



Cruisers' Cookbook

Porto Turistico
Marina di Ragusa
Winter 2012/13



Recipes in good taste
From cruisers of the seven seas

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Foreword

Although filled with a cornucopia of delicious recipes, this is not merely a recipe book. It is more significantly a special memento of a group of cruising sailors who spent the winter of 2012/2013 in Marina di Ragusa, Sicily.

Our temporary winter community was enhanced by the variety of nationalities, ages and backgrounds of the sailors within it. We have a mutual love of the sea and sailing as well as cultural exploration, but it was our enjoyment of sampling the gastronomic delights of the world that brought us to the natural conclusion of compiling a cookbook.

For those who were in Marina di Ragusa for all or part of the winter, we hope it will remind you of the friendships made or renewed, of the laughter and camaraderie, and of course, of the food (accompanied by the odd drop of liquid refreshment) enjoyed together. For others who read this book, we hope it will allow you to embark on a culinary mini-adventure and perhaps catch a glimpse of the world of the cruising sailor, a small community, but one with enormous diversity and spirit.

Ann Rowe

Pipit

www.yachtpipit.com

Marina di Ragusa, Sicily

February 2013



Conversion Tables

Weight

Imperial	Metric	Imperial	Metric
¼ oz	7-8 g	12 oz	340 g
½ oz	15 g	13 oz	370 g
¾ oz	20 g	14 oz	400 g
1 oz	30 g	15 oz	425 g
2 oz	55 g	16 oz	450 g
3 oz	85 g	2 lb	900 g
4 oz	110 g	3 lb	1.35 kg
5 oz	140 g	4 lb	1.8 kg
6 oz	170 g	5 lb	2.3 kg
7 oz	200 g	6 lb	2.7 kg
8 oz	225 g	7 lb	3.2 kg
9 oz	255 g	8 lb	3.6 kg
10 oz	285 g	9 lb	4.0 kg
11 oz	310 g	10 lb	4.5 kg

Approximate American/European Conversions

	USA	Metric	Imperial
Flour	1 cup	140 g	5 oz
White sugar	1 cup	225 g	8 oz
White sugar	2 level tbsp	30 g	1 oz
Brown sugar	1 cup	170 g	6 oz
Butter/margarine	1 cup	225 g	8 oz
Sultanas/raisins	1 cup	200 g	7 oz
Currants	1 cup	140 g	5 oz
Ground almonds	1 cup	110 g	4 oz
Golden syrup	1 cup	340 g	12 oz
Uncooked rice	1 cup	200 g	7 oz
Grated cheese	1 cup	110 g	4 oz
Butter	1 stick	110 g	4 oz

Liquid Measures

Imperial	Metric	Fluid oz	USA
1 teaspoon	5 ml		1 teaspoon
1 tablespoon	15 ml	$\frac{1}{2}$	$\frac{1}{2}$ fl oz
2 tablespoons	28 ml	1	2 tablespoons
4 tablespoons	55 ml	2	$\frac{1}{4}$ cup
$\frac{1}{4}$ pint	145 ml	5	$\frac{1}{2}$ cup + 2 tbsp
$\frac{1}{2}$ pint	285 ml	10	1 $\frac{1}{4}$ cups
$\frac{3}{4}$ pint	425 ml	15	12 fl oz
	475 ml	16	1 pint
1 pint	570 ml	20	
2 pints	1.1 litres		2 $\frac{1}{2}$ pints/5 cups

Oven Temperatures

Degrees C	Degrees F	Gas Mark	USA
70	150	$\frac{1}{4}$	
80	175	$\frac{1}{4}$	Cool
100	200	$\frac{1}{2}$	
110	225	$\frac{1}{2}$	
130	250	1	
140	275	1	Very slow
150	300	2	Slow
170	320	3	Moderate
180	350	4	
190	375	5	Moderately hot
200	400	6	Fairly hot
220	425	7	Hot

Useful Measurements

	Metric	Imperial
1 American cup	225 ml	8fl oz
1 egg size 3	56 ml	2 fl oz
1 egg white	28 ml	1 fl oz
1 rounded tbsp flour/castor sugar	30 g	1 oz
2 rounded tbsp fresh breadcrumbs	30 g	1 oz
1 American tbsp butter	15 g	$\frac{1}{2}$ oz

A close-up photograph of a white bowl filled with a chunky, pinkish-white tuna salad. The salad is garnished with a fresh green parsley leaf on the left and several slices of bright yellow lemons on the right. In the background, several slices of golden-brown, toasted bread are visible, slightly out of focus. The overall lighting is bright and natural, creating a fresh and appetizing look.

***Snacks, Starters
&
Appetizing Nibbles***

Tuna Dip / Pâté

From Sue and Chris aboard *Nimrod*



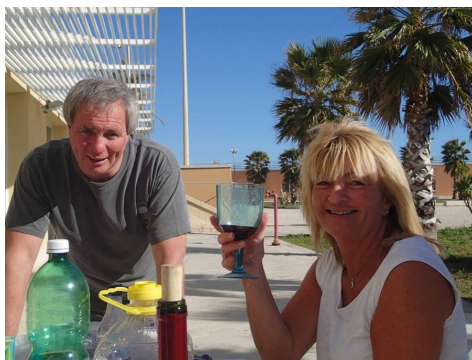
Ingredients

200 g tuna
125 g soft cheese
3 teaspoons lemon juice
2 tablespoons sweet chilli sauce
3 tablespoons mayonnaise
Black pepper (small amount)

Method

Just mix all ingredients together well and enjoy.

Serve as a dip or spread on crackers or bread as a pâté.



Asparagus Dip

From Bob and Joanie aboard *Nemir*



Ingredients

¾ cup mayonnaise

½ cup dried parmesan cheese

1 tablespoon garlic powder - I use Lawry's brand

1 can asparagus, drained & mashed

Method

Mix all ingredients and put under the grill.

Serve with warmed pita bread.



Vegetable Crisps

From Melanie and Carl aboard *Thala*



Ingredients

1 teaspoon cumin seeds
1/2 teaspoon chilli flakes
1/2 teaspoon smoked paprika
1 tablespoon coarse sea salt
1 large parsnip
1 large sweet potato
Sunflower oil for frying
Mustard mayo to serve

Method

Dry fry the cumin seeds in a small pan until lightly toasted and lightly crush in a pestle and mortar with chilli flakes and paprika - stir in salt and set aside. Peel veg and cut into thin rounds. Pat dry with kitchen paper. Heat oil, fry veg in batches until golden brown and crisp around the edges. Drain on scrunched up kitchen towel and sprinkle with the spiced salt mix whilst hot.

Serve with mustard mayo.



Rillettes de Maquereaux

From Christine and Gilles aboard *Jona*



Preparation time: 40 minutes

Cooking time: 15 minutes

Ingredients (for 6 persons)

1 kg mackerel

1 onion

1 clove

Mixed herbs (thyme, rosemary, etc)

50 cl double cream

1 jar mustard

Method

Put mackerel in a pot of cold water with the herbs, onion and the clove. Bring to a boil and switch off. When the fish is cool enough to handle, remove the skin and flake the fish from the bones.

Mix together double cream and mustard with a fork. Mix into fish and leave it in the fridge some hours before tasting. This will give 2 bowls of 300 ml of rillettes de maquereaux.

