

GALLEY GURU

Effortless Gourmet Cooking Afloat

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Introduction

Galley Guru, Effortless Gourmet Cooking Afloat is the first in a series of books dedicated to simple ways to keep your grip in a galley kitchen, wherever you may find it. There is no reason why the meals you create in a small galley should not be the best you have ever tasted. Of course, you don't need to be a sailor to need to make cooking more user-friendly. Some of the apartments for rent nowadays are equipped with kitchens that make a few of the boat kitchens I have cooked in seem positively palatial.

Nevertheless, cooking in a small space, under sail, or even in port can present distinct cooking challenges. *Galley Guru* is a unique collection of recipes, tips, and anecdotes devoted to demonstrating that producing gourmet food in unusual situations can be easy, delightful, and fun. And in that regard, *Galley Guru* is like no other book on the subject.

What is gourmet, anyway? Is it something normal people don't aspire to? Is it complicated or fussy? Is it outrageously expensive or elusively unattainable? To my mind, it is none of these.

Even the brightest and the best contemporary chefs seem to be headed back to basics. They are embracing the simple goodness of food and find themselves taking away ingredients where previously they overloaded them into their recipes.

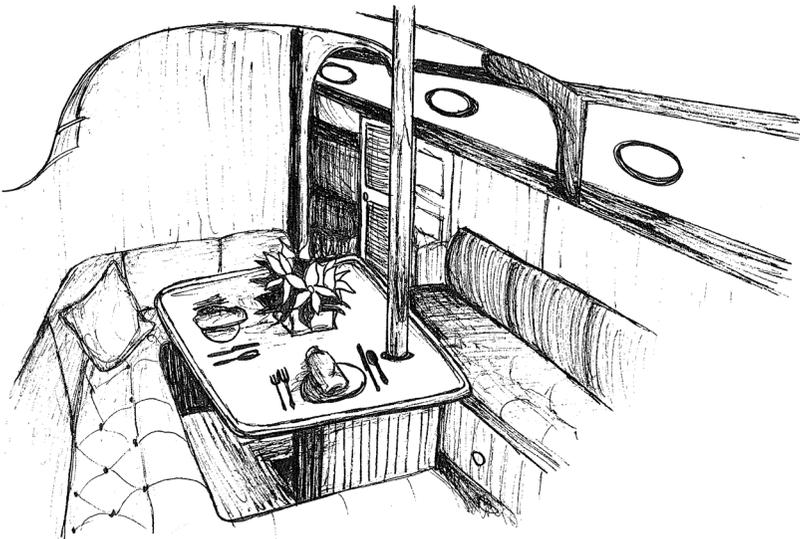
In Spain I would love to go down to the local *pescadaria* (fish restaurant) for a grilled *pez espada* (swordfish) splashed with fruity olive oil, sprinkled with parsley, and strewn with browned garlic slivers. Simplicity itself. Gourmet? Unquestionably. And with little fuss and a little finesse, easily done.

Within the pages of *Galley Guru* are great recipes with emphasis on the clever use of the shortcut, as well as insights and inspiration about food. You will learn what to bring aboard, what to leave behind, and how to use it once you've got it. As every great chef will tell you, you can't make good food with bad ingredients. Cooking with ease and simplicity is a wonderful thing, but it does mean that everything depends on the quality of ingredients. Find the best ingredients you can and nudge

them gently into speaking for themselves. For this mini-book, as an introduction to the Galley Guru way of cooking, I have selected 48 of the easiest and quickest recipes that make your table glorious wherever you are.

I learned to love sailing very early in life, and I have had the great good fortune to sail in and out of many a foreign port. Cooking, like eating, is what you make it. For some it is repetitious, unadventurous, and pretty bland. To others it is inspired and inspiring, an art form. Most of us haven't the time or inclination to spend all day in the kitchen, whatever its size, or to delve into complicated recipes, but does that mean we must live on fast food, boring food? *Galley Guru* proves that what is delicious can also be easy and that great food does not always have to be a production number.

All the recipes, however exotic they may sound, have been tried and tried again and chosen for their simplicity and ease of preparation. So don't be afraid to try new things. They are no harder than the things you already know. Actually, they're sometimes easier.



For a Start

Artichoke Stuffed Mushrooms

Serve just one or two of these to guests as a first course. Or serve more for a light little dinner for you and crew.

- 8 large, flat mushrooms**
- olive oil**
- 2 tins artichoke hearts**
- 4 tablespoons (60ml) mayonnaise**
- 2 tablespoons (30ml) sherry**
- 8 cheddar slices to cover**
- 16-24 cooked tiger prawns, 2-3 per mushroom**

In a food processor, blend artichoke hearts with mayonnaise and sherry. Wash and de-stem mushrooms, then sprinkle them with a little olive oil. Grill them round side up. Turn. Grill until done, about 10 minutes. Fill with artichoke puree and cover with cheese.

Put the mushroom caps back under the grill until cheese is melted. Top with prawns and serve with crusty bread.

Mushrooms Stuffed with Shrimp

Another way to stuff mushrooms that is a snap. You will love how simple and good these are to pass around with a drink or to start a meal.

- 1 pound (about ½ kilo) large mushrooms**
- 8 ounces (225g) cooked shrimp (you can use canned)**
- ½ cup (125ml) Ritz crackers, crushed**
- 4 ounces (115g) cream cheese, room temperature**
- 3½ ounces (100g) shredded sharp cheddar cheese**

Preheat oven to hot. Lightly grease a baking pan. Remove stems from mushrooms. Finely chop stems and put in a large bowl with the cooked

shrimp, crackers, and cream cheese. Mix well. Mound the filling into the mushroom cavities and place stuffed mushrooms in the baking dish. Top each one with shredded cheddar. Place in the oven and cook until cheese is melted and bubbly, about 8–10 minutes.

Tomato Pesto Cream Cheese

A crowd-pleasing combination.

8 ounces (225g) of cream cheese
¾ cup (185ml) pesto (prepared or homemade)
1–2 tablespoons (7.5–15ml) olive oil
1 tablespoon (15ml) balsamic vinegar
chopped fresh tomatoes, vine ripened or Roma (3–4, based on size)
½ cup (125ml) pine nuts
salt and pepper to taste

Mix pesto and olive oil in a bowl. Add balsamic vinegar; consistency should be somewhat pourable but not runny. Add salt and pepper to taste. Spoon over cream cheese. Top with chopped tomatoes and pine nuts. Serve with toast, favorite crackers, or pita chips.

Beer Cheese

Here is the perfect cheese to eat with your beer—or your wine, for that matter. Like all the best Galley Guru recipes, it is good and simple and it keeps for ages. You will always have something on hand to serve to guests who drop by from neighboring boats. You can also use it as a topping for a hamburger or spread on a BLT. Use whatever beer you have, or some ale would be nice. Use any cheddar-type cheese. It's all good. Spread on crackers. Enjoy.

1 pound (455g) sharp cheddar cheese
2 cloves garlic
1 teaspoon (5ml) Tabasco sauce
1 tablespoon (15ml) Worcestershire sauce
½ teaspoon (2.5ml) salt
½ teaspoon (2.5ml) pepper
1 teaspoon (5ml) paprika

1 teaspoon (5ml) dry mustard
½ cup (125ml) beer

Use a food processor to combine all ingredients, then put in a small crock and, if you can, keep in the fridge for a day or two before serving, because it gets better with age.

Ceviche

Sail southward and you'll find that almost any South American country has a version of Ceviche. Some of Peru's finest attractions can be found in abundance on her tables: divine fruits and vegetables, unutterably perfect avocados, and endless variations of this splendid appetizer. Undoubtedly, here is justice done to the catch of the day. Ceviche requires no cooking but does require perfectly fresh, perfectly firm-fleshed white fish. Mahi Mahi, sea bass, swordfish, halibut are all good choices. Snapper is also used, and if you are lucky enough to find the yellowtail version of that fish you have found something very special. If you have shrimp and/or scallops, put them in. Any combination of acid citrus fruits will "cook" the raw fish in minutes. You will see the fish turn white and firm up in the marinade after the first 15 minutes to half an hour. The version I found the most sumptuous is served atop cubed avocado, whose silky smoothness creates a tender bass to the bright, tart notes of the spiced fish.

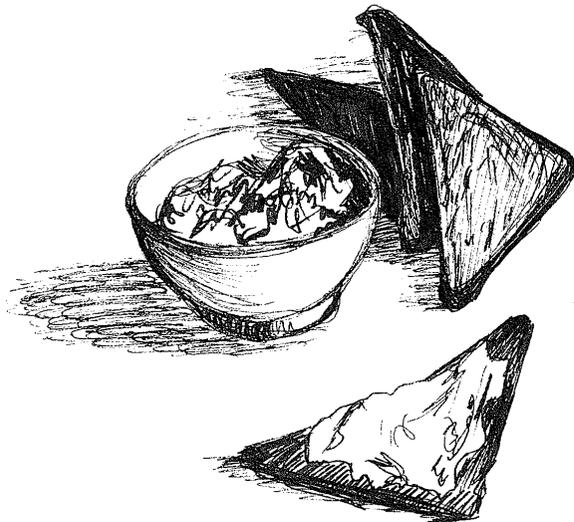
What you are basically making here is a salsa or pico de gallo, with which you mix the fish after it has marinated in the lemon or lime. There are versions that use bitter orange (Seville oranges) and if you have them, try substituting the juice of one orange for a couple of limes. In Peru they sometimes add a splash of Pisco, a traditional and very—let me repeat, very—potent liquor, to the mix. Pisco is distilled from grapes, as is brandy, but is more like Grappa or Eau de Vie. If you drink it and exhale, do not light a match. The national Peruvian drink is a Pisco Sour, which, though innocently masquerading as a sweet frothy drink, will leave you legless in no time.

