

ISLAND style

Greetings!

We just love living in the islands. People on the mainland always talk about eating food sourced locally. In the islands that's easy, our food comes to us! The fruit falls from the trees, vegetables grow nearby and fresh fish comes right to our doorstep. Some days, while we are relaxing on the beach in front of our home, the fishermen will pull up in their boats filled with lobsters, conch, yellowtail snapper and other delicacies from the sea still full of life. All we need to do is wade out across the shallow water, make our selections from the boat and a bountiful seafood feast is ready to be cooked. Often we just start a fire with coconut shells and steam the lobsters in a pot of crystal clear sea water. Delicious! Another one of our favorites are tacos made with whatever fresh fish we have and mangos ripe from the tree. Simple pleasures combined with the sea, sun, friends and family. We don't think it gets any better than that.

Have a sunny Island Style day!

Recipe Note: If you can't find Mexican seasoning you can make it yourself. Combine in a small bowl: ¼ cup dried oregano, 3 tablespoons dried chilli powder, 2 tablespoons cumin, 2 teaspoons garlic powder, 1 tablespoon onion powder, 1 teaspoon salt, one pinch ground cloves, 1 pinch ground cinamon. Store in an airtight container in a cool dark place.

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Recipe of the Month, September 2011

Sweet and Spicy Fish Tacos

10 cups shredded red and/or green cabbage	½ teaspoon coarsely ground black pepper
½ cup of sour cream	2 tablespoons salt free Mexican seasoning
½ cup of mayonnaise	blended and divided
¼ cup fresh lime juice	1 to 1 ½ pound of fish fillets
½ cup fresh cilantro leaves	2 tablespoons olive oil
½ teaspoon salt	8 corn or flour tortillas

Combine first 7 ingredients and 1 tablespoon Mexican seasoning in a bowl. Cover and chill until ready to serve. Sprinkle fish with 1 remaining tablespoon Mexican seasoning. Heat oil in a large non stick skillet over medium-high heat. Add fish fillets and cook on each side or until done. Break fish into small pieces. Heat tortillas according to package instructions. Fill tortillas with cabbage mixture and fish. Top with Mango Pico de Gallo and serve immediately. Makes 4 servings.

Mango Pico de Gallo

1 cup of finely diced mango	½ to 1 teaspoon minced chipotle pepper
¼ cup of finely diced red onion	in adobo sauce.
1 garlic clove minced	1 teaspoon fresh lime juice

Combine all ingredients in a small bowl. Makes 1 ¼ cups.

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