You can keep it 15 days in a jar in the fridge.



Cocktail Meatballs and Sauces for All Occasions

From Cara and Philip aboard *Fabuloso*



Ingredients

- 1 lb lean ground beef or ground pork or combination of both
- ½ a white onion, finely chopped
- 3 cloves garlic, minced
- 2 tablespoons soy sauce or Worcestershire sauce or HP sauce
- 1 tablespoon sesame/olive oil
- 1 teaspoon ground ginger
- 1 egg

Method

Mix together the ground beef, chopped onion and garlic, soy sauce, sesame oil, ginger and the egg. Make one inch meatballs. Fry meatballs.

Add your favourite sauce and serve.

Sweet and Sour Sauce

Ingredients

- ½ cup brown sugar
- 1 tablespoon cornstarch (cornflour)
- 1 can pineapple chunks in juice
- ⅓ cup vinegar
- 1 tablespoon soy sauce
- 1 small chopped green pepper
- 1 small chopped red pepper, optional

Method

Mix sugar and cornstarch. Add all ingredients in a medium saucepan EXCEPT the peppers. Heat slowly to a boil, stirring often. Add peppers. Simmer 3-5 minutes. Pour over meatballs. Serve warm.

Soy Dipping Sauce

Ingredients

¼ cup soy sauce
¼ cup rice vinegar or white wine vinegar
2 tablespoons honey
¼ teaspoon onion powder
¼ teaspoon garlic powder
1 teaspoon cornstarch (cornflour)

Method

Whisk together the soy sauce, rice vinegar, honey, onion powder, garlic powder and cornstarch. Heat on high, stirring until the sauce thickens. Drizzle over meatballs with sauce and serve.

Cocktail Sauce

Ingredients

1 ½ cups of grape or black berry jelly/jam
1 ½ to 2 cups of chilli ketchup (ketchup with some Tabasco sauce) or BBQ sauce

Method

Combine ingredients in a pot and heat until jelly is melted, stirring constantly. Add meatballs and simmer for 30-40 minutes. Serve warm.

Gluten free: The only adaptation needed is to use gluten free soy sauce. Also, just double check the ingredient list on your cornstarch to make sure it's gluten free.



Prawn and Sweetcorn Fritters

From Melanie and Carl aboard *Thala*



Ingredients

140 g plain flour
1 teaspoon baking powder
2 eggs
125 ml milk
2 tablespoons yellow or red Thai curry paste
140 g frozen sweetcorn kernels - defrosted
Small bunch spring onions, chopped
Small bunch coriander leaves, chopped
140 g raw peeled king prawns, chopped
Vegetable oil for frying
Sweet chilli sauce to serve

Method

Tip the flour, baking powder and ½ teaspoon salt into a bowl. Whisk in the eggs and milk to form a thick smooth batter and mix until combined. Tip the sweetcorn, spring onions, coriander and prawns into another large bowl. Pour the batter onto the sweetcorn mix and fold through to combine. Heat a few tbsp of oil in a large non-stick pan until hot. Fry large spoonfuls of the batter at a time (do this in batches), for about 2 minutes each side or until golden and cooked through. Keep warm in a low oven while you cook the rest.

Serve with sweet chilli dipping sauce.



***Sensational Sauces, Dressings
&
Suchlike***

Curry Sauce

From Doug aboard *Magic*



Ingredients

4 tablespoons oil
1 large onion chopped finely
2 cloves garlic chopped
5 mm piece of ginger, chopped
¾ teaspoon coriander powder
Pinch of turmeric
¼ teaspoon cumin
¼ teaspoon garam masala
1 teaspoon paprika powder
2 tomatoes, chopped (fresh)
Salt
Chopped coriander

Method

Heat oil in pan, add onion and cook for 25 minutes until brown. Add garlic and ginger and cook for further 1 minute. Add the coriander and stir for a further minute, then add the turmeric, cumin, garam masala and paprika and sauté for further 30 seconds. Add 200 ml water and cook for 10 minutes. Put in the tomatoes and cook for 5 minutes more. Add salt to taste. Garnish with chopped coriander.

Curry sauce is now ready and meat, fish or vegetables can be added.

For fish add 200 ml water

For chicken add 300 ml water

For lamb add 500 ml water

For vegetables add 400 ml water

If the sauce is too thin after adding the water, thicken with cornflour. Add salt to taste and if you like it hot then why not add a peperoncini (hot red chilli) or two!

Promise-You'll-Keep-Your-Friends Garlic-Tomato Pasta Sauce

From Louise (aka Lulu) and Gary aboard *Lulu*



Ingredients

1 x 28 oz can Italian plum tomatoes (best you can find) chopped,
including juice (I prefer Cirio brand in Italy)
2 heads (yes, heads!) garlic
6 tablespoons extra-virgin olive oil
¾ teaspoon red pepper flakes (or more, to taste)
4 tablespoons del Monte or Hunts tomato sauce (or Italian equivalent)

Method

Separate garlic cloves and peel. Remove any yellow or green “sprouts” from garlic clove centres. These indicate garlic is old and make it bitter.

Cook garlic in oil in small heavy pot over medium heat, stirring occasionally, until golden, 3 to 5 minutes. Add tomatoes, optional sauce, red pepper flakes and ½ teaspoon salt. Simmer, covered, stirring occasionally, one hour. Add salt to taste.

Serves approximately 1 pound pasta, but if you really like sauce, make more! Penne, fusilli or shorter, shaped pastas hold the sauce better.



Salad Dressings

From Cara and Philip aboard *Fabuloso*

Italian Salad Dressing 1

Ingredients

3/4 cup vegetable oil
1/4 cup cider/red wine vinegar
2 tablespoons water
1 teaspoon minced garlic
2 teaspoons sugar
1 1/2 teaspoons salt
1/4 teaspoon pepper
1 teaspoon grated parmesan cheese

Method

Combine all ingredients in a bottle. Shake to blend.

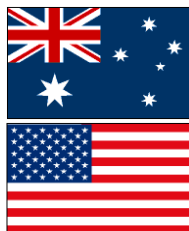
Italian Salad Dressing 2

Ingredients

6 tablespoons olive oil
2 tablespoons white wine vinegar
2 tablespoons chopped fresh parsley
1 tablespoon fresh lemon juice
2 garlic cloves, chopped
1 teaspoon dried basil, crumbled
1/4 teaspoon dried crushed red pepper
Pinch of dried oregano

Method

Combine all ingredients in a bottle. Shake to blend.



Blue Cheese Salad Dressing

Ingredients

3/4 cup sour cream or yogurt
1 1/3 cups mayonnaise
1 teaspoon Worcestershire sauce
1/2 teaspoon dry mustard
1/2 teaspoon garlic powder or fresh grated
1/2 teaspoon salt
1/2 teaspoon ground black
Pepper
4 ounces blue cheese crumbled

Method

Whisk together the sour cream, mayonnaise and Worcestershire sauce. Season with mustard, garlic powder, salt and pepper. Stir in blue cheese. Cover, and refrigerate for 24 hours before serving.

Lemon Dijon Salad Dressing

Ingredients

1 teaspoon Dijon mustard
2 teaspoons lemon juice
1/2 teaspoon Worcestershire sauce
1 clove of garlic, minced
2 tablespoons of red wine vinegar
1/4 teaspoon sugar
1/4 teaspoon salt or to taste
1/2 cup olive oil

Method

Combine all ingredients in a bottle. Shake to blend.



