

ISLAND *style*

Greetings!

We just love living in the islands. Especially we cherish the wonderful lifetime friendships we have made. One of our dearest friends is Millie, a lovely joyous woman we met several years ago when we first started coming to visit. Our first stop upon arrival was her bar just off the airport grounds. A cool drink and her warm greeting signaled to us that we had indeed arrived "home." Feeling a bit hungry after a long flight we ordered one of Millie's specialties, her famous Fish Tea. The fresh fish and tasty broth were the perfect anecdote to travel fatigue and the weary life we had just left behind. And it's delicious too!!

When you meet Mille and inquire about her wellbeing she always responds in her smiling way "not bad, not bad." We wish you could sit at her bar, experience the generosity of her spirit and taste her wonderful Fish Tea yourself. But if you can't, try this simple recipe at home for you and your friends. While enjoying this flavorful feast reflect on the relationships you too treasure in life. Not bad, not bad at all.

Have a sunny Island Style day!

Cut along dotted line

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Recipe of the Month, October 2011

Millie's Fish Tea

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| 1 whole onion diced | 1 cup diced green bell pepper |
| 4 cloves of garlic crushed | ½ cup sweet pepper diced (red bell pepper or other acceptable) |
| 1 celery stick diced | 1 season pepper diced (more to taste) |
| 1 large tomato diced | ½ stick of butter |
| 4 small unripened (green) bannanas peeled | 4 tablespoons olive oil |
| 2 limes cut in half | Salt and pepper to taste |
| 4 whole fresh fish about 1 pound each scaled and gutted. | |

In a large soup pot over a low heat melt the butter and oil. Add garlic, onion, celery, tomato, sweet peppers, green peppers and season peppers. Saute until the onions are translucent. Add 6 cups of water, more if needed, and simmer over a low heat for about 15 minutes. Add bananas and simmer for an additional 15 minutes. Add whole fresh fish, salt and pepper. Simmer for approximately 15 minutes or until fish appears opaque. Serve in 4 soup bowls. Place one whole fish and one whole banana in each bowl and fill with broth. Serve each bowl with a half lime on the side to squeeze into the broth.

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