FRIDAY PRIMETIME/LATE NIGHT — MARCH 21, 2014

	3:00	3:30	4:00	4:30	5:00	5:30	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	1:00	1:30
BROADCAST STATIONS																						
PBS KUSD 2 8 (2)	HS Basketball	Arthur (DVS)	WordGirl Battle Butcher.	Wild Kratts	Martha Speaks	Nightly Business Report	High School Basketball SDHSAA Class A Tournament, First Semifinal: Teams TBA. From Sioux Falls, S.D. (N) (Live)				High School Basketball SDHSAA Class A Tournament, Second Semifinal: Teams TBA. From Sioux Falls, S.D. (N) (Live)				Great Performances "Bob Dylan: The 30th Anniversary Concert Celebration" Concert tribute to Bob Dylan.				Tavis Smiley (N)	America's HeartInd	American Masters John Lennon's life in New York.	
KTIV 4 4 (4)	Queen Latifah		Ellen DeGeneres		News 4	News	News 4	Ent	Dateline NBC (N)		Grimm (N)		Hannibal (N)		News 4	Tonight Show	Seth Meyers		Daly		News 4	Extra (N)
NBC KDLT 5 5 (5)	The Doctors (In Stereo)		Judge Judy	Judge Judy	KDLT News (N)	NBC Nightly News (N)	KDLT News (N)	The Big Bang Theory	Dateline NBC (N) (In Stereo)		Grimm Nick and Hank investigate a homicide. (N)		Hannibal A body is discovered in a meadow. (N)		KDLT News (N)	The Tonight Show Starring Jimmy Fallon (N)	Late Night With Seth Meyers (N) (In Stereo)		Last Call With Carson Daly		(Off Air)	
KCAU 9 6 (9)	Dr. Phil		The Dr. Oz Show		News at	ABC	News	Inside	Last Man	Neigh	Shark Tank (N)		20/20		News	Jimmy Kimmel Live	Nightline	Paid	Inside		Wrin	FamFeud
CBS KELO 11 3 (11)	2014 NCAA Basketball Tournament (N) (Live)		The Dr. Oz Show (In Stereo)		News	CBS Evening News	2014 NCAA Basketball Tournament (N) (Live)					2014 NCAA Basketball Tournament (N) (Live)					News	Late Show With David Letterman (In Stereo)		The Late Late Show With Craig Ferguson		Weather NOW
ABC KSFY 13 7 (13)	Jeopardy! (N)	Inside Edition (N)	The Ellen DeGeneres Show (N) (In Stereo)		KSFY News at 5 in HD	ABC World News	KSFY News at 6 in HD	Wheel of Fortune (N)	Last Man Standing	The Neighbors (N)	Shark Tank Energy bars with protein from crickets. (N)		20/20 (In Stereo)		KSFY News at 10 in HD	Jimmy Kimmel Live (In Stereo)	Nightline (N)	Watch TV For FREE!	Extra (N)		Paid Program	Paid Program
KMEG 14 13 (6)	NCAA Basketball		Jdg Judy	Jdg Judy	News	CBS	2014 NCAA Basketball Tournament (N) (Live)					2014 NCAA Basketball Tournament (N) (Live)					News	Letterman		Ferguson		Paid
FOX KTTW 21 9 (7)	Maury (In Stereo)		Bethenny (In Stereo)		Steve Harvey (In Stereo)		The Middle "Bad Choices"	The Middle	Rake Keegan ends up becoming a suspect. (N) (In Stereo)		Enlisted	Raising Hope (N)	Modern Family	Modern Family	The Arsenio Hall Show (In Stereo)		Dish Nation	The Test (In Stereo)		How I Met Your Mother	How I Met Your Mother	TMZ (N)
KLKN	The Dr. Oz Show		Dr. Phil		News	ABC	News	Ent	Last Man	Neigh	Shark Tank (N)		20/20		News	Jimmy Kimmel Live	Nightline	Katie			Outd'r	Carpet