Chilli Tomato Chutney

The favourite of Paul aboard *BellaNova*



Ingredients (makes 5 standard jars)

1 kg tomatoes
0.5 kg zucchini
0.5 kg onions
250 g green/red/yellow capsicums
200 g sultanas
125 g brown vinegar
250 g white/brown sugar mix
½ bulb of garlic
½ teaspoon black pepper
1 teaspoon rock salt
1 teaspoon chilli powder
1 teaspoon mustard
1 teaspoon coriander
1 teaspoon cumin

Method

Blanch and peel the tomatoes. Blend the tomato skins to a puree. Cut the tomatoes, onions, zucchini (don't peel) and capsicums into small pieces and put in a large saucepan. Add the vinegar and spices, stir in well and leave overnight with a cover on. Cook over a slow heat, stirring regularly and add the sugar slowly when warm. Bring to the boil and simmer for 15 minutes. Partially blend the mixture and continue simmering for another 15 minutes then finally blend into a coarse puree. Cool a spoonful to taste and add more salt or chilli powder as desired.

Sterilise sufficient (approx 6) jars and fill whilst very hot, screw on the lids and invert for 30 minutes to seal. Chutney should keep for a year at least. Store an open jar in the fridge.

Serve as a condiment with red meat or cheese dishes.
Delicious spread on a cheese (cheddar) and onion (ploughman's) sandwich.





Super Soups & Salads

Rustic Red Lentil Soup

From Joe and Lee aboard *Southern Cross*



Ingredients

1 cup red lentils, washed, drained
1 medium onion, finely chopped
1-2 garlic cloves, finely chopped
3 tablespoons butter or extra virgin olive oil
1 cup water, warm
2 cups chicken broth
3 tablespoons tomato paste
1 teaspoon cumin
½ teaspoon crushed red pepper
Salt
Pepper
2 teaspoons oregano

Method

Sauté the onion with the butter for about 1-2 minutes, but do not burn the onion! Add the garlic and sauté until the smells come out. Add lentils and 1 cup water, stir. Put the lid on and cook for 5 minutes with a little bit under medium heat. The lentils will absorb the water quickly, so check often. Add chicken broth, tomato paste, cumin, crushed red pepper, salt and pepper. Cook for 10 more minutes with the lid half way on over medium heat. Sprinkle in oregano, stir.

Serve this soup with lemon wedges while still warm.

4 servings



Aeolian Tomato Salad

From Aleid and Rik aboard *Que Sera*

Serves 4



Ingredients

800 g tomatoes

Green olives

Capers

1 chopped red onion

Salted anchovies

Oregano

A few leaves basil

Extra virgin olive oil

Red wine vinegar

Sea salt & pepper

Method

Cut the tomatoes and combine with the olives, capers, sliced red onion, oregano, basil, salt and pepper and a few pieces of salted anchovy. Drizzle with oil and vinegar.



Curried Cous Cous Salad

From Susan and Ron aboard *Gemini*



Ingredients

- 1½ cups couscous
- 1 tablespoon butter
- 1½ cups boiling water
- ¼ cup plain yogurt
- ¼ cup olive oil
- 1 teaspoon white wine vinegar
- 1 teaspoon curry powder
- ¼ teaspoon ground turmeric
- 1½ teaspoons kosher salt
- 1 teaspoon black pepper
- ½ cup small diced carrots
- ½ cup minced flat leaf parsley
- ½ cup dried currents or raisins or dried cranberries or a mixture
- ¼ cup sliced almonds
- 2 green onions, thinly sliced
- ¼ cup small diced red onion

Method

Place the couscous in a medium bowl. Melt the butter in the boiling water and pour over the couscous. Cover tightly and allow the couscous to soak for 5 minutes. Fluff with a fork.

Whisk together the yogurt, olive oil, vinegar, curry, turmeric, salt and pepper. Pour over the fluffed couscous and mix well. Add the remaining ingredients and season to taste. Serve at room temperature.





***Mouth-Watering
Main Courses***

Chicken in Sage

From Richard aboard *Charlie Girl IV*



Ingredients

2 chicken thighs, boned, skinned and chopped into chunks
2 rashers of smoked streaky bacon, cut crosswise into narrow strips
12 fresh sage leaves, roughly chopped
1 bottle of white wine (not too sharp, fruity and almost sweet is good)
½ chicken stock cube
15 g butter
15 ml olive oil
Flour, salt and pepper

Method

Liberally dust your chicken pieces in flour, salt and pepper (put the flour etc in a plastic bag and shake the chicken pieces in it; it makes less mess). Warm the butter and oil in a casserole/frying pan. Add the chicken and bacon and fry just enough to brown the chicken. Add the sage leaves and stock cube. Pour in sufficient white wine to come half way up the chicken pieces. Bring to a simmer stirring to mix the flour and thicken the sauce. Cover and simmer gently for 10-15 minutes or until the chicken is cooked through. Alternatively cook in slow oven to achieve same result. If sauce is too runny, remove chicken etc and heat sauce until reduced. Add back mixture and serve. The resultant sauce should be quite dense. If not in your view, add a little cornflour to thicken it.

Serve with new, mashed or crushed potato, carrots and cabbage, hispi if you can get it. Oh yes, drink the rest of the wine!



Mediterranean Salmon

From Aleid and Rik aboard *Que Sera*



Serves 4

Ingredients

4 salmon fillets, about 200g each
50 g sun-dried tomatoes in oil, halved if large
Handful of basil leaves
50 g pitted black olives 3 large garlic cloves, peeled and thinly sliced
Sea salt and black pepper
Olive oil

Method

Heat the oven to 200° C. Place the salmon fillets on a board, skin-side down. Use an apple corer to make 6 small holes in each fillet. Flatten the sun-dried tomatoes and place a basil leaf, an olive and a sliver of garlic on each one. Roll up and use to stuff the holes in the salmon. Season with salt and pepper. Place the salmon fillets on a lightly oiled baking tray. Drizzle with olive oil and bake for 6-8 minutes until medium rare – the thickest part will feel slightly springy when pressed.



Transfer to warm plates and serve with a tomato salad and country bread.

Eet smakelijk!



Frikadellen mit Rotkohl

From Gabriela aboard *BellaNova*



Ingredients (serves 4)

Rotkohl*

500 g red cabbage
1 large onion
1 apple
20 g lard
5 teaspoons sugar
2 tablespoons red wine vinegar
½ litre red wine
10 juniper berries
2 bay leaves
4 cloves
Salt & pepper

Frikadellen

1 large onion
1 tablespoon oil
1 lb ground beef
1 lb ground pork
2 eggs
8 tablespoons flour
3 tablespoons cream
4 tablespoons milk
2 tablespoons parsley
2 teaspoons salt
2 teaspoons pepper



Method

Rotkohl

Cut the red cabbage in quarters. If available use a grater to cut the cabbage in very fine slices, otherwise use a sharp knife. In a stew pot heat lard (or olive oil if no lard is available). Add sugar and let brown. Reduce heat. Dice the onions and add to the browned sugar. Peel, core and quarter the apples, then cut into small slices. Fry the apple slices in the fat. Add the red cabbage, stir and immediately add the red wine vinegar so the red cabbage keeps its red/violet colour. Add bay leaves, cloves and juniper berries, season with pepper and salt. Add red wine, cover and let braise on low heat for 45 minutes, stirring occasionally.