1½ pounds (680g) fresh white fish filet
freshly squeezed juice of 1 lemon

freshly squeezed juice of 6 limes
2 tomatoes, diced finely
½ cup (120ml) tomato juice (or Clamato if such is on hand)
1 small red onion, finely diced or
2-3 green onions, minced finely
2 cloves garlic, pressed
large handful cilantro leaves, roughly chopped
1-2 hot green chiles, chopped (jalapeño or Serrano)
salt to taste
1 avocado, cut into cubes (optional)

Cube the fish filets into bite-sized pieces. Place fish in a ceramic bowl or plastic container with a lid. Pour the lemon and lime juice over, turning the fish gently to coat with the juice. Cover the container tightly and refrigerate for at least 1 but no more than 3 hours. Mix the remaining ingredients together. Drain the fish and toss with the salsa mixture. Taste for seasoning.

This is beautiful served over cubed avocado in “glass” (non-breakable, of course) bowls or martini glasses. If you are in a bit of a sea, get it to the table any way you can and it will be just wonderful too.



Soups

Jiffy Hot and Sour Soup

“You don’t have to cook fancy or complicated masterpieces—just good food from fresh ingredients.”

—Julia Child

Julia Child, who was known to illuminate folk in the arcane mysteries of some of the most time-intensive as well as intricate recipes, pronounced that soup made an excellent meal and that most soups are simple to make. If that is the case, this soup is the absolute quintessence of simplicity, while filling the rest of the bill dramatically.

2 pints (1.2Ltr) chicken stock, vegetable stock, or vegetable stock with clam juice

8 ounces (250g) white rice

1 cup (225g) peeled shrimps

1 cup (225g) boneless chicken breast meat, cut into thin strips, or use cooked chicken

1 can sliced water chestnuts (drained)

1 teaspoon (5ml) Marigold bouillon powder (or to taste)

1 teaspoon five spice powder

1 tablespoon soy sauce

1 teaspoon (to taste) hot sauce (such as Sriracha)

juice of a lime or lemon

1 glass medium dry sherry (Amontillado) or Sake

large handful chopped green onions as a garnish

Bring the stock to a boil. Season with Marigold and soy sauce. Add the rice and the five spice powder. Let simmer gently 10 minutes, until rice is soft. Add the chicken and water chestnuts. (If using cooked chicken, add it with the shrimp.) Cook 3 minutes. Add the shrimp and the sherry or Sake. Continue to cook until the shrimp is done (3 minutes). Season with the hot sauce and the lime or lemon juice. Serve garnished with fresh chopped green onions.

Chilled Cucumber Soup with Dill and Mint

This soup also makes fine use of your refrigerator and is an exceptionally refreshing way to begin lunch under a hot summer sun.

- 2 long cucumbers, peeled and cut into cubes**
- 2 cups thick yogurt (Greek Total, for instance)**
- ½ cup (125ml) cream**
- 2 tablespoons (30ml) fresh dill, chopped**
- 1 tablespoon (15ml) fresh mint, chopped**
- 1 teaspoon (5ml) Marigold bouillon powder**
- few drops liquid aminos (Marigold, Braggs) seasoning to taste**
- large pinch nutmeg**
- salt and white pepper to taste**

Place all ingredients in a food processor and process until smooth (or pass cucumber through food mill and stir into yogurt). Check for seasoning. Refrigerate for at least one hour before serving. Garnish with a sprinkle of fresh snipped dill. Once chilled, can be kept cold in a thermos.

Thai Mussels with Rum in Coconut Broth

I love mussels. A big pot of steaming mussels in a fragrant broth can't be beat and is so simple and satisfying that everyone will think you worked really hard to create such a fine dish. Don't worry. I won't tell anyone.

Green-lipped mussels are nice in this beautifully aromatic soup but you can use black smaller ones too.

- 4½ pounds (2kg) fresh washed (and de-bearded) mussels**
- 2 tablespoons (30ml) olive oil**
- 3 minced shallots**
- 2 cloves of garlic, finely sliced**
- 1 tablespoon (15ml) Thai green chili paste (or to taste)**

4 cups (1 liter) bottled clam juice
4 spring onions, sliced thin
4 teaspoons (20ml) minced fresh ginger
3 tablespoons (45ml) golden rum
juice of 2 limes
1–2 strips of lime zest
1 (14oz/400ml) can rich coconut milk
2 large handfuls of fresh coriander chopped finely
salt and freshly ground black pepper
lime wedges for garnish

In a large, heavy saucepan, heat the olive oil over medium heat. Add the shallots, ginger, and green chili paste. Stir and cook over low heat until the shallots are soft. Increase the heat. Add the clam juice, 2 tablespoons rum, lime juice, and zest. Bring to a boil and reduce liquid for 4–5 minutes. Taste for seasoning. Throw in the mussels and the spring onions, cover, and cook until all mussels have opened, shaking the pan frequently. Throw away any mussels that remain closed. Add the coconut milk, give it another shot of rum, and throw in the coriander. Bring to the boil again, taste for seasoning and serve immediately with lime wedges.

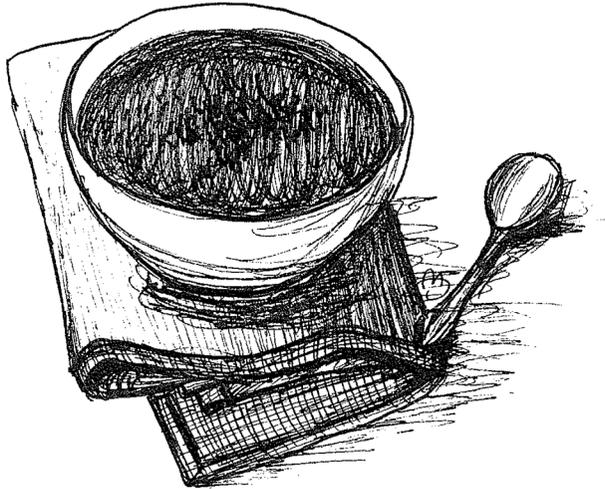
Sweet Sweet Onion Soup

When you have sweet onions such as the ones that come from Hawaii, make this heady soup. It is so good you will not believe that you can prepare such a masterpiece so easily. The caramelization makes the already sweet onion sweeter, dense, and rich. That is all you need.

1 large carrot, 1 medium onion, 2 stalks celery, chopped into small dice (mirepoix)
4 tablespoons (60ml) butter
olive oil
6 large sweet onions, sliced very thin
1 teaspoon (5ml) thyme
4 cups (1 liter) chicken (or vegetable) stock

2 glasses white wine
1 cup (250 ml) cream

Sauté mirepoix in butter and a little olive oil over low heat until beginning to caramelize, about 10 minutes. Add sliced onions and continue to cook over medium low about 20 minutes more until they have completely wilted and turned the color of golden apples. Throw in 2 tablespoons flour. Cook and stir over low heat 4–5 minutes, being careful not to burn flour. Add thyme, chicken stock and white wine. Cook uncovered, stirring occasionally for 25 minutes. Add the cream, bring to the boil, turn heat down and simmer 2–3 minutes, stirring. Soup should be thick and the color of light peanut butter. Serve hot.



SALADS AND DRESSINGS

Hearts of Palm Salad

Well, here's one that might make you forget lettuce.

Slice hearts of palm into rounds and arrange on plate.

Scatter with a few halved black olives. Dress with lemon and olive oil or lemon vinaigrette.

Green Grape Gorgonzola Salad

The sweetness of the grapes, the piquancy of the cheese, and the crunchy sugariness of the nuts make this a classic salad you can serve as a first course or as the main event.

- 1 head romaine (cos) lettuce, cut into bite-size pieces**
- 4 ounces (115g) Gorgonzola, or other very good blue cheese (you can use Maytag, Stilton, or real Roquefort for this)**
- 1 cup (250ml) iced green grapes, halved**
- ¾ cup (185ml) Sugared Pecans**
- 2 parts extra virgin olive oil**
- 1 part balsamic vinegar (cherry balsamic is nice)**
- 1 teaspoon (5ml) liquid aminos (Marigold, Braggs)**
- salt and freshly ground pepper**

Mix the oil and balsamic vinegar, liquid aminos (Marigold, Braggs), salt, and pepper to an emulsion in food processor. Arrange a layer of lettuce on serving plate. Toss with some of the dressing to coat. Slice Gorgonzola as thinly as you can and lay over lettuce. Sprinkle over some pecans and decorate with the green grape halves. Drizzle a bit more of the dressing over all. Serve chilled.

