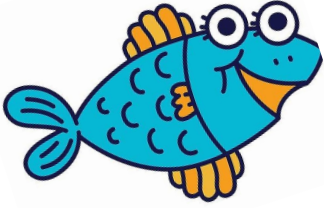


Family Funday: Fish Fridays



Why don't we eat meat on Fridays?

For most of our church history, Catholics abstain (or refrain) from eating meat every Friday of the year to honor Christ when he died on the cross on Good Friday. In 1983, Canon Law changed this custom to only during Fridays of Lent and on Ash Wednesday, the first day of Lent.

Why can we eat fish? Isn't it meat?

While fish *can* be considered a form of meat, scientifically-speaking, we consider meat in this instance to flesh animals like beef, chicken, and ham. A long while ago, fish used to be cheap and part of most meals, while flesh meat was an expensive luxury meal for rejoicing.

Family Project: Let's cook!

Want to try out a new recipe? Cook this as a family, or click on one of the links below! If you have a favorite recipe, be sure to pass it on to us!

Baked Halibut

1-2 lbs halibut

lemon pepper

1 onion, sliced

1/2c sour cream

1/2c mayonnaise

grated parmesan, to taste

Put fish in a casserole dish lined with foil. Sprinkle with the desired amount of lemon pepper. Saute onion in butter until tender and spread over fish. In a separate bowl, mix sour cream and mayonnaise. Stir in parmesan cheese and spread over fish. Cover fish with foil and bake at 400 degrees for 30 minutes or until fish is flakey.

New York Times' Potato-Cheddar Soup with Quick-Pickled Jalapenos:

https://cooking.nytimes.com/recipes/1021839-potato-cheddar-soup-with-quick-pickled-jalapenos?utm_source=sharetools&utm_medium=email&utm_campaign=website

New York Times' Deep-Fried Catfish:

https://cooking.nytimes.com/recipes/5782-deep-fried-catfish?utm_source=sharetools&utm_medium=email&utm_campaign=website