Frikadellen

Peel and dice the onions, then sauté in oil until transparent. Mix both types of ground meat together in a mixing bowl. Add sautéed onions to meat mixture. Stir together flour, milk, eggs and cream, add to meat mixture. Add parsley, salt and pepper and mix well. Dampen hands and form meat into patties. Fry on both sides in oil until golden brown.

Serve with potatoes and a glass of red wine.

*Rotkohl can be conserved in jars for up to a year, so it is a good pre-cruising preparation.



Mango Chicken (Pressure Cooker Recipe)

From Tracy, Mike, Justin and Josie aboard *Rio Luna*



Ingredients

4-6 chicken leg quarters (skinned if desired)
1 ripe medium to large mango peeled and cubed
1 onion chopped
1 large green pepper thinly sliced
½ cup water
⅓ cup soy sauce
¼ teaspoon salt
⅛ teaspoon ground black pepper
¼ teaspoon red pepper flakes

Method

Place all ingredients into pressure cooker and secure lid. Bring up to pressure and cook for 12 minutes. Remove from heat and let pressure drop of its own accord.

Serve over cooked rice.



Orange and Chilli Pork Belly

From Dave and Shani aboard *Scarlett*



This dish offers slow cooked tender pork belly in a sweet chilli sauce and just oozes flavour. The dark sauce will spread through a bed of mashed potato, polenta or couscous. It just tastes so good and makes you feel good either on a cold, dark winter night or in the warmth of a summer night. Try it - it's bound to become a favourite.

Ingredients (for four)

1000 g of pork spare ribs or pork belly

One onion finely chopped

Two cloves of garlic chopped or crushed

One red chilli, diced or perhaps two (dependant on heat of chilli and your tolerance)

1 cup of orange juice

½ cup of tomato sauce

½ cup of stock (beef)

$\frac{1}{3}$ cup of soy sauce

$\frac{1}{4}$ cup of white wine

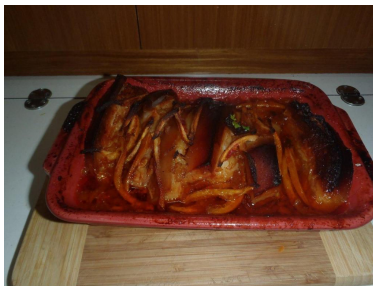
2 tablespoons honey

Peel of an orange cut into long thin strips 2 cm piece of ginger cut into thin strips

Method

Cut pork into 10-12 cm long pieces, place in a large flameproof casserole, and add enough water to cover, and bring to a boil, then simmer gently for 20 minutes. To remove excess fat, drain and return pork to casserole. Add onion, stock, soy sauce, wine, orange juice and rind, ginger, garlic, chillies, tomato sauce, honey and. Add just enough water to cover pork, cover with lid/foil and place in a low heat oven, cook for 1½ hours, then remove lid/foil and raise heat to high and cook for a further 25 minutes, or until golden/crispy.

Serve on mashed potato, polenta, couscous, or rice. This recipe can be done on a stove top in casserole, but it will not produce the yummy crispy finish.



Deep Dish Spinach Pie

From Frank and Linda aboard *Interlude*



Ingredients

1 kilo or 2 pounds spinach
2 tablespoons olive oil
1 large onion, finely chopped
4 scallions, finely chopped
¼ cup snipped fresh dill or chopped fresh parsley
4 large eggs
8 ounces feta cheese, crumbled
2 tablespoons grated Parmesan cheese
Salt and pepper to taste
Pinch of freshly grated or ground nutmeg
Pastry dough for a deep dish pie



Method

Stem, wash well, and coarsely chop spinach. Heat olive oil in a large skillet over medium heat. Add onion and scallions and cook until softened, 5 to 7 minutes. Add the chopped spinach a handful at a time. Cook until the spinach is wilted and the liquid is released, 5 minutes. Increase the heat to high and cook, stirring often, until the liquid is evaporated and the spinach is dry, 7 to 10 minutes. Stir in the fresh dill or chopped fresh parsley. Let stand until cool enough to handle, then squeeze to remove the excess liquid. In a medium bowl, lightly beat the eggs. Add the cooked spinach mixture, the Feta and Parmesan cheese, salt, black pepper, and nutmeg. Lightly oil an 8" cake pan. Line the pan with the pastry dough leaving enough to fold over to make a top. Add the spinach filling and close with the dough. Brush with butter or an egg wash and bake at 350° F for 45 minutes or until golden brown.



Pork Chops in Wine Sauce

From Susan and Ron aboard *Gemini*



Ingredients

4 x 1-inch thick pork chops, preferably without bone

Flour

Salt

Pepper

Butter

½ cup brown sugar

½ cup water

½ cup white wine, sauterne is best, but any white wine will do

¾ cup orange juice

Method

Mix salt and pepper with flour. Dredge chops in flour mixture. Melt enough butter in a large fry pan to brown the chops. Remove from pan, and set aside. In the same pan melt 2 tablespoons butter. Stir in about 2 tablespoons flour until smooth, stirring for 1 minute. Add orange juice, water and wine. Simmer until it is thick, and then add the brown sugar. Return the chops to the sauce and simmer on low heat until chops are tender, about 1 hour.



Salmon with Honey-Balsamic Glaze

From Judy and Bob aboard *Pooh Bear*



Ingredients

4 skinless salmon fillets, rinsed and patted dry
1½ tablespoons (22 g or ml) mayonnaise
1½ tablespoons (22 ml) balsamic vinegar
1 tablespoon (15 ml) honey
1½ teaspoons (8 g) sesame seeds
¾ teaspoon (4 g) dried oregano
¾ teaspoon (4 ml) olive oil
1 minced garlic clove
(I sometimes add a bit of cayenne)

Method

Place salmon fillets in baking pan sprayed with cooking spray or oil. Whisk together remaining ingredients then lightly spread the mixture over the top and sides of each fillet.

Bake 15 to 20 minutes at 375 ° F, (190° C), (Mark 5)

This goes well with quick-sautéed bright vegetables – zucchini, tomatoes, onion, garlic, fresh basil with some fresh grated parmesan added in and a bit sprinkled on top when served.



Deluxe Chicken Salad

From Carol and Gus aboard *Indigo*



3 cups cooked chicken cut in cubes
2 tablespoons lemon juice
1 teaspoon salt
1 cup thinly sliced celery
2 cup white grapes cut in half (can use red)
¼ cup toasted almonds
1 small can pineapple chunks, drained
2 cups cooked macaroni
Mayonnaise to keep mixture moist

Sprinkle lemon juice and salt over chicken and chill. Add rest of ingredients and toss lightly. Serve on lettuce and with other fruits for a hot weather meal.

Serves 6



Chorizo in Cider

From Ann and Andy aboard *Pipit*



Ingredients

1 onion, sliced
2-4 cloves garlic, finely sliced
Olive oil
300-400 g chorizo*, thickly sliced or whole small balls
250 ml cider
Honey (optional)

Method

Heat a good glug of olive oil in a frying pan and sauté the onions slowly until soft and golden brown. Add the garlic and fry for another few minutes. Add the chorizo, either whole if mini sausage 'balls' or thickly sliced. Fry until the sausage begins to brown and has released its spicy oils. Add the cider and bring to a boil, then simmer until the cider has reduced to a delectably sticky sauce. If using a dry cider, you may want to add a drizzle of honey.

