

800 Everyday Recipes and
Essential Tips for Cooking Aboard

THE
boat
galley
COOKBOOK



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the boat galley cookbook sampler

Hi. We put together this sampler to provide you a sneak peak into *The Boat Galley Cookbook*. While we're at it, we'd like you to try out some of our 800+ recipes.

It was tough to select what to include—and even tougher to decide what to leave out. You see, we had room for less than 5% of the 800+ recipes . . . and almost none of the “essential galley information” contained in nine other chapters. We think all of it is important and interesting.

We wanted to provide information that you could use right now, that would show our everyday style of cooking from scratch with lots of variations and substitutions. And yes, we want you to say “WOW! I've got to get the rest of the book.”

We finally decided to include the following:

- Preface—how *The Boat Galley Cookbook* came to be
- One section from the chapter “Equipping a Galley”—Solving Oven Hot Spots
- Selected recipes from 9 of the 19 recipe chapters, some with lots of substitutions, some with multiple ways to cook (stove top, oven and/or grill), some with unfamiliar techniques that we walk through step by step. In short, we wanted to give you recipes that would show how *The Boat Galley Cookbook* is different from other cookbooks—even cruising cookbooks.
- But with the sampler's limited space, it's hard to show just how comprehensive *The Boat Galley Cookbook* is. Instead of a page or two of substitutions, the book includes 15 pages containing over

150. Not just one cake recipe, but 15. And so on. Finally, we decided to just include the Table of Contents to give you an idea of the topics covered.

We hope you enjoy this sampler. You can get a copy of *The Boat Galley Cookbook*—448 pages with over 800 boat-friendly recipes—in print or any of several electronic formats (electronic versions will be available when the print version begins shipping in October 2012).

[Amazon.com](#) • [Barnes & Noble](#) • [Amazon Canada](#)
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preface

No matter what anyone tells you, boat cooking *is* different from cooking ashore. The space is smaller, there's no grocery store five minutes away, you have fewer prepared foods and electric appliances and food storage is much different.

Over the years we've learned this the hard way. Decades ago, we were two couples living in different states, spending summers racing small one-design sailboats against each other. Then we decided to take a wild jaunt to Strictly Sail Chicago. When the weekend was over, we'd signed up for a "big boat" charter together in the British Virgin Islands.

Stepping aboard the charter sailboat, we wondered what we'd gotten ourselves into. Were we nuts? As the wind filled the sails, the rumbling diesel was silenced and we were left with the mesmerizing sounds of crystal blue water sluicing past the hull. All four of us were grinning from ear to ear.

At anchor that night, we got our first lesson in galley management. It is *not* a good idea to dump all the food into the refrigerator, pour twenty pounds of ice over it, and then run the engine-driven refrigeration for an hour. Everything froze into a solid block of ice, and we spent an hour chopping our "first night celebration steaks" out of the mess.

The rest of the week was magical—sailing, snorkeling, hiking, and even making some pretty good meals. All of us knew that someday we'd go cruising again. And we did, first chartering and then each buying our own boat a few years later.

Fast forward to now, with 20,000+ miles of cruising between us. Jan and her husband, David, were aboard *Winterlude* in the western Caribbean to Cartagena and the San Blas islands, and Carolyn and her husband, Dave, were aboard *Que Tal* in the Sea of Cortez

and south to El Salvador. Despite cruising different oceans, we had both faced the same challenge: eating well while having time to enjoy all the other great aspects of cruising—snorkeling, swimming, kayaking, exploring—or just sitting and admiring the view.

We learned with the cookbooks we both had aboard, and wished for information we didn't have—such as the time when Jan ended up with a frozen chicken complete with head and feet and no instructions on how to cut it up. Bit by bit, we filled in the gaps.

When we couldn't get foods such as sour cream, English muffins, spaghetti sauce, or yogurt, we adapted recipes to make our own. We experimented with substituting ingredients. Maybe the result wasn't identical, but it was still tasty. We learned easier ways to make things by hand, without electrical appliances. We tried various methods for storing foods and learned from our failures. When the tropical heat got to us, we developed strategies that not only reduced the heat in the boat but also conserved propane. We asked the local fishermen how to prepare the seafood. Most of all, we had fun.

As we traded recipes and knowledge with each other and cruisers we met, we realized that the information we were compiling would be useful to others. *The Boat Galley Cookbook* is designed to help you every step of the way. We hope it becomes a trusted reference on your boat and a source of many enjoyable meals.

Fair winds and following seas,





EQUIPPING A GALLEY

Equipping a galley is different from setting up a home kitchen. There's a lot less space. You won't have as much—if any—electricity. You'll have to conserve water. It's a moving platform. You may be doing a lot more cooking from scratch, and there may be fewer options for buying new gear.

We'll assume you're not designing your boat from the keel up or doing a major refit. As we both did, you're probably going to use your galley with the fixed items—the overall layout, the stove/oven, and the cooler/refrigerator/freezer—more or less unchanged. Instead, we'll focus on choosing other galley gear and in using the stove/oven and the cooler/refrigerator/freezer. Specifically, this chapter covers:

- General things to think about when buying galley equipment
- Safety considerations
- Ways to get by with less gear
- Tips on specific items, based on our experience and preferences
- Ways to get the most out of your stove/oven and cooler/refrigerator/freezer and solving common problems with each

And now, a sample section from this chapter . . .

TROUBLESHOOTING OVEN HOT SPOTS

A common complaint about boat ovens (typically older ones) is that they have uneven heat, or hot spots that cause some areas to burn while other areas are undercooked. Generally, this is due to one (or both) of two reasons: a small heat shield over the flame in the bottom of the oven and/or the short distance from the flame to the rack where the pan is, both of which cause the heat to be concentrated in the center of the oven.

There are three “nothing-to-buy” solutions to try, but they generally provide only a partial solution:

- Move the rack your pan will sit on as high as possible in the oven.
- Turn the pan 180 degrees halfway through the baking process. If it's a small pan, put it first on the left side of the oven, then on the right.
- If you have a cookie sheet, put it under the pan or on the lower rack. This will help to diffuse the heat, but it does not do as good a job as a baking stone.

The best solution is to use a baking stone, also known as a pizza stone. These will also retain heat in the oven when you open the door, which can also be a problem with the small size of most boat ovens.

Baking stones are available at most kitchen stores and online through Amazon and other places. (If you can't find a stone where you are, see below for using unglazed tile.) Despite being called a “stone,” they are actually a ceramic. The best ones for boats are rectangular and about 1" smaller all around than your oven,



Without a baking stone, the cookies in the center would have been burnt and the ones on the ends still raw.

so air can move in the oven. If you can't find a stone that's the perfect size, buy one slightly too large and take it to any ceramic tile store or installer and have it cut to size. (Unless you have a tile saw, it's hard to do it yourself.) Otherwise, get the largest stone that will fit in your oven.

The stones come in various thicknesses, from about $\frac{1}{4}$ inch to almost 2 inches. The thinner ones have more of a problem with breaking but are faster to heat. In general, one at least $\frac{1}{2}$ inch thick seems to be the best for boat use, but they can be hard to find; most are thinner.

