

Marlowe offers up a recipe that's good for the brain

By Jerry Marlowe

Special to the T-R

Dear kind readers, I am searching for a healthier diet. Where possibly could I find a better source of recipes to achieve my goal?

Well, I rounded up my 4 Weeks to a Better Brain cookbook. I did allow myself the privilege of altering the following formulas to help on my quest

to create a better brain. I always have enjoyed the flavor of curry seasoning,



MARLOWE

so please try this one.

Grab a large saute pan and heat 2 tbs olive oil. Add 4 large scallions and the tops sliced, a minced tbs fresh garlic, 2 tomatoes diced, 1 cup of chopped celery, 2 to 4 tbs curry powder and saute that for about 5 minutes.

Remove from pan and now add one half pound each of good wild caught — if available — salmon in one inch chunks, fresh sea scallops cut in quarters, and a half pound of good shrimp ... cleaned and shelled of course. Now add it all back together and taste it to see if you may want to add more salt or curry powder. Serve your very healthy dish over hot steamed rice.

Dessert, someone cried out from the far end of the table.

How about Blueberry Coconut soft serve?

Grab 2 cans full fat coconut milk chilled, and $\frac{3}{4}$ th cup honey or maple syrup, some vanilla, pinch of sea salt, and 1 cup of frozen blueberries. Put all that in your food processor or blender and pulse or blend until mixture is smooth. You can eat your ice cream or freeze it until it is more solid, but for heavens sake, enjoy it. And thank you for your kind comments when I run into you around our great area.