Serve with a glass of well chilled cider or dry white wine and some crusty bread to mop up all the sauce. Oh, and have plenty of napkins at the ready... And wearing white is probably a bad idea...

We found two main types of chorizo - the familiar dry chorizo which is ready to eat but can be cooked and semi-cured chorizo which is slightly softer and requires cooking. I prefer the latter for this recipe, but you can use slices of the dry type (buy a whole chorizo and slice it thickly yourself, don't use the very thin ready-sliced), reducing the initial browning time to prevent over-cooking.



Sea Bream on a Mediterranean Vegetable Bed

From Willi and Christina aboard *Panta Rei*



Ingredients

2 sea bream approx 300g
3 medium potatoes, peeled and cooked
2 onions
30 g dried tomatoes
1 zucchini
Olive oil
100 g pitted olives
250 g artichokes (pickled or freshly cooked)
Rosemary, thyme, sage, parsley
2 lemons
Salt & pepper

Method

Fillet and wash the sea bream, and season with salt, pepper, rosemary, thyme and sage inside and out. Place the fish on aluminium foil with another slice of lemon and loosely close the foil over it. Cook in the preheated oven at about 150° C for about 30 minutes.

Whilst the fish is cooking, peel an onion, dice and fry in olive oil. Cut the potatoes in quarters and fry with the onion. Wash the zucchini, cut into thin slices and add to the onions and potatoes to the pan and fry until they are al dente. Cut the tomatoes into strips, olives, cut artichokes into quarters and add to the pan and cook altogether for about 5 min.

Season with salt, pepper and lemon thyme leaves. Serve the fish on the vegetables and garnish with lemon and parsley. Bon appétit!



Gulet Chicken

Chicken Roasted over Spiced Onions and Potatoes

From Judy and Bob aboard *Kinabalu*



This is a great easy one pot dish which can be doubled or trebled, served to the table on the Turkish gullets in a large terracotta dish where everyone can help themselves. A typical salad to accompany this dish could include roughly chopped tomatoes and cucumber with finely chopped red cabbage, cos lettuce, olives and red onion, simply dressed with olive oil and wine vinegar.

Ingredients

4 skinned chicken legs, cut into drumsticks and thighs (or just use 8 skinned thighs)
25g butter
3 tablespoons olive oil
2 large onions, sliced
8 plump garlic cloves, cut into fat slivers
½ teaspoon ground cinnamon
1 teaspoon paprika
1 teaspoon turmeric
1 tablespoon tomato concentrate
1 x 400g tin chopped tomatoes
600g potatoes, peeled and cut into thickish slices
75ml hot chicken stock
4 plump chillies or green and red peppers
Salt and freshly ground black pepper
2 tablespoons finely chopped oregano or parsley (use dried in the spice mixture if fresh is unavailable)

You will need an ovenproof dish large enough to hold the chicken pieces in one layer with the vegetables below.

Method

Heat the oven to 190° C/375° F/Gas Mark 5. Rub the chicken pieces (and chillies/peppers) with a tablespoon of the olive oil and season with salt. Set aside. Heat butter and remaining oil in a frying pan and sauté the onions until softening, but not browned, adding the tin of chopped tomatoes, garlic and spices during the final few minutes.

Spread the potatoes over the base of an oiled ovenproof dish, season well. Spoon over the spiced tomato onion and garlic mixture then sit the chicken pieces on top with the chillies/peppers nestling between. Stir the tomato puree into the hot chicken stock then pour around the chicken.

Roast uncovered for 15 minutes, then reduce the oven temperature to 180°C/350°F/Gas Mark 4 and continue roasting for 30-40 minutes, until the chicken is tender and the potatoes cooked. Sprinkle with the fresh herbs if available.

Variations: Don't use tin of chopped tomatoes and increase the chicken stock to 125ml. Add more oregano and parsley to give a stronger flavour if desired.



Stuffed Peppers

From Nancy and Stephen aboard *Fairwyn*



Serves 4

Ingredients

4 green, red, or yellow sweet peppers

250 grams (½ pound) minced meat (beef, pork, veal, lamb, turkey or chicken or mixed)

½ medium onion, chopped

2-3 cloves of garlic, crushed or minced

Handful of dry breadcrumbs

Salt, pepper, basil, oregano, hot pepper, parsley, 2-3 bay leaves

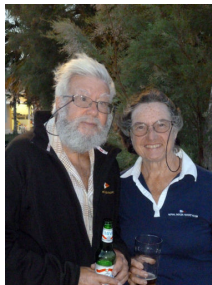
Large tin of whole peeled tomatoes or passata, or tomato juice or fresh tomatoes, peeled and seeded

4 medium potatoes, quartered (parboiled for five minutes if you are going to bake the peppers)

Method

Cut tops off peppers and removed seeds and membranes. Parboil the peppers if you are going to bake them. Mix meat, onion, garlic, bread crumbs, and spices, except bay leaves. Put a layer of tomatoes in the bottom of the pressure cooker or oven dish. Pack each pepper full of stuffing and place upright, if possible, in the pressure cooker or baking dish. Cover each pepper with its top. Tuck quartered potatoes around the peppers. Cover with tomatoes, more spices and the bay leaves.

For pressure cooker, put the lid on and place on stove on high. When pressure is up, turn the heat down and cook for about ten minutes, depending on your cooker. Let the steam out or allow to cool down, depending on your meal timing. For baking, sprinkle the top of the peppers with a few breadcrumbs, cover, and bake at 350° F or 177° C for about 15 minutes. Remove lid and bake for 5 minutes more.



Quick Chicken Veronique

From Pam and Steve aboard *Eirene*



Ingredients

1 pound, approximately, chicken breasts, cut into strips and dredged lightly in flour
2 garlic cloves, minced
1 tablespoon, approximately, olive oil
½ cup dry white wine
1½ cups chicken stock or broth
½ cup heavy cream
¼ cup stone ground mustard
Salt and pepper
2 cups seedless red (or green) grapes, halved - it is hard to find seedless outside the US so I take out the seeds, which is really not a chore since the rest of the recipe is so easy

Method

Sauté the chicken in the olive oil until lightly browned, then add the garlic and sauté another minute or so. Add the wine and scrape up any bits, then add the stock and the cream. When heated through, whisk in the mustard. Hint: when adding the liquids, push chicken aside and whisk each liquid in until incorporated. Add salt and pepper to taste and simmer to let the sauce thicken a bit. Add the grapes and heat through.

Serve over, or with, rice or noodles to soak up the sauce.



Mediterranean Chicken

From Bonnie and Rick aboard *Aisling I*



Ingredients

4 chicken breasts, preferably bone-in
250 g cherry or grape tomatoes
4 tablespoons capers (rinsed if packed in salt)
1 teaspoon oregano
4 tablespoons olive oil
2 tablespoons balsamic vinegar
½ cup black olives, pitted
Black pepper to taste

Method

Place chicken and tomatoes in a roasting pan. Season with black pepper. Scatter capers and oregano over, then add the oil and vinegar. Bake at 375° F 20-25 minutes.

Remove from oven and baste, then add the olives and cook an additional 5 minutes (or longer if the chicken breasts are large).

