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ACCENT EDITOR: KATHY KNIGHT

THE GREENVILLE SUN

WEDNESDAY, APRIL 6, 2016



## KATHY'S CORNER

KATHY KNIGHT

### Before 1945

Recently at church one of our members, Norman Bennie, gave me a paper that he had discovered somewhere and thought it was pretty thought-provoking. I think many of our readers will enjoy.

Although I was not born prior to 1945, I know many who are and will appreciate this — and I must admit I'm close enough to feel a real connection.

I am including most of the article he shared plus a few of my thoughts!

#### FOR ALL THE PEOPLE BORN BEFORE 1945

The article says, "All people born before 1945 are survivors. Survivors who were born before television, penicillin, flu shots, contact lenses and frisbees."

I don't really ever remember a time of not having television, although I must admit I remember black and white TV.

"We were born before: Radar, credit cards, before splitting atoms, laser beams, ball point pens, dishwashers, panty hose, clothes dryers, electric razors and electric blankets," the article says.

I can honestly say I don't ever remember not having ball point pens, but I do remember using pens with ink that you had to put in yourself. And I must admit that I am not a fan of electric blankets, but cannot imagine my world without dishwashers, panty hose or clothes dryers. (And some of you are thinking, boy is she spoiled!)

"We were born before drip dry clothes and moon walks," it adds.

I could never have made it without drip dry clothes, and watching men walking on the moon was a complete and utter fascinating experience for me.

The article also remarks, "How quaint to be married before living together. In our time, closets were for clothes not for coming out of."

"We thought fast food was food you ate during Lent and outer space was sitting in the back row at the movies."

Our lives and the way we have come to accept lots of things has changed. Fast food has certainly become a way of life for those families on the go.

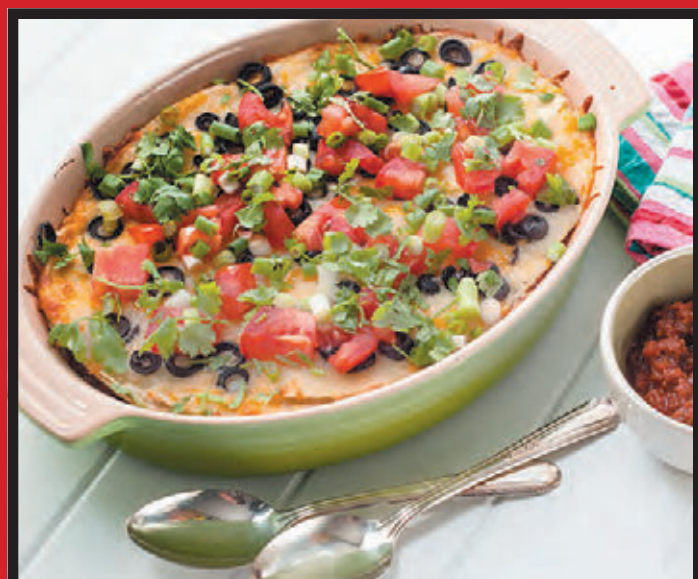
I guess the cost of things is really true. In the article it says, "We hit the scene when shopping at the five and dime meant buying things for 5 and 10 cents. Pet sold an ice cream cone for a nickel and it looked like a mountain. For a nickel you could: Make a phone call, ride the streetcar, buy a Pepsi, mail a letter and two postcards. A new Chevy was only \$600, but who could afford one? And what a pity as gas was only 11 cents a gallon."

I honestly don't remember gas being 11 cents a gallon, but I know that my late husband would have been totally offended that gas reached almost

# Living Gluten-Free



Gluten-Free Chocolate-Strawberry Ice Cream Cake.



Gluten-Free Mexican Lasagna

## Carol Kicinski Has Large Following As 'Expert'

BY KATHY KNIGHT  
ACCENT EDITOR

**I**t seems that more and more people are discovering that using gluten-free recipes is a necessity for them.

Carol Kicinski's is a name that frequently appears in regard to gluten-free items. She is a very personable woman — very enthusiastic — and truly loves what she does.

Having been diagnosed more than 20 years ago with gluten

PLEASE SEE GLUTIN | 3



After nine years of tests, Carol Kicinski was diagnosed more than 20 years ago with gluten intolerance. She is credited for motivating millions to live happy, gluten- and allergen-free lives.