Sugared Pecans

- 2 cups (500ml) pecans or walnuts**
- ¼ cup (60ml) granulated sugar**
- ¼ cup (60ml) water**
- salt**

Allow sugar to melt in water in a heavy saucepan over medium heat. Pour over single layer of pecans placed on a large baking pan coated with cooking spray. Lightly sprinkle with salt. Bake in a preheated medium oven for 15 minutes. Turn nuts with a spatula and bake another 15 minutes. Cool and store in an airtight container.

Panzanella Tuscan Bread Salad

Here is what to do with French or Italian bread that has dried out before you got a chance to use it. From the Tuscan region of Italy comes Panzanella, an absolutely scrumptious salad that makes a thing of beauty out of stale bread with the addition of tomatoes, onions, and a few herbs. This comforting, filling salad, accompanied with a good red wine and followed by simple grapes for dessert, has made a wonderful dinner on many a warm balmy evening, proving again that splendid things can be made with modest ingredients. Do not try this dish, however, unless you have good authentic peasant bread to start with. Ordinary sliced stale white or wheat just won't do.

- 1 loaf stale rustic bread, about 4 cups cubed**
- 2 cups (500ml) ripe tomatoes, seeded and diced (you can use very good canned tomatoes for this)**
- 2 cloves garlic, minced**
- 1 small sweet red onion, sliced very thin**
- ⅓ wineglass red wine vinegar**
- ½ wineglass extra virgin olive oil**
- a handful whole fresh basil leaves, torn**
- a handful minced parsley**

¼ cup (60ml) Parmesan cheese, grated
1 teaspoon (5ml) Marigold bouillon powder
salt and freshly ground black pepper

Place the cubed bread into a bowl and sprinkle with water. Toss to moisten the cubes. Add the juicy tomatoes. Toss in the remaining ingredients. Before serving, let the panzanella rest at least 10 to 15 minutes to soak up the juices and all the flavors. Taste for seasoning. Sprinkle with Parmesan cheese before serving.

Variations:

This is a peasant salad and there are probably as many recipes for it as there are cooks that prepare it. To this salad you could add any or all of the following:

one can white cannellini beans, rinsed and drained
a handful of Kalamata or Niçoise olives, pitted
a few anchovy filets, diced
a can of Italian tuna in olive oil
½ cup (125ml) roasted red peppers, diced
a can of hearts of palm, sliced thin

Tuna and White Bean Salad

A crusty bread, a plate of olives, and this classic Italian salad make a fine meal. Who said you have to live on cheese and crackers?

2 (6 oz/170g) cans tuna, packed in olive oil
1 (10 oz/280g) can white cannellini beans, rinsed well
small handful of capers, drained, rinsed, and chopped
2 tablespoons (30ml) extra-virgin olive oil (if needed)
juice of a whole lemon
2 tablespoons (30ml) red wine vinegar
salt and freshly ground black pepper
1 small red onion, thinly sliced
1 jar roasted red pepper, sliced into strips
fresh basil or parsley

In a small bowl, add the tuna, reserving the olive oil for the dressing. Shred tuna between two forks or with your fingers until it is fine, with no lumps. Stir in the beans and capers. Add olive oil from tuna, adding extra olive oil if needed just to get a nice consistency. Add the lemon juice and vinegar. Season with salt and pepper. Allow to stand a few minutes to marry flavors. Form a circle around a serving plate with the red pepper strips. Place the tuna and white bean salad in the center. Spread a thin layer of onion over the top. Garnish with a handful of torn fresh basil leaves, chopped parsley, or other fresh herbs.

Lunch in a Melon Salad

Here is a tantalizing summer main course salad with an amazing dressing. It can be done whenever you get a nice ripe melon and you have a little grilled chicken on hand.

- 1 large ripe honeydew melon**
- ¼ cup (60ml) cashew butter**
- ½ cup (125ml) pineapple or orange juice**
- 2 tablespoons (30ml) rum (optional)**
- ½ pound (225g) cashews or pecan halves**
- 2 skinless chicken breasts, cut into bite-size pieces**

Slice melon in half. Cut a small slice off the bottom of each half so it lies flat on a plate. Remove seeds and scoop out the inside with a melon-baller.

Mix the cashew butter with the juice and the rum to a mayonnaise-like consistency to make a dressing. Toss the melon balls with the pecans or cashews and chicken. Refill the melon shells with this mixture. Top with dressing and a few cashews or pecan halves.

Sandwiches, Melts, and Such

Tartine

*A Tartine is a wonderfully easy French sandwich that makes a quick, satisfying, and rather impressive lunch. Tartiner means to spread, lending the name to these clever open-faced sandwiches, which are first spread, then layered, and usually finished under the grill to get them hot and bubbly. As you might complement a pâté with an excellent bread to make a delicious meal, next time you need to use up some (compatible) leftover meats and vegetables, whip up a Tartine. A **Welsh Rarebit** might qualify as a Tartine if you, perhaps, spread ham paste on the bread before covering with a cheese mixture. For your Tartine, start by layering a slice of bread with a spread: tapenade, hummus, pesto, et cetera. This acts as the paste that holds the rest of the ingredients. The following are a few ideas, but once you get the hang of it, making up your own is part of the fun. Thus, I do not give exact amounts. The proportions are very loose, according to your taste and how much of each ingredient you have, but as a general rule, don't skimp on the spreadable part of the recipe.*

Tartine Provençale

- 4 large or 8 smaller slices of good bread**
- black olive tapenade**
- 8 thin slices of prosciutto or other good ham**
- 8 slices Fontina cheese**
- sun-dried tomatoes**
- 4 sliced artichoke hearts**

Preheat the oven to medium high (420°F). Lightly toast the bread slices on a cookie sheet for a few minutes. Remove from oven. On each slice, spread a good thick layer of tapenade, then place the ham over it. Cover with the slices of cheese and decorate with pieces of sun-dried tomatoes and artichoke hearts. Grill sandwiches until warm and the cheese starts to melt.

Serve with a green salad with a good vinaigrette. This same method can be used with the following toppings, or make up your own.

Welsh Rarebit

Welsh Rarebit is an old standby in the U.K. Welsh Rarebit (pronounced rabbit) is one of those cuddly, homey dishes that are somehow cuddlier on a boat. If you like, you can make Buck Rarebit, which would involve putting a slice of ham or back bacon on the top, or turn it into a Tartine by spreading the bread with ham paste or even liver pâté before you cover it with the cheese sauce, but the “just cheese” version is the classic and is so good it needs not much else.

- 4 slices of bread**
- 2 tablespoons (30ml) butter**
- 2 tablespoons (30ml) all-purpose flour**
- 1 teaspoon (5ml) Dijon or wholegrain mustard**
- 1 teaspoon (5ml) mustard powder**
- 1- 2 teaspoon (5-10ml) Worcestershire sauce**
- ½ cup (125 ml) brown ale**
- 1 cup (225ml) Cheddar cheese, grated**

Preheat grill or broiler. In a medium saucepan over low heat, melt the butter and whisk in the flour. Cook gently, whisking constantly for 2 to 3 minutes. Whisk in mustard. Add beer, Worcestershire sauce, salt, and pepper to taste. Continue to whisk until smooth. Gradually add cheese, stirring constantly, until cheese melts and sauce is smooth. Pour cheese mixture over toast and put under hot grill until bubbling and golden brown. Serve hot. Garnish with sliced tomatoes if desired.

SJ's Tuna Salad

- one 6-ounce (170g) can good tuna in olive oil**
- mayonnaise or Miracle Whip**
- handful chopped almonds**

two stalks celery, chopped fine

small bunch chives, chopped (or handful chopped green onions)

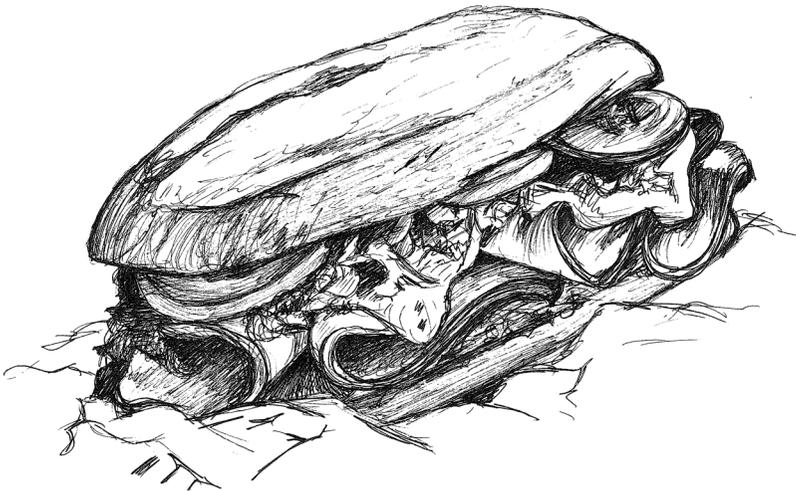
salt and pepper to taste

best bread you can find

Mix up tuna with two forks. The secret to good tuna salad is not to leave any chunks of tuna. It all has to be smooth. Add a couple of spoonfuls mayonnaise. Mix well. Then add the rest of the ingredients. Spread generously on bread.