Serve with rice mixed with pesto, a little cream and fresh parmesan or pasta aglio/olio.



A photograph of a glass baking dish filled with a layer of tiramisu, dusted with cocoa powder. In the background, a bottle of Pantelleria Vin Santo is visible. The text "Delectable Desserts & Sweet Treats" is overlaid in the center.

***Delectable Desserts
&
Sweet Treats***

Pancakes

From the MdR Boys - Chris from *Nimrod*, Flemming from *Summertime* and Dave from *Scarlett*

(Makes 12-14)

Ingredients

110 g plain flour

Pinch of salt

2 large eggs

200 ml milk mixed with 75 ml of water

2 tablespoons of melted butter

A little extra butter for cooking the pancakes



Method

Sift the flour and salt into a large mixing bowl then make a well in the centre of the flour and break the eggs into it. Whisk the eggs (with any sort of whisk) to incorporate the flour from around the edges. Add small quantities of the milk mixture gradually and ignore any lumps because they will eventually disappear as the whisk gets to them. Make sure all the flour is mixed in. Whisk once more till the batter is smooth and the consistency of thin cream.

When ready to cook, add the 2 tablespoons of melted butter to the batter and stir in. Then melt about a teaspoon of butter in your pan (a shallow pan is best) and swirl it around to lubricate the whole of the pan thoroughly, tip any excess butter onto a plate (remember that the pan just needs to be coated with butter but the pancakes should not be cooked in fat). Next get the pan really hot, then turn the heat down to medium. Pour 1 to 2 tablespoons of mixture into the pan. As soon as the batter hits the pan, tip it around from side to side to get the base evenly coated with batter. It should take only half a minute or so to cook, then flip over and cook the other side for same amount of time. Then serve with sweet or savoury fillings.



Banana Bread

From Erika and Francis aboard *Awake of Parkstone*

Ingredients

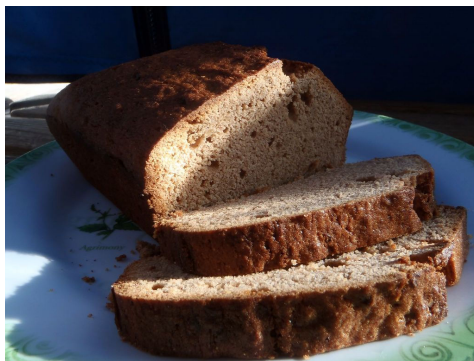
200 g granulated dark sugar
150 g unsalted butter, softened (room temperature)
1 large egg, room temperature
2 or 3 ripe bananas, mashed
250 g all-purpose flour
2 teaspoons of baking powder
1 teaspoon of cinnamon
¼ teaspoon of nutmeg
Pinch of salt
100 ml of milk (optional)



Method

In a large mixing bowl beat unsalted butter and granulated sugar until nice and smooth. Add 1 large egg. Mash bananas, then add them to the sugar and butter mixture. Mix well.

Next, add all-purpose flour, baking powder, cinnamon, nutmeg, and salt. Mix all of these ingredients together. Last, if the texture is too thick, add milk or extra banana or even juice from a freshly squeezed orange to add extra flavour. Butter and flour a 9×5 inch loaf pan. Pour the mixture in the buttered pan and place in the oven. Bake at 180° C for 1 hour and 15 minutes. When the banana bread is done baking take out and set to cool before slicing. It stays nice and tasty for several days.



Carrot Cake with Cheese Glaze

From Flemming and Lis aboard *Summertime*



Ingredients

250 ml brown sugar or cane sugar

4 eggs

150 ml oil

100 ml water

1 teaspoon salt

400 ml flour

2 teaspoons baking powder

1 teaspoon bicarbonate of soda

2 teaspoons cinnamon

2 teaspoons vanilla sugar

400 ml finely grated carrot

Raisins and chopped almonds as you like.

Method

Whip eggs and sugar. Stir oil, water and salt into egg mixture.

Mix together flour, baking powder, bicarbonate of soda and spices in a bowl and stir in the liquid mix. Finally stir in the carrots, raisins and almonds.

Pour into a greased baking tin and bake 30-45 minutes at 200° C.

Cheese glaze

175 g cream cheese

75 g melted butter

400 ml icing sugar

1 teaspoon vanilla sugar

Mix well and spread on cake when it is cooled



Chocolate Bread and Butter Pudding

From Ian and Carole aboard *Maximilian*



Ingredients

10 slices white bread, slightly stale is best (or any equivalent amount other bread sliced)

150 g dark chocolate

75 g butter

425 ml single/whipping/cooking cream

110 g caster sugar

3 large eggs

Pinch cinnamon

Method

Cut bread into quarters, triangles work best. Put chocolate, cream, sugar, butter and cinnamon in a bowl over a pan of barely simmering water. Wait for chocolate to melt and sugar to dissolve and then stir mixture well. Hand whisk the eggs a little, then add chocolate mixture, and whisk thoroughly to blend together. Lightly butter an oven-proof dish and pour about 1cm of mixture in the bottom.

Arrange bread in overlapping rows and then, slowly, pour chocolate mixture over. Press bread down gently to ensure it is all covered with the liquid as it cools. Cover dish in cling film, leave until cool and then put in fridge. Leave for 24 hrs, 48 is even better. Preheat oven, Gas Mark 4, 180° C, 350° F, and cook for 30 minutes until the top is crunchy. Leave 10 minutes before serving.

Cream or crème fraîche go well with this, and it is equally good cold, IF you get leftovers.



Fridge Cake

From Carol and Gus aboard *Indigo*



Ingredients

6 oz plain chocolate

4 oz butter

14 oz condensed milk

10 oz digestive biscuits crushed (McVitie's)

1 oz raisins

1 oz glacé cherries (optional)

Method

Melt chocolate and butter together in a saucepan. Take off heat and stir in condensed milk. Mix together the crushed digestive biscuits, raisins and cherries and stir in chocolate mixture. Line 8" tin with foil. Press mixture into tin until firm. Chill.



Lemon Posset

From Sue and Chris aboard *Nimrod*



Ingredients

397 g can condensed milk

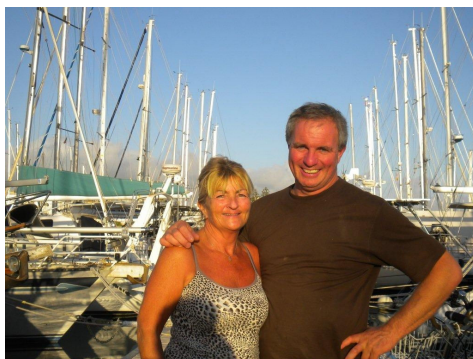
150 ml double cream

3 large unwaxed lemons, finely grated zest and juice

Method

Whisk condensed milk and cream together until the mixture has thickened but still has a light and fluffy texture. This should take 4 minutes approx. Add the lemon zest and juice and whip for a further few seconds only. The mixture will thicken very quickly now. Spoon the lemon cream into 6 individual ramekins or a large trifle bowl, then chill for at least an hour or overnight.

Nice served with the shortbread biscuits or brandy snaps. You can also use this as a mixture for a cheesecake, just make a biscuit base (gingerbread ones work well) and spread mixture on top then chill as above.