PHOTOS SPECIAL TO THE SUN

PLEASE SEE KATHY'S CORNER | 3

Page Design By Hala Watson

# Carol Kicinski Offers Gluten-Free Recipes

BY KATHY KNIGHT  
ACCENT EDITOR

Carol Kicinski is the author of three print cookbooks and ten eBooks, including the best-selling book “Simply Gluten Free Desserts” and “Simply Gluten Free Quick Meals.”

Carol has just completed her latest cookbook “Simply Gluten Free 5 Ingredients,” which will be released in May.

“I love cooking, and I really wanted to have some recipes with few ingredients — so many people are intimidated if there are several ingredients in a recipe,” Carol said.

It was important to her to prepare recipes not in a test kitchen but in a home, where that would be helpful to others as they prepare their food in their home kitchen.

She says the Chocolate-Strawberry Ice Cream Cake is one of her favorites because she fondly recalls her father starting a tradition as she was growing up, going to Baskin Robbins and getting an ice cream cake to celebrate. For her new eating habits, she came up with this recipe.

Enjoy!



This gluten-free shrimp mac' and cheese could serve as a dish for company, whether they have to eat gluten-free or not.

## GLUTEN-FREE MEXICAN LASAGNA

**Gluten-free non-stick cooking spray**

**1 tablespoon olive oil**  
**1 white or yellow onion, chopped**

**1 pound lean ground turkey**  
**One 16-ounce jar Martinez Gourmet Thick mild or medium salsa (depending on your heat preference), divided use**

**1 teaspoon ground cumin**  
**1/2 teaspoon kosher or fine sea salt**  
**1/2 teaspoon freshly ground black pepper**

**One 15-ounce can black beans, rinsed and drained**  
**1/2 to 3/4 cups water**  
**8 gluten-free corn tortillas**  
**4 cups grated Mexican cheese blend (a combo of cheddar and Monterey Jack)**

**One 2.25-ounce can sliced black olives, drained**  
**2 scallions, sliced**  
**1 large tomato, diced**  
**1/4 cup cilantro leaves, coarsely chopped**  
**1/2 cup sour cream, for serving**

Heat the oven to 425 F. Spray an 11x9 inch (or similar) baking pan with non-stick, gluten-free cooking spray.

In a large skillet over medium-high heat, heat the olive oil. Add the onion and cook until softened, about 5 minutes. Add the turkey and cook until browned, about 5 minutes.

In a blender, combine 1 cup salsa, the cumin, salt, pepper, black beans and 1/2 cup water. You should have a thick sauce. If not, add more water, 1 tablespoon at a time until a thick but pourable sauce is achieved. Drain any fat from the turkey and add the black bean sauce. Cook for another 2-3 minutes until heated through.

Cut the tortillas into quarters. Spread half the black bean/turkey sauce into the prepared pan. Layer in half the tortillas, add half the cheese and repeat the layering. Sprinkle the olives on top. Bake the casserole for 12 to 15 minutes or until the cheese is hot and bubbly. Top with the scallions, diced tomatoes, and

cilantro leaves. Serve with sour cream and remaining salsa.

This gluten-free recipe serves 6.

## GLUTEN-FREE SHRIMP MAC AND CHEESE

**Gluten-free, non-stick cooking spray or butter for preparing the ramekins**

**Kosher salt**  
**8 ounces gluten-free elbow macaroni**  
**2 cups half and half**  
**2 small sprigs fresh rosemary**  
**2 small sprigs fresh thyme**  
**2 gloves garlic, minced or grated**  
**3/4 pound medium shrimp, peeled and deveined**  
**4 ounces goat cheese, crumbled**  
**Freshly ground black pepper**  
**1/4 cup gluten free bread crumbs**  
**1/4 cup grated parmesan cheese**  
**1 tablespoon unsalted butter, melted**

Heat oven to 450 F. Spray six 1 cup ramekins with cooking spray or grease with butter. (Alternatively you can use one 6 cup baking dish.)

Bring a large pot of heavily salted water to a boil and cook the elbow macaroni according to the package directions. Drain and rinse with hot water.

