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The Mangrove Galley by Sandi Mieszczenski



As boaters, my husband and I are always looking for easy and delicious boat meals. This recipe is one of our favorites. Serve this pork dish over rice or noodles and enjoy!

Sandi's recipes are featured monthly in the Coconut Telegraph. For previous issues go to http://www.theconchtelegraph.com



Pork with Mustard Sauce

1 large onion, peeled and sliced pat of butter

 $1\frac{1}{2}$ to 2 pounds of pork (you can use an inexpensive cut such as pork shoulder blade or pork chops.) vegetable oil

1 tablespoon of flour

1 beef bouillon cube melted in one cup of water

1 tablespoon of yellow mustard

salt

pepper

Melt the butter in a large skillet. Add the onion and sauté until soft. Remove from pan. Pat the pork dry with paper towels to remove the moisture. Heat the oil in the same skillet and brown the pork on both sides. Sprinkle the flour over the meat, return the onion to the pan, stir in the bouillon mix and mustard. Stir well. Cover and simmer $\frac{1}{2}$ to 1 hour until the meat is tender. Add salt and pepper to the taste.

Serve with a green vegetable and you have a great meal.



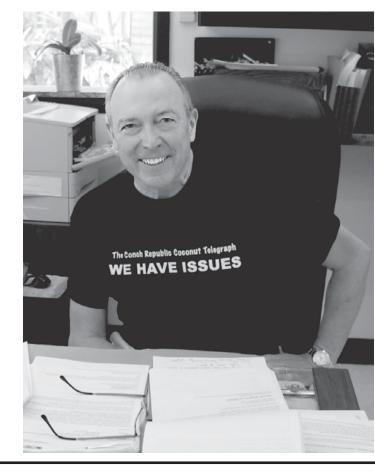


Waterspout over Bahia Honda Bridge. Photo contributed.



Hunk of the Month

Russ Cullen Attorney Extraordinare!



Bayside Blues Concerts & Beach Parties

Concert Showtime: 6:30pm Bayside Grille continues the greatest music schedule ever presented in Key Largo!

SATURDAY JUNE 5

Josh Smith

One of the most diverse blues rock guitarists of recent years. Jimmy Thackery said of the 14-year-old, "Josh is three heartbreaks away from being a true blues guitar genius."

At 15, won Florida Jammy Award and XS Readers Choice for best blues band. Josh has played such high profile gigs as backing Mick Jagger at the Grammy Awards in 2011 and the Kennedy Center Honors in December 2011.

SATURDAY **JUNE 15**

Anni Piper Australian Blues Superstar

Best New Talent' at the 2005 Australian Blues Music Awards nomination for 'Best Female Vocal 2004 ABC Radio competition, top five finalist in the 2010 Musicoz Awards and many more accolades for this blues singer songwriter.

"Anni Piper has arrived, and you would do well to invite her in." "Sticks" Randall Ierna, Ranluron Music, BMI (USA)

SATURDAY - JUL 6

TUES & WED - JUL 16 & 17

Joel DaSilva

Shared stages with BB King. The Fabulous Thunderbirds.The Black Crowes, Los Lobos

Debbie Davies

Award-winning singer, songwriter, guitar player of extraordinary talent. Top blues artist who in 1997 and 2010 won Best Contemporary Female Blues Artist.

Rockin Jake A dynamo performer from New Orleans, five time Award Winner for

SATURDAY - JUL 27

Capt. Morgan Beach Party on Sat. June 29 (See page 1 for details)

305-451-3380 www.keylargoblues.com

Checkout our CAPTAIN MORGAN BEACH BAR where Captain Morgan is \$5 all the time!

MM 99.5 Bayside, behind Cafe Largo

Medical Terms and Redneck Definition

Artery - The study of paintings

Bacteria - Back door to cafeteria

Barium - What doctors do when patients die

Benign - What you be, after you be eight

Caesarean Section - A neighborhood in Rome

Cat scan - Searching for kitty

Cauterize - Made eye contact with her

Colic - A sheep dog

Coma - A punctuation mark

Cyst - To give someone in need a helpin' hand

Dilate - It sure beats dyin' earty

Enema - Not a friend

Fester - Quicker than someone else

Fibula - A small lie

Impotent - Distinguished, well known

Labor Pain - Getting hurt at work

Medical Staff - A doctor's cane

Morbid - A higher offer

Nitrates - Rates of pay for working at night,

normally more money than days

Node - To have been acquainted with

Outpatient - A person who has fainted

Pap Smear - To insult or belittle your own father

Pathology - The study of trails

Pelvis - Second cousin to Elvis

Post Operative - A letter carrier

Recovery Room - Place to do upholstery

Rectum - Crashed 'em and totaled 'em

Secretion - Hiding something

Seizure - Roman emperor

Tablet - A small table

Terminal Illness - Getting sick at the airport

Tumor - One plus one more

Urine - Opposite of you're out



My doctor asked if any members of my family suffered from insanity...

I said nope, we all seem to enjoy it!!