For Tuna Melt

Place a slice of good melting cheese inside the tuna sandwich, spread the outside with butter, and toast in a heavy skillet on both sides until golden.



Pasta, Rice, and Potatoes

Pasta with Tuna

The secret to managing cuisine on a boat is to think creatively, use staples that need no refrigeration, and then, when in port, hop off the boat and buy whatever is fresh and looks great to you. This dish will certainly prove to the skeptic that it is possible to go to sea without going hungry.

Boil a pound (455g) of pasta in salted water according to package directions (angel hair only takes 3 minutes). It should be al dente. Strain and slip back into pot, reserving half a cup of the pasta water.

Open a can (or two, if you're feeling flush) of finest tuna packed in olive oil and pour the tuna with its oil over the pasta, taking care to break up the tuna with two forks or sift it through your fingers over the pot. You may add a touch more olive oil if you wish.

Remove from heat. Spoon in the reserved pasta water. Toss till heated through. Pull out the pepper mill and give a few twists over the pasta.

Eat.

No kidding. That's it. This is a deceptively simple pasta they make in Italy every day. On land. That's because it is so good.

If you have any fresh herbs, like parsley or basil, by all means chop some and throw in the cooked pasta to enhance the flavor. If you are drinking wine (white this time) that night, you can tip half a glass or so into the pasta with tuna while you are tossing. However, none of this is necessary and will not alter the fact that in this sublimely simple dish you have the comfort food of the ages . . . and you can live on it!

Pasta alla Carbonara

Here is something else to do with your bacon and eggs. It is delicious and nearly effortless. Carbonara as the Romans do it is traditionally prepared with cured, not smoked, bacon, known as pancetta. You can, by all means, make it with a good standard streaky bacon or even prosciutto, which is

not bacon at all but ham. For that matter, a nice country ham will produce a great result. As cured meats are a galley guru's secret weapon, you are bound to have something that will do nicely. Use the best you have.

I have proposed two versions. The first is fairly light, if you consider bacon and eggs light. The second is richer with the addition of cream. A cup or so of fresh (or frozen) green peas, added at the last minute, makes a lovely addition. You can be flexible with any combination of ingredients from either recipe.

As always, do not overcook the pasta, for you will be cooking it a little longer in the pan with the sauce. The eggs must be added off the heat; they will cook just enough from the heat of the pasta.

1 pound (455g) fettuccine, linguine, or spaghetti

1 pound (455g) pancetta or diced bacon or ham

2 tablespoons (30ml) olive oil

¾ cup (185ml) grated Parmesan or Romano cheese (or a mixture)

4 eggs or 6 egg yolks

pinch hot red chili flakes

salt and freshly ground black pepper

Heat a large frying pan over medium heat. Add olive oil and pancetta or bacon. Cook until pancetta browns. (If using ordinary bacon, it will render quite a bit of fat. Pour off all but 2 or 3 tablespoons of it.) Meanwhile, bring salted water to a boil. Cook the pasta according to package directions, stirring to separate, until al dente. Drain, reserving ½ cup of the cooking water. Toss the pasta with the browned bacon and heat through about a minute, adding a few tablespoons of the pasta cooking water to the pan to get a nice coating. Remove from heat. Beat eggs with the grated cheese and enough of the cooking water to make a glistening sauce. Add this to the warm pasta, tossing until fully incorporated. Divide the pasta among 4 warmed serving bowls. Season with freshly ground black pepper and grate additional cheese over the top. Serve immediately.

Carbonara II

1 pound (455 grams) fettuccine, linguine, or spaghetti
¼ cup (60ml) extra-virgin olive oil
1 yellow onion, minced
2 cloves garlic, minced
8 ounces (225g) bacon (or pancetta or prosciutto), diced
4 eggs or 6 egg yolks
½ cup (125ml) heavy cream, at room temperature
sprinkle of nutmeg
¾ cup (185ml) freshly grated Parmesan
2 tablespoons (30ml) fresh parsley, chopped
salt and pepper to taste

Heat oil in a large frying pan over medium heat. Add the onion and garlic and cook until translucent. Remove. Add the bacon or pancetta to pan. Cook until crisp. Drain all but one teaspoon of fat. Return onion to pan. At the same time, bring a large pot of salted water to a boil. Cook the pasta, stirring to separate, according to package directions until al dente. When pasta is done, drain (reserve a few tablespoons of the cooking liquid) and add with the liquid to the pan with the onion and bacon mixture. Toss pasta over medium heat until well coated. Remove. Place in serving bowl.

In a bowl or large measuring cup, whisk together the eggs and heavy cream with the sprinkle of nutmeg and fresh parsley. Add to pasta. Add the Parmesan and toss all together until well coated. Season with salt and freshly ground black pepper, to taste. Serve hot with more Parmesan.

Pasta with Sage and Browned Butter

As you putter round the fresh markets in port sometime, you may find lovely fresh sage leaves. Gather them to serve this simple dish to delight your companions. Sage isn't used much in America except with turkey or chicken, but it's treated with more affection and respect in Italy. It takes its

place as the star of this classic pasta, a miracle dish that cooks in the blink of an eye.

This sauce is nice for any wide, delicate pasta, such as tagliatelle, fettuccine, and the like. Perfect for ravioli.

¼ pound (115g) of butter

few sprinkles hot chili pepper

18–20 fresh sage leaves (with a few extra for garnish)

salt and freshly ground pepper

¼ to ½ cup (60–125ml) freshly grated Parmesan cheese

1 pound (455g) pasta

Cook pasta according to package directions. Meanwhile, cook butter in large skillet over medium heat until just beginning to brown, about 3 minutes. Add sage leaves whole, and red pepper. Continue to cook until butter turns chestnut brown, but do not allow to burn or it will become bitter. Remove from heat.

Drain pasta, reserving about half a cup of the salty cooking water. Add pasta to butter in pan and turn on heat again, tossing to heat through. Add tablespoonfuls of the pasta water to form a nice sauce. Remove from heat. Add cheese and serve with a few torn sage leaves strewn on top.

Pasta Salmon

This is one of the most delicious pasta dishes that ever had a cream sauce that isn't cream. You can, if you have the time, broil or sauté the salmon specially for this dish, but it is outstanding with the salmon from last night's dinner. In fact, that is how this dish was born. It is very rich, and the smoky-sweet salmon is complimented gorgeously by the fragrant tarragon cream sauce—which isn't a cream sauce at all, but a tofu sauce! You must use a blender for the tofu cream, though the blender needn't be electric. The only thing you really need to make this is the fresh and smoked salmon. It isn't bad with canned salmon, but opt for the real thing when you can opt.

1 pound (455g) cooked salmon filet, flaked
4 ounces (115g) smoked salmon
1 recipe tofu cream
1 bunch fresh tarragon, chopped with a handful of tarragon reserved for the topping
1-2 teaspoon (5-10ml) Marigold bouillon powder
1-2 teaspoon (5-10ml) liquid aminos seasoning (Marigold, Braggs)
¼-½ cup (60-125ml) Noilly Prat or other dry white vermouth
1 pound (455g) short pasta: fussili, rotelli, or penne or the like

Cook pasta according to package directions. Meanwhile, put the tarragon, Marigold, liquid aminos (Marigold, Braggs), and Noilly Prat into a blender with the tofu cream. Blend until the tarragon is almost but not quite emulsified into the sauce. Place sauce into a large saucepan or skillet and heat gently. Cook until flavors are well blended, about 3 minutes. Drain pasta, reserving ½ cup of cooking water. Add the pasta to the cream sauce in the pan and toss. Toss in the cooked salmon just to heat through, adding spoonfuls of pasta water to loosen the sauce. Taste for seasoning. Serve topped with smoked salmon and decorate with some tarragon.

Janssen's Temptation

*"Pray for peace and grace and spiritual food,
For wisdom and guidance, for all these are good,
But don't forget the potatoes."
—J. T. Pettee*

*It's amazing what you can do with a few potatoes and a can or two of anchovies. Janssen's (or Johnson's) Temptation is a Scandinavian baked potato casserole that is astonishingly good and easy to make. My Swedish friend Lyn serves this every Christmas Eve along with a glorious **Gløgg** (hot mulled wine) to wash it down. A mandoline is the best way to quickly and effortlessly slice the potatoes and onions. You also get even, uniform slices. Here is one temptation that Mr. Janssen found utterly irresistible. You will too. By the way, you don't exactly taste the anchovies. They stand in for*

salt, and add a buttery softness to the dish that is indescribable.

