

Natural Healing Express Weekly

Column 204 Tapas

This time of year when everyone is trying to get in the rhythm of things with back to school, sporting events, and maybe trying to hang on to summer, we get asked for quick and easy recipes that provide a punch. As the activities increase, so does the need for great nutrition.

One fun idea is to cook Tapas. The word tapa actually means lid, and while this is the subject of much debate, it is thought that this is originally referred to a piece of bread placed on top of a glass of sherry to keep flies away. Sound yummy yet? Well, today the range of tapas dishes is diverse and amazing. They reflect the varied ingredients in Spain, long known for its exquisite cured meats, seafood and cheeses. They are also masters of delicate and delightful flavorings such as saffron and oak smoked paprika.

In days previous, tapas were utilized as a pre-lunch or pre-dinner snack. In today's fast paced world where even the tightest of families find it difficult to eat a meal together, these fine foods make for a great meal for one to two people at various times of the day. Double the amounts and you have nutritional meals which can be served at any time of the day according to anyone's schedule.

One of my most favorites that I occasionally eat for breakfast is Garlic Shrimp.

Garlic Shrimp = Ingredients include – 48 small uncooked shrimp, shelled and deveined, 4 tablespoons for extra virgin olive oil, 8 bruised garlic cloves, 6 small dried chilies, 8 small fresh bay leaves, juice of lemon, sea salt and aioli.

To prepare shrimp put them on a plate and sprinkle with salt. Heat the olive in a skillet, add garlic, and fry for one to two minutes. Add chilies, bay leaves, and shrimp. Fry until shrimp are curled on one side. Then turn and crust the other side (about 3 minutes total).

Transfer to plate, sprinkle with lemon juice and top with aioli. Serve hot. Chill leftovers for a midnight snack or the next person walking into the house.

Here's another anytime favorite – GAZPACHO – Ingredients = 1 garlic clove, 1 slice of wheat bread, crusts removed, 4 ripe juicy tomatoes, skinned, 1 Tablespoon Grated Onion, ½ cucumber, peeled, 1 Tablespoon Spanish Red Wine Vinegar, 2 Tablespoons Olive Oil, 1 Teaspoon Cane Sugar. Sea Salt and Freshly Ground Pepper.

Grind the garlic, with a pinch of sea salt and using a mortar and pestle. Put the bread in the saucer with a little water and let soak. Put the ground garlic, bread, tomatoes, onion, cucumber and vinegar in a blender and puree until smooth. Add the olive oil in a slow and steady stream into the blender on low. Add Salt and Pepper to taste, and then add sugar.

Pour the mixture through a strainer into a bowl, adding more salt, pepper and vinegar as needed. Chill in the refrigerator overnight and serve in small bowls or glasses when desired. Top with a little cucumber.

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, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

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