To stow the stone, just leave it in the oven! If it is slightly smaller than the oven and slides with the movement in the boat, use binder clips as discussed in the section on pot restraints, above, to keep it in place.

Put the stone in the oven before you light it (or immediately after if you have to light it manually and can't get to the burner with the stone in the oven). If you have two racks, put the stone on the lower one. Otherwise, put the rack low enough that your pan will fit in the oven on top of the stone, with at least 1 inch (preferably 2 inches) of airspace on top. Bake when the oven comes up to temperature.

Just place your pan directly on the stone. *Never* place a cold item (from the refrigerator or freezer)



Small binder clips will keep the baking stone from sliding—wrap a little aluminum foil around the wire if needed to keep the clip on.

onto the hot stone; it will crack. Equally, never let liquids drip on a hot stone.

Cleaning the stone: The stone needs little care. Unless you spill something on it, you don't need to clean the stone. It will turn a little darker over time, but that's no reason to clean it. If you do spill something on it, wait until the stone is cold, then scrape off what you can with a plastic scraper (don't use metal). A spatula for nonstick pans or a plastic putty knife works well. Then soak the stone in water if what's left won't just bake off. Don't use soap! Soap will permeate the stone and be impossible to rinse out. The stone must be totally dry before using again or it's likely to crack.

If you can't get a baking stone, you can create the same effect by using unglazed ceramic tiles (the key being *unglazed*). They can be cheaper but also thinner and easier to break or crack and don't hold heat as well. Unless they are quite large, they can also shift with the movement of the boat. However, they are definitely better than nothing. Sometimes you can get a large, heavy sheet of aluminum or stainless that you can use. Metal can still have some hot spots, but it will help.



BREAKFAST AND BRUNCH

Think of breakfast and most Americans think of boxed cereal, eggs and bacon, bagels or English muffins, and maybe yogurt. In this chapter, we've included a number of ways to make your own breakfast dishes as well as alternatives.

Brunch is often a fun time for entertaining, so we've included many recipes that are boat-friendly. Most don't require things like refrigerated rolls or overnight refrigeration of a big pan. Instead, they can be made quickly and easily from ingredients that you can find almost anywhere.

Here's three of the 47 recipes in this chapter:

Egg Casserole for Two Serves 2

Total Time: 25 minutes

Prep Time: 5 minutes **Bake Time:** 20 minutes

cooking spray

3 eggs

3 tablespoons milk or water

2 slices bread, cut into 1-inch cubes

1 green onion, with top, thinly sliced, OR 1 slice onion, diced

$\frac{1}{3}$ cup shredded cheddar cheese or other cheese that melts

$\frac{1}{3}$ cup chopped ham OR 2 slices cooked bacon, crumbled

1. Preheat oven to 350°F.
2. Coat a small baking dish (a small loaf pan also works well) with cooking spray.

3. Beat the eggs in a large bowl. Add all the other ingredients and mix well. Pour the egg mixture into the prepared baking dish. Bake for 20 to 25 minutes, or until the egg mixture is cooked through.

Variation: Use any combination of the add-ins listed for Scrambled Eggs “With Stuff” (see this recipe in the full cookbook).

English Muffin Bread Makes 1 loaf

This bread is much easier to make than true English muffins and tastes every bit as good.

Total Time: 1½ hours (depends on temperature and rising time, estimated at 45 minutes)

Prep Time: 10 minutes **Bake Time:** 35 minutes

1 cup milk or water

$\frac{1}{2}$ cup water

2½ teaspoons yeast* (1 packet)

1½ teaspoons sugar

1 teaspoon salt

1 teaspoon baking powder

2½ cups white flour (or up to half whole wheat flour)

cooking spray

cornmeal

**The yeast must be fresh to achieve the big holes typical of English muffins.*

1. If the temperature in the boat is cool, warm the milk and water to 110°F.
2. In a large bowl combine the yeast, sugar, salt, baking powder, and about half the flour. Add the warmed milk and water and stir until thoroughly mixed. Add the remaining flour and stir it in. *Do not knead the dough.*
3. Coat a loaf pan with cooking spray. Sprinkle a little cornmeal in the bottom of the pan.
4. Transfer the dough to the pan. Cover and place in a warm spot to rise until doubled. Time will vary considerably, but will take about 45 minutes if the temperature is around 70°F.
5. When the dough is almost fully risen, preheat oven to 375°F.
6. When the dough is fully risen, bake the loaf for 35 minutes, or until golden.
7. Let cool for at least a few minutes before cutting. Serve warm or toasted.

Pancakes

For 2 or 3 servings

Total Time: 15 minutes (depending on pan size)

1 cup flour

2½ teaspoons baking powder

¾ teaspoon salt

2 teaspoons sugar

1 egg plus enough milk to total 1 cup (this will be about ¾ cup milk)

2 tablespoons canola oil or vegetable oil, or butter or margarine, melted

For 4 or 5 servings

1½ cups flour

3½ teaspoons baking powder

1 teaspoon salt

1 tablespoon sugar

1 egg

1¼ cups milk

3 tablespoons canola oil or vegetable oil, or butter or margarine, melted

1. In a medium bowl combine the flour, baking powder, salt, and sugar; mix well. Add the egg, milk, and oil; quickly mix until smooth.
2. Heat a lightly oiled skillet or griddle over medium-

high heat until a drop of water sizzles. Pour the batter into the pan: ¼ cup batter makes a typical 4-inch pancake; a little over 1 tablespoon batter makes a “silver dollar pancake.” The number of pancakes you can cook at once will depend on the size of the pan. Don’t press down on the pancake as it cooks.

3. The first side is done when bubbles on the top are just starting to break. Gently turn over each pancake with a spatula (forget those wild flips in the air) and cook about 30 seconds more on the second side. Both sides should be golden, with no raw dough in the center. Serve hot.

If you don’t have syrup available, try:

- Honey
- Jam or jelly warmed until just pourable
- Butter and cinnamon sugar
- Fresh fruit topping (with a dollop of yogurt if desired)
- Chopped nuts, butter, and sugar
- Applesauce
- Peanut butter or Nutella
- Cream cheese



APPETIZERS AND SNACKS

Appetizers are an essential part of cruising, whether you're socializing or relaxing. We're active enough that we want a snack in the late afternoon. It's a chance to relax, sit in the cockpit, and enjoy the beauty of an anchorage. Here, we've put together over seventy-five appetizer and snack recipes, from very simple appetizers to those suitable for major celebrations, and several bar-type snacks that you can take on hikes.

It was tough, but we narrowed it down to six for this sampler.

Black Bean and Corn Salsa

Serves 8 to 10

Total Time: 5 minutes

- 2 cans (16 ounces each) black beans, drained and rinsed
- 2 cans (16 ounces each) corn, drained
- 2 cups salsa*
- ¼ teaspoon ground cumin
- 1 tablespoon lime juice, lemon juice, or *limón* juice
- 4 tablespoons chopped cilantro, or to taste (optional)

**You can substitute 2 tomatoes, ¼ green bell pepper, and 1 chile pepper (to taste), all finely chopped, and ¼ cup finely chopped onion.*

Mix all the ingredients together. If a spicier dip is desired, add more cumin and some cayenne pepper or chili powder. Or finely chop part of a chile pepper and add it. Serve the salsa with tortilla chips or crackers.

