

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>.



In the 18th century great clipper ships and merchant vessels from the American colonies would visit the West Indies islands and return with different exotic fruits including the pineapple. Captains and sailors would display a pineapple over their door as a sign to their friends and neighbors signifying that they had returned home safely and visitors were welcomed. Thus, the pineapple became a sign of southern hospitality. The gift of a pineapple was most coveted.

This information was obtained from Colonial Williamsburg

PINEAPPLE UPSIDE DOWN CAKE

This cake will just melt in your mouth!

- 1/2 cup butter
- 1 cup firmly packed brown sugar
- 1 large can sliced pineapple rings, in juice
- large, whole pecans
- 1 cup sifted cake flour
- 1 teaspoon baking powder
- 1/8 teaspoon salt
- 3 eggs, separated
- 1 cup sugar
- 5 tablespoons pineapple juice (drained from the can)

Melt the butter in a 9x9x2 inch pan. Spread the brown sugar evenly in the pan. Arrange the pineapple rings on the sugar. Place the pecans around the rings.

Sift the cake flour, baking powder, and salt together. Beat the egg yolks until light, add the sugar gradually. Add the pineapple juice and sifted dry ingredients alternately to the egg yolk mixture. Mix well after each addition.

Beat the egg whites until stiff. Fold them in the mixture. Pour the batter over the pineapple in the pan. Bake in a 375 degree oven for 30 to 35 minutes. Let cool 10 minutes then turn on to a serving dish.

"Journey's end, a safe return. Pineapple at the door. A symbol that the sailor has come back to land once more."

Conch Characters



A conch shell Christmas tree. Wish we'd thought of that!



"Gilbert" the French Bulldog, mascot of Gilbert's Resort.



One of our local tiki bars, made from gingerbread!



The always spunky server Katie cleaning up after a show at Gilbert's Resort.



Kim, one of the servers at Bayside Grille, blows the conch shell every night at their Sunset Celebration.



A beautiful sunset every night at Snooks Bayside, MM 99.8 in Key Largo.



The largest Tiki Bar in the Keys!

305-451-1133
107900 Overseas Hwy
www.gilbertsresort.com



Newly renovated waterfront rooms!



New bathrooms, new furniture, new AC, new beds, **NEW EVERYTHING!**

Check our website for more info www.gilbertsresort.com and like us on Facebook.

Now at Gilberts...
Country Night!
First Friday of the Month
Friday, January 1st, 7-11 pm
Featuring **ROUGH SHOT**



Garth Brooks Concert Tickets Giveaway 5-7pm

FEATURED SUNDAY BANDS



Sunday, Jan. 3
SHANE DUNCAN BAND
1-6 PM
Staff Favorite



Sunday, Jan. 10
THE DROPOUTS
1-6 PM
Classic rock dance band



Sunday, Jan. 17
MAKING FACES
1-6 PM
Sunday Debut!



Sunday, Jan. 24
THE REGS
1-6 PM
Rock'n'Roll!



Sunday, Jan. 31
MR. NICE GUY
1-6 PM
Staff Favorite



Much-loved bartender Larry Perkins.



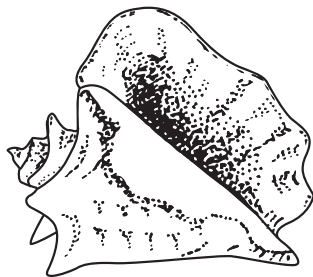
Beach chairs are lined up and waiting for you at Gilbert's Resort, MM 107 bayside.



Jimmy Johnson is interviewed bayside, at his gorgeous Big Chill complex at MM 104.



Hula fun at Snook's Polynesian Luau! The next one is February 20th - don't miss it!



Indoor dining room at Jimmy Johnson's Big Chill.