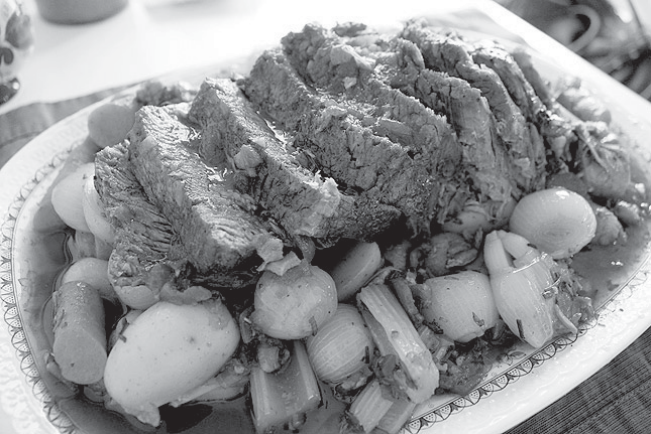


# The Mangrove Galley

by Sandi Mieszczenski

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



As we leave February and some of the coldest days of this year (burr!!!), we can look forward to the coming of spring, and weather that we Floridians are accustomed to. Of course March also means the celebration of St. Patrick's Day. Patrick is credited with introducing Christianity to the people of Ireland. Many places in the United States go all out with parades, green beer, shamrocks, and sightings of leprechauns (must have been too much green beer.) The traditional dish for this party day is usually corned beef and cabbage, but one year I tried something different: beef cooked in Guinness beer. It was delicious. So try the recipe for a St. Paddy's Day change, and enjoy!

## BEEF IN GUINNESS

- 2 to 3 pounds chuck or pot roast
- 1 cup of flour
- salt and pepper
- 3 Tablespoons of vegetable oil
- 3 sliced onions
- 4 whole garlic cloves
- 4 sliced carrots
- 1 to 2 tablespoons fresh rosemary\*\*
- 1 to 2 tablespoons fresh thyme\*\*
- (\*\*you may substitute 1 to 2 tsp. of dried)
- 2 ½ cups beef stock
- 2 bottles of Guinness



Cut the beef into 1" cubes. Season the flour with the salt and pepper. Roll the beef in the flour. Heat a large stock pot. Add the oil then the beef. After browning the beef add 1 of the sliced onions, 1 garlic, and 1 sliced carrot. Stir in the beef stock. Bring to a boil, cover, and reduce the heat to low. Cook for 1 ½ hours.

Add the Guinness, the remaining onions, garlic, carrots, and the herbs to the pot. Bring to another boil, reduce the heat to low and simmer 30 minutes. Remove the beef from the pot. On high heat, reduce the sauce by one half. Serve by pouring the sauce over the meat.

The beef dish pairs itself well with buttered boiled potatoes, a hot crusty bread, and a hearty red wine.

# Mistakes People Make on their First Trip to the Upper Keys

**PACKING** - It is 80 degrees here 99% of the time, so you won't need that thermal underwear. Bathing suits, shorts, sundresses, sandals and hair scrunchies are all you need. Men just need shorts, Hawaiian shirts and flip flops. Socks with sandals are strictly prohibited.

**MOSQUITOS** - New visitors are fresh meat to our blood suckers. Bring some bug repellant and keep it in your car. It also comes in handy for making quick friends at any outdoor venue, and getting drinks bought for you.

**SUNBURN** - Bring or buy SPF 30 or higher, waterproof if you are enjoying the pool or ocean.

**Hotel** - Stop at one of our friendly local visitor centers, you can save a ton of money and not waste your entire vacation driving from one place to the next when they are all booked up for the season. Or, just go to Gilbert's Resort at MM 107.9. They have everything you need, hotel, restaurant, watersports, tiki bar, live entertainment, pool, beach, etc. Call now 305-451-1133.

**SHOPPING** at the wrong place - the locals won't steer you wrong. We shop at the Island Market Place Mini Mall behind the Dollar Tree at MM 102 Thurs - Sunday or Shell World. For antiques and collectables the locals

