, visit www.hsf.net/massmutual.aspx.

OTHER

The deadline for the Spring Grants Cycle for the Lafayette Community Foundation is March 31st. For information regarding grant applications, proposals and procedures please visit LCF's website at www.lafayettecommunityfoundation.org.

Saint Mary's Guild Luncheon and Fashion show, April 2, 11am, St. Mary's College, Soda Center, 1928 St. Mary's Rd, Moraga, will feature classic fashions from Draper's and Damon's. Hospitality hour from 11am - noon, followed by luncheon, raffle and the fashion show. For reservations, contact Jackie Brown at (925) 939-4222.

Moraga Movers meet at the St. Mary's College Soda Center on April 11 with social hour at 5pm and dinner at 6pm, followed by the monthly speaker. Julie Lindemann from the Moraga Neighborhood Emergency Preparedness (MNEP) will give a PowerPoint presentation on getting ourselves and our neighbors ready for an such an unpredictable catastrophe. Members and local residents may make their reservations by calling 376-6622, or by going to the new website www.moragamovers.org.

The OML branch of AAUW proudly invites the public to its annual only-evening meeting to be held at the Serbian Cultural Center, 1700 School Street, Moraga at 7 pm. on Tuesday, April 12th. The scholarships for both Jr High School and High School students will be presented, following refreshments and a short business meeting. Dr. Kris Kulp-Group leader: Pharmacology and Toxicology Goup at the Lawrence Livermore National Lab will speak on "Biology as a Team Sport."

Orinda In Action - A Community Service Day Sat, Apr 16, 9am-noon. Registration starts 8:30am at Library Plaza with coffee & bagels. A Free T-shirt to the first 300! A light lunch is available to all. Everyone welcome! To register, send an email to orindainaction@gmail.com or visit www.orindainaction.com.

Earth Day Recycling, Sat Apr 16, 9am-4pm. E-recycling in the Orinda Rite Aid parking lot. Goodwill truck and Food Bank bins available all day in the Community Center parking area. In celebration of Earth Day, please recycle!

10th Annual Wildlife/Earth Day Festival on Sunday April 17th 1- 4pm, Wagner Ranch Nature Area, 350 Camino Pablo Rd., Orinda. The free festive program to celebrate and support environmental education programs in the Nature Area will offer an electric Volt to test drive, a Raptor Show, ARF dogs, Eagle Shield's trailer of energy efficient systems, a giant solar balloon, native plants for your garden, arts and crafts, delicious food, music and games, and more - see www.fwma.org.

Lafayette Earth Day celebration, Saturday, April 23rd: (9am - 11:30am) children K-5th grade can learn and practice bike safety on the outdoor course at Stanley Middle School with a festive parade to Lafayette Plaza Park; (11:30am - 1:30pm) enjoy a local, organic, sustainable lunch at the downtown Plaza Park with live music and activities; (11:00am - 3pm) Plaza Way will be featuring the "Backyard of Tomorrow" that demonstrates the latest green gardening techniques and materials. Also visit booths by Sustainable Lafayette, The Urban Farmers, Lafayette Farmers' Market, Trust in Education, CCC Solid Waste Authority, and more. For info see www.sustainablelafayette.org.

Next Freecycle - Save the date: Thursday, April 28th 9am-12:15pm at the Moraga Valley Presbyterian Church, 10 Moraga Valley Lane. We will be in the breezeway up the first stairwell off of the parking lot Freecycle of gently used children's clothing and equipment. Bring

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items and take items, or just come and take! This is for everyone in the community!

The Moraga TreeLine Triathlon will take place on Saturday, April 30, 7:30 am at the Soda Aquatic Center, Campolindo High School, 300 Moraga Road. The event is ideal for the beginning triathlete as well as the more advanced competitor. The swim is a challenging 400 meter sprint, followed by a 22 K bike ride out to Canyon, and culminating with a 5 K run. New youth divisions have been added this year. For more information and route details go to www.moragatri.com, or call (925) 888-7035. Registration is open.

Lafayette Service League's Annual TOSSED TREASURES SALE will be held on Sat. April 30th (from 9 to 3) and Sun., May 1st (from 11 to 2) at the Lafayette Community Center, 500 St. Mary's Road. The group is looking for donations. Proceeds will benefit Hospice Foundation of the East Bay and the Community Center. If you have items to donate, please call: Judy 284-9266, Diane 283-8790 or Jackie 284-4131.

Campolindo Sports Booster's Annual Dinner & Cocktail Party. Please join us in celebration and support of all our championship high school sports teams

on Saturday April 30, at 6pm at the Holy Trinity Church in Moraga. The evening features fine food and beverages from our no-host bar and a special guest speaker, Cal head Rugby coach Jack Clark. Ticket are \$50 per person if purchased by March 31st . After March 31st, tickets are \$65 per person. You can order tickets at the following link: <http://www.campoparents.com/Sports-BoostersFundraiser.pdf>.

