DAWN RECIPES:

Seafood Teriyaki Sauce

SEAFOOD TERIYAKI

Teriyaki is a flavorful sauce that has become an American favorite. Chances are you've eaten it on beef or pork at home or in a restaurant. It does marvelous things for fish, too.

An interesting variation on a classic teriyaki sauce has all the usual ingredients plus jellied cranberry sauce.

The cranberry sauce adds nice color to the dish and gives that oriental sweet and sour taste without extra sugar. Cooking time for Seafood Teriyaki is a speedy 15 minutes. Serve over your favorite rice and sip a small cup of sake.

SEAFOOD TERIYAKI

2 pounds haddock fillets
1 egg, well beaten with 1 teaspoon salt
2 cups cornflake crumbs
1 cup vegetable oil
2 green peppers, cut into 1½ - inch squares
6 pineapple slices - cut into quarters
1 cup mashed Ocean Spray Jellied Cranberry Sauce
½ cup Japanese soy sauce
one - third cup cider vinegar
one - third cup dry sherry
2 cloves garlic, mashed
1 teaspoon ground ginger or 1 tablespoon grated fresh ginger root

Cut fillet into 1 - inch cubes. Dip cubes into beaten egg and then roll in crumbs, pressing firmly to make crumbs adhere. Heat oil in a large skillet over medium high heat and fry fish cubes until brown on all sides. Remove and drain on absorbent paper.

Pour off oil in skillet reserving two tablespoons and wipe skillet clean. Place the 2 tablespoons of oil back into skillet and saute green peppers for 5 minutes. Add pineapple and remaining ingredients. Simmer for 5 minutes. Pour mixture into chafing dish. Add fish cubes and spoon sauce over them.

Keep hot over warmer. Serve spooned over wild rice or yellow rice (a change from the same old white rice). Serves six.

...Grandma Said:

When I first began collecting old home remedies, it was mainly as a hobby. However, the more I became involved in collecting them, the more people would call me with some they had heard. I decided perhaps there were others who would be interested in reading them, especially readers of Dawn Magazine.

Documenting these old remedies has been so enjoyable and, yet, so necessary because I am sure, in future years, these remedies will have gone by the wayside, in view of the tremendous strides modern medicine is making.

By Madelynn Bohannon

Hemorrhoids

Mix Boric Acid and vaseline and apply.

Burns

Mix soda and sorghum molasses and rub over burned area.

or

Rub cocoa butter on the burn and there should be little or no blistering.

Sores

Bathe the sores with blueing and sit in the dark.

High Blood

Rub a turpentine line from the heel of the foot to the toe.

Bruised Fingers

Miss Minnie's husband was a carpenter who always had a bruised fingernail which eventually would have come off if she hadn't wrapped the membrane from an egg around it and drew the bruised blood out of it.

Sprained Ankle

Soak a brown paper bag in vinegar and wrap it around the ankle.

Black Eye

Place a leech on it. The leech will fall off after it has sucked the bruised blood.

or

Place a beef steak on the eye.

Cough

Mix butter, honey and hot milk.

Sore Throat

Make a funnel and gently blow sulphur into it down the throat.

Coagulation

If you have cut and want to stop the bleeding, wrap a piece of brown paper around it.

Garlic Odor

If you eat a lot of garlic and its coming out of your pores and you're losing your friends, chew a cinnamon stick.

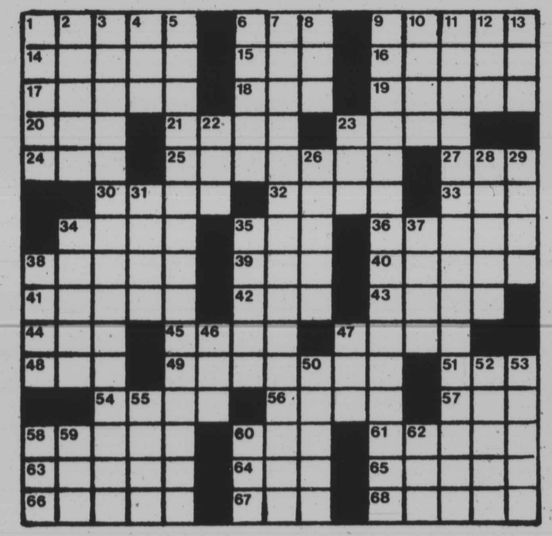
Cold

Put six drops of your favorite whiskey and three drops of turpentine on a teaspoon of sugar.