2 cans of anchovies

2 large onions, sliced thin

5 large potatoes (about 1lb/400–500g), peeled and sliced thin

1¼ (310ml) cup double cream (fresh or canned)

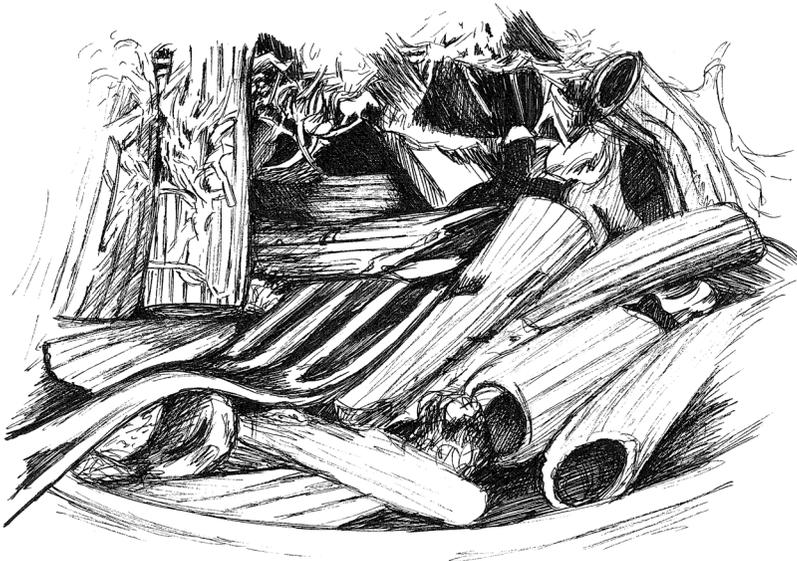
freshly ground black pepper

2–3 tablespoons (30–45ml) breadcrumbs

2 tablespoons (30ml) butter

Open the cans of anchovies and drizzle the oil from them into a pan. Add the onion and sauté gently until softened. Do not allow to take on color. Stir in the potatoes and sweat over low heat until they start to soften. Remove from the heat and stir in the cream and the anchovies. Season with black pepper. Spread the mixture in a small gratin dish, top with breadcrumbs, and dot with butter. Bake in a hot oven for 35–40 minutes, until potatoes are tender and crust is crispy and golden.

Serves 6.



Vegetable Dishes

Oven Roasted Ratatouille

If there is one place that a vegetable sheds its supporting role status and becomes a star, it is in the oven. Unlike veggies boiled atop the stove in water that leaches away their nutrients and flavors, roasted vegetables develop their sugars and concentrate their flavors deep in the privacy of the oven. From the galley point of view, it is like finding pure gold doubloons. You produce a lot of flavor from very little effort. No more prisoners below decks!

Almost any vegetable becomes rich and gorgeous this way. Vary the vegetables (and the herbs) according to what you have and what sounds good to you to eat together. The cooking time must be adjusted a bit according to how dense the vegetable and how large you cut the pieces as well as the heat of your oven, as galley ovens can vary wildly in temperature. You can do potatoes wedged or cubed this way for breakfast or any time, perhaps adding about ten minutes to the total cooking time to ensure the potatoes get that golden crust that make them irresistible. Throw in a whole head of peeled garlic (or unpeeled if you want to squeeze out the sweet flesh from its case when it's done), then toss together with the potatoes and add salt. Sinfully delicious.

You can add potatoes to the following vegetable mixture, if you cut potatoes or sweet potatoes in cubes or thin enough wedges so they will cook fairly quickly. Another way is to parboil the potatoes for about 15 minutes, or throw them in a microwave for 5 minutes, just to give them a head start against something as delicate as, say, a zucchini. Roasted carrots and roasted beets are a taste treat because both of these vegetables have a lot of natural sugars (as do parsnips), so when these get heat applied in the right way, the flavor is off-the-charts good. As always in this book, the measurements are pretty flexible. It is not about numbers here. If you roast any single vegetable with olive oil, salt, and pepper, you pretty much have the thing mastered. Add onion and garlic and you add another level of flavor and texture.

1 large onion
4 shallots, peeled
½ head of garlic, cloves separated and peeled
1 eggplant (aubergine)
2 large zucchini (courgettes)
**1 pound (about ½ kilo) medium mushrooms (crimini or portobello,
or whatever you have)**
2 red peppers
2 tomatoes
olive oil
a handful chopped thyme (you could use rosemary, oregano or all 3)
salt and freshly ground pepper
½ teaspoon (2.5ml) cinnamon

Slice onion into wedges. Cut all the vegetables into slices or wedges approximately the same size. (Roasting will cause the water from the vegetables to be released and they will get smaller and denser.) Leave mushrooms whole or slice in half if they are too big. Toss in the garlic cloves. Toss all vegetables in a large bowl with the fresh herbs and the olive oil until every vegetable is covered well with oil.

Cover a large tray with foil. Lay out all the vegetables in flat little groups. Season with salt and loads of freshly ground black pepper. Put into a medium hot oven and cook for 35–40 minutes, or until the vegetables are nicely golden at the edges, are cooked through, and have shrunk in size.

These vegetables are perfect to serve as a side dish or tucked inside an omelet, or if you prefer, cool them and serve them as a salad. Alternatively, spoon them over rice or pasta and you have a lovely vegetarian main course.

Roasted Butternut Squash

Isn't life sweet? This couldn't be simpler and is very good to serve with almost anything you can think of. You can toss the result with pasta. It makes a delightful vegetarian main dish.

1 or 2 butternut squash

4-6 tablespoons (60-90ml) butter (or olive oil)

good pinch nutmeg

salt and freshly ground pepper

Cut the squash in half lengthwise and take out the seeds. Peel the squash. Cut in cubes. Put squash into an oven dish. Toss with butter or oil and season with salt, pepper, and nutmeg. Bake in fairly hot oven, tossing in the hot fat once or twice, for 45 minutes or until cooked soft and caramelized all over.

Our Mushrooms

Mushrooms are a perfect side dish, I think, so I have given several recipes that star them. Here is a delicious way to cook them with an Oriental touch. Other than the fresh mushrooms, which are essential, this dish is made entirely from pantry ingredients. It is deceptively easy and spectacular to serve with steak or chops or chicken. I have not given measurements at all, but you can figure at least a cup of sliced raw mushrooms per person (depending on whether this is a garnish, a side dish, or the main event), since they cook down considerably.

fresh mushrooms, sliced

butter

dark sesame seed oil

oyster sauce

Kikkoman sushi and sashimi sauce, or other light soy sauce

Melt some butter in a frying pan. Then add the mushrooms. Sauté, coating the mushrooms in the butter. As the mushrooms are cooking add a few good dashes oyster sauce, sesame seed oil, and sashimi sauce. Keep turning them around the pan over medium heat. Cook until mushrooms are browned and reduced in size by about half. The juices from the mushrooms will have turned into a beautiful sauce.

Cipolle di Parma

Baked Onions with Prosciutto

Onions. Glorious, simple, elegant and ... quite overlooked. Herewith the onion, returned to former glory. When it has come down to nothing more than a few onions rolling around at the bottom of the bin, do not lose heart. Think not of the simplicity of your ingredients. Make this dish. It is fantastic. Consider it an ode to an onion.

4 large white onions, peeled

3 ounces (90g) prosciutto, finely chopped

2 cloves garlic, minced

¾ cup (75g) freshly grated best Parmesan

1 egg, beaten

½ cup (50g) dry breadcrumbs

small handful finely chopped fresh parsley (or freeze dried)

pinch of nutmeg

olive oil

salt and freshly ground pepper

½ wineglass Marsala wine or cream (Oloroso) sherry

Preheat the oven to medium hot, 350°F (180°C). Cook the onions in boiling salted water for 15 minutes. Drain and allow to cool. Cut a slice from the top of each onion and scoop out the centers with a spoon, leaving about ¼ inch of the onion intact to make little bowls.

Finely chop the scooped-out onion. Heat a frying pan and add a little olive oil, the chopped onions, and the garlic. Sauté until softened, then remove to a bowl. Toss in the bread crumbs with the prosciutto, cheese, and parsley. Moisten all with the beaten egg. Season with salt and pepper and a good pinch of nutmeg. Fill the onions with the stuffing, mounding it up on the top like a little exploding Vesuvius. Stand the onions in a small enough baking dish that they touch each other. Pour a little olive oil around to moisten the outside of the onions. Then pour the Marsala over. Bake 45 minutes, until soft and tender, basting the onions occasionally with the pan juices. Serve.

Eggs Your Way

Basic Crepes

Sweet or savory, crepes are not beyond the grasp of the Galley Guru. They are really quite foolproof with the blender method. As a matter of fact, crepes are a wonderful way to make a great deal out of a little bit of something—jam or cooked leftovers. Crepes are fun. Crepes are lovely with only a little practice. The great bonus is that they can be made ahead, stacked between sheets of wax or parchment paper, and refrigerated, even frozen. So if you haven't made them before, don't allow the evil demon crepe gods to plant fearful thoughts in your head. Toss them the first crepe or two (which never turn out perfect anyway) to shut them up.

First, you get out your nice nonstick 8- to 10-inch pan (the one you make omelets in). You whiz the ingredients briefly in a blender and then you set the batter aside for a while in a plastic jug with a lid and a pourable spout. At the moment of making the individual pancakes, all you have to manage is to stow the jug comfortably within reach as you cook each one. You should only need to coat the pan with butter once to start the crepes. After that the following pancakes should release from the pan just fine with no extra help.

4 eggs

¼ tsp (1.25ml) salt

2 cups (500ml) flour

2 cups (500ml) milk

⅓ cup (85ml) melted butter

Put all ingredients in a blender. Whiz for 60 seconds. Scrape down sides, pulse batter once more to incorporate. Refrigerate batter for at least 1 hour.

