

- | | |
|------------------------------------|--------------------------------|
| 1 lb. catfish fillets | ¼ tsp. black pepper |
| 1 egg, beaten | ¼ c. all-purpose flour |
| 3 Tbsp. Dijon-style mustard | 1 c. crushed pretzels |
| 1 Tbsp. milk | 2 Tbsp. oil |
| | Lemon slices (optional) |

Rinse fish, dry, and cut into pieces. Combine egg, mustard, milk, and pepper and beat with whisk until smooth. Coat fish with flour, then dip in mustard mixture and coat with pretzels. In large skillet, heat oil and cook fish for 3 to 4 minutes per side or until golden brown. Serve garnished with lemon slices.

DIRTY RICE*Abbie Claiborne*

*Quantina Marshall; in memory of our mother and grandmother,
Mary V. Veal*

- | | |
|---|---|
| ½ lb. chicken gizzards | ¼ c. parsley flakes |
| ½ lb. chicken livers | 3 buds garlic, crushed |
| ¼ c. butter or margarine | ½ lb. ground beef |
| 1 bunch green onions, finely chopped | Pinch of sage or thyme (I prefer sage) |
| 3 medium onions, finely chopped | Red pepper to taste or 1 jalapeno pepper |
| 1 c. chopped celery | Salt to taste |
| ½ c. chopped green pepper | 4 c. cooked rice |