Ricotta Cake with Cherry Topping

From Bill and Jean aboard *Soleil Sans Fin*



1 package yellow cake mix (1 lb and 2.5 oz)
2 lbs (4 cups) ricotta cheese (drain off liquid)
 $\frac{3}{4}$ cup granulated sugar
4 large eggs
1½ teaspoons vanilla

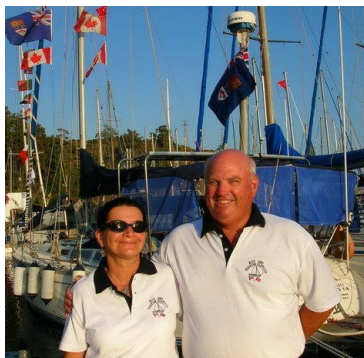
Mix the cake using water and eggs as specified on the package. Pour into a well greased and floured 9' by 13' cake pan.

In a large bowl combine ricotta, sugar, 4 eggs and vanilla. Beat at medium speed until blended. Pour ricotta mixture over the cake batter.

Run knife through batter as you would for a marble cake. Cook in a preheated 350° F oven for one hour or until a knife comes out clean. Cool in pan then top with a can of cherry pie filling or fresh strawberries or any other fruit of choice.

Keep leftover cake in fridge.

Serves about 15.



Sarah Grace's Shortbread

From Anne and Gordon aboard *Sarah Grace*



This is actually my friend Avril's recipe and is the easiest, most consistent shortbread recipe possible – once you have tried it in your oven, got the temperature right and found a baking tray to suit!

Ingredients

2oz cornflour

4oz self raising flour (has baking powder already added)

6oz plain flour (or use a total of 10 oz plain flour with ½ teaspoon baking powder if you don't have self raising flour)

4oz castor sugar

8 oz butter – either salted or unsalted – I prefer unsalted

Method

Preheat oven to 180°C, 350°F, gas mark 4. Grease a Swiss roll tray – say 13½ x 9½x¾ inches, 340x250x20mm. Can also be baked in a smaller, deeper tray if you like thicker pieces, just watch temperature and timings. Sieve all the dry ingredients together. Melt butter gently then mix with dry ingredients till it all comes together in a soft dough.

Press into the tray with your hand, as evenly as possible – nice job this, warm and squidgy. Prick over with a fork. Bake 30 – 40 minutes (check at 20 minutes and rotate tray or lower heat if browning too fast). Should be golden all over when ready. Sprinkle with sugar while still warm. Mark into fingers and leave to cool in the tray. Enjoy!



Tiramisu

From Wim and Jacqueline aboard *Zephyr*

(Serves 4 - 6)



Ingredients

250 g mascarpone

250 ml whipped cream

3 tablespoon sugar (and some vanilla sugar)

50 ml strong coffee

50 ml Amaretto

Half pack finger biscuits

Cocoa

Square glass dish ca. 20x20 cm

Method

Lay the finger biscuits a thick layer on the bottom of the dish. Mix the cooled coffee with amaretto and pour over the finger biscuits. Beat the cream with the sugar and stir in the mascarpone through. Spread this mixture over the finger biscuits and spread smooth. Sprinkle with a layer of cocoa and put it in the fridge for at least 1 hour.

Bon appetite!



Kaiserschmarrn

From Robert and Jenny aboard *Venice Lion*



Ingredients

2 eggs
Pinch salt
80 g flour
125 ml milk
1 tablespoon of crème fraîche/sour cream/yoghurt
20 g raisins
Butter
Icing sugar

Method

Separate the egg whites and yolks. Whip the whites with the pinch of salt until they are stiff. Mix the flour with the milk until there are no lumps anymore. Add the yolks and the crème fraîche. Gently fold in the egg whites. Melt a good knob of butter in a frying pan and put in the whole batter. Put raisins on top. Wait unless you see smoke coming out of the side of the pan. Put a good knob of butter under the 'Kaiserschmarrn' and turn it quickly. Wait again until you see smoke coming out of the side of the pan and cut it into pieces with a wooden palette. Turn off the heat and leave it covered for 5 min on the stove. Put icing sugar on top and serve it with apple puree, if you wish.

If you cannot get crème fraîche, add two tablespoons of yoghurt to any cream, leave at room temperature for 8 to 20 hours and you will have crème fraîche!



Ni's Lemon Pie

From Annibale and Krissy aboard *Finalmente*

A no fuss, creamy, full-flavoured lemon pie that's easy and quick to make. Makes an 8-inch pie - about 10 servings.



Ingredients

Graham crackers

Melted butter

1 tablespoon fine sugar

1 can sweetened condensed milk (I use Borden's Eagle brand)

½ cup freshly squeezed lemon juice and ½ teaspoon lemon pulp

2 eggs separated

¼ teaspoon cream of tartar



Method

Pie shell

Crush graham-crackers, enough to make an 8-inch pie shell. Mix in a little melted butter just to help hold the graham-crackers in place. Mix in 1 tablespoon of fine sugar. Pour the mix into the 8-inch pie pan and spread evenly on bottom and sides. Place in oven until starts to brown. Remove and let cool.

Filling

In a separate bowl, pour the sweetened condensed milk. Mix in lemon juice, lemon pulp, and egg yolks. In a separate bowl beat egg whites. Mix in cream of tartar to the egg whites and beat again until firm (holding a peak). Pour both mixes together and fold until mixed. Pour mixed filling into the pie pan. Sprinkle with extra pie crust crumbs to decorate top.

Cook for 10 to 15 minutes at 375° F or until top just starts to brown. Let cool, and then place into the refrigerator until set.

Best served after two hours in refrigerator and good for days.



