

Natural Healing Express Weekly

Column 390 Calypso, Part III

Last week, we charted the second destination on our small tour of 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." I have always heard the term mentioned while travelling through the Florida 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 "pop" over to St. Thomas (US Virgin Islands) for a couple of tasty treats.

Shrimp with Smoked Andouille Sausage

Ingredients = 4 large shrimp, 6 slice of Andouille sausage, 1 tbsp. Olive Oil, 6 mushroom caps (quartered), ½ Worcestershire sauce, ½ cup heavy cream, salt and pepper to taste, chopped fresh parsley for garnish.

Sauté shrimp and sausage in oil in a saucepan until shrimp turns translucent in color. Remove shrimp and sausage. Add mushrooms to saucepan and cook 1 minute. Add shrimp, sausage, Worcestershire sauce and cream. Simmer 3 minutes and until sauce thickens. Season with salt and pepper. Garnish.

Conch Fritters

Ingredients = 1 pound of conch, ground, 2 eggs, 3 ¼ cups all-purpose flour, ½ green bell pepper, chopped, ½ red bell pepper chopped, ½ tsp. cayenne pepper, ½ tbsp. baking powder, ½ cup beer, oil for deep frying.

Combine conch and next 6 ingredients. Add beer and mix thoroughly. Refrigerate 2 hours. Drop conch mixture by heaping spoonfuls into hot oil. Fry until golden brown. Serve on a bed of lettuce with cocktail sauce.

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](mailto:skscham@aol.com) Address -204 W Main St, Lena, IL 61048. Website: [www.naturalhealingexpress.com](http://www.naturalhealingexpress.com) Facebook: Natural Healing Express