To cook crepes, heat a small nonstick pan. Add butter to coat. Swirl ¼ cup of the batter around to cover the pan evenly. Cook for 30 to 60 seconds over medium-high heat until bubbles form in the crepe and the edges turn golden brown. Flip crepe over and continue to cook about 10

seconds or just to dry the bottom of the crepe. Slide crepe out to cool. Stack crepes as they are done. After they are cooled you can store them in plastic freezer bags in the refrigerator several days or freeze them. Unfreeze thoroughly before gently peeling apart. Makes 20–30 crepes.

Some ideas for easy sweet fillings:

Plain with sugar

Jam (any kind)

Chocolate Sauce

Bananas with **chocolate sauce**

Maple syrup

Grand Marnier (Crepes Suzette)

Some ideas for easy savory fillings:

Smoked salmon and sour cream

Ham or any leftover chicken with **cheese sauce**

Any baked or sautéed mushrooms

Sliced beef with mushroom sauce (or leftover Stroganoff, or any leftover stew)

Onion Confit

Prawns (with lemon butter, with avocado, with mayonnaise, with Mornay Sauce)

Oven Roasted Ratatouille

Brandade de Morue

Fried Eggs For Lunch

Egg and bacon revisited makes a simple, sumptuous hot lunch or supper. Save this for when you find that perfect, beautiful, thin asparagus that is so delicate in texture and flavor.

4 slices pancetta (or other bacon), diced

24 stalks asparagus

8 eggs

8 ounces (225g) butter

Parmesan cheese, grated
salt and pepper to taste

Render the pancetta over medium heat until crisp and golden. Drain on a paper towel. Snap or trim off the ends of the asparagus. (If all you have is thicker asparagus, peel the skin, then slice through the stalks lengthwise to give them a flat side and make them cook quicker.) Lay flat in a pan with salted water. Bring to a boil and cook until just tender, about 5 minutes.

Meanwhile, fry the eggs to desired doneness in the butter. Drain water from asparagus. Drizzle some butter from the eggs over them and give them a toss to coat. Place the asparagus on serving plates. Top with two eggs and sprinkle Parmesan and crisp pancetta over top. Pour over any extra butter.

Serve with buttered toast.

You can also cook asparagus beautifully in the microwave. Sprinkle on a little thyme, add a bay leaf and a little water. Cover and cook two minutes on high. Drain water, remove bay leaf, add a little butter and lemon juice.

Scrambled Eggs Vaudois

For perfect scrambled eggs, you must be a little patient. The fire must be low and you must stir and stir with a gentle hand. Then again, these unique eggs, said to have been favored by the famed composer/actor Noel Coward, are more than just perfect. They have a certain panache. They are elevated to this resplendence by the stunningly simple substitution of vermouth for the usual milk or water. Then add crab or shrimp and serve on toast with a sprinkling of almonds. Not difficult. And not really time consuming. But what a dish.

6 eggs

2 tablespoons (30ml) butter

3 tablespoons (45ml) dry vermouth (Noilly Prat or Martini)

6 ounces (170g) crab, fresh or canned,

or

16–20 cooked shrimps

2 tablespoons (30ml) sliced almonds

Whisk the eggs with 3 tablespoons of vermouth. Melt butter in nonstick pan over low heat. Tip in the eggs and begin to stir with rubber spatula.

Allow eggs to cook very slowly, eventually building up into the center. As the eggs solidify, push them gently to the center of the pan. Do not overcook. Eggs should still be very runny and glossy. Add the crab meat or shrimps. Stir for just a minute. Eggs should still be fluffy.

Turn out onto plates on top of buttered toast. Top with almonds.

Migas

Migas is a Spanish word that literally means “crumbs.” If these are crumbs, let us grab every last one. Actually, the method has a lot in common with croutons. This is a peasant recipe, served all over Spain, which appears reincarnated in Mexico and South America. As with all such dishes, there are probably as many ways to prepare this as there are cooks, and in Mexico the bread is replaced by corn tortillas. The following dish (and its alternative) is the way I learned it in the south of Spain. It is a wonderful way to use up some leftover ingredients.

1 loaf day-old peasant bread

2 or 3 cloves of garlic, sliced

1 chorizo (Spanish sausage), sliced

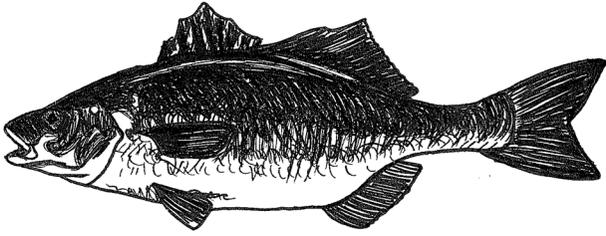
1 tablespoon (15ml) paprika (preferably Spanish smoked)

olive oil

salt

Break or cut the stale bread in squares and wrap in a damp towel, allowing bread to sit for at least 30 minutes. Sauté the garlic with the chorizo in some olive oil. Add the pimento and the bread cubes, stirring the mixture over medium heat until the bread is golden brown. Add salt to taste. Serve with eggs.

So You've Caught a Fish



“In the hands of an able cook, fish can become an inexhaustible source of perpetual delight.”

—Brillat-Savarin

Well, the first and unquestionably most succulent way to cook fish is to roast it whole. This makes pretty light work.

Once the fish has been cleaned, there's practically nothing more to it. The skin and bones add flavor during cooking; they also seal in all the juices. The flavor and texture of a whole fish cooked like this is perfection. With little more than some salt and pepper and perhaps a drizzle of olive oil you have the beginnings of a maritime banquet. The only difficulty with this recipe will be if you have caught a fish that will not fit into your pan or small oven.

On the other hand, there might be a more compelling reason to resist. Once, drifting in the translucent sapphire waters of the Bahamas, a friend and I snagged a barracuda while trolling the line. Oh, it was a handsome specimen, sleek, long, and exceptionally toothy. This fellow swam uncomfortably close to our little boat and stared at me, fixing me with his fishy eye. Perhaps he suspected I was wondering how to prepare him.

My reverie was abruptly cut short by my companion. “Poisonous,” he pointed out. “They feed on the fishes that swim here, who get ciguatera poisoning from the coral reefs—at least, some of them do. You don't want to get fish poisoning,” he added after a few beats.

I didn't. Further study has informed me that there is no way to know if your particular prize barracuda is poisonous, unfortunately. Other than asking him. Which probably explains why there are so few barracuda recipes to be found in the cookery section of the Sunday papers.

Fennel Crusted Tuna with Avocado Mango Salsa

Oh, the good life! The balmy days and nights when you can cook and dine on deck. This crunchy, succulent fish is great on the barbecue, but you can do it very well below decks in a pan with a little butter or oil if the mood strikes you.

- 4 thick tuna steaks**
- 4 teaspoons (20ml) fennel seeds**
- 2 teaspoons (10ml) cumin seeds**
- 2 teaspoons (10ml) coriander seeds**
- 1 teaspoon (5ml) ground ginger**
- ½ teaspoon (2.5ml) ground nutmeg**
- 1 teaspoon (5ml) salt**
- 1 teaspoon (5ml) black pepper**

Preheat the grill or barbecue. Roughly grind the whole spices in a mortar and pestle or small grinder or crush with a heavy pan. Mix all spices on a plate or on a flexible cutting board and spread them out. Dip each tuna steak into the spice mixture to coat thoroughly on each side. Cook on hot grill about 3 minutes on each side for medium-rare tuna. Serve with **Avocado Mango Salsa (see below)**.

Substitute any firm-fleshed fish for this, such as swordfish or mahi mahi.

Avocado Mango Salsa

This pretty salsa is fruity and smooth and very refreshing.

- 1 ripe avocado, peeled and diced**
- 1 ripe mango, diced**
- 3 spring onions, chopped**
- handful fresh coriander, chopped**
- juice of 1 lime with zest**

Combine all ingredients. Spoon a large dollop alongside grilled fish.

Steamed Clams

A bucket of steamers never goes amiss. Here are two ways to do it.

4 dozen cherrystone or other steamer clams
handful fresh parsley, chopped
1 onion, chopped fine
3 cloves garlic, chopped
1 bottle dry white wine
4 ounces (115g) butter
pinch of Marigold bouillon powder
red or black pepper

Wash the clams thoroughly. Heat butter in a large saucepan over medium heat and cook garlic and onion gently until translucent. Add the wine and the parsley and cook for 3 minutes. Add the clams and cover the pan for 5 to 10 minutes until the clams open. Discard any clams that do not open, and remove clams to serving bowls. Boil sauce for a minute. Taste for seasoning. Add a pinch of Marigold in place of salt and red or black pepper. Pour sauce over clams. Sprinkle with fresh parsley and serve hot with French bread.

Moules Marinere ... Mariners Mussels

This is the most classic French or Belgian mussel dish. The Belgians, who are famous for their "french fries," always serve them to accompany their mussels, which dish they call Moules Frites. You can make up a big batch of rosemary roast potatoes to have with these. You can use green onion or leeks instead of or in addition to the shallot.

