

## MDC Offers Fish Cooking Lesson

Fish and wild game properly prepared can be gourmet fare on a dinner table. The Missouri Department of Conservation's (MDC) free Field to Fork cooking series will offer cooking tips and taste-bud-tempting recipes at the Anita B. Gorman Discovery Center, 4750 Troost Ave. in Kansas City.

Cooking catfish and rough fish will lead off the series 6:30 to 8:30 p.m. on Tuesday, Aug. 16. Registration is required and opens July 19. Some sport fish favorites will be on the menu such as flathead catfish, channel catfish and blue catfish. But chefs will also tackle oft-ignored fish, sometimes called rough fish, such as gar, carp, buffalo, Asian carp and drum. They often require more care in preparation due to bones and differing types of meat.

"These fish may not be beautiful, but they can be delicious," said James Worley, an MDC education specialist and food expert who organizes the series.

In MDC's Field to Fork sessions, Worley demonstrates how to fillet or dress fresh-caught fish for cooking. He also discusses where and how the various fish species can be caught, and he provides information about conservation and regulations.

Chef Brett Atkinson of Wilma's Real Good Food and Chef Carlos Falcon of Jaroscho Pescados y Mariscos will handle the cooking duties. They will share recipes and cooking tips. Small plate samples are available for tasting.

Seating is limited for the sessions. There is a refundable deposit of \$20 per person, per class session, to hold a spot. Deposits will be returned to attendees or they may choose to donate it to the Missouri Conservation Heritage Foundation.

Registration for the following Field to Fork session will begin after each class. The series will include: panfish and squirrel, Sept. 20; Canada goose and wild turkey, Oct. 18; deer, Nov. 15; and waterfowl, Dec. 20.

To register, call 816-759-7300. For information on the Gorman Discovery Center, visit <http://short.mdc.mo.gov/Z4J>.