CLUBS

The Lamorinda Peace and Justice Group meets on the fourth Tuesday of each month from 7-9pm in the fireside room of Lafayette Methodist Church, 955 Moraga Road, Lafayette. For more information, call (925) 946-0563.

GARDEN

Moraga Community Farm is going to host its Annual Nursery Plant sale. The farm is selling, herbs, heirloom tomatoes, and vegetable starts in 4" pots, from 9am-4pm, on April 2nd and 3rd. The sale will continue on weekends in April, while supplies last. The Farm is located between the fire station and School Street, in Moraga. All starts are seeded using unadulterated seeds, and are grown locally, pesticide free at the community farm. The starts include

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some rare varieties, not available at nurseries. Proceeds from the sale cover the costs to run the non-profit, sustainable community farm.

Lafayette Garden Club meeting 9:30am on second Thursdays monthly, Our Savior's Lutheran Church,

1035 Carol Lane, Lafayette. Program for April 14: Roses, Roses and More Roses.

Please submit: calendar@lamorindaweekly.com

Dining • Dining •

Early Bird Dinner \$9.95

4 - 6 p.m. Blackened Salmon
or
Lemon Chicken
or
Pork Schnitzel
or
Sirloin Steak



1419 Moraga Way, Moraga Shopping Center
925-376-3832 - www.terzettocuisine.com
Mon: 7am - 2pm; Tues-Sun: 7am - 8:30pm

Heavenly Halibut

By Susie Iventosch

Halibut season just opened March 10, so you may be seeing fresh wild halibut in the markets soon. But, you will also notice a significantly higher price tag than last year's harvest. The is because the International Pacific Halibut Commission has recommended that, due to concern over reduced stock in the halibut population, the governments of Canada and the United States set catch limits 18.9 percent lower than last year.

With the known benefits of eating halibut, many folks will not mind paying higher prices for this season's catch. Rich in Omega 3 fatty acids, halibut provides a range of cardiovascular benefits and improves the ratio of HDL (high density lipoprotein- the good cholesterol) to LDL (bad cholesterol). It is also a good source of magnesium, Vitamin B-12, Vitamin B-6 and folic acid. Omega 3 fatty acids can also lower triglycerides- a kind of fat carried in the blood stream, reduce the risk of certain types of cancer and even fend off both early and late age-related macular degeneration. Halibut is also believed to have properties that fight against Alzheimer's disease.

It seems like one might need a prescription for such a dose of health, but a large helping of cash is all it takes! And, it really is not all that pricey, when compared to sea bass or lobster!

At Diablo Foods in Lafayette, seafood manager Ray Snyder said he is carrying filets of local halibut, and steaks of the thicker and more expensive Alaskan halibut. Local halibut filets are running \$24.99 per pound, while the Alaskan steaks are \$20.99 per pound.

"You cannot tell the difference in flavor,"

Snyder pointed out. "But the price points on the

Alaskan halibut are too high right now to yield filets. The lower limit causes prices to increase, but in the long run, it is a good thing to ensure the fish population is sustainable."

He said the store should have halibut in stock from now through September, but customers can always call ahead to place orders, to ensure getting what they need.

At a restaurant outing a few weeks ago, the menu featured halibut served with roasted red pepper puree, saffron risotto and a black pepper-Parmesan crisp. It sounded so marvelous that my

husband and I both ordered it! Were we ever glad we did ... it was divine. I tried replicating it at home for my friend's birthday dinner and we were a l l v e r y

pleased with the results! With the advent of halibut season, it is perfect timing for you to try this dish at home. The roasted red pepper sauce with a hint of lemon, and saffron risotto accent the mild taste of the halibut beautifully.

For all the information you could ever want about Pacific halibut, from determining the age of your catch to how to cook it in a variety of ways, and an assortment of recipes, please visit: <http://www.iphc.washington.edu/>

Other sources: <http://www.medicinalnature.com/health-benefits-of-halibut/>; <http://lifestyle.iloveindia.com/lounge/benefits-of-halibut-6296.html>

