

# A Warm and Welcome Fish Dish for the New Year

By Susie Iventosch



Mahi-mahi with an herb-macadamia nut panko crust, served with browned-butter butternut squash and roasted Brussels sprouts  
Photo Susie Iventosch

Over Thanksgiving weekend, we had the good fortune to visit dear friends whom we had not seen in years. It was a wonderful reunion and, as per usual, Bob and Prudy served us a delicious homemade meal for lunch. On the day's menu was a beautiful broccoli salad along with a very tasty dish of grouper, baked with a macadamia nut-panko crust. It was fabulous!

Prudy is an amazing and creative cook, always using herbs, fruits and vegetables from her garden. I must say, they have a

most unusual yard for Arizona, as it is filled with some 28 different types of citrus trees, a fig tree, as well as other fruit trees, herb gardens and plenty of rose bushes. I had never seen anything quite like it in all of my Arizona travels. And, because we were in Arizona, where the days are almost always filled with sunshine, we dined outside in this lush paradise. Prudy was happy to share the recipe for us to try and since I was not able to get grouper last week, Prudy suggested using mahi-mahi instead and it was perfect.

## Macadamia-nut panko-crusted Mahi-Mahi

(Serves 4)

### INGREDIENTS

#### Fish

4 mahi-mahi filets (about 1/2 pound each)  
1/3 cup fresh squeezed lemon juice  
1-2 tablespoons olive oil  
1/4 teaspoon granulated garlic  
Salt and pepper, to taste  
1/4 cup white wine

#### Crust

1 1/2 cups panko (bread crumbs)  
1/2 cup macadamia nuts, coarsely chopped (I used dry roasted)  
1/4 cup grated Parmesan  
3 tablespoons finely minced parsley  
3 basil leaves, finely minced  
2 springs thyme, minced  
2 springs rosemary, minced  
4 tablespoons butter, melted (browned butter is very good for this recipe, too)

### DIRECTIONS

Rinse fish and squeeze lemon juice over. Marinate about 20 minutes. Drain lemon juice from fish and pat dry. Line a baking dish with foil. Place fish, skin side down, on top of the foil. Brush tops of filets with olive oil and season with garlic, salt and pepper.

Meanwhile, mix panko with Parmesan, herbs, and macadamia nuts. Drizzle melted butter over panko mixture and mix well. (If you want to use browned butter, simply melt the butter over medium-low heat, and cook until bubbly and crystals begin to form and butter turns golden-brown in color.)

Distribute panko-nut mixture evenly over the top of each filet. Pour wine in the bottom of the baking dish.

Bake at 350F for approximately 30 minutes, or until fish is done and topping begins to brown. If it seems to be taking too long, seal foil over fish to steam, and then open foil and broil for a minute or two to brown crust.

## Roasted Butternut Squash with Browned Butter and Cranberries

### INGREDIENTS

1 large butternut squash, peeled, seeded and cut into approximately one-inch cubes  
2 tablespoons olive oil  
Salt and pepper, to taste  
1/2 cube browned butter  
1/2 cup Craisins or dried cranberries

### DIRECTIONS

Preheat oven to 425F. Toss butternut squash with olive oil and season with salt and pepper. Spread squash out on a baking sheet (prepared with cooking spray) and bake for approximate 10 to 15 minutes until al dente and knife pierces easily. Remove from oven.

Meanwhile, melt butter in a sauce pan over medium-low heat and allow to continue to cook slowly for about 10 minutes, or until crystals form and butter turns golden brown in color. Remove from heat and set aside.

These two steps can be done ahead of time.

When ready to serve, sprinkle cranberries among squash pieces and toss all with browned butter. Heat in 425F oven for about 5-7 minutes longer, or until heated through, and serve.

Susie Iventosch is the author of Tax Bites and Tasty Morsels, which can be found at Across the Way in Moraga, www.amazon.com, and www.taxbites.net.

