

# Cilantro-based sauce a perfect pairing for seafood this spring



**Camarones en Mojo Verde (Shrimp in Mojo Verde Sauce)**

Photo Susie Iventosch

## By Susie Iventosch

Mojo verde, literally meaning “green sauce” in Spanish, is a condiment that packs a punch from the first taste of cilantro and garlic to the tartness of lime juice and sherry vinegar. Originating in the Canary Islands, mojo verde is primarily used to accompany fish or seafood, but is excellent with chicken, or even roasted potatoes. We first had it on a shrimp dish in a Spanish tapas restaurant and absolutely loved the sauce, so much so that I had to run home to try my hand at it. While there are variations, most include garlic,

cilantro, olive oil, lime juice, sherry vinegar and the optional finely diced peppers. While it looks quite a bit like chimichurri at first glance, it actually tastes very different. Chimichurri includes parsley, red wine vinegar and oregano, none of which are usually found in mojo verde. I marinated the shrimp in the mojo verde for several hours, before grilling them on the barbecue. You can also cook them in a skillet if you prefer, but the key is to get the shrimp seared without drying them out. Serve them on a pool of the mojo verde or drizzle the sauce over before serving.

## Mojo Verde

(Makes approximately 1 ¼ cups sauce)

### INGREDIENTS

2 bunches cilantro, leaves and tender stems  
2 cloves garlic  
½ teaspoon powdered cumin  
½ teaspoon fresh ground black pepper  
½ teaspoon sea salt  
¼ cup sherry vinegar  
2 tablespoons fresh lime juice  
¾ cup olive oil  
Optional: finely diced jalapeño

### DIRECTIONS

Place cilantro in a food processor and process until finely minced. Add remaining ingredients and process until smooth. Stir in very finely diced jalapeños. Store in refrigerator until ready to use.

## Shrimp

1 pound shrimp (I used large, 12-15 per pound size shrimp), peeled and deveined, tails on or off optional  
1 ¼ cup mojo verde, split  
Several cilantro stems with leaves for garnish  
Marinate one pound of shrimp, any size you like, in 1/4 to 1/3 cup mojo verde for about 2 hours in a bowl or container. When ready to cook, skewer shrimp on wooden or metal skewers. Grill over medium-high heat for approximately 2 minutes per side, (depending on the size of your shrimp) or until done and slightly browned. Serve shrimp on a pool of mojo verde or drizzle sauce over. Garnish with extra stems of cilantro leaves.



Susie can be reached at [suziventosch@gmail.com](mailto:suziventosch@gmail.com). This recipe can be found on our website: [www.lamorindaweekly.com](http://www.lamorindaweekly.com). If you would like to share your favorite recipe with Susie please contact her by email or call our office at (925) 377-0977.

You can find most of the recipes published in the Lamorinda Weekly on our website.

Food tab: [www.lamorindaweekly.com/html2/food1.html](http://www.lamorindaweekly.com/html2/food1.html)

## Looking Good in Lamorinda

# It's all about spring



**Terry Kiskaddon models the Kimono style jacket from Moonlight.**

## By Moya Stone

Harper Greer is the latest boutique to open in Lafayette's La Fiesta Square. I stopped by recently and met the shop's owners, Terry and John Kiskaddon. The couple has been in the fashion business for over 40 years with stores first in San Francisco and then downtown Oakland. Terry studied fashion design and initially she did all the designing and had the clothing

made onsite at their SOMA location. Over time Terry added other quality lines, many of them local, to their retail store. Harper Greer specialized in clothing for plus-size women but after much demand they now offer unique fashions starting at size 4 to 24 for woman of all ages.

The store occupies half of the former Specialtees space, and in addition to mannequins, display cases, and racks of clothes there is an

unexpected accessory – a shiny black piano. Turns out that when John isn't utilizing his excellent customer service skills, he's tickling the ivories. Something else to catch the eye, hanging above the piano is an Art Nouveau style mural. Depicting John and Terry, among other well-dressed folk, the mural was painted by a friend and came with the couple from the Oakland



Photos Moya Stone

**Wanda from Sugi models a festive Kimono in red.**

store. When chatting about trends for spring 2019, the couple said colors of the season are coral and off shades of blue and we will see lots of texture, including mixed textures like a plain knit with a rib. John says that when it comes to fashion, “People are getting bolder.” Terry pointed out that the jumpsuit is big for spring and one thing that cannot be kept in stock is a Kimono-inspired jacket by Moonlight. Harper Greer is a nice addition to Lafayette and well worth a visit for some new spring fashions.