KOLN	NCAA Basketball		First	Jeopardy	10/11	CBS	2014 NCAA Basketball Tournament (N) (Live)					2014 NCAA Basketball Tournament (N) (Live)					News	Letterman		Ferguson		Inside
KPTH	Steve Harvey		Middle	Middle	Big Bang	Big Bang	Mod Fam	Mod Fam	Rake (N) (In Stereo)		Enlisted	Raising	News	Two Men	Arsenio Hall		Two Men	Mother	30 Rock	30 Rock	Office	Office
KSCB 97	S Ade	Bill Win	Love-	Benny	Z. Levitt	Creflo D.	Jewish	J. Hagee	Parsley	Joni	Marcus and Joni		V'Impe	Jewish	Hour of	Cope	Life To	J. Meyer	Sound	The EVO	Global	Marcus
KSIN 99 (12)	Martha	Arthur	WordGirl	Wild	Curious	PBS NewsHour (N)		Iowa In	Wash	Iowa Pr's	Market	Great Performances			Teen	Business	Death in Paradise		(Off Air)			
KXNE (8)	Peg	Cat in	Curious	Arthur	WordGirl	Wild	PBS NewsHour (N)		Best of NET Pledge (Left in Progress)										(Off Air)			
PAY CHANNELS																						
HBO 17 (401)	"Taken 2" (2012)	★★ "The Hobbit: An Unexpected Journey" (2012, Fantasy) Ian McKellen, Martin Freeman. (In Stereo)						★★ "Oblivion" (2013) Tom Cruise. A stranger's arrival triggers one man's battle to save mankind.					Real Time With Bill Maher (N)		VICE (N)	Real Time With Bill Maher	VICE		Girls	★★ "8MM" (1999, Suspense) Nicolas Cage. (In Stereo)		
HBO2 432 (405)	★ "Snake Eyes" (1998)			★★★ "Prometheus" (2012) Noomi Rapace.					Doll &	Doll &	★★ "Now You See Me" (2013)				★★ "Alexander" (2004) Colin Farrell. (In Stereo)						Real Time, Bill	
MAX 441 (420)	"Blue Crush"	★ "Idle Hands" (1999) Devon Sawa. (In Stereo)			★★★ "The Conjuring" (2013) Vera Farmiga, Patrick Wilson. (In Stereo)				★★ "Broken City" (2013) Mark Wahlberg, Russell Crowe. (In Stereo)				★★ "There's Something About Mary" (1998) Cameron Diaz. (In Stereo)				Girl's Guide	Co-Ed Con.	★ "Armageddon" (1998) Bruce Willis. A hero tries to save Earth from an asteroid.			
MAX2	"Dodgeball-True"		★★★ "The Bourne Legacy" (2012)				★★ "The Sentinel" (2006) (In Stereo)				Banshee		★★ "Savages" (2012) Taylor Kitsch. (In Stereo)					★★ "The Faculty" (1998)			Forbidden Science	
SHOW 451 (435)	★ "Even Money" (2006) Kim Basinger.				★★★ "Do the Right Thing" (1989)				Lies	Episodes	"Geraldine Ferraro"			★★★ "The Impossible" (2012)				Shameless		Lies	Gigolos	Clockers
SHOW2	Some	"Barricade" (2012) (In Stereo)			★★★ "Rescue Dawn" (2006, War)				★ "Alex Cross" (2012) Tyler Perry.				Californ.	Nurse	Gigolos	★ "Original Sin" (2001) (In Stereo)				"Monster-Nudist"		
TMC 461 (455)	★★★ "Gosford Park" (2001) Eileen Atkins.					★★ "The Words" (2012)			"Twilight Saga: Breaking Dawn"				"Twilight Saga: Breaking 2"				★ "Java Heat" (2013)			"Jay and Silent Bob"		
CABLE STATIONS																						
A&E 57 (41)	The First 48		The First 48		The First 48		The First 48		The First 48		After the First 48		Beyond Scared		Those Who Kill		The First 48		After the First 48		Beyond Scared	
AMC 41 (54)	★★ "Beowulf"		★★★ "Face/Off" (1997) John Travolta, Nicolas Cage.						★★★ "Braveheart" (1995, Historical Drama) Mel Gibson, Sophie Marceau.								The Walking Dead		Game of Arms		"Snakes"	