No-Bake No-Refrigerator Granola Bars

Makes 24 bars

Total Time: 40 minutes, including 30 minutes to cool

Prep Time: 10 minutes

- 2½ cups crispy rice cereal (Rice Krispies or similar)
- 2 cups oats (old-fashioned or instant)
- ½ cup raisins or other chopped moist dried fruit
- ½ cup packed brown sugar or white sugar
- ½ cup corn syrup
- ½ cup peanut butter
- 1 teaspoon vanilla extract

1. Combine the rice cereal, oats, and raisins in a large bowl and set aside.
2. In a small saucepan combine the brown sugar and corn syrup. Bring to a boil over high heat, stirring constantly. Remove from the heat and stir in the peanut butter and vanilla. Pour over the cereal mixture and combine well.
3. Press the granola into an ungreased 9"×13" pan. Allow to cool to room temperature (about 30 minutes), then cut into 24 bars. Store in an airtight container or seal in a plastic bag.

Reuben Dip

Serves 6 to 8

Great with green beer for a St. Patrick's Day party. But you don't have to save it for just once a year. If you like Reuben sandwiches (one of my favorites), you'll love this dip.

Total Time: 20 minutes

Prep Time: 10 minutes

Bake Time: 10 minutes

- ⅔ cup shredded Swiss cheese or other meltable cheese

- 1 can (12 ounces) corned beef
- $\frac{3}{4}$ cup sauerkraut, well drained
- $\frac{3}{4}$ cup mayonnaise or Miracle Whip
- $\frac{1}{3}$ cup Thousand Island dressing
- 2 tablespoons horseradish or prepared wasabi, or to taste
- $\frac{1}{8}$ teaspoon ground pepper

1. Preheat oven to 400°F.
2. Reserve a little of the cheese for topping. Mash the corned beef in a bowl, then add all the other ingredients and mix well. Spread the mixture in a pie pan or similar-size baking dish. Top with the reserved cheese.
3. Bake for 10 minutes, or until the cheese is melted and the mixture is bubbling. Serve as a dip with crackers, tortilla chips, or pita bits, or spread it on bread or toast that has been cut into bite-size pieces, or serve it in a rye bowl.

Killer Bread

Serves 12

This always gets raves!

Total Time: 25 minutes

- 1 cup mayonnaise (low fat is fine; Miracle Whip does not work well)
- 1 cup grated or shredded Parmesan or any cheese that will melt
- $1\frac{1}{2}$ teaspoons minced garlic OR $\frac{1}{2}$ teaspoon garlic powder
- 1 loaf French or Italian bread, not sliced
- $\frac{1}{2}$ cup butter or margarine, softened or melted
- 2 tablespoons finely chopped fresh basil OR 2 teaspoons dried basil OR 2 teaspoons Italian seasoning

1. Preheat the broiler.
2. In a large bowl, combine the mayonnaise, Parmesan, and garlic; blend well and set aside.
3. Cut the loaf of bread horizontally in two. Arrange the halves, cut side up, on a large baking sheet. Butter the bread and broil it until it is crisp and brown. Remove from the oven, but leave the broiler on.
4. Spread the reserved Parmesan mixture over the cut sides of the bread. Broil until the top is puffed and

golden brown. Sprinkle with the chopped basil. Cut the bread into wedges and serve hot.

Tangy Dipping Sauce

Makes about 1 cup

This is also good as a garnish with almost any kind of fish.

Total Time: 5 minutes

- $\frac{2}{3}$ cup mayonnaise, sour cream, or plain yogurt
- 2 tablespoons brown sugar or white sugar
- 2 tablespoons honey
- 2 tablespoons lime juice, lemon juice, or *limón* juice
- 1 teaspoon horseradish OR $\frac{1}{2}$ teaspoon wasabi paste, or to taste
- dash of hot sauce or cayenne pepper, to taste (optional)

Combine all the ingredients. Serve with veggies.

Guacamole

Serves 8

Total Time: 15 minutes

- 2 avocados
- juice of 1 lime, 3 *limónes* (Key limes), or 1 lemon
- 2 medium tomatoes, chopped (discard some of the seeds)
- 1 medium onion, chopped fine
- 1 teaspoon salt
- 2 cloves garlic, minced, OR $\frac{1}{2}$ teaspoon garlic powder
- $\frac{1}{4}$ teaspoon ground cumin
- $\frac{1}{8}$ teaspoon cayenne pepper, or to taste, OR very finely minced chile pepper OR a few drops of hot sauce

1. Peel and seed the avocados. Place in a bowl and pour lime juice over them. If they're soft enough, mash with a fork; otherwise, finely chop right in the bowl to keep the avocados covered in juice (otherwise, they'll turn brown quickly). Mix in the remaining ingredients.
2. Serve immediately, or cover tightly and refrigerate up to 6 hours. If you need to store longer than that, add more lime juice to ensure that the guacamole won't turn brown.



SALADS

If there's one food that really complements the essence of cruising, it's salad. It's fresh, natural, crunchy, and perfect for hot tropical days. Cut up a variety of fresh vegetables or fruits, toss them all together, add a zingy splash of flavor for dressing, and voila, salad.

The Boat Galley Cookbook has recipes for 12 cabbage salads (cabbage keeps much better on a boat than lettuce), 4 lettuce salads, 7 vegetable salads, 4 potato salads and 12 others—plus 7 easy-to-make dressings. Here's a sampling.

Company Coleslaw

Serves 4

A little bit nicer than everyday coleslaw.

Total Time: 15 minutes, plus 1 hour to chill (optional)

1/2 cup mayonnaise

1 can (6 ounces) pineapple chunks, drained, juice reserved

3 to 4 cups shredded cabbage

1/4 cup roasted salted peanuts or dry roasted peanuts

1. Place the mayonnaise in a medium bowl. Add the drained pineapple and mix well. Add just enough of the reserved juice so that the mayonnaise has the consistency of ketchup. (The rest of the juice is not needed.)
2. Add the cabbage and toss well. Chill before serving if possible. Immediately before serving, add the peanuts and toss to combine.

Substitutions

- Use fresh instead of canned pineapple. Or, instead of the pineapple, use mandarin oranges, sliced mango, seedless grapes, sliced apple, or cooked or canned sliced beets.
- If there isn't enough fruit juice to thin the mayonnaise, use milk.
- Use pecans, slivered almonds, or raisins instead of peanuts.

Ranch Dressing

Makes 2 cups

If you need a packet of dry ranch dressing mix for another recipe, use just the spices and omit the mayonnaise and buttermilk.

Total Time: 1 hour, 10 minutes, including 1 hour to chill

1 cup mayonnaise (Miracle Whip can be used, but the taste will be different)

1 cup buttermilk OR 1 cup milk plus 1 teaspoon white vinegar or lemon juice

1 1/2 teaspoons dried onion flakes

1/2 teaspoon paprika

1/2 teaspoon dried parsley flakes

1/4 teaspoon salt

1/4 teaspoon ground pepper

1/4 teaspoon garlic powder

Mix the mayonnaise and buttermilk until creamy. Add the onion flakes, paprika, parsley flakes, salt, pepper, and garlic; mix well. Cover and refrigerate for 1 hour or longer. Refrigerate any unused portion.