4½ pounds (2kg) fresh washed (and de-bearded) black mussels
2 cups light, dry white wine or 1 cup dry white vermouth
2 tablespoons (30ml) olive oil
3 minced shallots or 1 small onion, chopped
2 cloves of garlic, finely sliced
1 bay leaf

1 tablespoon (30ml) fresh thyme or pinch dried thyme
1 teaspoon (15ml) Marigold bouillon powder
(see * p. 19 if substituting)
freshly ground pepper, to taste
6 tablespoons butter
handful fresh parsley, chopped

Rinse the mussels under cold running water. Discard any mussels with broken shells or mussels that will not close. Heat olive oil and 4 tablespoons butter in a large pot over medium heat. Add the shallots, garlic, fresh or powdered thyme, and bay leaf. Cook about 5 minutes. Add the mussels to the pot and give them a good toss. Pour in the white wine. Bring to a boil. Cover and steam over medium-high heat for 5–6 minutes, stirring occasionally, until all the mussels open. Discard any mussels that do not open. Season with Marigold and pepper. Toss in the remaining 2 tablespoons of butter. Sprinkle with the parsley and serve immediately in big bowls with the wine sauce. Serve with plenty of crusty bread.

Tequila Shrimp

These shrimp are a favorite any time. They couldn't be more simple. The tequila makes them delectable.

24 jumbo shrimp, peeled
½ cup (125ml) tequila
juice of 1 lime
a few sprinkles of cayenne pepper
pinch of salt
butter for sautéing

Season the shrimp with salt and cayenne pepper to taste. Marinate in the tequila and juice of a lime for a half hour. Melt some butter in a large frying pan. Add the shrimp and cook for a minute or two on each side, until the shrimp turn a nice bright pink color. These shrimp do not take long to cook. Be careful not to overdo them or they will become rubbery. Serve with plain rice or any rice pilaf.

Stuffed Lobster

This is a splendid lobster dish. So good and so very pretty. A green salad and baked potato makes it a feast! I have apportioned half a lobster per person, but those with heartier appetites may want more.

If you have live lobsters, cook them according to approved method. Then split and clean them. Julia Child said that cooking lobsters was not for the squeamish or faint hearted. Julia, of course, was neither—as many chefs are not. (I refer you to the Alice B. Toklas Cookbook chapter “Murder in the Kitchen”.)

On the other hand, if you have the option to buy lobsters already cooked, cleaned, and split, this would solve the problem.

- 2 large lobsters, split in half**
- 4 ounces (50g) finely chopped fresh parsley**
- 4 ounces (50g) seasoned bread crumbs**
- 2 tablespoons (25g) melted butter**
- 2 tablespoons good quality cognac**
- juice of half a lemon**

Let the lobsters cool. Cut the flesh away from the shell and cut these halves in half again to make them easier to eat. Replace the flesh in the shells. Lay the split lobsters on a baking tray.

Mix the melted butter, lemon juice and cognac into the bread crumb and parsley, making a bright green, crumbly stuffing. Firmly press into the lobsters’ cavities, and slightly overlap the edge of the meat. Dot the remaining meat with extra butter.

Squeeze on some more lemon and pop under the broiler for 5 to 7 minutes. The lobsters are beautiful in their bright red shells with green stuffing. Serve with a lemon wedge and lobster picks, if available.

Mainly Chicken

Parmesan Chicken Two Ways

*This is a wonderful crispy pan-fried chicken breast, kind of a schnitzel. You only need the two chicken breasts to serve four. You need a bit of calm weather to manage the breading technique, but it is otherwise simple. As with most of these recipes, the measures needn't be precise at all. You can make your own breadcrumbs by putting stale bread into your food processor and giving it a good whiz. Serve sprinkled with **Persillade**, or top with **Salsa Verde**.*

2 whole chicken breasts

flour to dust

1 cup (250ml) panko or other large crumb breadcrumbs

½ cup (85ml) Parmesan cheese, grated

1 egg

salt and pepper to taste

4 tablespoons (60ml) butter

½ cup (125ml) pine nuts, lightly toasted in a pan

Beat the egg in a soup plate or other flat bowl. Season with salt and pepper. Set out another bowl with the breadcrumbs and the Parmesan cheese mixed together. Place the chicken breasts on a large cutting board (flexible is best). Butterfly the chicken by holding your hand on the top of the breast and slicing evenly through the entire breast. Then cut in two, so that you have four cutlets. Salt and pepper the cutlets. Dust with flour to coat lightly but evenly on both sides. Dip the cutlets first into the beaten egg. Let the excess run off and then dip them in the crumbs to coat well.

Melt the butter over medium heat in a large frying pan. When it is foaming, add the chicken pieces. Cook until golden brown on one side, about 3–4 minutes. Flip the cutlets over. Turn down heat slightly and continue to cook them until they are just cooked, 2–3 minutes. Do not

overcook the chicken. It will continue to cook in the pan even after the fire is turned off. Sprinkle with **Persillade** or serve with a generous drizzle of **Salsa Verde** over the chicken. Top with a few toasted nuts.

Persillade (*Pear-see-yade*) takes its name from persil, which is French for parsley. It is a simple mixture of parsley chopped finely with a lot of chopped garlic. It packs a punch, enhances many dishes—meats, fish, chicken—and can be thrown on a plain chop or piece of fish at the end of cooking to lift it out of the ordinary.

You can vary it by adding to or substituting other herbs such as basil or tarragon for the parsley. Mixed with an equal amount of dried or fresh breadcrumbs, persillade makes a superb crust for roasted lamb or chops. If you add lemon and/or orange zest to your persillade you get gremolata, a traditional Italian garnish for osso bucco (braised beef or lamb shanks) that is stirred into the sauce during the last few minutes of cooking.

I have also included a recipe for salsa verde that includes anchovy and is done in melted butter and poured over grilled or breaded fish or chicken as a sauce. Salsa verde works as a sort of deconstructed pesto sauce: you simply toss a few pine or other nuts over the sauce to serve.

Chicken Marco Polo

I adapted this from one of my mother's recipes. She does a great deal of entertaining and has a busy life, so she comes up with many lovely and effortless meals. You will enjoy an aromatic Asian fusion sort of poached chicken with no clean-up.

- 4 skinless chicken breasts**
- 4 slices of prosciutto (cured ham)**
- 4 tablespoons (60ml) soy sauce**
- 24 stalks tender, thin asparagus**
- 2 large red bell peppers, sliced into thin strips**
- glass of dry vermouth**
- poultry seasoning, to taste**
- 1 teaspoon (5ml) shredded ginger or pinch of dried ginger**
- 4 cloves garlic, minced**

¼ cup (60ml) olive oil
1 teaspoon (5ml) Marigold bouillon powder
freshly ground pepper

Preheat the oven to medium hot. In a small pan, sauté the garlic with the ginger in the oil for a few minutes. Season the chicken breasts well with poultry seasoning, Marigold, and pepper. Rub with soy sauce. Snap off or cut off the asparagus stems. Place a bed of asparagus on the middle of an individually prepared parchment paper or aluminum foil. Layer the prosciutto next, then the chicken breasts over. Pour over the olive oil, along with the sautéed garlic and ginger. Cover with thin strips of red pepper. Dust again with Marigold (be careful, prosciutto is salty) and freshly ground pepper. Sprinkle over a nice amount of vermouth for each packet. Tightly seal each papillote and place it on a baking sheet.

Bake in a hot oven for 25–30 minutes or until pouch is puffed and brown.

Beer Can Chicken

He looks quite handsome there, impaled (sorry) upon the beer can, but not half as handsome as he tastes as the malty liquid slowly and steadily infuses this fellow with flavor. For the most tender, succulent roast chicken, try it this way on the barbecue. It is awfully easy, and quite good fun. Beer has a special affinity with chicken (as it does with people), so it doesn't take much imagination to see why this has become a near classic recipe amongst barbecue aficionados.

You open a can of beer (making sure to drink some), enhance the remains with a sprinkling of well chosen seasonings, and slide the open cavity of a chicken—or his rear end, to be quite graphic—over the can of beer. (This recipe is not for the squeamish). You then set the thus vertical bird onto a metal pie plate, splaying out his legs and sort of wedging them against the plate's sides like a tripod, so that he can stand upright without tipping over. You put the whole thing right onto the grill. The beer can acts as a self-basting tool as well as a stand for your plump little bird. The flesh turns out unusually moist and the skin becomes excellently browned and exceptionally crispy this way. The pie plate catches all the

juices, thereby saving them to pour over the cooked chicken instead of letting them run off and be lost in the coals. Barbecue is a fine way to cook on board with everybody up on deck lolling about under the shade of the bimini, appetites sharp, sipping sundowners while the balmy breezes blow. Pretty hard to beat this, you might think, as you watch another perfect sun settle into the silent embrace of the sea.

1 large whole roasting chicken, about 5 pounds

olive oil

3 tablespoons (45ml) dry spice rub

1 12-oz can of beer at room temperature

Remove the neck and giblets from chicken. Rinse inside and out and pat dry. Rub oil all over the chicken skin. Next, smear 2 tablespoons of the dry rub all over the chicken.