ANPL 19 (43)	Gator Boys		Finding Bigfoot		Finding Bigfoot		To Be Announced		Tanked: Unfiltered		Tanked (In Stereo)		Tanked (In Stereo)		Tanked (In Stereo)		Tanked (In Stereo)		Tanked: Unfiltered		To Be Announced	
BRAVO 25 (55)	Housewives/Atl.		Housewives/Atl.		To Be Announced		Blood, Sweat		Real Housewives		Housewives/Atl.		Housewives/NYC		★★ "How to Lose a Guy in 10 Days" (2003)					Real Housewives		Atlanta
CMTV 38 (77)	Extreme-M		Reba	Reba	Reba	Reba	Reba	★★ "Legally Blonde" (2001) Reese Witherspoon.					CMT Crossroads		Cops	Cops	Cops	Cops	Cops	Cops	CMT Crossroads	
CNBC 53 (52)	Closing Bell (N)		Fast Mny	Options	Mad Money (N)		The Kudlow Report		Money Talks		Marijuana- Am.		American Greed		Amer. Greed		Amer. Greed		Amer. Greed		Paid	Cook
CNN 33 (49)	Jake Tapper		The Situation Room (N)			Crossfire	E. B. OutFront		Anderson Cooper		To Be Announced		Spotlight	Unguard	Anthony Bourd.		Anderson Cooper		Crossfire	Unguard	Anthony Bourd.	
COM 45 (61)	Sunny	Futurama	Futurama	Futurama	South Pk	Tosh.0	Colbert	Daily	Futurama	Futurama	Key	Key	Tosh.0	Tosh.0	South Pk	South Pk	The Comedy Central Roast			Ralphie May		White
CSPAN 49 (17)	Key Capitol Hill Hearings Speeches.				Key Capitol Hill Hearings Speeches.				Key Capitol Hill Hearings Speeches.				Key Capitol Hill Hearings Speeches.				Key Capitol Hill Hearings Speeches.				Capitol Hill	
DISC 34 (44)	Sons of Guns		Sons of Guns		Sons of Guns		Sons of Guns		Sons of Guns (N)		Sons of Guns (N)		Game of Stones (N)		Sons of Guns		Game of Stones		Sons of Guns		Sons of Guns	
DISN 64 (36)	Jessie	Jessie	Win,	Austin	Dog	"Radio Rebel" (2012)			ANT	Dog	I Didn't	Liv-Mad.	Austin	Jessie	Jessie	Jessie	Jessie	Austin	Austin	Austin	ANT	Dadnap
DISXD 65 (103)	Kickin' It	Lab Rats	"Phineas and Ferb: The Movie"				Lab Rats	Lab Rats	Kickin' It	Kickin' It	Crash	Crash	Ninja	Slug	Zeke	Zeke	Kings	Pac-Man	But	But	Max	Fish
E!TV 51 (62)	League	★★ "You've Got Mail" (1998) Tom Hanks.					E! News (N)		E! News		Fashion Police (N)		Hello	The Fa	Chelsea	E! News		Chelsea	Fashion Police		Chelsea	Hello
ENC 400 (480)	★★ "Shall We Dance?" (2004)				★★ "Think Like a Man" (2012)				★ "For Richer or Poorer" (1997)				"Robin Hood: Men in Tights"			★ "Batman & Robin" (1997) (In Stereo)					"Think Like a Man"	
ESPN 28 (24)	NFL Live (N)		College GameDay		SportsCenter (N) (Live)				College Wrestling NCAA Championships, Semifinals. (N)						SportsCenter (N)		SportsCenter (N)		SportsCenter (N)		SportsCenter (N)	
ESPN2 29 (25)	Numbers Never Lie		Insiders	ESPN FC	SportsNation		NFL Live (N)		Karate		Boxing Friday Night Fights. (N)				Olbermann (N)		Olbermann		College GameDay		NBA	Baseball
EWTN 74 (65)	Truth	Cross	Cat Chat	Church	Faith	Let Me	Daily Mass		Life on the Rock		Campus	Rosary	Cross	Consum	Parables	Women	Daily Mass		Life on the Rock		Faith	Campus
FAM 62 (40)	Boy	Boy...	★★★ "Willy Wonka and the Chocolate Factory"					"The Chronicles of Narnia: The Lion, the Witch and the Wardrobe"							The 700 Club		Prince	Prince	Prince	Prince	Paid	Paid
