

The Mangrove Galley by Sandi Mieszczenski

Sandi's recipes are featured here monthly. For previous issues go to <http://www.theconchtelegraph.com>.



VANILLA ICE CREAM PROFITEROLES WITH FUDGE SAUCE



For the puffs-
4 tablespoons butter 1/2 cup water
1/2 cup flour 2 eggs

Grease and flour a cookie sheet. In a saucepan over medium heat, melt the butter in the water until the mixture begins to boil. Remove from the heat and add the flour and stir with a wooden spoon. Mixture should leave the side of the pan and form a ball.

Add the eggs, one at a time, blending in well. Using a teaspoon drop the batter on to the cookie sheet forming 18 balls. Cook for 30 minutes in a 400° oven. After 30 minutes, turn the oven off and let the pastry puffs remain in the closed oven for 10 more minutes. Remove and cool the puffs on a wire rack.

For the sauce-
1 cup heavy cream 1 cup cocoa powder
1 cup sugar 2 teaspoons vanilla extract

Place the first 3 ingredients in a saucepan. Mix well on medium heat. Bring to low boil. Remove and add the extract. You could also add some Amaretto for an extract treat.

To serve the profiteroles, gently open 3 (or more) of the puffs. Place in a bowl. Use a melon scoop or small spoon to fill the profiteroles with vanilla ice cream and serve with the slightly warm sauce over the top.

February is here and that means a Valentine's Day celebration. One of my favorite desserts to serve on this special day are profiteroles. They are so easy to prepare and so tasty. The great thing about these morsels is that they can be filled with meat for savory or as a dessert. For Valentine's Day, I prefer the sweet version.

Happy Valentine's Day!

A Self-Esteem Exercise

Having low self-esteem is a common issue. With some introspection you can start to loosen the grip of this negative thought pattern.

Our primary relationship in life is with ourselves. No one else goes through every experience in life with us. We are our one permanent companion, yet we are often our worst critic. To remind ourselves of our magnificence, we can do this exercise: "Five Things I Like About Myself."

Begin by writing down at least five things that you like about yourself. This is not the time to be modest. If you are having trouble coming up with a total of five items, you know that this exercise can really benefit you. Be sure to include more than your physical attributes on your list, since our bodies are only part of who we are. If you are still struggling with what to include on your list, think of what you like about your favorite people, because these traits are probably qualities that you possess too. Another way to complete your list is to think of five things you don't like about yourself and find something about these traits that you can turn into a positive.

Continue this process for a week, thinking of five new things you like about yourself each day. At the end of the week, read the



list aloud to yourself while standing in front of a mirror. Instead of looking for flaws to fix, allow the mirror to reflect your magnificence. You may feel silly about standing in front of a mirror and reading aloud a list of your admirable attributes, but it might just bring a smile to your face and change the way you see yourself. Remember, it is when you feel the most resistant that this exercise can benefit you the most. Because we are constantly looking at the world, instead of looking at ourselves, we don't often see what's magnificent about ourselves that others do. When we take the time to experience ourselves the way we would experience someone we love and admire, we become our best companion and supporter on life's journey.

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Trivia About Valentine Kissing:

The science of kissing is called philematology. Lips are 100 times more sensitive than the tips of the fingers.

A real kiss may quicken the pulse to 100 beats in a minute.

A French kiss moves about 29 muscles in the face.

The world's longest kiss took place in New York City, lasting 30 hours, 59 minutes, and 27 seconds.

It is thought that men who kiss their wives every morning before going to work live 5 years longer than men who don't.

70% of people aged 16 to 24 years had their first kiss by the age 15, whereas only 46% of their parents had kissed by the same age.

Couples may transfer an average of 9 milligrams of water, 0.7 milligrams of protein, 0.18 milligrams of organic matter, 0.71 milligrams of fat and 0.45 milligrams of salt to each other with each open-mouthed kiss.

It is said that an average woman kisses about 29 men before getting married.

A kiss can contain up to 278 of different bacteria, most of which are not dangerous.

