

# Exotic Cooking Iguana Recipes

The Green Iguana is a large South American vegetarian lizard. It is fast becoming a common site in the Florida Keys. Since they are exotics they are not protected. Just be careful since hunting with firearms in the Keys is not legal. And you would not want to be accused of animal cruelty. Anyway if you happen to have an Iguana ready to become a feast try one of these recipes.

### Sopi Di Yuwana (Iguana Soup)

6 servings

Ingredients:

- 1 Iguana
  - 1 1/2 quarts of iguana broth (or chicken broth)
  - 2 Chicken bouillon cubes
  - 1 Clove of garlic
  - 1 Leek
  - 1 Tomato, coarsely chopped
  - 1 Onion, studded with 3 cloves
  - 1 Green Pepper, quartered
  - 1/4 small Cabbage
  - 1 tsp Cumin
  - 1 dash Nutmeg
  - Salt and Pepper
  - 2 oz Vermicelli
- Kill, clean, skin and cut the Iguana into serving pieces.

Prepare chicken broth in heavy kettle, add garlic, leek, tomato, onion, green pepper and cabbage. Bring to a boil, reduce heat and simmer for thirty minutes. Add the iguana, and

simmer an additional half hour, or until the meat is tender. Remove from the fire. Strain broth, discarding vegetables. Bone the iguana and set the meat aside.

Return the broth to the fire and add cumin, nutmeg, vermicelli and salt and pepper. Simmer for about five minutes until the vermicelli is tender. Add the iguana and heat thoroughly. Serve piping hot with Funchi (Corn meal mush).

### Iguana Stew

4 Servings

Ingredients:

- 1 iguana
  - 1 lg onion
  - 2 cloves garlic
  - 3 tomatoes
  - 2 green peppers
  - 4 ts achiote oil
  - 1 pn pepper
  - 1 salt -- to taste
- Make the achiote oil by frying the achiote slowly until the oil is red. Cook Iguana in salted water until the meat is tender (take care not to let it get too soft). 4. cut in portions. 5. Season with all the above ingredients and cook with about 1 cup water, until almost dry.

Recipe By : Diana D. de peralta of [Floridakeystreasures.com](http://Floridakeystreasures.com).

These recipes are courtesy of [Floridakeystreasures.com](http://Floridakeystreasures.com). Visit the site for more exotic recipes.

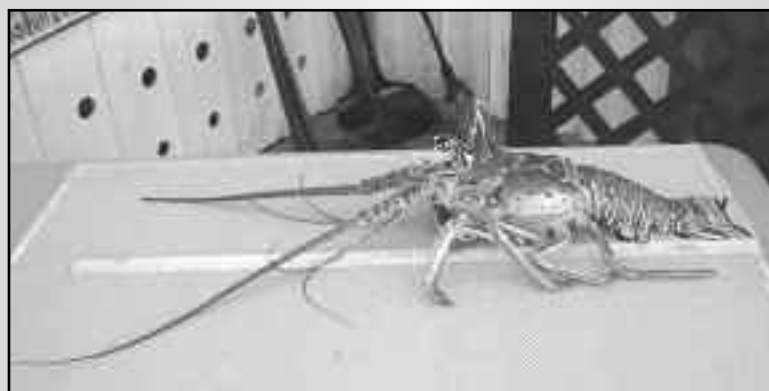


# Sizing ém Up

The Mini Lobster Season contest at the Pilot House netted some big ones.

David Bauerle won 1st Place with this one at 16 1/2".

If you can eat one of these then surely you could eat an iguana, right?



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# Disapproving Faces Not Everybody Will Like You

It is not necessarily a pleasant experience, but there will be times in our lives when we come across people who do not like us. As we know, like attracts like, so usually when they don't like us it is because they are not like us. Rather than taking it personally, we can let them be who they are, accepting that each of us is allowed to have different perspectives and opinions. When we give others that freedom, we claim it for ourselves as well, releasing ourselves from the need for their approval so we can devote our energy toward more rewarding pursuits.

While approval from others is a nice feeling, when we come to depend on it we may lose our way on our own path. There are those who will not like us no matter what we do, but that doesn't mean that there is anything wrong with us. Each of us has our own filters built from our experiences over time. They may see in us something that is merely a projection of their understanding, but we have no control over the interpretations of others.

The best we can do is to hope that the role we play in the script of their lives is helpful to them, and follow our own inner guidance with integrity.

As we reap the benefits of walking our perfect paths, we grow to appreciate the feeling of fully being ourselves. The need to have everyone like us will be replaced by the exhilaration of discovering that we are attracting like-minded individuals into our lives—people who like us because they understand and appreciate the truth of who we are. We free ourselves from trying to twist into shapes that will fit the limited understanding and gain a new sense of freedom, allowing us to expand into becoming exactly who we're meant to be. And in doing what we know to be right for us, we show others that they can do it too. Cocreating our lives with the universe and its energy of pure potential, we transcend limitations and empower ourselves to shine our unique light, fully and freely.

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