

Natural Healing Express Weekly

Column 389 Calypso, Part II

Last week, we started a small series on Calypso recipes. Here is a quick reminder of the definition.

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.

This week, we will visit a little farther South and taste Dominican Wings which is often served, ironically enough with Zuppa (Italian) de Clams. Hope this is spicing up your summer a little.

Dominican Wings

Ingredients = 1 cup of lime juice, ½ cup dark rum, 5 jalapenos thinly sliced, ¼ soy sauce and 10 pounds of chicken wings (large).

Combine lime and the next three ingredients. If necessary, cut off chicken wing tips. Separate wings at the joint (this makes two sections per wing). Place in a container. Pour lime mixture over wings. Add enough water to cover wings. Refrigerate at least 24 hours (I usually do 48). Drain wings and pat dry with a clean cloth. Grill 5 to 6 minutes or until golden brown. Another way to cook these is to simply cover with flour and fry or use an air fryer.

Zuppa de Clams

Ingredients = 3 tbsp. chopped garlic, 2 tbsp. olive oil, pinch of sea salt, pinch of black pepper, pinch of crushed red pepper flakes, pinch of basil, 1 cup of clam juice, 3 tbsp. white wine, 14 to 15 whole clams.

Sauté Garlic and next five ingredients together until golden brown. Add clam juice, wine and whole clams. Cook until clams steam open. Serve with side of lime or garlic toast.

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