

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 enter the month of September, we continue to endure high temperatures. A favorite way to break the heat is to sit back and enjoy a bowl of ice cream. Nowadays there are so many great brands on the market, all with an incredible selection of flavors to chose from. Sometimes it is just fun to put together your own concoction such as a good old fashioned ice cream sundae. I found this recipe years ago and it is still one of my favorites. It puts a tropical spin on just plain vanilla ice cream. Try it and enjoy!

HAWAIIAN ICE CREAM WITH COCONUT AND BANANAS

- 3/4 cup sweetened flaked coconut
- 3 tablespoons butter
- 1/2 cup brown sugar
- 1 cup dark rum
- 1/4 teaspoon cinnamon
- 6 firm bananas, sliced
- 1 quart of high quality vanilla ice cream

On medium low heat, brown the coconut in a sauté pan. Watch carefully, stirring constantly as it can burn quickly. Combine the butter, sugar, rum, and cinnamon in a saucepan. Cook while stirring until the mixture begins to boil. Remove from heat then add the sliced bananas.

Scoop out a generous portion of ice cream and place in a bowl. Top with the rum mixture and sprinkle the toasted coconut on top.

Then dig in!



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Conch Characters



Pirate mermaid spotted at Gilberts. Photo by Janet Reynolds.



Mr. 305 AKA Pit Bull stopped by Bayside Grille and was kind enough to pose with bartenders Mike and Corey.



Island Grill at Mandalay is oceanfront dining at its best with a great view.



Always a fun time at Sharkey's with owners Paul and Adam.



Meet Savanna, a new bartender upstairs at Bayside Grille, offering a great selection of craft beers and cocktails.



Michael Trixx and Jimmy Johnson are mutual fans at the Big Chill.



Mark Wheaton and Island Market Manager Alice with some of the furniture he bought for his patio.



Live remote broadcast with Skip from Sun 103 at the Island Market. Sun 103 always draws a crowd.



Billy Davidson plays for Music for MARC at the Island Grill Mandalay in August.



John McKinna, always a favorite at Bayside Grille.



Dale Henderson rocking with the Outer Band at the Pilot House.



Jonathan Bogue sings and plays the ukulele at Music for MARC at the Island Grill Mandalay.