Combine the half and half, rosemary, thyme and garlic in a deep saucepan (larger than you think you will need) and bring to a boil. Continue to boil until the mixture has reduced by half, about 6 minutes. Strain the mixture and return to the pot.

With the heat on medium, add the goat cheese to the half and half mixture and cook, stirring, until all the cheese has melted and the mixture is creamy. Add the shrimp and drained pasta, cook for about 1 minute or until the shrimp just begins to turn pink. Divide the mixture among the prepared ramekins.

Combine the bread crumbs, parmesan cheese and melted butter and mix well. Sprinkle the

mixture on top of the mac and cheese. Bake for 10 minutes or until the bread crumbs are golden brown.

This gluten-free recipe serves 6.

## GLUTEN-FREE ROASTED FISH & CHIPS

**3 pounds fingerling or new potatoes**  
**1 1/2 teaspoons kosher or sea salt**  
**1 teaspoon freshly ground black pepper**  
**3 tablespoons (approximately) olive oil**  
**Six 6-ounce mild white fish (such as flounder or cod)**  
**1/4 cup balsamic vinegar**  
**1 tablespoon shallots, finely minced**  
**1/2 cup cold butter cut into 1/2 inch dice**  
**Zest of 1/2 lemon**  
**1 tablespoon chives, finely minced**

Heat oven to 450 F. Cut potatoes in half if small or into 1 1/4 inch chunks and place in a roasting pan. Sprinkle on 2/3 of the salt and pepper and 2 tablespoons of the olive oil. Toss well to coat and arrange the potatoes in a single layer, cut side down. Roast for 20 minutes, flip the potatoes over and roast for another 10 minutes.

Push the potatoes to the sides of the pan to make room for the fish. Pat the fish dry and sprinkle with the rest of the salt and pepper and drizzle on the remaining oil. Roast for 10 minutes or until the fish is opaque and just starting to flake.

While the potatoes are roasting, prepare the balsamic butter sauce. In a small saucepan over medium high heat, bring the balsamic vinegar and minced shallot to a boil and cook until it gets thick and syrupy (about 5 minutes). Take vinegar off the heat and whisk in 2 pieces of butter. Continue to whisk until the butter is melted and absorbed.

Continue whisking in all the butter, 2 or 3 pieces at a time until it is all absorbed. The sauce will

cool as you continue to whisk in the butter so work as fast as you can, making sure each addition of butter is completely absorbed before adding more.

Sprinkle the lemon zest and chives over the fish and serve the balsamic vinegar sauce on the side.

This gluten-free recipe serves 6.

## GLUTEN-FREE CHOCOLATE STRAWBERRY ICE CREAM CAKE

**4 large eggs**  
**3/4 cup vegetable oil**  
**3/4 cup water**  
**1 box gluten-free chocolate cake mix**  
**1 pint strawberry ice cream, gelato or dairy free ice cream**  
**3/4 cup semisweet chocolate chips**  
**1/2 cup heavy cream**

Heat oven to 350 F. Grease a 9-inch spring form pan.

In a mixing bowl, combine the eggs, vegetable oil and water and beat for 2 minutes. Add the cake mix and beat until well combined. Pour the batter into the prepared pan and bake for 20 minutes or until a toothpick inserted in the center comes out clean and the cake springs back when lightly touched. Let cool completely. Remove the cake from the pan and slice it in half horizontally. Clean the pan and place one half of the cake back in the pan.

Remove the ice cream from the freezer and let soften for 5 minutes or until it can be spread easily but is not melted. Put the ice cream on top of the cake layer in the pan and top with the other half of the cake. Return to the freezer for at least 2 hours or until the ice cream has frozen solidly again.

Place the chocolate chips in a heat-proof bowl. Pour the cream into a small saucepan and bring just to a boil. Pour the cream over the chocolate and let sit for 5 minutes. Whisk until the chocolate is smooth

and glossy. Let cool for a few minutes.

Remove the cake from the pan and place it on a wire rack placed over a baking sheet. Pour the ganache on top of the cake and, with an off set spatula, spread it evenly over the top, letting some of the chocolate drip down the sides. Return the cake to the freezer until serving time.

This gluten-free recipe serves 8 — or two a few times over.

