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Fish and pasta for summer eating

When the temperature soars, I try to look for appetizing entrees which are healthy and appealing. Here are some fish recipes with pasta.

FROM MY KOSHER KITCHEN



By SYBIL KAPLAN

*** NOODLES AND FISH 4 servings

4-6 ounces short curly fettuccine
2 T. olive oil
1/2 cup three-pepper-onion mix
1 minced garlic clove
1/2 t. dry basil
1 t. lemon juice
1 15 ounce can diced tomatoes
1 14 ounce can diced artichoke hearts
1/2 pound salmon or tilapia fillets, cut in pieces
1/2 cup black olives
Parmesan cheese
1. Cook noodles according to directions. Drain.
2. Heat oil in a frying pan with three pepper-onion mix and garlic and saute a few minutes. Add basil, lemon juice, tomatoes, artichoke hearts, fish and olives. Simmer 25 minutes. Add noodles.
To serve, spoon

onto plates and sprinkle cheese on top.

*** TOMATO-FISH SAUCE ON ANGEL HAIR 4-6 servings

2 T. olive oil
1 medium chopped sweet onion
1 chopped red pepper
1 minced garlic clove
1 t. oregano
2 16-ounce cans diced tomatoes
1 pound cooked angel hair
8 ounces cut-up fish fillets
Parmesan cheese
1. Cook angel hair according to package directions.
2. In a frying pan, heat oil and saute onion, red pepper and garlic with oregano for 10 minutes.
3. Add tomatoes and bring to a boil. Reduce heat and simmer 10 minutes. Add fish pieces and simmer another 3 minutes.
To serve, place hot pasta on serving plates, top with sauce and Parmesan cheese.

*** LONG FETTUCCINI AND FISH 4 servings

12 ounces fettuccini
1/2 cup margarine
4 minced garlic cloves
2 pounds cut-up fish fillets
1 1/2 cup half and half
1 cup Parmesan cheese
1. Cook fettuccini according to package directions.
2. Heat margarine and garlic in a frying pan and cook about 5 minutes. Add fish and half and half. Heat and stir for 5 minutes.
3. Add Parmesan cheese and stir for 1 minute.
To serve, toss sauce with fettuccini. Sprinkle with Parmesan cheese.

Sybil Kaplan is a book reviewer, journalist, lecturer, writing teacher and synagogue librarian living in Overland Park, Kansas.

She is the author of *Kosher Kettle: International Adventures in Jewish Cooking*, published by BAK Associates, 9809 Glenwood, Overland Park, KS 66212.

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Canadian Jewish news

Thousands rally in solidarity with Israel

By DAVID LAZARUS

MONTREAL - Two thousand members of the Jewish community poured into Dominion Square July 27 for an hour-long, noontime "Blue and White Rally" to show their solidarity with Israel.

Many at the rally, organized primarily by B'nai Brith Canada in tandem with almost 20 other Jewish organizations, were dressed in Israel's colours and bedecked in large, donated blue and white Israeli flags.

They were vocal in support of Israel as Hezbollah rockets continued to rain onto northern Israel.

"Am Yisrael Chai!" and "K'el, k'el Yisrael," they chanted under the hot, tropical sun.

The mood was exuberant despite the grim goings-on in Israel and south Lebanon. "We have to show our solidarity," rallier Allan Falovitch told The CJN.

Among those present in the stands was Montreal Mayor Gerald Tremblay, who shook the hands of



From left are Montreal Mayor Gerald Tremblay, Mount Royal MP Irwin Cotler and B'nai Brith Quebec director Bill Surkis at the rally in support of Israel.

ralliers and is a member of a group called "Mayors for Peace."

But also conspicuous was Charles Yacoub, a Lebanese Christian who ardently spoke up for the Jewish state to wild applause. "It is completely legitimate for Zahal [the Israel Defence Forces] to defend its country and its people," declared Yacoub,

who draped himself in the Lebanese flag, one of several spotted in the crowd. He called for an "enduring, viable and lasting" peace that would only be possible by enforcing UN Security Council Resolution 1559 stipulating that Hezbollah be disarmed.

The most enthusiastic crowd reaction, though, came from Rabbi Reuben Poupko. "For 40 years they have been preaching that the cause of tension in the Middle East is occupied territory," Poupko said, "and for the first time they're right. Lebanon is occupied by Hezbollah and Iran. And the occupation has to end."

