

# The Mangrove Galley

by Sandi Mieszczeni

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



Summer is upon us and the heat is on. One way to escape this season's "inferno" is to leave the oven alone and cook stove top. I created this recipe several years ago and find it great for boaters. Try it and enjoy!

## SWISS STYLE CUBE STEAKS

- |                              |                                   |
|------------------------------|-----------------------------------|
| 2 cube steaks                | 1 celery stalk, diced             |
| salt and pepper              | 1 cup chopped green pepper        |
| flour                        | extra virgin olive oil            |
| 1 large sliced onion         | 14.5 ounce can diced tomatoes     |
| 3 fresh minced garlic cloves | 1 tablespoon Worcestershire sauce |
| 1 sliced carrot              | 1 teaspoon of oregano             |

Salt and pepper the cube steaks. Flour well. Place on a plate and refrigerate while you are preparing the vegetables. I find that if you coat any type of meat, then refrigerate it, the coating adheres better. Heat a sauté pan then add the oil. Place in the vegetables sautéing for about 5 to 7 minutes. Remove the vegetables then add the cube steaks (you may have to add extra oil.) After browning the steaks on both sides, remove and place on the plate with the cooked vegetables. Deglaze the pan with the tomatoes and the Worcestershire sauce scrapping up any browned bits. Replace all to the pan. Add the oregano, cover and cook on medium heat for approximately 30 minutes. Stir occasionally and it is ready to serve. This dish is great served with mashed potatoes.

The recipe is for two people so if you want to serve more, just increase the amounts. Also, you can add a ½ cup of dry red wine to enhance the flavors.

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Amateur & seasoned musicians wanted!  
**The Keys Community Concert Band** begins rehearsals for its new season in the fall. If you want to participate, call 305-451-4530.

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Joining nudist colony. Must sell washer and dryer, \$300.

For sale—a quilted high chair that can be made into a table, pottie chair, rocking horse. refrigerator, spring coat... more. 305-555-SALE

Four-poster bed, 101 years old. Perfect for antique lover.

### FREE

Free puppies. Half cocker spaniel, half sneaky neighbor's dog.

### PERSONAL

Single male seeks double-jointed supermodel who owns a brewery and grows her own pot. Access to free concert tickets a plus, as is having open minded twin sister! 305-555-MALE

LOOKING FOR SOMEONE WHO LIKES TO TAKE LONG ROMANTIC WALKS TO THE FRIDGE, TO GET ME ANOTHER BEER.

### OPEN HOUSE

Open House during July. Body Shapers Toning Salon. Free coffee and donuts. MM 127.

### SAFETY

The USCG Auxiliary conducts vessel safety checks at Blackwater Sound Marina, MM 103.8 Bayside, every third Saturday of the month. The Public is Welcome. More info: 305-998-8400

### CLUBS

Fraternal Order of the Eagles meets every 1st and 3rd Monday 7pm at Elks Lodge in Tavernier.

Florida Keys Orchid, Fern and Bromeliad Society meets the 3rd Thurs. of every month at Key Largo Library Comm. Room 7pm. Open to public. 305-451-3000

The Key Players, Inc. Community Theater Group needs volunteers to work behind the scenes and audition for roles!  
Go to: [thekeyplayers.org](http://thekeyplayers.org)

### LOST & FOUND

Found at MM 97 — dirty white dog. Looks like a rat. Been out awhile. Better be reward!

### FREE TO A GOOD HOME

**300 Stuffed Penguins**  
I'm going through a pretty weird time in my life right now, having just gone through a break-up and graduating college, plus temporarily living in my parents' house.  
I move out for good in the fall, but prospects for a job are poor because my philosophy degree is at \*such\* a premium.  
So I'm sifting through my room. It has been brought to my attention that I won't "catch a man" or nor should I let anyone see me as I turn 23, with 300 penguins and my purple furniture around.  
Looking at my room, it looks like a thirteen year old with developmental issues lives here.  
Please give my penguins a good home!  
Text me at 305-555-0300

