

FRY DAY

LENTEN FISH TRADITION CONTINUES IN ROCHESTER

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Democrat and Chronicle

FRIDAY, MARCH 1, 2013

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Democrat and Chronicle

Friday, March 1, 2013

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BATTERED FISH IS KING DURING LENT IN ROCHESTER

FRY DAY

Vince Press

Here are a few facts about the Rochester fish fry:

- 1 ■ Lent — and we're now one-third into it — brings a tidal wave of sales to restaurants, among Catholics and non-Catholics alike.
- 2 ■ The Rochester region almost exclusively uses haddock for fish fries.
- 3 ■ Every proprietor and chef claims his or her fish fry is the best in town.

So no matter why you are clamoring for the Friday night fish fry, know you're not alone — and plan accordingly, even if you're taking out.

At Parkside Diner in Irondequoit, lines can pour out of the small vestibule and into the parking lot, lit by the restaurant's iconic neon sign.

The \$10.49 meal includes the standards: a choice of beer-battered, breaded or baked fresh haddock, with the standard supporting cast of sweet homemade coleslaw, a pile

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GO DEEPER ON DIGITAL

Go to FlavorsOfRochester.com to see Vince Press' "In the Mood For..." feature from Rochester Magazine. This month's installment also features fish fries.

RECIPE OF THE WEEK

Karen Miltner makes oven-fried haddock, 4C

FILE PHOTO

ROCFLAVORS

FISH

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of thick steak fries, a roll, tartar sauce and a lemon wedge. But it also includes a bonus offering in the crowded and competitive fish fry landscape: a cup of either New England or Manhattan clam chowder.

Owner Jim Papas doubles fish fry sales on Lenten Fridays and has two dedicated staff members to handle to-go orders.

Another restaurant swimming in the seasonal fish frenzy is the Village Coal Tower, along the Erie Canal in Pittsford, which churns out tasty beer-battered Friday fish fries for lunch and dinner, with fries of course, and a lighter and sweeter "coal slaw" made with pineapple.

With so many fish fry choices and neighborhood favorites, here are some mainstays, along with several hidden treasures.

Press is a Rochester-area freelance writer.



KATE MELTON

Parkside Diner

4353 Culver Road, Irondequoit
(585) 323-2710
parkside-diner.net
\$10.49

In addition to the popular breaded, beer-battered and baked fish, choose from six other preparations of Friday haddock — lemon pepper baked, Cajun baked, haddock Florentine, haddock French, crab-stuffed haddock and haddock with Creole sauce. The list of substitutable sides is long, including apple sauce, pickled beets, tossed salad and cottage cheese. The fish fry has remained the same for 23 years at Parkside, in Irondequoit's Sea Breeze neighborhood, as have the restaurant's many loyal customers. You can't do this during Lent, but if you get a fish fry during the summer months, you can walk it off at the oldest operational mini-golf course in the nation, Whispering Pines, which is right next door.

Parkside Diner
Featured In: **The Democrat and Chronicle**
March 1, 2013