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This recipe can be found on our website:

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## Sharing the Dream They Dreamed

Not unlike stumbling upon a great, new indie band that stirs up insider memories related to your favorite 1960s or 70s rock 'n' roll band, the 512-page book delivers an oral history from within the Dead enclave. Capturing the band's essential aura through the words of band members and their collaborators is riveting, even for readers who don't claim to be Deadheads. The myths and magnetism that drew a dedicated fan base is illustrated through interviews with over 100 people, including unofficial leader Jerry Garcia, drummer Mickey Hart, concert promoter Bill Graham, Carolyn "Mountain Girl" Garcia, band member Bob Weir and others. Braided into the disparate, personal accounts with clarity and an admirable lack of hyperbole, given their backgrounds as Dead aficionados, Jackson and Gans insert fact-laden bridges to bolster an engrossing narrative.

Jackson ("Grateful Dead Gear; Garcia: An American Life," and others) covered the band for

over 25 years and co-wrote with his wife, Regan Jackson, "The Golden Road," a Dead fanzine published from 1984 to 1993. Gans, a musician and author ("Conversations with the Dead" and others), produces and hosts the nationally syndicated radio show, "The Grateful Dead Hour."

For readers of the new book, Dead fan or not, the band's influence on sound technology alone is fascinating. The introduction of 16-track demo tapes, noise-canceling headphones, a massive, 604-speaker "Wall of Sound" developed in 1974 that transformed stadium concerts, and more—reveal the impact that a group of motley (and mostly) guys in T-shirts have had on an art form.

For people who prefer drama, the internal tensions and traumas of a culture that included psychedelic drugs, radical improvisation, on-purpose "pirating" of concerts and big egos mixed with artists who just wanted to pick up guitars or drumsticks and do their thing are presented in a stew of a

story that never gets muddled. From a literary standpoint, Jackson and Gans have as fine an ear as members of a band. They are skilled at selecting the most potent voice to tell a story. Arranging the precise transitional phrase of one person's perspective to juxtapose the next voice, the underlying thread is never lost or ragged. The effect is similar to surround sound, causing history and "characters" to leap off the page in organic, believable fashion.

"As with every book I've written, it was too long at the start," says Jackson. "It was an ambitious canvas. At some point, it occurred to us that our editor wouldn't print an over-1,000-page book."

Winnowing the interviews was a smooth, yearlong process involving Google Docs. The two authors, who live only four doors apart near Lake Merritt in Oakland, sometimes worked simultaneously on the same document. "I'd be plugging things in and

see, oh, there's David," Jackson says. The final determinations were made sitting side-by-side and took approximately one month to complete. Jackson says the greatest challenge was "not thinking about everything we didn't cover or had to leave out." Candid inclusion of the darker, most tragic elements — band members' professional disputes, Garcia's addiction that ultimately ended his life Aug. 9, 1995, financial mismanagement and more — was guided by a philosophical approach he equates to "not glossing over history."

The most distinctive pruning adhered to one idea: keep the music central. For that reason, the chronicle picks up in 1965 and concludes in 1995. "We decided from the get-go, we weren't going into people's personal lives," says Jackson. "This is not the sex, drugs and rock 'n' roll history at all. This has nuance and shades of personal stories, but it's not designed to tell a linear story in a detailed way." The post-Gar-

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cia history, he says, is equally sordid and strange. "It's a can of worms and doesn't have to do with the Grateful Dead except it's a part of their legacy. There's probably a book in that, but I'm not going to be the one to write it."

This year's "Fare Thee Well" anniversary tribute event bloomed from three performances planned for Chicago's Soldier Field into an additional two warm-up shows at Levi's Stadium in Santa Clara and a pay-per-view simulcast that dwarfed any music event to date. Estimated revenue was \$55 million, even before CDs and DVDs were released. All of which is to say that a 1995-to-now book, if handled with equal skill, would likely be a strong seller.

Asked what people can expect at the library event, Jackson answered as expected. "David will play a few songs. We'll talk about the book. After that, we'll wing it, in the Grateful Dead tradition."

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