Open the beer. Pour out (heaven forefend; drink it!) about $\frac{1}{4}$ cup and make a couple of extra holes in the top of the can with a can opener. Put the remaining dry rub right into the can. Settle the chicken down on top of the can and then stand it on a metal pie plate. Put this in the center of the grill over indirect medium heat. Cover the grill and cook the chicken for $1\frac{1}{4}$ hours or until the temperature in the breast area comes to 165°. No need to baste, the basting is done for you by the beer. When cooked, remove chicken from grill and let rest for 10 minutes before carving. Do not skip this step, because letting meat rest after cooking causes it to reabsorb its juices.

Serve chicken with **Grilled Corn on the Cob, Rosemary Roast Potatoes, Pan con Tomate.**

Baked Sausages in Cider Cream

*Simplicity is often best in a galley. Sausages and cider are old mates. If you have **Onion Confit** already made, this dish is a snap to assemble. It's a fine comfort-food kind of meal.*

1 cup (250ml) onion confit

2 apples, peeled and sliced

12 sausages
pinch allspice
1 tablespoon (15ml) fresh thyme, chopped
1 bottle dry cider
1 teaspoon (5ml) Dijon mustard
½ cup (125ml) cream

Put sausages in a roasting pan. Pour over the cider and throw in the onions and apples, pinch of allspice, and a tablespoon of chopped thyme. Cook in a medium hot oven until sausages are done, about 30 minutes. Remove pan from oven, stir in cream and mustard. Return to oven and cook until nice and bubbly, about 10 minutes. Serve with mashed potatoes, spooning some of the sauce over the mash.

Peking Duck (Deconstructed)

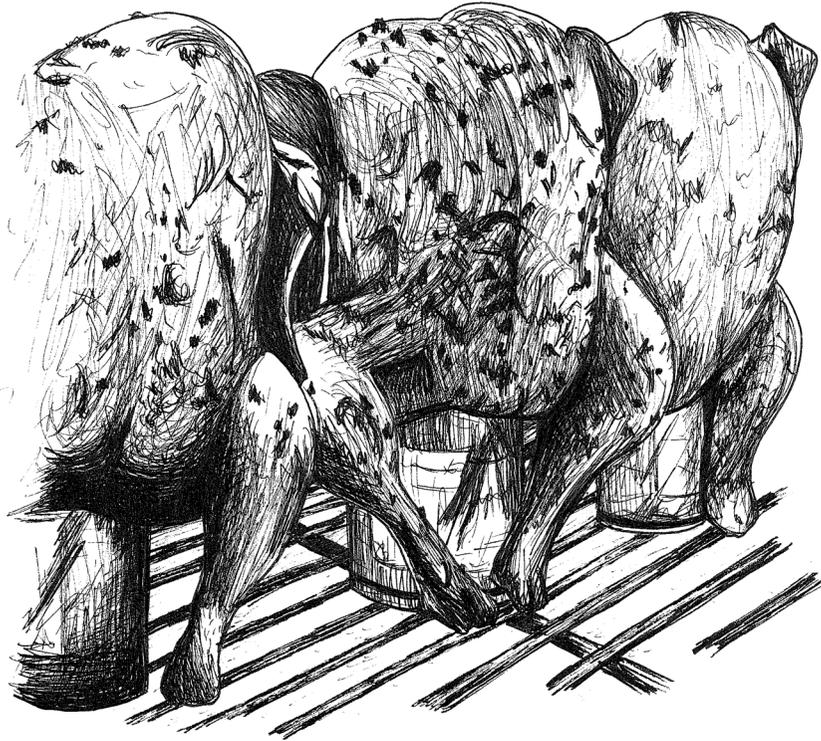
This is my sophisticated version of that wonderful crispy duck served with Chinese pancakes in restaurants. The duck here is tender duck breast and it is cooked medium rare like a steak. The elements remain the same but this is pure and elegant and, oh yeah, easy.

4 plump duck breasts
2 cups Hoisin sauce
1 tablespoon toasted sesame oil
1 teaspoon Tamari or other good soy sauce
4 cloves chopped garlic
2 teaspoons plus a pinch 5-spice powder
pinch cayenne pepper
1 glass white wine or sherry
salt and freshly ground pepper
1 large cucumber, peeled, seeded and sliced into matchstick strips
1 bunch scallions (green onion)

Cut scallions into pieces about 2 inches long. Using a sharp knife, cut about a ½-inch cross in each end of the onion piece. (Slice through once, then give it a quarter turn and slice again. This will make decorative little onion flowers or brushes.) Place into a bowl of ice water while you prepare the rest of the dish.

Place duck breasts fat side up. To allow fat to melt faster, score the fat right down to the flesh but no further. Season all over with the five spice powder and salt and pepper. Place duck breasts in a large, cold skillet skin side down. Turn heat to medium and cook without moving them in the pan until skin is seared, brown, and crispy and fat is in the pan, not the duck (about 7 minutes, depending on how much fat you need to render). Turn the duck breasts over and cook to medium rare, another 4–5 minutes on the flesh side. Remove from heat. Keep duck warm.

To make sauce, place sesame oil and garlic in a saucepan and heat, low, for about a minute. Add wine, Hoisin, and Tamari. Season with a pinch of five spice powder and the cayenne. Continue to cook about 10 minutes over low heat, until reduced to 2 cups. When ready to serve, place each duck breast on a plate with the Hoisin reduction all around. Garnish with cucumber and green onions. Serve with a simple rice pilaf.



Desserts to Live For

Strawberries Nimmo

A bowlful of fresh, ripe, sweet strawberries. What else could you possibly need? What more wonderful, elegant way could there be to finish a delightful repast? Well, this one. Don't be put off by the idea of eating pepper on your strawberries. Italians do it all the time, with good reason. It is the Sambucca here that is the kicker! I inherited this recipe from a good friend and fellow traveler of impeccable taste who taught me that very often the loveliest things are the simplest. In this case that is emphatically so. Perfection!

1 pound (455g) fresh strawberries

Sambucca

black pepper

Cut the strawberries into halves or quarters, depending on the size. Toss strawberries with two or three good slugs of the Sambucca. Finish with a few twists of freshly ground black pepper. Serve.

Note: If you want to be thoroughly decadent, make up some whipped cream in a bowl to dip the strawberries into like a fondue.

Bananas au Rum

For the banana lover, the rum lover, or anyone in need of a quick and easy dessert. You will be in heaven.

8 bananas

4–6 tablespoons (60–90ml) brown sugar

4 tablespoons (60ml) butter

1 teaspoon (5ml) cinnamon

½ wineglass good golden rum

Peel the bananas and slice them in half lengthwise. Place them in a shallow baking dish. Sprinkle with sugar and cinnamon, and dot with the butter. Make a second layer of bananas, covering this too with sugar, cinnamon, and butter. Cover with foil and bake in a medium hot oven for 15 minutes. Remove from oven. Pour the rum over the bananas. Return to oven for 5 minutes, uncovered. Serve hot.

Note: This is also awfully good with Cachaça, the Brazilian liqueur.

“Not Guilty” Chocolate Tofu Pie

A little refrigerator time is all this sinless chocolate pie has to serve. Just until it is very cold.

- 1 pound (455g) good dark Belgian chocolate, chopped finely, or chocolate chips**
- 1 package silken firm tofu**
- 1 teaspoons (5ml) vanilla extract**
- 4 tablespoons (60ml) coffee liqueur or strong coffee**
- 2 tablespoons (30ml) honey**
- prepared chocolate cookie crust or graham cracker crust**

Melt the chocolate with the honey in the coffee in a small bowl over a saucepan with simmering water over very low heat. Stir in vanilla. Blend tofu in a food processor or in a bowl with an immersion blender. Add melted chocolate. Liquefy until smooth. Pour the filling into the crust and refrigerate several hours.

If you haven't got those prepared crusts that come in pie shells already, not to worry. All you need is a box or two of your favorite cookies or crackers and some melted butter. See recipe for **Crumb Crust**, below.

Crumb Crust

- 1½ cups (375ml) graham crackers, chocolate cookies or ginger snaps**
- 6 tablespoons (90ml) melted butter**

Crumble graham crackers, chocolate cookies, or ginger snaps until fine. Stir in melted butter. Pat the crumbs into a pie pan. Bake in a medium oven for about 15 minutes. Allow to cool before filling.

Uncle Neil's Cookies

This recipe makes the most amazing, delectable oatmeal coconut cookies in the universe! I wasn't going to put these delights in this book because I thought there might be some difficulty at sea. What was I thinking? Everybody has their SilPat ready, don't they? So that won't be a problem, now, will it? I learned early on in my cookie career to double this recipe. After your first batch you will likely do the same. Kind of hard to keep these in the tin.

1 cup flour

1 cup oatmeal

1 cup coconut (from a packet, unsweetened is best)

1 cup butter, at room temperature

2 teaspoons vanilla extract

1 cup brown sugar

½ teaspoon baking powder

1 egg

Preheat oven to medium (350°). With a hand mixer, cream the butter and brown sugar together until light and fluffy. Add the egg and vanilla extract. Continue to beat until incorporated.

Mix the baking powder with the flour. Stir into the liquid mixture. Add the cup of oatmeal. Stir in the coconut.

Grease a cookie sheet or place a SilPat on it. (SilPat is recommended). Use an ice cream scoop to drop balls of dough on the mat about an inch apart. With a moistened hand flatten the top of each cookie slightly. Bake 15 minutes.

Makes 20–24 cookies.



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