## GLUTEN-FREE BLUEBERRY CRISP

**Butter or gluten-free non-stick cooking spray for preparing the pan**

**4 cups (four 6-ounce containers) fresh blueberries, rinsed, picked over, and drained**  
**1/3 cup sugar**  
**Zest of 1 lemon, finely grated**  
**2 teaspoons fresh lemon juice**

**1 tablespoon cornstarch**  
**1/3 cup brown sugar, packed**  
**1/3 cup gluten-free flour blend (or use gluten-free sorghum or millet flour)**  
**3/4 cup certified gluten-free oats**

**Pinch kosher salt**  
**4 tablespoons unsalted butter, softened**

Heat oven to 375 F. Grease a 10-inch baking dish or deep dish pie pan.

In a mixing bowl, combine the blueberries, sugar, lemon zest, lemon juice and cornstarch. Toss to coat and pour mixture into prepared baking dish.

In another mixing bowl, combine the brown sugar, flour, oats, and salt. Add the butter and work it into the oat mixture with your fingertips until crumbly. Spread over the blueberries and bake for 40 minutes or until the blueberries are bubbly and the topping is golden brown.

This gluten-free recipe serves 6.

# Setting Up Your Gluten-Free Kitchen

## So You Have Figured Out You Have A Gluten Intolerance Or Even Celiac Disease. Now What?

BY CAROL KICINSKI

At first the idea of a gluten-free diet may seem daunting. For people with celiac disease or gluten intolerance, there really is no choice if you want to regain and maintain good health.

Learning the correct data is important, but applying the data reasonably is also very important.

Celiac disease and gluten intolerance are autoimmune diseases (when the immune system makes a mistake and attacks the body's own tissues or organs) that damage the small intestine, causing or worsening a lot of symptoms, including, but not limited to: chronic intestinal problems, migraine headaches, infertility, chronic anemia, obesity, arthritis, memory loss, psoriasis, eczema, IBS, low thyroid (hypothyroidism), chronic fatigue syndrome, type 1 or type 2 diabetes, autism and fibromyalgia.

The simple and unfortunate fact is that there is no known cure for celiac disease or gluten intolerance. The only treatment is to commit to a gluten-free diet. On the flip side, committing to the diet can restore good health and improve the quality of your life — a pay-off well worth the effort!

What is vitally important to understand from the beginning is that any

amount of gluten causes the symptoms to occur. Lessening the amount of gluten intake does no good. You must truly go completely gluten-free. Even down to the minut quantity of parts-per-million (ppm) in a food product. It is generally accepted that a food has to contain less than 20 ppm — that's 20 little particles out of 1,000,000 particles — in order to be safely gluten-free!

Having said that, I love to cook and eat good foods and I hate diets! So the challenge became how to live my lifestyle around my gluten intolerance.

After more than 20 years of living gluten-free, it is second nature to me now. I do, however, recall the initial confusion and frustration following my diagnosis. Many of the foods I fed myself and my family were suddenly “off limits.” I learned that a lot of the foods I turned to for comfort, enjoyment and that were often my favorite flavors were in fact poison to my body.

I have broken down the process of setting up your gluten-free kitchen into three simple steps:

1. Educate — learn how.
2. Purge — get rid of the gluten.
3. Replenish — supply yourself with gluten-free foods.

**Editor's Note: For complete remarks from Carol, you may go to her website at [www.simplyglutenfree.com](http://www.simplyglutenfree.com). The following are some key points from her article:**

- Knowledge is power. With correct knowledge, we gain control over any situation. In the case of gluten-free living, having the correct knowledge puts the power of vitality, vigor and health into your own hands.

- Gluten is a protein, which is a substance containing nitrogen that is found in all living organisms — animal and vegetable. Gluten is found in most grains. When mixed with liquid it becomes starchy and “gluey.”

- Grains and starches that contain gluten include: wheat, wheat germ, wheat grass, wheat germ oil, rye, barley, kamut, spelt, triticale, graham flour, bulgur, farina, couscous and semolina. Oats, oat bran and oat fiber may contain gluten.

- Cross contamination is where one type of food is processed on the same equipment as another, resulting in the gluten being transferred from the grain containing gluten to the naturally gluten-free grain.