**Classified ads will not be accepted without payment.**

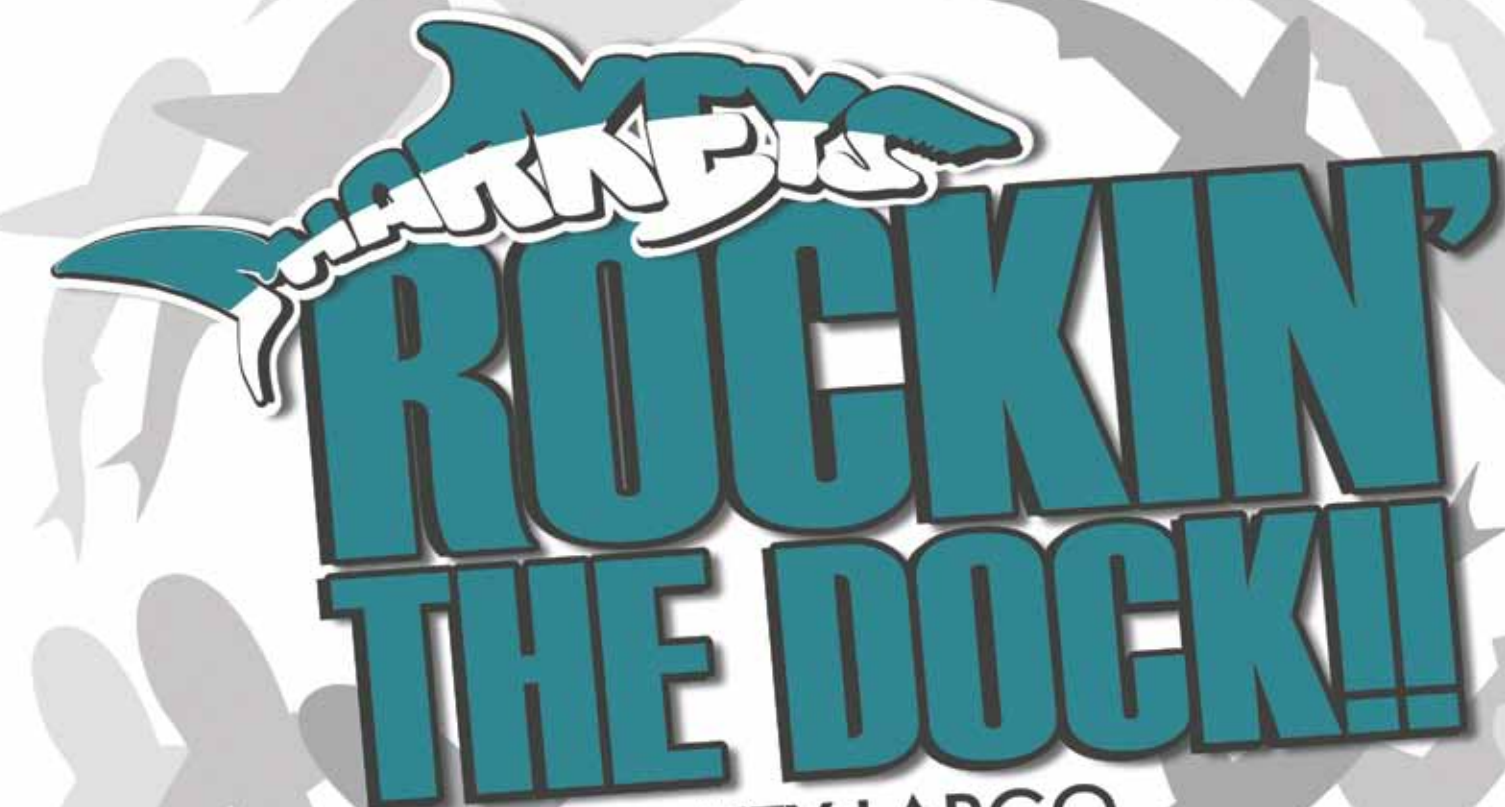
Come and Celebrate with us!!!  
Saturday, July 15th On the Dock, from 5pm

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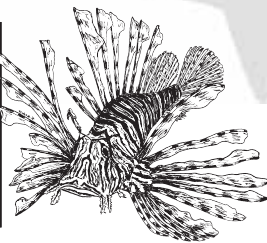


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