An average person spends two weeks of his or her life kissing.



Two out of every three couples turn their heads to the right when they kiss.

On Valentine's Day 2004, 5,122 Philippine couples gathered together at midnight and locked lips. This kissathon beat the previous world record of 4,445 couples set in January in Chile.

You burn 26 calories in a one-minute kiss.

Kissing releases the same neurotransmitters (chemical messengers in the brain) as those that are released when you engage in intense exercise such as running a marathon or skydiving. This causes your heart to beat faster and your breathing to become deep and irregular.

Our brains have special neurons that help us find each others lips in the dark.

There are many strange laws regarding kissing that are still on the books. In Indiana, it is illegal for a man with a moustache to "habitually kiss human beings." And in Hartford, CT, it is illegal for a man to kiss his wife on a Sunday.

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BUYING

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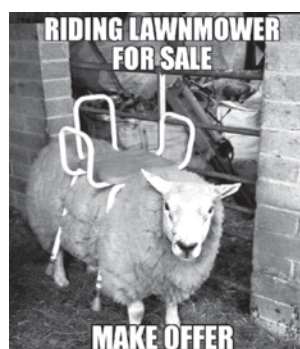
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OPPORTUNITY

I got 2 tickets for the 2019 Super Bowl, both top hospitality admissions. The person that got them for me didn't realize it was going to be on the same day as my wedding. If you are interested, I'm looking for someone to take my place...It's at St. Justin's Church in Key Largo, at 3pm. The bride's name is Nicole, she's 5'4", about 115 lbs, good cook too. She'll be the one in the white dress.



PERSONAL

FAKE GIRLFRIEND NEEDED FOR VALENTINE'S DAY.

BENEFITS INCLUDE:
Being tagged in Memes all day. One text back.
Appreciation for your existence.
A picture of us photo-shopped together since you probably don't live in my state
My Netflix account & password
My pink starbursts.
Being less lonely.
I'll react to everything you post.
Must be female and 18 years or older. Apply today, 305-555-FAKE

Looking for a female companion to help my friend take care of his iguana in Tavernier. Must disappear when other female companions show up. 305-555-HIDE

SERVICES

House Cleaning call Danielle 305-393-2728

MUSICIANS WANTED

Amateur & seasoned musicians wanted!
The Keys Community Concert Band begins rehearsals for its new season in the fall. If you want to participate, call 305-451-4530.

VESSEL SAFETY

The USCG Auxiliary conducts vessel safety checks at Blackwater Sound Marina, MM 103.8 Bayside, every third Saturday of the month. The Public is Welcome. More info: 305-998-8400

Classified ads will not be accepted without payment.

CLUBS

Fraternal Order of the Eagles meets every 1st and 3rd Monday, 7pm at Elks Lodge, Tavernier.

THE KEY PLAYERS Community Theater Group needs volunteers to work behind the scenes and audition for roles! thekeyplayers.org

GARDEN CLUB OF THE UPPER KEYS

THE FAIRCHILD CHALLENGE
The Garden Club's monthly meeting will be held on February 12, 11:00 am at the Francis Tracy Garden Center 94040 Overseas Hwy. Tavernier (mm 94 bayside).

Guest speakers Stacey Assael and Jennifer Lature from Fairchild Gardens will speak about the Fairchild Challenge an environmental education outreach program of Fairchild Tropical Botanical Garden. gardenclubupperkeys.org
Come grow with us!

FOR SALE

PONY FOR SALE. Sometimes he barks, but that's because he's bilingual.



PERSONAL

You were the tall brunette with the near perfect body that farted in the bread section at Winn Dixie last night. I was the tall guy next to you that looked over and asked, "Was that you?" You quickly replied "No. Wasn't me." You almost seemed insulted I would ask. As the stink grew you continued to deny your flatulence, but it was evident. I tried to get rid of the stench by waving 2 loafs of Cuban bread. You proceeded to storm off in an angry manner. You are beautiful and even if you are a liar and fart like a Clydesdale, I'd love to meet up sometime. 305-555-WINNN

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