Greek Salad

Serves 6 to 8

Even if you don't have all the ingredients to make a true Greek salad, use what you've got with this dressing. It will taste great.

Total Time: 20 minutes, plus 2 hours to chill dressing (optional)

Prep Time: 20 minutes

Dressing

- 1 cup olive oil, canola oil, or vegetable oil
- 3 tablespoons lemon juice or lime juice
- 3 tablespoons dried oregano
- 3 teaspoons minced garlic
- 1 teaspoon dried basil
- 2 tablespoons red wine vinegar
- ½ teaspoon salt
- 1 teaspoon sugar
- ½ teaspoon ground pepper

Salad

- 1 large head romaine lettuce, torn into bite-size pieces
- 3 Roma tomatoes, cut into wedges
- 1 cucumber, peeled, seeded, and diced
- 1 red onion, cut into slivers
- 1 green bell pepper, seeded and slivered
- ½ pound feta cheese, crumbled
- 1 cup black olives (kalamata are great, but any type work)

1. Make the dressing by combining all the dressing ingredients and whisking until smooth. Chill for 2 hours if possible.
2. Combine the salad ingredients in a large bowl. Add the dressing and toss well.

NOTE: Carolyn prefers a less oily dressing and uses ½ cup olive oil, ¼ cup red wine vinegar, and ½ cup balsamic vinegar. The other dressing ingredients are the same.

Oil & Vinegar Potato Salad Serves 4

This potato salad is suitable for hot climates as there is no mayonnaise to spoil.

Total Time: 30 minutes

Prep Time: 10 minutes **Cook Time:** 15 to 20 minutes

- 3 large potatoes, peeled and diced small
- 1 tablespoon minced garlic OR 1 teaspoon garlic powder
- ½ teaspoon salt
- 3 tablespoons balsamic vinegar or wine vinegar
- ¼ cup olive oil (you may need a little more), canola oil, or vegetable oil
- ½ cup chopped fresh parsley or cilantro
- Optional add-ins: sliced olives, diced or grated cheese, fresh mushrooms, sliced green onion tops, diced hard-boiled egg

1. Put the diced potatoes in a pan and cover with salted water. Bring to a boil and cook until a fork just pierces the potatoes (do not overcook). Drain and place in a large bowl.
2. In a small bowl make the dressing by combining the garlic, salt, vinegar, oil, and parsley.
3. Include any add-ins to the cooked potatoes, then add the dressing and toss gently. Serve warm, cool, or cold.

**Japanese Cucumber Salad
a la Bruadair**

Total Time: 2¼ hours, including a minimum of 2 hours to marinate

Prep Time: 15 minutes

- 2 cucumbers, peeled, seeded, and diced finely slivered onion, to taste (optional)
- 1 tablespoon sesame seeds, toasted

Dressing

- 2 tablespoons white vinegar
- 2 tablespoons sesame oil
- ⅛ teaspoon dry mustard
- ¼ cup soy sauce
- ¼ teaspoon Tabasco sauce

1. Combine the cucumber and onion in a large bowl. Add the sesame seeds.
2. Combine the dressing ingredients. Add to the cucumber mixture. Chill in the refrigerator for at least 2 hours (overnight is better) before serving.



SAUCES, GRAVIES, MARINADES, AND RUBS

Many cooks often use packaged or bottled sauces, gravies, marinades, rubs, and so on. These are generally hard to find in cruising locales, so you have to make your own.

The cookbooks we have cruised with were short on many of these “basic” types of recipes and generally had only one recipe in a category—if it was covered at all. We’ve tried to provide a broad selection in the 50 recipes in this chapter.

Consider these recipes to be a starting point. For many, you may want to adjust the seasonings to your own taste. Other times, you may not have all the ingredients but can come close. Remember, the goal is to produce food that tastes good, not necessarily exactly how it is written in the recipe.

What follows are a few of our favorites.

Alfredo Sauce Makes 2½ cups

It’s not hard to make your own Alfredo sauce, and who doesn’t love pasta Alfredo? The ingredients are much easier to stow than a glass jar of sauce.

- ½ cup butter or margarine
- 2 cloves garlic, minced, OR 2 teaspoons minced garlic OR ½ teaspoon garlic powder
- 2 cups cream, half-and-half (*media crema*), or evaporated milk (not as good)
- ¼ teaspoon ground pepper
- ½ cup shredded Parmesan cheese*
- ¾ cup shredded mozzarella or similar cheese

*True shredded Parmesan cheese, often available in the refrigerated food section of a supermarket (or you can

shred your own), produces much better results than the grated Kraft Parmesan in the green can. But you can use the grated form if it’s all you’ve got.

1. Melt the butter in a saucepan over low heat. Add the garlic, cream, and ground pepper. Heat the mixture, stirring often; try not to let it boil.
2. Add the Parmesan, stirring constantly, and cook for about 8 minutes, or until the sauce has thickened and is smooth. Add the mozzarella and keep stirring until it is completely melted and the sauce is smooth. Serve the sauce over hot pasta.

NOTE: To make this sauce a little healthier, use olive oil instead of butter, and/or use evaporated milk instead of cream.

No-Cook Barbecue Sauce Makes 1½ cups

This works well when brushed on meat as it is cooking. Making this no-cook sauce doesn’t heat up the galley with a long simmering time. However, if you want to use it as a dipping sauce, you really need to cook it a bit—just bring it to a boil—so that the molasses melts and mixes with the other ingredients.

Total Time: 5 minutes

- ½ cup ketchup
- ⅓ cup prepared mustard (brown mustard is particularly good)
- ⅓ cup molasses or honey
- ¼ cup Worcestershire sauce

dash of cayenne pepper*
 1 teaspoon horseradish OR 1/2 teaspoon wasabi*
 dash of cloves*
 dash of hot sauce*

**Optional if you like a spicier sauce.*

Mix all the ingredients together. Brush the sauce over meat as it is grilling.

South Carolina Mustard

BBQ Sauce Makes about 1 cup

This is wonderful on pork and goes well over pork chops and roast pork as well as barbecue.

Total Time: 45 minutes

1 cup yellow mustard*

**The plain yellow type is traditional; you can use other varieties, but they will not produce the traditional taste.*

1/2 cup white sugar

1/4 cup packed brown sugar or white sugar

3/4 cup cider vinegar (can substitute white vinegar, but it won't have as sharp a taste)

1/4 cup water

2 tablespoons chili powder

1 teaspoon ground black pepper

1 teaspoon ground white pepper or black pepper

1/4 teaspoon cayenne pepper

1/2 teaspoon soy sauce

2 tablespoons butter

1 tablespoon liquid smoke (optional)

1. In a small saucepan, mix together the mustard, white sugar, brown sugar, vinegar, chili powder, black and white ground pepper, and cayenne. Simmer for 30 minutes.
2. Stir in the soy sauce, butter, and liquid smoke and simmer for another 10 minutes.