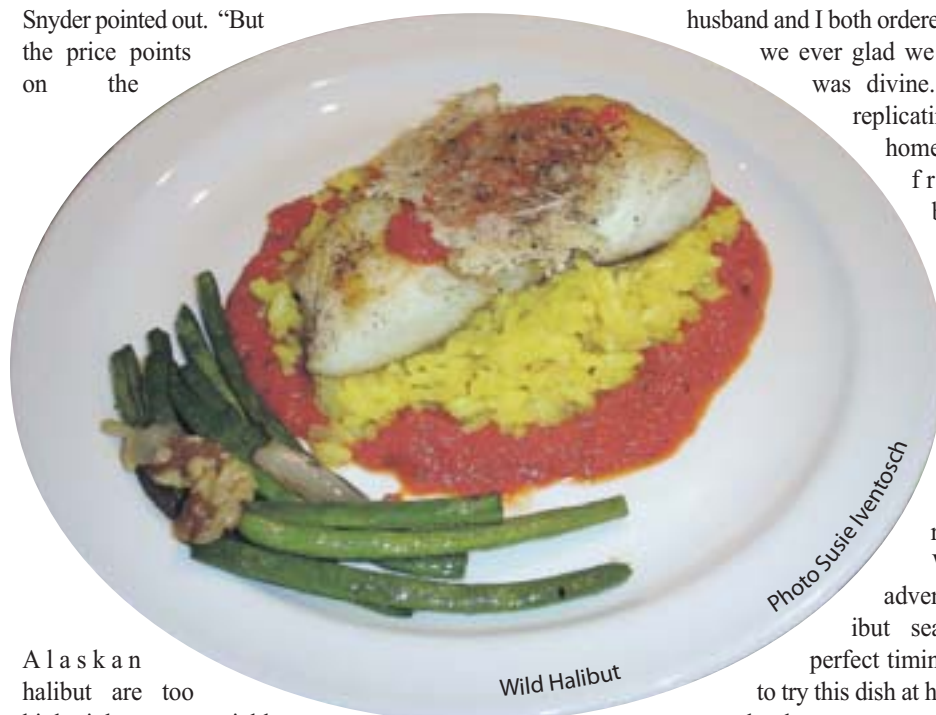


Photo Susie Iventosch

Wild Halibut

Roasted Red Pepper Butter

INGREDIENTS

- 3 large red bell peppers, stem removed, seeded and cut in half
- 1 tablespoons fresh squeezed lemon juice
- 4-5 tablespoons butter, at room temperature and cut into small pieces

DIRECTIONS

Place red pepper halves in a baking dish lined with parchment paper, and roast at 450 degrees for approximately 20 minutes, or until skins are beginning to char and separate from the meat of the pepper.

Remove from oven and cool peppers in a sealed paper bag. Remove skins and place peppers in a food processor fitted with a metal blade. Pulse until peppers are finely mashed into a puree. Add lemon juice and butter and process until butter is integrated. (You may still see lots of little specks of butter, but don't worry, when you heat the sauce it will integrate completely.) Store sauce in a covered container or sauce pan until ready to serve. When ready to serve, warm over low heat just until butter is no longer visible and sauce is hot.

Cracked Black Pepper-Parmesan Crisps

INGREDIENTS

- 1 1/2 cups fresh grated Parmesan cheese
- 1 teaspoon freshly cracked black pepper (or more ... as you like)

DIRECTIONS

In a bowl, mix pepper and cheese. Turn out onto a parchment-lined baking sheet. Shape into a rectangle about 6 x 8 inches or so. Bake at 400° for about 3-5 minutes, or until bubbly and just slightly beginning to brown. (Watch it closely so as not to burn.) Remove from oven and cool completely on parchment. When cool, break into 2x3 inch (approximately) rectangles. Set aside.



Susie can be reached at suziven@gmail.com

Many of our readers like Susie's recipes. Our website now features a link to our recipe page where you can read, print or download all of the recipes we have published. If you would like to share your favorite recipe with Susie please contact her by email or call our office at 925-377-0977

Saffron Risotto

INGREDIENTS

- 3 1/2 to 4 cups chicken stock, warmed to a simmer
- 1 cup white wine
- 2 tablespoons olive oil
- 1/2 red onion, finely chopped
- 1 1/2 cups Arborio rice
- 1/4 teaspoon salt
- Large pinch of saffron
- 3/4 cup Parmesan cheese, freshly grated (part for risotto and part for passing at the table)

DIRECTIONS

In a large pot or pan, heat oil and add onion. Cook until onion is translucent, about 3 minutes over medium heat. Add rice and salt to onion and sauté until rice is becoming translucent, 2-3 minutes. Add wine and saffron and bring to a simmer, stirring often, until wine is almost absorbed. Then add broth, 1/2 cup at a time, stirring often, but not constantly, until liquid is nearly absorbed. Continue with this process, until all of the broth has been used, or risotto is al dente. Stir in Parmesan and cover and let sit for just a minute or two.

Halibut

INGREDIENTS

- 3 pounds fresh, wild halibut filet (1/2 pound per person)
- 1 tablespoon olive oil
- Salt and pepper, to taste

DIRECTIONS

Preheat oven to 400°. On a griddle, or a large oven-proof non-stick sauté pan, heat oil over medium-high heat. Season the halibut with salt and pepper and put the filets, skin side down, in pan or on griddle. Sauté for approximately one minute then flip to other side and cook for another 1-2 minutes. Remove pan/griddle from stove and place in oven. Roast for approximately 4-6 minutes, depending upon filet thickness, until fish is cooked to desired doneness.

To Assemble Dish

Pour approximately 1/4 cup of red pepper puree on plate and spoon roughly 1/2 cup risotto over the top. Place halibut filet on top and lay Parmesan crisp on top. Finally, drizzle a little extra red pepper puree over the top and serve at once!