

# Spring for Shad Roe

**S**had and shad roe are springtime delicacies and here in the tri-state area, we have no excuse to miss either. Every spring shad migrate up the Delaware River in their annual “shad run”. A member of the herring family, shad’s flesh is deep beige in color and earthy in flavor. The roe — a lobe-shaped egg sac — is a deep orange or red and rich in protein. Because shad is very bony, fishmongers present it boned and filleted.

Perhaps shad is most famed because, according to the U.S. Fish & Wildlife Service, it “has been credited with saving George Washington’s troops from starvation as they camped along the Schuylkill River at Valley Forge.”

The preparation is simple. Heat several tablespoons of butter and olive oil in two non-stick pans. When the butter starts to foam, add to one pan the shad fillet, skin side down. After three minutes, turn the shad and then add the roe to the other pan. Cook the fish for a total of eight minutes. Turn the roe once for a total of five minutes. Be sure to not overcook the roe — leave a little pink in the center. Season with salt and pepper and serve with a lemon wedge. Wild rice makes a good accompaniment as it brings out the earthy flavor of both the shad and its roe. 🍴

## Spring Foods Word Morph

Enjoy these spring-themed word morph puzzles in which you change one word into another, one letter at a time. For example, BATCH can be changed to MARCH as follows:

BATCH becomes LATCH. LATCH becomes LARCH. LARCH becomes MARCH.

Each of the following can be done in three steps:

C	H	O	P
S	H	A	D

C	A	R	P
L	A	M	B

E	A	S	T
M	I	N	T

S	A	K	E
F	A	V	A

D	U	O
R	O	E

W	H	A	L	E
C	H	I	V	E

**Susan E. Poppiti** is Director of Advancement, Director of the Legal Shadowing Program, and a mathematics teacher at Padua Academy. She is also the “head chef” of the school’s culinary club “The Hungry Pandas”. Susan can be reached at [spoppiti@hotmail.com](mailto:spoppiti@hotmail.com).