- The following list of foods often include gluten: breads, crackers, muffins, cookies, cakes, pies, pancakes, waffles, croutons, cereals, bran, pasta, pizza, pita bread, pita chips, broth (chicken, beef and vegetable), bouillon or stock cubes, canned soups, breading mixes, sauces, matzo, processed lunch meats, crab cakes, stuffing, sausages, meatballs, meat loaf, self-basting poultry, meat substitutes such as seitan, tofurky and others, imitation seafood, imitation bacon, bacon bits, soy-based veggie burgers, soy sauce, tamari, malt and malt flavoring, malt vinegar, blue cheese, beer, brown rice syrup and dry roasted nuts.

- Here are the things you can eat: all fresh fruits and vegetables are gluten-free, as are fresh meats, poultry, fish, seafood and eggs. Beans, potatoes, corn and rice are gluten-free as well as the

following grains: amaranth, arrowroot, buckwheat, flax, garfava, millet, quinoa, sorghum, soy, tapioca and teff. Nuts and seeds are safe as well as nut flours. Natural dairy products are gluten-free with the possible exception of blue cheese. Butter, margarine and oils are all safe. Herbs and spices are gluten-free in their natural state but sometimes spice mixes such as taco seasoning can contain gluten. Sugar and chocolate are gluten-free!

- To purge, you need to go through your refrigerator, pantry, spice cabinet and even your vitamin cabinet and get rid of anything that contains gluten. It is also time to go through some of your appliances and kitchenware.

- Replenish your fridge and pantry with plenty of gluten-free foods. I always advise people new to a gluten-free diet to stick with foods that are naturally gluten-free — beef, chicken, fish, fruits and vegetables, rice and potatoes, etc. Not only does it help your body to heal the intestines by staying away from grains, but it gives your taste buds a chance to adjust and for cravings to stop.

Carol summed up her remarks by saying: “What I have personally found the most helpful is to change the way I think. I no longer look at the world of food in terms of what I can't eat, but what I can eat. There is a whole big, beautiful, abundant world of naturally gluten-free foods available out there — splurge on them and know that you are taking control of your health simply by what you put in your mouth.”



Carol Kicinski, having lived gluten-free for more than 20 years, is shown here working in her own kitchen.

## Gluten

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intolerance, Carol is credited for motivating millions to live happy, gluten- and allergen-free lives. She said it took nine years for doctors to determine that gluten was her problem.

She went to a chiropractor (who was also a clinical nutritionist) for a problem she was having with her shoulder.

"I had been having migraine headaches weekly for about three days with each headache," Carol said. "In the paperwork that I filled out, I included that information.

"When the doctor talked to me he kept talking about my headaches. I finally said, 'Please just fix my shoulder.'

He did, but also explained to Carol that if she would let him, he was confident he could help her.

"I went home, talked to my husband and he made me realize how much my migraines had affected my whole family — ballgames missed, days ill while on vacation, things like that. He encouraged me to follow the doctor's advice.

"When I went off gluten, actually the first week I had a slight headache. The second week not a headache at all. It was painfully obvious what my problem was. But I love food and I wanted it to taste good."

Her passion shines as she describes making "gluten-free recipes that are not just 'good for gluten-free' but just plain good, period!"

### BORN IN VIRGINIA

Carol was born in Arlington, Va., and was an "Air Force brat," living all over the country. But today she and her husband, Thom, live in Dunedin, Fla. They have two grown sons, Colin and Dustin.

She makes a monthly appearance as a TV chef on a nationally syndicated show, "Daytime," on an NBC-based WFLA-Tampa Bay.

Carol is the author of three print cookbooks and 10 eBooks, including the best-selling book, "Simply Gluten Free Desserts," in 2011 and "Simply Gluten Free Quick Meals" in 2012. Her articles and recipes have been published in more than

650 newspapers and magazines across the country, she said.

She is the founder and editor-in-chief of "Simply Gluten Free Magazine," a nationally published magazine dedicated to the gluten- and allergen-free lifestyle.

Carol said she launched the first magazine in November/December 2012. It has since become the best-selling gluten- and allergen-free lifestyle magazine in America and Canada.

"I am very proud of that," she said.