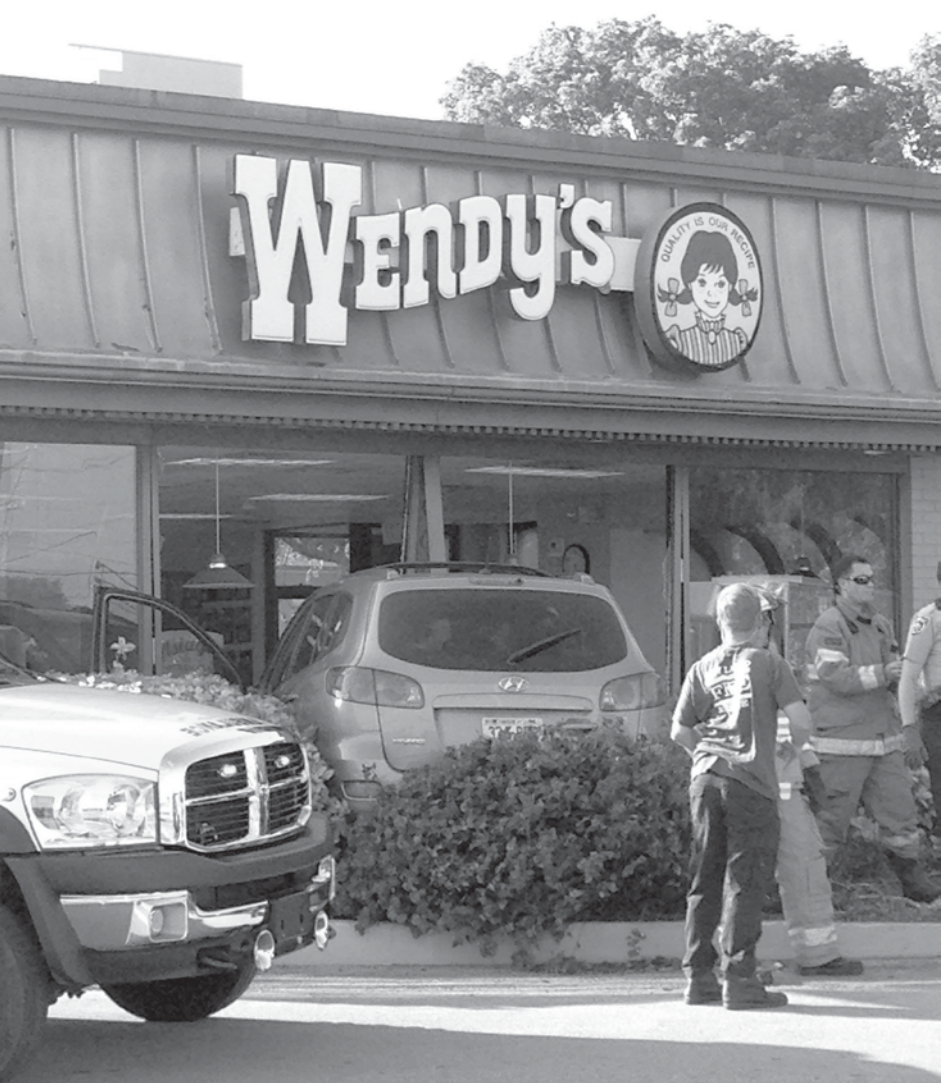
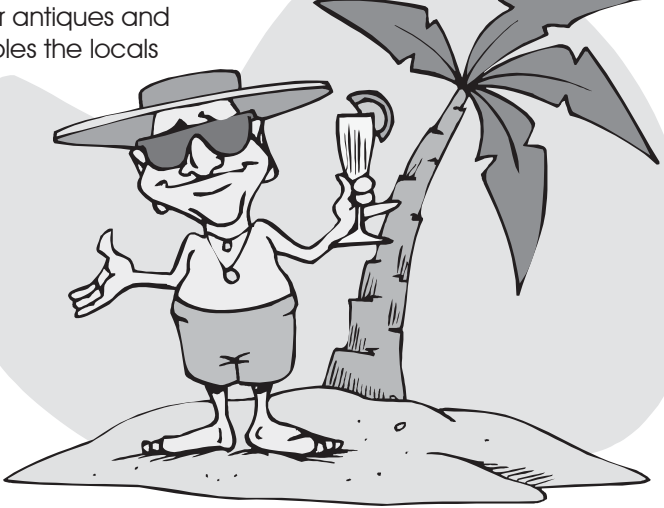
only trust the Pink Junktique Consignment shop MM 98 on the oceanside northbound lane. For info call 305-853-2620.

**MISSING THE SUNSET** - Bayside is the only way to go because you can't see it on the oceanside. Take a ride on the Island Time Cruise and dance the night away. Make reservations. Bayside Grill and Snook's have a very special sunset ceremony every night.

**MISSING THE REEF** - It's what we have that no other islands in the US have, a living spectacular coral reef in our backyard. To get there you need to get on a boat. If you want to snorkel or scuba dive call Keys Diver 305-451-1177.

**MISJUDGING DRIVE TIME** to Miami International Airport - If you booked your flight anywhere near the rush hours of 7 to 9 am, 11 am to 2 pm or 4 - 7 pm... forget it. You might as well buy a house and stay. Hell, that's why the rest of us are all here! Nobody wants to leave. Call Jane Wasmund at Tropical Realty now for the best prices on homes 305-451-2214 or call her beautiful daughter Wendy 305-394-1376.

Now you can relax! Enjoy your visit, we hope it turn into a lifetime!



Wrong window for Wendy's drive through... Thanks, Charles Fulco for sending this to us!

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