

Natural Healing Express Weekly

Column 388 Calypso, Part I

One of my favorite places to travel is the route from Key Largo, Florida to Key West, Florida. This Route, (Highway 1) is peppered with lovely restaurants, bars, fisheries and of course, live music. The very term Calypso as a noun means, "A kind of West Indian...syncopated rhythm, typically with words improvised on a topical theme." There's also some Greek Mythology behind it, but I digress. I have always heard the term mentioned while travelling through the keys as kind of "spirit" or an "attitude" that one brings forward as they enjoy the tropics.

Many restaurants in the area regard Calypso as a form of cooking that is indigenous to the Florida Keys and the Caribbean. Nonetheless, far away from our Midwestern Lifestyle exists a place where one can snorkel in azure water, listening to the sounds of the oceans and taste wonderfully flavored foods that seem to marinate a little better in the sun drenched decks and patios of residents.

One key ingredient that many folks use as a dipping sauce or even a side dish is remoulade. My favorite of all time is from Sundowners, an amazing haunt located in Key Largo. I am not sure if they are still in business, but I believe the operator/head chef at the time was a funny fellow by the name of Bob Stokey. Maybe I adore this one so much because I love shrimp. Anyways, here's a fun one to try on these hot summer nights.

Shrimp Remoulade

Ingredients – 1 gallon of water, 2 pounds of shrimp, 2 tbsp. fresh cilantro, 2 tbsp. minced fresh oregano, 2 tbsp. minced fresh dill, 2 tbsp. minced fresh basil, 2 tbsp. minced fresh rosemary, 2 tbsp. minced fresh garlic, ¼ cup paprika, 1 cup ketchup, ¼ cup horseradish, ½ cup olive oil, ¼ cup Dijon mustard.

Bring water to a boil and add shrimp. Remove from heat and let soothe 5 minutes. Drain shrimp and set in ice water (this stops the shrimp from cooking further). When cool, if necessary, peel and devein.

Prepare sauce by combining cilantro and all ingredients in a large bowl. Mix well. Add Shrimp and marinate for 2 hours. Serve on lettuce or with crackers or simply as a side dish.

Dr. Susan is available on Wednesdays and Saturdays and by appointment!

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732 or 317 409 1500 email: skscham@aol.com Address -204 W Main St, Lena, IL 61048. Website: www.naturalhealingexpress.com Facebook: Natural Healing Express