FOOD 56 (31)	My. Din	My. Din	My. Din	My. Din	Diners	Diners	Diners	Diners	Diners	Diners	Diners	Diners	Diners	Diners	Diners	Diners	Diners	Diners	Diners	Diners	Diners	Diners
FS1 63 (28)	NASCAR	NASCAR Racing		NASCAR	NASCAR Racing			NASCAR Racing			Daytona Primetime		The Offseason		FOX Sports Live (N)		Can./Australia		FOX Sports Live (N)		FOX Sports Live	
FX 23 (56)	★★★ "The Mask"		Two Men	Two Men	Mother	Mother	Mother	Mother	★★★ "Wanted" (2008) James McAvoy, Morgan Freeman.						★★★ "Wanted" (2008) James McAvoy, Morgan Freeman.						★ "88 Minutes"	
FXNWS 50 (48)	Neil Cavuto		The Five (N)		Special Report		Greta Van Susteren		The O'Reilly Factor		The Kelly File (N)		Hannity (N)		The O'Reilly Factor		The Kelly File		Hannity		Greta Van Susteren	
FOXSP 35 (27)	Hockey	Snow	UEFA Highlights		3 Wide	N Sun	College Hockey					Boxing				Wolves	Hard Charge		MLB Preseason Baseball: Mets at Twins			
GOLF 55 (310)	PGA Tour Golf				Central	LPGA Tour Golf					PGA Tour Golf Arnold Palmer Invitational, Second Round.						Central	PGA Tour Golf				PGA Golf
HALL 22 (33)	Little House/Prairie		The Waltons		The Waltons		The Waltons		Calls the Heart		Middle	Middle	Frasier	Frasier	Frasier	Frasier	Golden	Golden	Golden	Golden	Cheers	Cheers
HGTV 54 (34)	Hunters	Hunters	Hunters	Hunters	Hunt Intl	Hunt Intl	Hunt Intl	Hunt Intl	Ren.	Ren.	Ren.	Ren.	Hunters	Hunt Intl	Hunt Intl	Hunt Intl	Ren.	Ren.	Hunters	Hunt Intl	Hunt Intl	Hunt Intl
HIST 46 (47)	Modern Marvels		Modern Marvels		Modern Marvels		Pawn	Pawn	Cnt. Cars	Cnt. Cars	Cnt. Cars	Cnt. Cars	Cnt. Cars	Cnt. Cars	Cnt. Cars	Cnt. Cars	Cnt. Cars	Cnt. Cars	Cnt. Cars	Cnt. Cars	Cnt. Cars	Cnt. Cars
KAUN 15 (22)	Naked City		Tarzan	Cis. Kid	Hopalong	McCoys	Hillbillies	Ozzie	Highway to Heaven		The Saint		Route 66		Da Vinci's Inquest		Cold Case Files		Cold Squad		Paid	Paid
KWSD 12 (14)	Dragnet	Adam-12	Emergency!		Rifleman	Rifleman	M*A*S*H	M*A*S*H	Remington Steele				OddCple	OddCple	Zone	Perry Mason		The Untouchables		Gallery	Hitchcock Hour	
LIFE 58 (29)	Charmed		Wife Swap		Wife Swap		Wife Swap		To Be Announced		Celeb.-Swap		Betty	Betty	Betty	Betty	To Be Announced		Celeb.-Swap		Betty	Betty
MSNBC 66 (50)	Alex Wagner		The Ed Show (N)		PoliticsNation (N)		Hardball Matthews		All In With Chris		Rachel Maddow		Lockup		Lockup		Lockup		Lockup		Lockup	
NGEO 108 (152)	Live From Space				Cosmos-Space		Hubble's, Universe		Live From Space		Living in Space		Cosmos		Live From Space		Living in Space		Cosmos		Hubble's, Universe	
NICK 32 (37)	Parents	Sanjay	Bread	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	"Blart: Mall Cop"		"Blart: Mall Cop"		Full H'se	Full H'se	Friends	Friends	Friends		Friends	George	George	George
RFDTV (131)	Wagoner	Country	Rural America Live		Farmwk.	Gilley's	Jimmy	Rural	Family Reunion		JoeyRory	Reporter	Profess.	Rodeo	Penny G	Virginia	Paid	Paid	Paid	American	Voices	Paid