Wasabi-Soy Sauce

This is my (Carolyn's) favorite accompaniment for sautéed fish. It's so quick and easy.

Makes any amount you desire

**wasabi paste
 soy sauce**

You can make this as spicy or mild as you wish. Start with a bit of wasabi paste about the size of a pencil eraser in a cup. Add 1 to 2 tablespoons soy sauce and mix together. Adjust the amounts of wasabi and soy sauce to your taste, and make as much as you need. This does not store well, so make only enough for one meal.

Note: Dave and I like spicy foods, so I use about a 1-inch strip of wasabi paste with 2 tablespoons soy sauce, but I'd recommend starting with less wasabi.



SEAFOOD

Prior to cruising, neither of us knew the first thing about cooking seafood. Raised in the Midwest in the 1960s, we just weren't exposed to it. We each turned to our fellow cruisers and local fishermen, asking questions and learning as we went. We both love seafood now and fix it several times a week.

If you've never cooked seafood—or cooked only a few types or only from a freezer bag—don't worry. We give you all the information we wish we'd known, providing not just recipes but lots of preparation and cooking tips. We don't have room for all the cleaning and prep info that's in the full cookbook, but three favorite recipes follow.

Shrimp Scampi

Shrimp scampi is usually served over rice, but it's also good without.

Total Time: 17 to 19 minutes

Prep Time: 10 minutes

Cook Time: 7 minutes total, only 2 to 4 minutes for shrimp, depending on size

4 tablespoons minced fresh garlic OR 1¹/₄ teaspoons garlic powder
1/3 cup butter, olive oil, canola oil, or vegetable oil
1 pound fresh shrimp, peeled and deveined
6 green onions, chopped
1/4 cup dry white wine
2 tablespoons lemon juice (fresh squeezed really enhances the flavor)
salt and pepper, to taste
fresh parsley, to taste
shredded Parmesan cheese, for garnish

1. In a large skillet over medium-high heat, sauté the garlic in the butter. Add the shrimp, green onion, wine, and lemon juice. Cook the shrimp for 1 to 2 minutes on each side; be careful not to overcook them.
2. Add the salt, pepper, and parsley. If desired, serve over rice and garnish with the Parmesan.

Sautéed Fish Fillets

One of the biggest mistakes in preparing fish is overcooking it. It should be just opaque. Fish continues cooking after you remove it from the pan, so be sure to remove it a couple of minutes before you think it's completely done. Err on the side of undercooking, as you can always put it back in the pan for another minute or so.

Total Time: Less than 12 minutes*

Prep Time: 2 minutes

Cook Time: Less than 5 minutes per side

**Cooking times for fish vary widely depending on the thickness of the fish fillets and the type of fish. Firmer, thicker fish such as tuna, swordfish, or mahimahi (dorado) may take as much as 5 minutes per side. Thinner, flakier fish such as hogfish, grouper, or snapper could take as little as 2 to 3 minutes per side.*

fresh fish fillets
olive oil, canola oil, or vegetable oil
Winterlude's favorite seasonings: garlic powder and cracked black pepper
Que Tal's favorite seasonings: cracked pepper, no garlic powder, and served with wasabi-soy sauce

1. Lightly coat both sides of the fillets with olive oil, and sprinkle with your preferred seasonings.
2. Heat a skillet to between medium and medium-high heat. Place the fillets in the skillet so they are not overlapping. Depending on the thickness and consistency of the fish, sauté for 2 to 5 minutes. Turn the fillets and sauté for 2 to 5 minutes longer. When done, the center should still be moist—similar to a medium-rare (beef) steak. Always err on the side of too little time—you can always put the fillets back in the pan, but you can't make tasteless dry fish appealing. Keep the fillets moving in the pan to make sure they don't stick. Serve immediately.

Fish Sausage

This is a very helpful “basic” recipe whenever you can't find sausage pre-made and have a hankering for it. A friend, Annie on Calliope, says that she's made variations on this many times with meats other than fish—chicken, ground beef, pork—and uses it in any recipe calling for sausage. I (Carolyn) would keep a bag in the refrigerator with all the little leftover bits of fish that would fall off when Dave was filleting a fish. When it got full enough, I'd make fish sausage. This is also a great dish if you're catching a lot of fish and would like something “different.” A few ideas follow:

- Instead of making it into patties, crumble it into a pan, brown it, and use in scrambled eggs.
- Change the spices to garlic, salt, ground pepper, oregano, and basil (or Italian seasoning) and use it in spaghetti sauce or lasagna.
- Add more chili powder or other “spicy” seasoning and call it Cajun sausage (also good in gumbo or jambalaya).
- Mix in diced potato, onion, and an egg and form it into patties (fish cakes!); cook in a little hot oil (hot is very important so the patties don't absorb the oil and become soggy). Very tasty!

Total Time: 15 minutes

Prep Time: 5 minutes **Cook Time:** 10 minutes or so

3 cups coarsely ground raw grouper, triggerfish, or other “sticky” fish

1 teaspoon garlic powder

1 teaspoon dried thyme

1½ teaspoons chili powder

1 teaspoon ground sage

2 teaspoons poultry seasoning or ground sage

1½ teaspoons ground pepper

2 teaspoons salt

vegetable oil

1. Grind the fish in a meat grinder or finely chop it if it is not already ground. Combine the seasonings, then mix into the ground fish until evenly distributed. Shape the fish mixture into patties, or leave as is for use in other recipes. This may be stored several days in the refrigerator, or frozen.
2. To cook as sausage patties, thinly coat a skillet with vegetable oil. Cook the patties on one side until the edges turn white, then flip them over and cook until done.



MEAT MAIN DISHES

If you're cruising outside the US, you'll soon notice that meat—particularly beef—is often cut differently. It's not just translating the name of a cut into a foreign language; sometimes it's a whole different cut. As a result, our recipes rarely call for a specific cut of meat. We also provide information about the best cooking methods for various cuts as well as “cut charts” so that you can easily figure out what to substitute.

In this chapter you'll find sections for beef, poultry, pork, and even a few recipes for goat and lamb. In each section, you'll find food safety information, general cooking methods, and recipes. Many of our recipes work well with more than one kind of meat. While we've classified them by the kind of meat that is most often used, often you'll see an “or” or two for the meat in the ingredients list.

Spaghetti Sauce Serves 2 to 4

Making your own spaghetti sauce is easy. Try it, you'll see.

Total Time: 1 hour

Prep Time: 15 minutes **Cook Time:** 45 minutes

Serves 2 to 4, depending on appetites

1/2 pound ground beef or ground turkey

1/2 medium onion, diced

1 tablespoon canola oil or vegetable oil

1 can (16 ounces) diced, stewed, whole, or Italian tomatoes, not drained, OR 2 or 3 tomatoes, diced

1 can (6 ounces) tomato paste OR 2 or 3 tomatoes, diced, plus a bouillon cube instead of the broth (next)

1 cup beef broth (may be made from bouillon) or stock

1 teaspoon sugar

1 teaspoon garlic powder OR 1 tablespoon minced garlic

1/2 teaspoon ground pepper

1 teaspoon dried oregano

1/2 teaspoon dried basil

black olives, mushrooms (canned or fresh), green bell pepper, or green onion (optional)

Brown the ground beef and onion (and the optional mushrooms if using) in the oil. Add all the other ingredients and mix well. Simmer, covered, for about 45 minutes, stirring occasionally and adding more water if needed.

