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GOOD LIVING



It's a world gone shad

t's one of the quirks of nature – water shad swimming into the sweet water of the Hudson to spawn. This harbinger of spring hails the blooming of pinkish-white flowering trees called, not coincidentally, shad trees. And anglers along the Hudson and Delaware pounce.

Shad, part of the herring family, weigh up to 15 pounds, are silvery with thick white flesh. Their pinkish-red roe is a great delicacy. This month, shad-fests along the Hudson

feature shad fillets nailed onto cherry and white oak planks and roasted over coals. Shad is also pickled, smoked and baked.

At the Grand Central Oyster Bar, shad dishes include broiled Hudson River shad fillet, shad roe with tomato and bacon, and a shad roe/shad fillet combo. Preparations use pesto crust, a mustard sauce, roasted garlic sauce and mustard vinaigrette. Smoked shad fillet comes

with German potato salad and a honeymustard vinaigrette. Prices are \$23.95 and up (212-490-6650).

The Blue Hill restaurant tosses shad roe into pastas and vegetable dishes. It's also used in their tasting menu, a \$68 five-course affair (212-539-1776).

The **Minnow** in Park Slope has shad or the menu until the end of May. It is panseared and served with a malt vinegar and Pancetta. For brunch, shad is offered with bacon

and scrambled eggs with sautéed onions peppers, jalapeños and ginger. Dishes range from \$15 to \$20; \$10 for shad appetizers. (718-832-5500).

Per Se serves shad roe as a canapé, so it is not on the menu. They use golden shad roe, from the Connecticut River, seasoned with Maldon sea salt and served with fresh

Vermont butter, bonito flakes and Persian Lime Salt (212-823-9335).

Abby Lub

COOK'S CALENDAR



TRIBECA TASTINGS

Sample the fare at local restaurants, sip wine and sangria (r.) from area merchants, and enjoy live entertainment hosted by Tribeca Radio on Saturday from 11: 30 a.m. to 3 p.m. on Duane St. (between Greenwich and Hudson Sts.). At the 12th annual Taste of Tribeca, dishes from 59 restaurants such as Chanterelle, Bouley, Nobu and Landmarc will be available. You can get a \$45 tasting card (\$40 if you buy it in advance) that is good for six tastings. There will also be a Kids' Zone featuring

face-painting, a crafts table and an hourly scavenger hunt. To buy tickets in advance, visit www.tasteoftribeca.org, or visit A.L. Bazzini and Co. (339 Greenwich St. at Jay St.), where ticket sales will be held each day from noon to 2 p.m. and from 5 to 7

WARMS THE HEART

Brighten your kitchen with some pretty pink utensils and fight breast cancer at the same time. Through the end of May, Pampered Chef will donate \$1 to the American Cancer Society every time it sells one of the three products that are available

as part of the Help Whip Cancer campaign. The pink bar board and knife is \$8.50, the ribbon decorating stencils cost \$5, and a set of

two Help Whip Clips is \$5. To find a Pampered Chef consultant in your area, call 1-800-266-5562 or order online at www.pamperedchef.com.

FLAVOR OF NAVARRA

Celebrate the food and wines of Navarra (in northern Spain) now through Saturday at the festival "The Kingdom of Navarra, Spain Visits New York." The 14 restaurants that will participate are Alcala, Artisanal, Bolo, Casa Mono, Hearth, Olives, Pintxos, Sala One Nine, Solera, Suba, Tia Pol, Toledo, Urena and wd-50 and they'll be preparing such dishes such as trout made with Serrano ham, roast suckling pig. meat-stuffed piquillo pep pers and sautéed artichokes

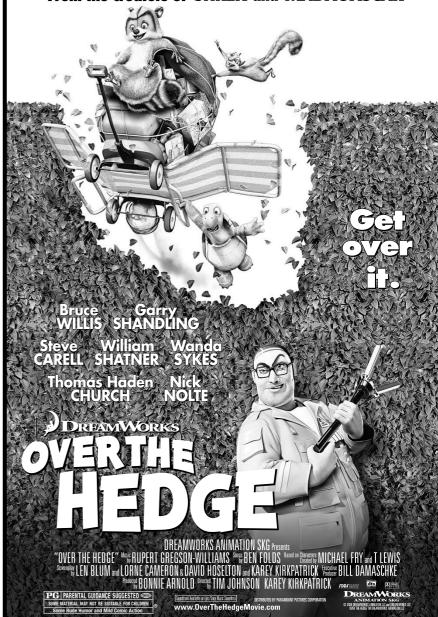
Rosemary Black



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