SPIKE 30 (60)	Cops	Jail	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops	BellatorMMA Championship				Cops	Cops	Police Videos		Police Videos		Police Videos	
STARZ 417 (465)	★★ "Hidalgo" (2004)			★★ "The Call" (2013)			★ "Grown Ups 2" (2013) Adam Sandler.				★★ "White House Down" (2013)				★★★ "The Amazing Spider-Man" (2012)					Black Sails "VIII."		White
SYFY 44 (46)	★★ "Indiana Jones and the Kingdom of the Crystal Skull"						Helix "Black Rain"		WWE Friday Night SmackDown! (N)				Helix (N)		Bitten "Descent"		Helix		Being Human		Lost Girl "Waves"	
TBS 36 (57)	2014 NCAA Basketball Tournament (N) (Live)					2014 NCAA Basketball Tournament (N) (Live)					2014 NCAA Basketball Tournament (N) (Live)						Cougar	Deal	★★★ "Total Recall" (1990)			
TCM 76 (53)	★★★ "Two Sisters From Boston"				★★★ "The Glass Slipper" (1955)				★★★★ "Oliver!" (1968) Ron Moody.					★★★★ "The Gold Rush"			★★★ "The Loved One" (1965) Robert Morse.					CoolLuke
TLC 43 (45)	Four Weddings		Four Weddings		Four Weddings		Bor	Bor	Say Yes	Say Yes	Say Yes	Randy	Bor	Bor	Say Yes	Randy	Bor	Bor	Say Yes	Say Yes	Bor	Bor
TNT 37 (59)	NCAA	2014 NCAA Basketball Tournament (N) (Live)					2014 NCAA Basketball Tournament (N) (Live)					2014 NCAA Basketball Tournament (N) (Live)					CSI: NY		CSI: NY		Law & Order	
TOON 42 (38)	Adven	Uncle	★★ "Garfield's Pet Force"			Johnny T	Steven	Adven	Gumball	Annoying	King/Hill	Cleve	American	American	Fam Guy	Fam Guy	Chicken	Aqua	Squidbill.	American	American	Fam Guy
TRAV 24 (42)	Bizarre Foods		Food	Food	Bizarre Foods		Food	Food	Ghost Adventures		Ghost Adventures		The Dead Files		The Dead Files		Ghost Adventures		The Dead Files		The Dead Files	
TRUTV 52 (63)	NCAA Basketball			TBA	NCAA	NCAA	2014 NCAA Basketball Tournament (N) (Live)						2014 NCAA Basketball Tournament (N) (Live)					Inside Madness		Jokers	truTV Top Funniest	
TVLND 47 (39)	Andy Griffith Show		Griffith	Griffith	Griffith	Griffith	Griffith	Gilligan	Gilligan	Gilligan	Raymond	Raymond	King	King	King	King	Love-Raymond		Raymond	Soul Man	Cosby	Cosby
UNI (69)	El Gordo y la Flaca		Primer Impacto (N)		Casa	Notic.	De Que Te Quiero		Por Siempre		Lo Que la Vida		Qué Pobres		Impacto	Noticiero	Familia-Suerte		Contigo, Ni sin Ti		Con	Casa
USA 31 (58)	NCIS		NCIS "Jurisdiction"		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Mod Fam	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Chrisley	Psych		Psych		Psych	
VH1 39 (76)	"Menace II Soc."		Bask. Wives LA		Greatest Prnks		Greatest Prnks		Saturday Night Live			Saturday Night Live			★★★ "Animal House" (1978) John Belushi.						★ "Gigli" (2003) Ben Affleck.	
WE 124 (30)	CSI: Miami		Law & Order		Law & Order		Law & Order		Ma. Boot Camp		Ma. Boot Camp		Ma. Boot Camp		Ma. Boot Camp		Ma. Boot Camp		Mary Mary		Ma. Boot Camp	
WGN (18)	Law Order: CI		Law Order: CI		Funny Videos		NBA Basketball Chicago Bulls at Indiana Pacers.					Mother	Mother	Mother	Mother	Mother	Mother	Mother	Parks	30 Rock	30 Rock	Sunny