NOTE: If you're really pressed for time or you just don't want to heat up the boat, you can simmer the sauce for less time, but the flavors won't have mixed as well. By the same token, if it's a cold day and you have plenty of propane, the sauce can simmer for several hours.

Whole Roast Chicken

Often a turkey won't fit into a boat oven, and it can be hard to find a turkey breast in many cruising locales. But a whole roast chicken works well, puts the same great smell in the air, and even looks like a miniature turkey on the table.

Total Time: about 3 hours, including time to clean chicken (cooking time depends on size)

1 whole chicken

2 to 4 tablespoons butter, margarine, canola oil, or vegetable oil

salt and pepper, to taste

celery salt or 6-inch piece of celery (optional)

onion powder or wedge of onion (optional)

1 teaspoon poultry seasoning OR $\frac{3}{4}$ teaspoon dried ground sage (or 3 teaspoons chopped fresh sage) plus $\frac{1}{4}$ teaspoon dried ground thyme (or 1 teaspoon chopped fresh thyme)

1. Preheat oven to 350°F .
2. Rinse the chicken cavity and remove the packet of gizzards inside, if needed.
3. Rub the outside of the chicken all over with the butter. If possible, gently slip some of the butter under the skin on the breast. Put any remaining butter in the cavity.
4. Salt and pepper the inside of the cavity. Even if you are limiting your sodium intake, try to use at least a little salt. Without it, the chicken won't have any flavor.
5. Place the celery and onion in the cavity if they are being used.
6. If you have a roasting pan with a rack, use the rack. This will virtually eliminate problems with hot spots because the chicken won't be sitting in the pan, and all the skin will be crispy, not just the skin on the top. Otherwise, use any baking pan that the chicken will fit into. Place the chicken in the pan, breast side up (the rough backbone should be down and the smooth breast bone up). I prefer not to tuck the wings under the body or tie the drumsticks together. While tucking and

tying makes a tidy little package, it also makes it harder to have the drumsticks and breast meat done at the same time.

7. Salt and pepper the outside of the chicken, then sprinkle the poultry seasoning over it (you can rub it in a little if you like). Don't put foil over chicken, and don't put water or any other liquid in the pan.
8. Put the bird in the oven and bake for approximately 20 minutes per pound. Unless the bird is really scrawny and lacking in fat, you don't need to baste it. If you decide you should baste it, brush it with butter every 30 minutes.
9. The best test for doneness is an instant-read meat thermometer, inserted into the thickest part of the thigh but not touching bone. It should read 165°F. If you don't have a meat thermometer, use all three of these tests: the skin should be a dark golden color; the juices should run clear without a rosy tint when the thigh is pierced with a fork; and the drumstick socket should feel loose when you try to wiggle it.
10. Remove the pan from the oven and put the chicken on a serving plate (a whole chicken will usually fit on a dinner plate). Put a piece of aluminum foil over the top to keep it warm, and let it sit about 20 minutes while you prepare the gravy and other side dishes. This "sit time" will make it much easier to carve as well as making the meat juicier.
11. The drippings in the pan will be caramelized and there won't be a lot of "juice." This makes extremely flavorful gravy even though there isn't much liquid. You'll have to add broth or water to make pan gravy.
12. Carve the chicken as you would a turkey.



CANNED MEATS AND SEAFOOD

Canned meats are great for cruising for several reasons. “Fresh” meat may look or smell suspect, or you may not have much (or any) refrigerator and freezer space. The good news is that it seems that the smaller and more remote the village, the greater the chance of finding a wide variety of canned meats. This is particularly true in fishing villages where few homes have electricity.

I buy most meats in 6-ounce cans that look like tuna cans—they’re just right for one meal for two people. There’s ham, chicken, turkey, tuna, crab, shrimp, corned beef, roast beef, corned beef hash, clams, salmon, oysters, and even chili—and we’ve had all of them at one time or another in the US, Mexico and Central America. The recipes that follow are divided by the type of meat most often used, but many have several choices.

CANNED MEATS AND SEAFOOD BASICS

It’s not hard to prepare great meals from canned meats. Through the years, I’ve learned a few tips to ensure good results:

- Add the meat as late in the cooking process as possible. It’s already cooked, so all you have to do is warm it up.
- Once you’ve added the meat, stir as little as possible so it won’t turn to mush. This is particularly true of chicken, turkey, and beef, and is one reason these meats shouldn’t be added until the very end of the cooking time, and can be just warmed through.

- Ham is the only meat that you need to “crumble” or break apart as you add it to the other ingredients. All other meats should be handled very gently.
- Don’t overcook other ingredients to the point where they lose their texture and become a “blob” with the meat.
- Add one-half to one bouillon cube of an appropriate flavor to make up for the fact that you don’t have drippings from browning the meat. The bouillon cube replaces salt in most recipes.
- Drain the liquid from the can and use it in the cooking process (ditto for any canned vegetables you use). It will add a lot more flavor than plain water.
- Some casseroles work well with canned meats; others don’t. In general, ones using firmer meats such as ham and roast beef turn out the best.

You can create really good meals from canned meats, so there’s no need to think of them as emergency rations. There are more than ninety great recipes designed just for canned meats in this chapter.

Once you’re familiar with the techniques for using canned meats, you’ll see that they can be used in lots of other dishes, including family favorites. And many of the recipes in this chapter can also be made with fresh meat; just adjust the cooking technique.

Here are two dishes that will have people saying, “This is canned meat? No way!”

Chicken or Beef Enchiladas Serves 2

Total Time: 30 minutes

Prep Time: 10 minutes Bake Time: 20 minutes

- 1 cup canned black, pinto, or kidney beans, drained and rinsed
- ½ cup diced onion or green onion, including tops
- 1 can (8 ounces) corn (optional)
- ¼ cup sour cream OR ½ cup refried beans
- ½ cup shredded cheese—Monterey Jack, Colby or cheddar is best
- ½ tablespoon chili powder
- 1 teaspoon ground cumin
- ½ teaspoon dried oregano
- salt and pepper, to taste
- 1 can (6 ounces) chicken or roast beef, drained
- 4 small tortillas (flour or corn)
- ½ cup salsa, diced fresh tomato, canned diced tomatoes, or tomato sauce

1. Preheat oven to 350°F.
2. Mix the beans, onion, corn, sour cream, cheese, chili powder, cumin, oregano, salt, and pepper; stir to combine. Gently mix in the meat. Spoon the mixture onto the tortillas and roll them.
3. Place the enchiladas in a greased baking pan. Spoon any remaining mixture around and over the enchiladas. Spoon the salsa over the top. Bake for 15 to 20 minutes, or until the cheese is melted and mixture bubbles.