ACROSS

1 Slaves sold in dozs. were deemed
6 Roy Campanella (Dodgers) had a good one: MVP 1950s
9 Worn by Henry W. Lane (cake - walker) 1850s
14 — W. Fabio: blk. auth. (nee 1928)
15 William "Billy" — : blk. aide to Geo. Wash.
16 DX Marshall W. "Major" Taylor, bicycle - rider, rode in 2:11 (1898)
17 Camera inv. by Dr. Geo. Carruthers, blk.
18 '445' to blk. Anna; concubine of Pope Clement VII
19 Josiah Henson of 'Uncle Tom's — ; est. ex - slave com. in Canada (1849)
20 "Blind Tom" blk. genius e.g.: abbr.
21 Henri — : afr. boy adopted by Wilhelm I of Ger.
23 Scottish Isle: see 51A
24 Org. founded by 7D
25 — Just: blk. bio., medal winner (1915)
27 Emp. Haile Selassie of Ethiopia
30 Inv. by Fredr. M. Jones, blk., (1893 - 1961): abbr.
32 Used for African arts
33 Short - term Mil. duty
34 Abraham Hannibal, blk., was adopted by — Peter the Great
35 "Good" (black) as opposed to 26D: abbr.
36 Black, originally
38 Concern of Julia . Siler: 1st blk. fem. to vie in U.S. Golfer's Assn. Tourn.
39 Written by Paraoh 'Amenophis IV' (1300 B.C.): abbr.
40 Zora — Hurston: blk. novelist (1901 - 1960)
41 PFC Johnnie Mae Welton: blk. serologist WWII
42 'Stagecoach Mary' had a U.S. mail —
43 Measure to blk. physicist - inv. Otis Boykins
44 Degree
45 Coin for 22D
47 30A inv. portable refrigerator to keep food in this state et al.
48 Org. for Fred Patterson, blk. manuf. of auto & busses (1916)
49 'Tun Mush': slaves' food staple, e.g.
51 — Is: these blk. people occupied all of Gr. Brit.
54 Belonging to H. Brown: pol. activist: (nee 1943)
56 '' — Leroy'' by 3D (1892)
57 Com. near Denver, CO: blk. Rep. Arie Taylor's ST
58 Alpha — Alpha Sorority Inc.: founded at Howard U. (1908)
60 Avoir.
61 Founded Feb. 12, 1909 following race riots in IL
63 — Pope: blk. musician
64 Mo. to blk. speaker of Ger., Adm. Gerald E. Thomas
65 Inv. by Leonard C. Bailey, blk., pat. 1899: 2 wds
66 Oliver H. — : hero of 1813 was blk. ancestry
67 — Zingha: leader of fem. army in Angola Afr. (nee 1582?)
68 "Nobles" to black St. Maurice of Germany

DOWN

1. She's fit for 54A
2 Jean Baptiste Bernadotte, blk. — ; founded Royal fam. of Swed. (abbr.)
3 See 56A
4 Zod — : astrologer's belt
5 '' — Factories — : instituted by Marcus M. Garvey (3wds.)
6 Robert L. — : blk. author (nee 1942)
7 See 24A
8 Practice of 'Imhotep': blk. Eg. phys. 2000 yrs. pre - Hippocrates (abbr.)
9 — dispensers: invented by 30A (3wds.)
10 This date in 1867, Howard U. was opened
11 Last poem by Phyllis Wheatley: blk. wonder (1794) 3 wds.
12 —, NE: this entire ST had only one blk. city official in 1979
13 Blanch K. Bruce, blk., presided here 1879: abbr.
22 'Heraldic Colors' (with blk. moors) on Eur. coat of arms
23 Benedict (moor) & Augustine (also blk.): abbr.
26 Depicted as "white" (for evil) among anc. blks.
28 Jimmy Winkfield, blk., rode 'Alan — ', to win KY derby (1902)
29 Since: var. sp.
31 Nannie H. Burroughs to friends: founder "N.T.S.W." in DC, 1909
34 Geo. W. Carver, blk. bot., had extensive ken of this
35 Black Malaysians inv. this canoe: 2 wds.
37 — a, Mex.: Pres. Vicente Guerrero, blk., freed slaves here 1829
38 Fruit eaten by Afr. explorers of S. & Cent. Am. pre - 1492
46 "Black" (good) god of Egypt
47 Alex. Hamilton (blk. anc.), U.S. sec. of treas., was born on one: abbr.
50 Shining, blackish - gray chem. elem. used in 8D
52 Jas. P. Beckwourth, blk., had explorations — a —
53 Ancient Egyptians
55 Althea Gibson, blk. star of tennis & golf, wishes for this: 2 wds.
58 'Hill' in S. Afr.: Zulus warred with Brit. here (1870s)
59 Made by using device of blk. inv. J. T. White: pat. 1896
60 Dan H. Williams, blk., 1st open - heart surgeon 1893: possible member?
62 John Brown (white), et al., tried to — slaves

Black History Crosswords