She created her own magazine after looking at the gluten-free magazines that were already around and realizing that she would prefer a full lifestyle magazine that covers all aspects of gluten-free living — from recipes to medical articles to lifestyle topics like raising children gluten-free or how to navigate gluten-free while traveling or dining out. Since there wasn't already something like that available, she decided to create her own.

In 2007, she founded Simply Gluten Free which is a gluten-free recipe and lifestyle blog and website. Its purpose: "to educate, assist, and inspire those with celiac disease or intolerance to gluten or other food allergens or diet preferences."

"My blog really started out as a hobby when people were asking me for recipes. I got to use my photography, and putting the pictures on the blog inspired me to become a better food photographer."

Carol shared that her favorite recipes tend to include stir-fry. On Sunday nights she has the family together and serves dishes like roast chicken, lemon-roasted potatoes and salad.

But Carol doesn't just think about gluten-free 24/7; she enjoys photography.

"Since I love food, I've always liked taking pictures of food," she said. "When I was on a trip to Rome, I came back with two pictures of the coliseum and about 1,000 pictures of cappuccino and food."

When pressed about her interests, she mentioned that she was involved in the Red Cross and a local volunteer group that helps people in need.

something you cooked in, rock music was grandma's lullaby, and aids were helpers in the principal's office." As you already know, all of these things are totally different today.

As I look around me today I work with folks who don't know a world without computers or cell phones — they even think fax machines are really old!

It's a changing world out there!

## Kathy's Corner

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\$5 not too many months ago.

The article continues, "Smoking cigarettes was fashionable, grass was mowed, coke was a cold drink, pot was

## Dirtfolk Talk

The past couple weeks brought me the pleasure of speaking to two wonderful groups of "senior" dirtfolk. What an awesome bunch! Thank you for being involved, asking questions, and interjecting your ideas!

The topic, in both cases, was container gardens ... how, where, when, what. This has also been a popular topic in email questions, so I'm going to try to cover it more thoroughly, using some of the questions I've received. Many of us are finding that we can't get down on the ground and crawl around anymore and that can be frustrating. The truth is NONE of us have ever been this old before, and we're bewildered by our own body's betrayal. Container gardening allows die-hard dirtfolk to continue playing in the dirt they love, in spite of limitations.

WHAT CAN ONE USE FOR A CONTAINER GARDEN? Simple answer ... ALMOST ANYTHING. Make sure the container hasn't had anything toxic in it, that it has plenty drainage holes and that it'll fit where you need it to. After that, use whatever you have: old pots/liners, wash tubs, cracked garbage cans, shoes, gloves, hats, straw bales, old seed/fertilize spreaders, etc.; Really, the only limit is your imagination.

WHERE SHOULD I PUT MY CONTAINERS? Depends on what you want to grow. If you want to grow shade plants, you'll need to locate the container where these plants do best. If you're growing veggies or sun-loving flowers, locate the container where it'll get 8 hours of sun a day. I've tucked them into bare spots in my landscape, set them under a tree where grass won't grow, on the porch, beside the garage on a sunny wall. Stay out from under trees that aren't "neighbor-friendly", and low, boggy spots. If you have a spot where a garden would be great



### THE GARDEN GATE

SHERRIE OTTINGER

but it's too wet, you might try a raised bed.

SHOULD I USE SPECIAL SOIL? Yes. Again, it depends on what you want to grow ... you get what you pay for. There are special soils for almost every growing need now, and they're great. Look for organic nutrients, if available, or buy the soil mix without nutrients and add your own organics. Veggie soil for growing veggies, NOT potting soil; potting soil doesn't offer the nutrients that veggies need to produce fruit.

Oh, you'll grow beautiful, lush green, but the fruit will be hard to find. If you're doing a tall container or raised bed, you might fill the bottom 2/3 with compost, manure, or less expensive bagged organics (some suggest using Styrofoam "peanuts" or crumpled aluminum cans. I don't). If your raised bed is on questionable soil, line the bottom of the bed (the ground) with a thick layer of overlapped newspaper, then the soil on top of that. It's good to do your containers several days/weeks before planting so the soil can settle. If you wait until planting, you'll need to add more soil after planting, because it will settle.