The Jews did not wait centuries for a Jewish state "to cower in bomb shelters," Rabbi Poupko said, "or to watch Israelis be kidnapped with impunity."

Rabbi Poupko lavished praise on Prime Minister Stephen Harper for speaking with "clarity and honesty" and called the characterization of Israel's response as "disproportionate" as true, but in a different sense.

"If it had been proportionate, Israel would be indiscriminately bombing civilian centres, they wouldn't warn civilians beforehand, and they'd be kidnapping Lebanese," he said.

B'nai Brith's Aaron Remer, chair of the organization's International Affairs Institute, was in Israel with B'nai Brith officials to meet with Israeli leaders and saw the strife-torn areas. He described the "eerie feeling" of being in a Haifa "devoid of crowds and the usual hustle bustle."

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Harper rejects moral equivalence between Israel and terrorists

By PAUL LUNGEN

TORONTO - Prime Minister Stephen Harper delivered a strong message of support for Israel two weeks ago and rejected criticism his government had shifted Canada away from its traditional role as an honest broker between Israel and its adversaries.

Paraphrasing on several occasions a statement by former British prime minister Winston Churchill, Harper said Canada would not remain neutral between a fellow democracy and a terrorist organization. "What we refuse to do is to be drawn into a moral equivalence between a pyromaniac and a fireman," Harper stated in a telephone interview with The CJN.

Israel is well within its rights to defend itself from Hezbollah, a terrorist organization bent on using violence to destroy Israel. If a terrorist organization crossed Canadian borders, kidnapped our soldiers and hurled missiles at our population centres, Canada would do the same as Israel, "fight back," the prime minister said.

Harper's position on the ongoing conflict between Israel and Hezbollah, which set off the conflict July 12 when it captured two Israeli soldiers and killed eight, stands in marked contrast to that of interim Liberal Party leader Bill Graham. Graham, a former minister of foreign affairs, said "we're very concerned about Mr. Harper's change in Canada's traditional position of working with all sides in the Middle East for long-term peace by being able to work with all sides of the conflict to bring them together and in a dialogue."

"Canada has always been able to act as an intermediary, but we can only serve in that capacity if both our comportment and our actions enable us to play that role." Liberal consular affairs critic Dan McTeague said Liberals were "disappointed with Harper's decision to depart from Canada's traditional role of peace broker and follow U.S. President George W. Bush's Mideast policy prior to the release of the joint statement by G8 leaders."

Liberal leadership candidates weighed into the issue, with some publishing their view of the Hezbollah-Israel conflict.

Bob Rae issued a statement saying Canada should respond to the humanitarian crisis in Lebanon and live up to the spirit of Nobel Peace Prize-winner and former prime minister Lester Pearson, "who used his experience and understanding to defuse a crisis."

Rae urged the government to "make the case for UN peacekeepers on the border between Lebanon and Israel, accompanied by a firm timetable for a ceasefire and disengagement." He called Hezbollah and Hamas, aided by Iran and Syria, the biggest obstacles to peace.

Ken Dryden called on the government "to aid and support the efforts of the United Nations to bring stability to the region." He supported Israel's right to defend itself but added Israel was expected to "make every effort to spare civilian lives and infrastructure."

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STEPHEN HARPER: "We refuse...to be drawn into a moral equivalence between a pyromaniac and a fireman."

The Crohn's and Colitis Foundation of Canada is holding an Education Event on inflammatory bowel disease on Tuesday, September 5, 2006 at 6:00 pm in the Adult Lounge, Asper Campus, 123 Doncaster Street. Dr. Charles Bernstein, Gastroenterologist, is the guest speaker.

The education event will be followed by an Open House. The Winnipeg Chapter of the Crohn's and Colitis Foundation of Canada is asking residents of Winnipeg to **Get Gutsy! Get Involved! Volunteer for the Crohn's and Colitis Foundation of Canada (CCFC).** Everyone Welcome. RRSVP 235-1653.

The Crohn's and Colitis Foundation of Canada is planning a gala event in Winnipeg in May, 2007 and we are seeking your help!

If you have fundraising experience, organizational skills, a network of contacts, or desire to make a difference, please call Shari at 231-2115 or 1-866-856-8551 to volunteer or for more information.