Hobo Dinner Serves 2

Total Time: 30 minutes

- 3 or 4 carrots, cut into 1-inch chunks
- ½ cup diced onion
- ½ green bell pepper, diced (optional)
- 1 large potato or sweet potato, peeled and cut into 1-inch chunks
- 1 tablespoon canola oil or vegetable oil
- 1 cup broth, including reserved liquid (use beef bouillon for ham, chicken bouillon for turkey and chicken)
- 1 can (6 ounces) ham, beef, chicken, or turkey, drained and liquid reserved
- ground pepper and/or Mrs. Dash, to taste

1. Brown the carrot, onion, bell pepper, and potato in the oil. Turn the heat to low and add the broth and reserved liquid. Cover and cook until the carrot and potato are tender. If the liquid is not mostly evaporated, raise the heat, remove the lid, and cook until most of the liquid is gone.
2. Turn off the heat, gently stir in the meat and ground pepper, and let sit for 2 to 3 minutes with the lid on to heat the meat through.

Pasta with Ham in Butter Sauce Serves 2*This is never quite the same twice. There are lots of options depending on what is available.*

Total Time: 30 minutes

- pasta for 2 (fettuccine, rotini, spaghetti, penne—almost any type will work)
- 1 beef bouillon cube OR 1 teaspoon salt
- 2 tablespoons butter, margarine, olive oil, canola oil, or vegetable oil
- 2 cups total of any of the following:
 - green onions, sliced, including tops, OR diced onion
 - mushrooms, fresh or canned
 - diced sweet bell or spicy chile peppers, any color
 - sun-dried tomatoes, seeded and diced fresh tomatoes, or drained canned tomatoes
 - artichoke hearts (in brine or marinated)
 - small quantities of canned corn or peas
- 1 tablespoon minced garlic OR 1 teaspoon garlic powder
- 1 can (6 ounces) ham, drained and broken into chunks
- shredded or grated cheese, for topping (optional)

1. Cook the pasta in sufficient water with a bouillon cube to the desired tenderness.
 2. At the same time, melt the butter in a skillet and sauté the mixed vegetables. When just golden, add the garlic and ham and heat through.
 3. Drain the pasta and add to the pan, tossing to mix. Serve in bowls, topped with a sprinkling of cheese.
- Variations:** This is also good with cooked bacon or 1 can (6 ounces) chicken (use chicken broth to cook the pasta).



GRILLING

While relaxing in the cockpit and enjoying the sunset with a cool drink as the sun fades, there's nothing easier than lighting the grill on the back rail and savoring the tantalizing smells that soon waft through our cockpit and drift over the anchorage.

Grilling allows you to enjoy delicious food with a minimum of cleanup. Plus grilling keeps the heat out below decks. Everyone can relate to grilling hamburgers, pork chops, chicken, and a nice thick, juicy steak, but what about grilling tuna, grouper, mackerel, and other fish as well as lobster, shrimp, and even the all-American favorite, pizza. Even if you've never grilled before, *The Boat Galley Cookbook* has three pages of basic step-by-step instructions to ensure success, and added details in recipes where the technique is not typical.

GRILLING TIPS FOR STEAKS, CHICKEN, AND PORK

1. Start with room-temperature meat for the juiciest results.
2. Never leave meat unattended. Turn every 5 minutes—time it with your watch. The most common problem with grilling is not paying enough attention to the time. Chicken and pork chops tend to take about 15 minutes; turn them three times to be done. Hamburgers take about 15 minutes, a bit less for thinner burgers or for less done. Steak, depending on the thickness, takes 10 minutes or less. Pork

loin or roasts take longer, but still turn them every 5 minutes.

3. After about a minute and a half, pick up the meat off the hot grill to prevent sticking.
4. Don't cut or puncture the meat even with a fork. Use tongs or a spatula. Inside juices are always on the lookout for an avenue of escape, rendering your dinner dry and tasteless.
5. After cooking, let the meat stand for 5 minutes off the grill. Don't cut into it right away or you'll lose the juices you worked so hard to save while grilling.

Grilled Lobster Tails

Serves 2

Total Time: 15 to 20 minutes, depending on size

Prep Time: 10 minutes

Cook Time: 5 to 10 minutes, depending on size

- 1 or 2 cloves garlic, or to taste, OR $\frac{1}{4}$ teaspoon garlic powder
- 3 tablespoons butter or margarine, melted, or olive oil (butter is by far the best)
- 2 lobster tails, split lengthwise

1. Mince the garlic and add to the melted butter.
2. Place the lobster tails on a hot grill, shell side down. Frequently baste with the garlic butter (which infuses down and pools in the shell). The lobster is done when the shells are red and the meat is white and tender—about 5 to 10 minutes, depending on size.

Potato Packets

Serves 2

Every bit as good made with sweet potatoes—actually, maybe even better.

Total Time: 35 minutes

Prep Time: 10 minutes **Grill Time:** 25 minutes or so

cooking spray, butter, or oil

2 medium potatoes with skin on, cut into 1/2-inch cubes

1 onion (we prefer sweet onions, but use whatever you have), slivered

minced garlic, to taste

salt and pepper, to taste

butter, margarine, or olive oil

1. Spritz 2 large pieces of heavy-duty aluminum foil with cooking spray, or brush with butter or olive oil. If you don't have heavy-duty foil, use a double layer of regular.
2. Place 1 cubed potato and half the onion on each piece of foil. Sprinkle with garlic, salt, and pepper to taste. Top with a dollop of butter or a drizzle of olive oil.
3. Close the foil—double-fold the top seam, then double-fold each end seam. Place on the grill and cook with the lid closed for 20 to 25 minutes—the grill time will vary considerably based on the size of the veggie pieces. Check by opening the foil and testing with a fork. Be careful when opening the foil; the steam escaping will burn you.

Spicy Grilled Pork Tenderloin

Serves 2

Total Time: 5 hours, including 4 hours to marinate

Prep Time: 10 minutes **Cook Time:** 30 to 45 minutes

1 teaspoon salt

1 teaspoon ground pepper

1 teaspoon garlic powder

1 teaspoon dry mustard

1 teaspoon ground cloves

1 teaspoon cayenne pepper

1 teaspoon ground cinnamon

1 teaspoon ground cumin

1/2 pork tenderloin for every 2 people (1/4 to 1/3 pound per person)

2 tablespoons olive oil, canola oil, or vegetable oil

1. Combine all the spices in a small bowl.
2. Lay the tenderloin on waxed paper or aluminum foil. Drizzle half of the olive oil over the tenderloin. Sprinkle with half the spice mixture. Turn the tenderloin, drizzle with the remaining olive oil, and sprinkle with the remaining spice mixture. Fold the waxed paper completely around the tenderloin and refrigerate for a minimum of 4 hours.
3. Remove the meat from the waxed paper and grill over medium heat with the lid closed. Cook for 15 minutes, then turn the meat and cook until done to your preference. We cook for a total of 20 to 30 minutes depending on the size of the tenderloin. Check for doneness with an instant-read thermometer—it should read 145°F. Let stand for 3 minutes before slicing and serving.