Fishing For Flavor During Lent? Try These Recipes

BY BILL DALEY

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Lent is a time when less can mean more, especially in the kitchen. Going without need not be faced with a frown. Let dietary restrictions spur creativity and boost flavor, however modest the meal.

Fish, for those whose faith traditions permit it, can come to the rescue during Lent. Lucy Waverman, co-author of "The Flavour Principle" (Harper Collins, $35), soon to be published in the United States, and Susanna Hoffman, co-author of the new "Bold: A Cookbook of Big Flavors" (Workman, $19.95), have plenty of ideas about fish and how to punch up both flavor and presentation during Lent — and year-round.

"People get stuck with fish. If all they know is to bread and fry it, that's all they'll do," says Waverman, a Toronto-based author and food columnist for *The Globe and Mail* newspaper. "Fish is so easy to cook, there (are) just a few basic rules."

Waverman says the easiest way to cook thicker pieces of fish, like halibut, Alaskan black cod, salmon or wahoo (ono), is to place them on an oiled baking sheet and bake in a 450-degree oven for 10 minutes per inch of thickness. You can alter the flavor by brushing on various sauces and pastes, she adds, from a green Thai curry paste to a basil pesto to a barbecue sauce.

"Or you can get more sophisticated and use fresh herbs chopped up and some garlic and brush that on," Waverman says. "You can turn it into a one-dish meal. Slice some potatoes and onions, put them in a baking dish and cook for 15 minutes, then put the fish on top and cook."

Thinner fish need lower heat for best cooking, she notes, adding that subtler seasoning accents also seem to work better with these types of fish.

"Asian flavors are often too strong," Waverman says. "But a pesto, anything herbal, or frying them works well."

One of Hoffman's favorite tricks is combining fish in a dish, such as fresh salmon garnished with smoked salmon and a watercress cream sauce.

"Don't be afraid of cream sauce," she says, adding that it depends, of course, on whether you can eat dairy products during Lent. As for cheese, Hoffman says the general rule is not to use it with fish, but she believes the saltiness of Parmigiano-Reggiano works.

Think, too, beyond serving just fillets and pieces of fish that have been baked, grilled or fried. Hoffman says there are seafood chowders, casseroles, patties and even tacos (there are lobster tacos in her book) you can experiment with.

Living in Telluride, Colo., Hoffman prepares a lot of trout. She prefers to serve it whole and finds the body cavity makes a wonderful pocket for various stuffings, such as crab with shaved fennel and arugula. Another favorite trick: wrapping seafood in nori or grape leaves when cooking.

Whatever you do, don't overcook seafood. Waverman says fish should look opaque. "A little bit of a shiny center is fine," she adds.

SPICY FISH CAKES WITH ZESTY CITRUS SAUCE

This Thai-inspired recipe is adapted from "The Flavour Principle" by Lucy Waverman and Beppi Crosariol. Use haddock, whiting, cod or any white firm-flesh fish (shrimp is another option) for these cakes, which may be deep-fried instead of pan-fried, if desired. The authors use this dish as a first course to an all-fish, all-Asian dinner menu, but you could serve it with a watercress salad for a light Lenten meal.

Prep: 30 minutes
Chill: 1 hour
Cook: 4-6 minutes per batch
Makes: 8 cakes, 4 first-course servings

1 pound skinless haddock fillets
1/4 cup chopped green onions
2 tablespoons each, chopped: lemon grass, cilantro
2 tablespoons cornstarch
1 tablespoon each: fish sauce, Thai red curry paste
1 1/2 teaspoon grated lime zest
1 teaspoon lime juice
1/4 teaspoon granulated sugar
1 egg
1 cup thinly sliced long beans or green beans
2 tablespoons oil
Zesty citrus sauce, see recipe

Directions:

1. Cut fish into cubes. Place in a food processor or mini-chopper with green onions, lemon grass, cilantro, cornstarch, fish sauce, curry paste, lime zest and juice, sugar and egg. Pulse in short bursts until mixture is a smooth paste. Stir in long beans. Cover; refrigerate, 1 hour.

2. Roll mixture into 8 balls, a little more than 1/4 cup per ball. Press each ball flat to form a cake.

3. Heat oil in a large skillet over medium-high heat. Fry cakes in batches until brown, 2-3 minutes per side. Add more oil to pan as needed. Drain cakes on paper towels.