Kimono means “a thing to wear” in Japanese. The traditional Japanese Kimono silhouette has been influencing fashion since the 19th century. On now at the San Francisco Asian Art Museum is the exhibit “Kimono Refashioned,” an exploration of how the Kimono was and is used by fashion designers in western design. From fabrics to colors, images to shapes, past designers like Chanel and Madeleine Vionnet as well as modern designers Tom Ford and Issey Miyake, have incorporated Japanese aesthetics into their designs. The exhibit includes two galleries featuring over 35 garments from the Kyoto Costume Institute, dating from 1870 to today. Kimono Refashioned runs through May 5.

This fabulous exhibit reminded me of Sugi, a longtime Lafayette retailer located on Moraga Road, next to La Fiesta Square. I popped into the store and spoke with owner Wanda, who was happy to show me her selection of short and long Kimono in silk and cotton for

men, women and children. Kimono make great robes for summer as well as swimsuit coverups, evening party wraps, and a comfortable option for around the house. Wanda stocks modern and antique Kimono in solid colors and floral prints. A beautiful antique Kimono in silk would make a unique topper for a special evening out.

Switching from Japanese inspired to vintage, save June 23 for the Garden Party Tea and Vintage Fashion Show at Shadelands Museum in Walnut Creek. Sponsored by the Walnut Creek Historical Society, this is an opportunity to enjoy a tea luncheon in the gardens of the Shadelands Ranch Museum and view vintage fashions provided by Goodwill Bags, a volunteer auxiliary of Goodwill of the Greater East Bay. The group puts together a show featuring volunteer models donning 20-30 outfits from the mid-1800s to the 1960s. “The Garden Party Tea and Vintage Fashion Show is a new event for the Walnut Creek Historical Society,” says event chair Andy Wenzel. “If successful, we hope to make this an annual event like our holiday teas.” Tickets are \$50 and go on sale May 1 online at [Eventbrite.com](http://Eventbrite.com).

Wayside Inn Thrift Shop on Golden Gate Way in Lafayette is also featuring vintage fashions on May 21. Think good prices on summer dresses, skirts, blouses, handbags, jewelry and more.

Happy Spring and remember to go forth in style.

Moya Stone is a fashion writer and blogger at [overdressedforlife.com](http://overdressedforlife.com).

# Navigating mild cognitive impairment

## By Linda Fodrini-Johnson, MA, MFT, CMC

Are you forgetting more and more? Do you have a family member who is bright, and still able to manage his or her finances, but seems to be forgetting not just names, but simple things like “Did I eat breakfast today?” or “What did I eat today?” If you are aware of this memory challenge, but it does not interfere with daily activities of living, you or your family member might have what we call MCI (Mild Cognitive Impairment).

MCI is diagnosed by a neurologist, memory clinic or neuropsychologist. A diagnosis of MCI does not mean you will have a progressive dementia like Alzheimer's disease; however, about 50 per-

cent of those with the MCI diagnosis end up with some form of a progressive dementia. The other 50 percent never progresses further than this simple challenge with memory; and of course in the process of diagnosis reversals, causes are corrected.

If diagnosed with MCI, the individual, his or her partner and/or a family member should visit with an Aging Life Care Professional, also referred to as a Geriatric Care Manager. The GCM will go over all the planning one should do when diagnosed with any potentially progressive illness. This entails going over with you the financial options/entitlements, housing options, legal tools, social engagement, physical wellness and local support or opportunities. Having a Geriatric Care

Manager as your advocate is similar to using a roadmap to navigate your present and future. It is also essential to have a proper medical evaluation to help reverse any of the biochemical imbalances or health challenges that can contribute to a memory challenge.

Staying engaged in joyful and pleasurable activities that keep the body and mind healthy is also important. A good life plan is ideal for us all, but even more critical for those with MCI, as it encourages you to:

- 1) Be engaged in social activities daily – Senior centers, brain enhancement classes, meeting friends, playing cards, learning new things, joining book clubs, and volunteering are all good ways to be active in your community.
- 2) Exercise daily – Aim for 30

minutes a day of aerobic activity at least three times a week. Perform balance and strength building exercises as well.

3) Eat a healthy anti-inflammatory diet – Limit red meats, sugar, alcohol, and processed foods. Add in healthy fats such as nuts, avocados, and olive oil while removing any trans and saturated fats. Also, add more veggies and fruit to your plate and hydrate with mostly water.

4) Have regular medical checkups – Be sure to check your hearing and eyesight annually as well.  
5) Ask for help – If you feel depressed or otherwise affected by your MCI, don't be afraid to seek treatment (counseling and/or medication.) Enjoy your life!

**Info:**  
<https://eldercareanswers.com>



Linda Fodrini-Johnson, MA, MFT, CMC, is a Licensed Family Therapist and Certified Care Manager. She has been practicing professional care management since 1984. Linda founded Eldercare Services, a full-service care management and home care company in 1989, which now employs over 200 caring people. Eldercare Services has been providing Bay Area families with care management, home care services (caregiving), advocacy, counseling, support groups and counseling for 30 years.