SWEET TOOTH

Everyone loves sweets. And they're not just for your own enjoyment. Sweet treats are always welcome as an introductory hello to a new boat in an anchorage or as a fond farewell to cruising friends when you part ways. And sweets at a potluck often are devoured before the meal even begins.

Many of our recipes use oil instead of shortening or butter. Oil is easier to mix in by hand, it's easier to store since it doesn't require refrigeration, and it's generally healthier. We've included made-from-scratch cakes, piecrusts, and pies as well as over twenty-five cookie recipes. And if it's too hot to contemplate heating up the boat by lighting the oven (or if you're running low on propane), there are even seven no-bake cookie recipes to satisfy your sweet tooth. Don't feel like cookies? There are many extras, such as from-scratch cheesecake made without cream cheese just in case you can't find it. Plus the ultimate treat for kids—Peanut Butter Play-Doh.

Peanut Butter Cookies

Makes about 3 dozen cookies

Total Time: 45 minutes

Prep Time: 10 minutes

Bake Time: 9 minutes per batch (three batches)

1 cup packed brown sugar or white sugar

1/2 cup canola oil or vegetable oil (olive oil has too strong a flavor)

1 cup peanut butter

1/4 teaspoon salt

1/2 teaspoon vanilla extract (optional)

2 tablespoons milk or water

1 egg

1 3/4 cups flour

2 teaspoons baking powder

NOTE: If you first measure the brown sugar, then the oil, then the peanut butter, you won't have anything sticking in the measuring cup.

1. Preheat oven to 375°F.

2. In a medium bowl mix the brown sugar, oil, peanut butter, salt, vanilla, milk, and egg. Add the flour and baking powder and mix well.

3. Shape the dough into 1-inch to 1 1/4-inch balls and place on a greased cookie sheet, or grease a double sheet of aluminum foil. Use a fork to flatten the cookies, making a crisscross pattern. Bake for 9 minutes, then transfer to a wire rack to cool.

Cocoa Brownies

Makes 10

Total Time: 40 minutes

Prep Time: 10 minutes

Bake Time: 30 minutes

Makes 10 2 1/2" × 1 3/4" brownies

1 cup sugar

1/3 cup canola oil or vegetable oil

2 eggs

1 teaspoon vanilla extract

2/3 cup flour

3/8 cup unsweetened baking cocoa

1/2 teaspoon baking powder

1/4 teaspoon salt

1/4 cup chopped walnuts or pecans (optional)

1. Preheat oven to 350°F. Prepare a 9"×5" loaf pan: If you have aluminum foil, lay a 12-inch-long sheet across the pan so that the extra extends over the sides (this makes it much easier to remove the brownies from the pan, but it is not essential). Grease the foil with cooking spray or wipe with oil. Otherwise, grease and flour the pan.
2. Mix the sugar and oil in a medium bowl. Add the eggs and vanilla and mix well.
3. Combine the flour, cocoa, baking powder, and salt in a small bowl or measuring cup. Add to the sugar mixture and stir to combine. Add the nuts and mix well.
4. Spread the batter in the prepared pan and bake for 25 to 30 minutes. The toothpick test should yield moist crumbs instead of being clean.
5. Let the brownies cool at least partially in the pan (until you can touch the pan comfortably), then lift them out using the foil or waxed paper if used. Otherwise, just leave them in the pan. Cut them into squares when you are ready to serve. These are great warm!

Holding Ground Mud Cake

Serves 6 or more

Here's a great cake that uses no eggs or milk. It comes all the way from Gringo Bay, Rio Dulce, Guatemala, and Jennifer Lindeen. You may add ground cinnamon for a "Mexican" taste, or add instant coffee for a mocha flavor.

Total Time: 40 minutes

Prep Time: 10 minutes Bake Time: 30 minutes

Serves 6—more with smaller pieces, fewer with larger pieces

1½ cups flour

3 to 5 heaping tablespoons unsweetened baking cocoa

1 teaspoon baking soda

1 cup sugar

½ teaspoon salt

⅓ cup canola oil or vegetable oil

1 tablespoon white vinegar

1 teaspoon vanilla extract

1 cup cold water, orange juice, or milk

1. Preheat oven to 350°F. Grease a round cake pan, an 8-inch square pan, or even a loaf pan.
2. In a large bowl combine the flour, cocoa, baking soda, sugar, and salt. In a small bowl combine the oil, vinegar, vanilla, and water. Add the oil mixture to the flour mixture and stir to combine thoroughly.
3. Pour the batter into the prepared pan and bake about 30 minutes, or until a toothpick inserted in the center comes out clean.

Chocolate-Oatmeal No-Bake Cookies

Makes about 1 dozen

Total Time: 10 minutes

Makes about 1 dozen cookies (depending on size)

1 cup sugar

¼ cup butter or margarine

¼ cup unsweetened baking cocoa

¼ cup milk

2 tablespoons peanut butter (creamy or crunchy), optional

1½ cups oats (instant or quick cooking are best, but you can use old-fashioned)

1. Combine the sugar, butter, cocoa, and milk in a medium pan. Bring to a boil, stirring constantly, and boil for 3 minutes. Remove from the heat and stir in the oats.
2. For "cookies," drop by teaspoonfuls onto waxed paper or aluminum foil coated with cooking spray. Let cool. For "bars," line a pan (I use a 7-inch frying pan) with aluminum foil and spray with cooking spray. Turn the mixture into the pan and press it down. Let cool, then cut into individual pieces.

Variation: If you don't have oats, you can use cornflakes, Rice Krispies, or any similar cereal.

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ABOUT THE AUTHORS

The Boat Galley Cookbook was inspired by Carolyn and Jan's experiences. Despite cruising different oceans, both authors faced the same challenge: eating well while having time to enjoy all the other great aspects of cruising—snorkeling, swimming, kayaking, exploring—or just sitting and admiring the view.

CAROLYN SHEARLOCK learned to cook from scratch as a young girl, with limited equipment and sup-

plies. This knowledge served her well on numerous camping trips and then as she, her husband Dave, and dog Paz spent 6 years cruising the Sea of Cortez and Pacific Mexico south to El Salvador aboard their Tayana 37 *Que Tal*. In *The Boat Galley Cookbook* she passes along her everyday style of cooking as well as numerous tips for cooking in a tiny space.

When **JAN IRONS** started cruising she was more comfortable at the top of the mast than in the galley, but the relaxed cruising lifestyle soon made provisioning and experimenting in the galley part of the fun. After six years cruising the Northwest and Southwest Caribbean aboard their 1985 Passport 37, *Winterlude*, Jan and her husband David recently explored the crystalline waters of the Exumas.

Carolyn's articles have appeared in *Cruising World*, *SAIL* magazine, and *Outdoor Guide* magazine, amongst others. Carolyn also writes TheBoatGalley.com, with over 400 articles on galley cooking techniques, food storage, and gear.

Jan has articles published in *SAIL* magazine, *Cruising World*, and *Blue Water Sailing* among others. In addition, Jan writes commuterCRUISER.com, with over 400 articles offering practical tips and information for part-time cruisers.



Jan Irons (left) and Carolyn Shearlock hope you enjoy The Boat Galley Cookbook sampler.

Click [HERE](#) to watch a video.