Nutrition information per serving: 192 calories, 9 g fat, 1 g saturated fat, 105 mg cholesterol, 7 g carbohydrates, 20 g protein, 815 mg sodium, 1 g fiber

ZESTY CITRUS SAUCE

Sambal oelek chili paste may be found in Asian markets, specialty stores and some supermarkets.

Combine in a bowl: 1/4 cup water; 2 tablespoons each: chopped fresh mint, lime juice and lemon juice; 1 tablespoon plus 1 teaspoon brown sugar; 1 tablespoon fish sauce; 1 teaspoon each: grated lime zest, grated fresh ginger and sambal oelek chili paste. Let sit for 1 hour before serving.

Makes: 1/2 cup

BILL HOGAN/CHICAGO TRIBUNE/MCT

Spicy fish cakes with zesty citrus sauce make for a light Lenten meal.

WHITEFISH FILLETS WITH LEEK, KUMQUATS AND SWEET WINE

A recipe from "Bold: A Cookbook of Big Flavors" by Susanna Hoffman and Victoria Wise. Substitute blood or naval oranges if you can't find kumquats or a Seville orange.

Prep: 15 minutes
Cook: 20 minutes
Makes: 4 servings

4 whitefish fillets (6 to 8 ounces each), such as halibut or sea bass, 3/4 to 1 inch thick
2 tablespoons fresh lemon juice
Kosher or fine sea salt
1 1/2 tablespoons extra-virgin olive oil
1 medium leek, white and light green parts, cut into 2-inch-long shreds, rinsed, drained
6 to 8 kumquats or 1 Seville orange, thinly sliced
1/4 cup sweet muscat wine
2 tablespoons fresh orange juice
1 bay leaf
1 tablespoon chopped fresh chives
Freshly ground black pepper

Directions:

1. Place the fillets in a baking dish large enough to hold them in 1 layer; sprinkle them on both sides with the lemon juice and salt. Set aside in the refrigerator until ready to cook, up to 2 hours.

2. Heat the oil in a heavy skillet over medium heat. Add the leek and kumquats; cook until barely wilted, 1 minute. Stir in the wine, orange juice and bay leaf; heat to a boil, still over medium heat. Cook until the leek and kumquats are well wilted, 2 minutes. Pour over the fish, spreading the leeks and kumquats out evenly. Place the baking dish in a 450-degree oven; bake until the liquid is bubbling and the fish flakes easily when pierced with a fork, about 15 minutes.

3. Remove the bay leaf and serve right away, garnished with the chives and a sprinkle of black pepper.

Nutrition information per serving: 319 calories, 16 g fat, 2 g saturated fat, 105 mg cholesterol, 9 g carbohydrates, 34 g protein, 96 mg sodium, 2 g fiber

Play

From Page 1B

has been made possible in part by support from Stepping Stones Childcare Center.

Tickets will be available at the door or can be reserved online at www.yanktonchildrenstheatre.org.

Pearson said the play is suitable for all audiences, and she encourages everyone to attend.

"It's definitely a very fun, laid-back play, but it also has its moments where it's a little more on the edge," she said. "It's good for everybody."

CAST

Captain Bill Bones: Jordan Kuipers; Mr. Grundy: Gavin Haselhorst; Mrs. Grundy: Alyssa Ogstad; Mr. Posket: Daniel Bruegman; Laurie: Megan Haselhorst; Jim: Jaden Pearson; Auntie Nan: Haylee Heinemeyer; Dr. Livesey: Kalob Worm; Red Dog: Rebecca Clark; Morgan: Kaycee Smith; O'Brien: Rylan Clark; Bonny: Kaitlan Paulson; Calico Annie: Marisa Moore; Captain Flint: Jacob Smith; Long John Silver: Gage Becker; Captain Smollet: Carson Heinemeyer; Rachel Wall: Emma Eichacker; Jane de Belleville: Makayla Palecek; Belle Gunn: Rachel Wood; Margaret Browne: Carly Lafrentz; Grace O'Malley: Joselyn Pearson; Junior Pirates: Cale Haselhorst, Conner Brunick, Luke Feimer, Renae Clark and Raylee Phillips

You can follow Derek Bartos on Twitter at twitter.com/d_bartos/. Discuss this story at www.yankton.net/.