



Recipe Corner

Shrimp and Fish Casserole

Tried this one with trepidation; it turned out great.

Grandson Hunter source of the fresh fish; Sam's Club the shrimp.

- 1 pound fish
- 2 cloves garlic, minced
- 3 tablespoons water
- 1/2 teaspoon salt
- lemon juice to taste
- 1 tablespoon Dijon mustard
- fresh dill or parsley
- 1 medium thinly sliced onion
- 1 tablespoon butter
- 1 small bell pepper
- 1 cup sour cream
- 1 cup cooked shrimp

Directions:

Wipe fish with damp cloth, cut into serving pieces. Sauté onion in butter in heavy saucepan until soft. Add garlic and fish. Sprinkle with water, add salt and pepper.

Simmer to heat; cook 10 to 20 minutes depending on fish used and serving size. Sprinkle with lemon juice.

Mix sour cream and mustard. Just before serving, add sour cream mixture and shrimp to casserole. Heat until hot without stirring. Sprinkle with dill or parsley.

I served over rice cooked in chicken broth. I would cut back on the sour cream but that's a choice.

Crisp Viognier white wine perfect.

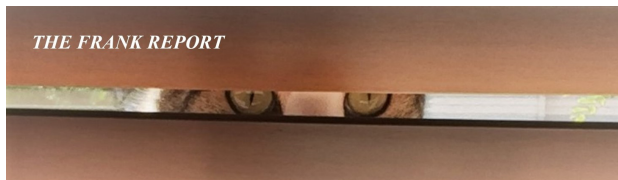
THE FRANK REPORT

1.19.2019

*All the news I see fit to print.
Freedom of the press belongs to those who own one.*



The sailors of the U.S. Navy would like the women in congress to watch their language.



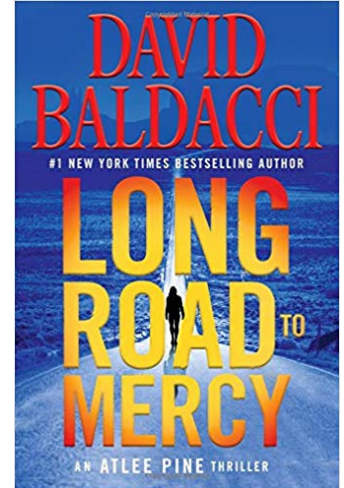
My latest blog article (*I'm Pink...Not White!*) was linked on whatfinger.com early this morning and had 931 views by 9am...well over 1,000 the next day. Another blog picked it up so it must be a subject resonating out there. Hope Rep King hangs in there and allows the idiots to rant and rave. Nice to put a spotlight on stupidity and have them blink. Quite frankly (pun unintended), some of the new politicians on the national scene reminded me of a few guys I went to school with...and they were nuts! I can also think of a few nuns from high school that could clean this mess up in a matter of a few days!



WHEN I WAS A KID, WE DIDN'T NEED ARMED GUARDS OR COPS IN SCHOOL. WE HAD NUNS!!!

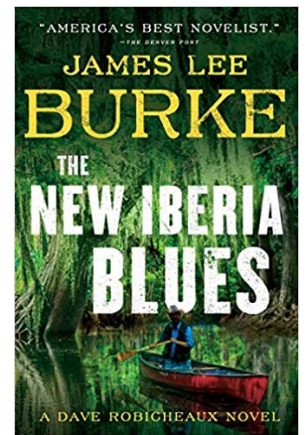
Bon Mots

A conscience is what hurts when all of your other parts feel so good.



Book Report

Baldacci introduces yet another hero/character (*his eighth!*). Almost seems like he's fishing for one to match other authors. Most of his books are good but nothing exceptional. He is prolific.



Robicheaux hero never fails to best the nastiest villains. Burke lives in Montana but Cajun country is his story book canvass. Always worth it.

-more-



Picked this chair up for \$10 in Arizona and it became a favorite spot for Little Guy and Mickey for wrestling and playing king of the chair. Been using it as a guest chair when working on the computer. It's getting a bit ragged as Peter and Paul are the second feline generation using it for exercise.

Maybe it's stuffed with catnip?



Cats are liquid...proven by how all four have been able to squeeze through the small opening in the back when attacking whoever holds the high ground.



Stilton's Place

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Netflix has also contracted for content from the Obama duo...Barrack and Moochelle. A news release from Netflix said the Obamas will produce "scripted series, unscripted series, docu-series, documentaries and features" that highlight issues and themes the president pursued during his eight years in office. The cost of this teamwork has not been made public but Netflix just raised their subscription rate. What could possibly go wrong for Netflix?

Warner Media and Disney are preparing to launch their own streaming services, and every other media company has additional plans to dig into the Netflix \$16 billion 2018 haul. HULU is there but Epic Games and Fortnite are making faster grabs of that income.

As for me, a few of the 15 or so authors I track and read have wound up on my TV. The newly renovated Apple Valley library and Amazon's ebooks on my iPad are more than enough entertainment rather than the crap Hollyweird is producing with little improvement coming when you consider these new faces.

Sidebar: daughter Margaret gave me a tip on ordering anything from Amazon. If you select delayed shipping, they credit your account and apply the savings to any ebook you order. I was wondering why they hadn't charged me for the last three ebooks I downloaded. Say what you will about Amazon, but they have this customer service thingy well under control.



If you haven't checked out this site, it's a great alternative to the Drudge Report. Started by ex-military and unashamedly conservative while presenting both sides. They've been linking my blog for each article. All of my articles can be found at www.thefrankreport.net.

If you know a liberal, put a Trump bumper sticker on their car and witness the compassion and tolerance they will receive in any parking lot. Better yet, use two stickers and watch them attack each other. Their tolerance and compassion is why I never have bumper stickers on mine.

GPA/DAD/UNCLE/ETC

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