We're on the way! Next week I'll continue. Questions? Email 'em to me!

*Sherrie "the dirt girl" Ottinger is a dedicated ecologist, speaker, writer, and lifetime Tennessean. All comments and questions should be emailed to: [velokigate@yahoo.com](mailto:velokigate@yahoo.com)*

## HEALTH - E - RECIPES

### Cornmeal-Herb Crisp Crackers

DEVELOPED BY  
DANA JACOBI

Tomorrow is Whole Grains Sampling Day — the perfect day to try a new grain! These crispy crackers are made with simple ingredients — cornmeal, herbs and a little butter. Whole cornmeal is a whole grain, meaning it contains the endosperm, bran, and germ of the corn kernel. Whole cornmeal provides fiber, iron and cancer-fighting carotenoids.

**1/3 cup unbleached all-purpose flour**  
**1 teaspoon dried basil**  
**1 teaspoon dried oregano**  
**1/2 teaspoon garlic powder**  
**1/2 teaspoon baking powder**  
**1/2 teaspoon kosher salt, divided**  
**1/2 cup stone ground yellow cornmeal**  
**1/2 cup cold water**  
**1 1/2 teaspoons unsalted butter, cut into 4 pieces**

Preheat oven to 375 degrees. Set out 2 baking sheets, preferably light colored.

In small bowl, combine flour, basil, oregano, garlic powder, baking powder and half the salt.

In small saucepan, mix cornmeal and water until smooth. Cook over medium-high heat while whisking constantly until most of cornmeal clings to whisk in a ball and just starts to steam. Transfer cornmeal to small mixing bowl.

Using flexible spatula, spread hot cornmeal to cover bottom of bowl. Add butter and with your fingers carefully work hot cornmeal and butter into soft ball. Flatten cornmeal to cover bottom of bowl. Add dry ingredients and with your hands, work them into cornmeal just until evenly blended, pliable dough forms. Do not overwork dough or crackers will be tough.

Place sheet of baking parchment on work surface. Pat dough into 4-inch by 6-inch rectangle and place in center of parchment with narrow edge toward you. Working always from center out, push rolling pin towards top, then bottom, then each side. Repeat until dough is 8-inch x 10-inch rectangle. If dough is irregularly

shaped, trim and piece pieces around edges, pressing them into place.

Cut dough crosswise in half. Setting one half aside on a baking sheet, rotate piece remaining on parchment so narrow side faces you. Roll it out to roughly 6 inches by 9 inches. Lifting parchment on one long side, release dough against your hand, then lay it back down on parchment.

Repeat to release dough on other side. Roll dough to get it as thin as you can (less than 1/16 inch if possible), to about 7 inches by 10 inches. With tines of fork, pierce dough all over, about every inch. Using sharp, thin knife, trim sides to make them even. With ruler as guide, cut dough into 1-inch by 2-inch strips. Sprinkle half of remaining salt over pieces. Arrange pieces of dough on one of baking sheets, placing them 1/2-inch apart.

Bake crackers 12-15 minutes, or until almost firm and lightly golden. Crackers will be unevenly colored with dark brown patches. Transfer crackers to plate. They harden as they cool.

Meanwhile, roll out, cut and bake second rectangle of dough.

Makes 10 servings. Yield: about 40-50 crackers.

**Per serving: 44 calories, 1 g total fat**



Cornmeal-Herb-Crisp Crackers

## Traceability In Seafood Chain About Money, Not Just Ethics

BY PATRICK WHITTLE  
ASSOCIATED PRESS

PORTLAND, Maine (AP) — A coalition of environmentalists and seafood industry professionals is campaigning to make the case that traceability in

the seafood industry is about success in the marketplace as much as it's about ethics.

Ocean conservation group Oceana has assembled the group of fishermen, processors and wholesalers to make the case that customers will pay a premium for verifiable seafood.

The campaign is happening while federal authorities consider new rules designed to stop illegal fishing imports that threaten the domestic seafood industry.

The Presidential Task Force on Combating Illegal, Unreported and Unregulated Fishing and

Seafood Fraud released a plan to improve transparency in the seafood industry a year ago. The National Oceanic and Atmospheric Administration is accepting public comments on proposed new rules about seafood traceability until April 15.