

The Mangrove Galley by Sandi Mieszczenki

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



New Orleans, affectionally called the "The Big Easy", has been humming with this year's Mardi Gras celebration. Mardi Gras is a yearly event that is associated with the Catholic faith and is a true carnival of activities which includes parades and, of course, music. The Mardi Gras celebration culminates with "Fat Tuesday," the Tuesday before Lent. What better way to celebrate this unique holiday than eating Creole cuisine? This is my husband Paul's version of Shrimp Creole, a "one pot wonder" perfectly suited for the galley, as it is entirely cooked on the stove top. It is especially a great dish for the Keys as it combines spices with our delicious shrimp. Try it and enjoy your version of Mardi Gras!

SHRIMP CREOLE

- 1 pound large shrimp, peeled and the vein removed
- 2 cups chopped onion
- 2 cups chopped celery
- 2 cups chopped green pepper
- 1/4 cup finely chopped garlic
- 2 tablespoons unsalted butter, divided
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon salt
- 1 tablespoon Italian seasoning
- a 14.5 can diced tomatoes, drained of its juice
- a 14.5 can tomato sauce
- a 14.5 can chicken broth

Melt 1 tablespoon of the butter in a large sauce pan. Add 1 cup of the onions and saute over medium heat until golden brown. Add the remaining butter, onions, celery, green pepper, and garlic. Stirring frequently, cook over medium heat until the green pepper and celery begin to become tender. Add the cayenne, black pepper, salt, and Italian seasoning. Stir to coat the vegetables. Add 1/2 of the chicken broth, stir and bring to a boil. Reduce to simmer for 10 minutes, stirring occasionally. Put in the remaining chicken broth, the diced tomatoes, and the tomato sauce. Stir and simmer for 15 minutes. Add the shrimp, stir occasionally, until the shrimp is pink and done. Serve over your favorite rice with the hot sauce of your choice.

Conch Characters



Sauce Boss returns to Gilbert's!



The Heathens Motorcycle Club's annual party at Gilbert's Resort.



Miami locals & Gilbert's regulars.



Daily dolphin sighting at Gilbert's Resort.



Keys Adventure Watersports has a new look for the new year. They still offer jet ski rentals, boat and jet ski snorkeling plus Eco-tours, sunset cruises and boat rentals. Newly added water activities include parasailing and jet pack / jet blade flights. If you want to have fun on the water they have you covered!! Located at Jimmy Johnson's Big Chill at MM 104 Bayside, and Gilbert's Resort, MM 108.



Key Largo Conch House at Pelican Cove Resort during Food & Wine Festival.



The largest Tiki Bar in the Keys!

305-451-1133
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www.gilbertsresort.com

FEATURED SUNDAY BANDS



Sunday, Feb. 7
3RG BAND 1-6 PM
Locals Favorite



Sunday, Feb. 14
ECLIPSE
1-6 PM
Classic rock dance band... go dancing for Valentine's Day!



Sunday, Feb. 21
MR. NICE GUY
1-6 PM
Staff Favorite



Sunday, Feb. 28
ROGUE THEORY
1-6 PM
Amazing Rock Band feat. an Electric Fiddle!



SUPERBOWL PARTY 6-9 pm
Sunday, Feb. 7
FREE Hot Dogs and \$1 Bud Select Drafts (For Gilberts Patrons)

Special Event - SATURDAY FEB 13th
GREAT MUSIC ALL DAY
The Sauce Boss Bill Wharton 1-4pm



IGOR & Red Elvices
Rokenrol Party! 7-11pm



Country Night!
First Friday of the Month
Friday, February 5th, 7-11 pm
Featuring BEN ALLEN



Line dancing with local DJ "Reggae Ronnie" at Gilbert's.



Bruce Herpich and customers soaking up the sun at the Big Chill.



Jan Gould, Alley King (Key Largo President), Pearl McIntyre (State President) Connie Fisher, Gail Dupnis (Historian) and Eileen Harrison (District Pres.) welcome State President at the Key Largo American Legion.



Snooks, where their warm welcome included space heaters during January!



Locals keeping warm at the Pilot House.