Bon Bons

From Erin and John aboard *Zee Kiwi*



Ingredients

Fruit cake or Christmas pudding

Liqueur

Dark chocolate

Dried fruit

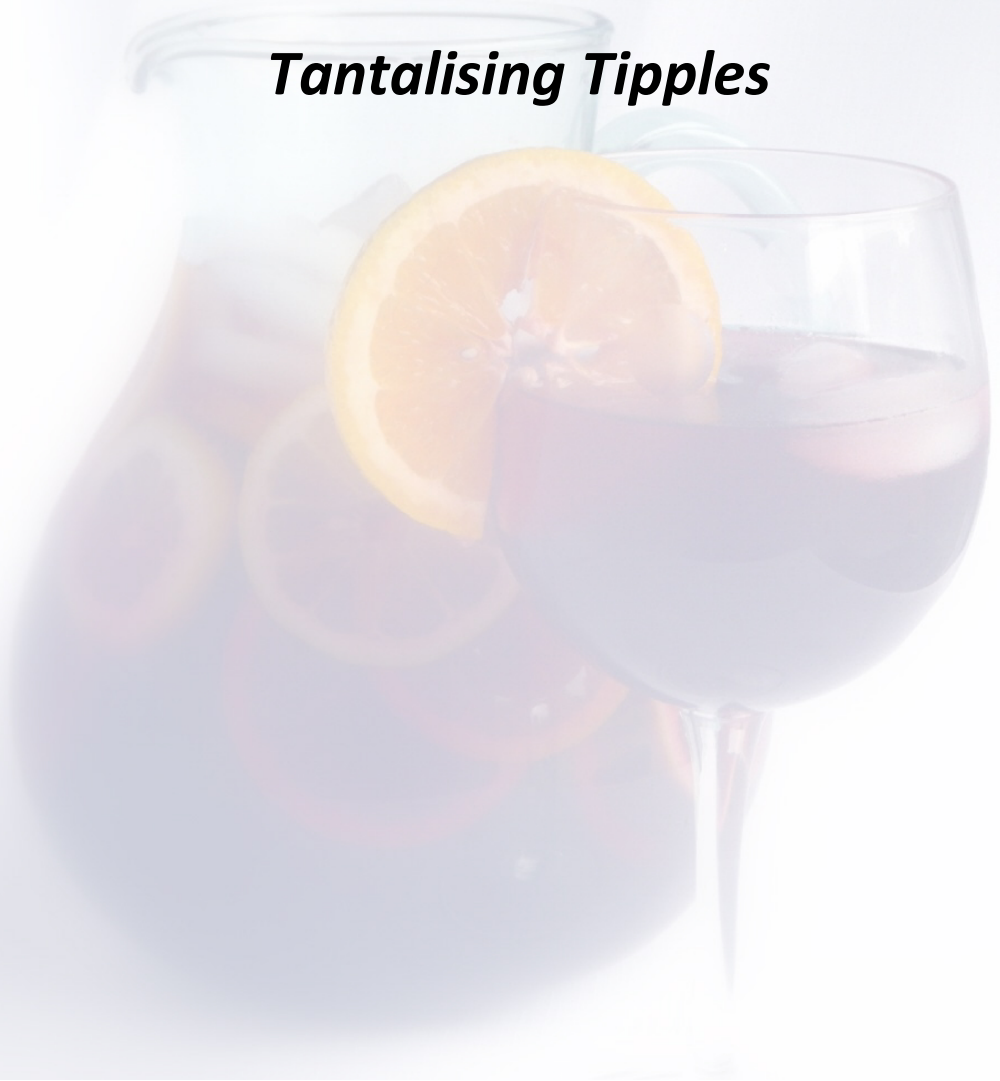
Method

Buy a fruit cake (or similar - Christmas pudding etc). Mash up, add your favourite liqueur, and half block medium melted dark chocolate. Roll mixture into small balls, refrigerate for preferably 24 hours, decorate with dried fruit (cherries, dried apricots - anything you can find)

Makes delicious bon bons.



Tantalising Tipples



Red Sangria

From Sue and Chris aboard *Nimrod*



Ingredients

1 bottle of red wine (Cabernet Sauvignon, Merlot, Rioja reds, Zinfandel, Shiraz) any red wine will do!!

1 lemon cut into wedges

1 orange cut into wedges

2 tablespoons white sugar

1 shot brandy or Vodka (Optional)

Ginger ale, Soda or Bubbly

Method

Pour wine in the pitcher and squeeze the juice wedges from the lemon and orange into the wine. Toss in the fruit wedges (leaving out seeds if possible) and add sugar and brandy. Chill overnight. Add ginger ale, soda or bubbly just before serving.

If you'd like to serve right away, use chilled red wine and serve over lots of ice.



White Sangria

From Sue and Chris aboard *Nimrod*



Ingredients

1 bottle of white wine (Riesling, Albarino, Chablis, Gewurztraminer, Pinot Gris, Chardonnay, Sauvignon Blanc) Basically any white wine!!

2/3 tablespoons white sugar

3 oranges (sliced) or may substitute 1 cup of orange juice)

1 lemon (sliced)

1 lime (sliced)

2 measures brandy, vodka or Cointreau (optional)

Ginger ale, soda or bubbly

Method

Pour wine in the pitcher and squeeze the juice wedges from the orange, lemon and lime into the wine, add brandy etc if desired. Toss in the fruit wedges (leaving out seeds if possible) and add sugar. Chill overnight. Add ginger ale, soda or bubbly just before serving.

If you'd like to serve right away, use chilled white wine and serve over lots of ice.

*Editor's note on these Sangria recipes – just **one** bottle of wine – who **is** she kidding?*

Melon Punch

From Sue and Chris aboard *Nimrod*



Ingredients

1 honeydew melon

Approx 4 tablespoons of icing sugar

1 litre of any white wine

1 bottle of any bubbly wine

Method

Cut melon into bite size chunks and place in a large bowl. Cover with sifted icing sugar and mix well, melon should now be covered in a syrupy juice. Leave to stand for at least 2 hours in a fridge or cold place. Pour white wine over and mix well again. Leave for a further hour then just before serving pour in bubbly, stir and serve. Remember this is alcoholic!!

Enjoy!!



Sasa's Limoncello

From Christina and Robert aboard *Quest*



Ingredients

9-12 lemons

1 litre alcohol

1 litre water

700 grams (3 ½ cups) sugar

Method

Wash and thinly peel the lemons. Combine the alcohol and lemon peel and let sit, covered, for 10 days or more. Strain and discard peel.

Combine the water and sugar, heat until boiling and sugar dissolves. When cool, add the alcohol lemon mixture. Store in glass bottles and serve cold.



Glühwein

From Lis and Flemming aboard *Summertime*

Extract will flavour 4-6 bottles of red wine



Ingredients

A handful of cloves, cardamom, juniper berries, star anise and allspice

1 nutmeg

4-5 sticks cinnamon

100 grams of ginger

1 vanilla pod

2 oranges

1 lemon

200 grams muscovado sugar

100 grams of honey

1.5 litres of water

Method

Put all the ingredients into a heavy-based saucepan. Boil for 30 -45 minutes over low heat. When the extract has simmered, then take the pan from heat and cool the flavouring mixture. Leave it to infuse for a few days in a cool place. Filter the mixture through a fine-meshed sieve or a coffee filter to make the flavouring extract. Can be kept in the refrigerator in approx. 3 weeks.

The extract is mixed with red wine and warmed up. Add almonds, raisins and a few slices of oranges with cloves in, as you please. Add sugar if you want it very sweet.



Crema di Limoncello

From Christina and Robert aboard *Quest*



Ingredients

9-12 lemons (yellow peel only)

1 litre alcohol

2 litres long life milk (e.g. parmalat)

2 kilos (10 cups) sugar

Method

Combine alcohol and lemon peel, let sit for a week or more.

Combine milk and sugar, heat to boiling for two minutes. When cool, add alcohol/lemon mixture.

Serve cold.



French 75 (Gin Fizz with a boooooom)

From Robert and Jenny aboard *Venice Lion*



Ingredients

1.5 cl lemon juice

1 cl sugar syrup (gomme)

3-4 cl gin

Method

Shake all the ingredients with ice cubes and top it up with prosecco/champagne. Garnish with a slice of lemon, if you wish.



Solo Siciliane ***Sicilian Specialities***



Caponata – Aubergine Chutney or Ragout

From Anne and Gordon aboard *Sarah Grace*

(Recipe from Eufemia Azzolina Pupella's Sicilian Cookery)



This makes a lovely accompaniment to cheese, salami or just crusty bread for lunch. It is a bit fiddly, but because the different vegetables are cooked separately to start with, you get texture and crunch, not a mush as is common with chutneys. Definitely a job for the autumn or winter.

Ingredients

4 aubergines or eggplants

200 g/8 oz/1¹/₃ cups olives (I use the slightly crushed, pitted olives – brand name Olive della Nonna – which are easy to use straight out of the jar, no pitting, no chopping)

50 g / 2 oz / ¼ cup, salted capers

2 large sticks celery

1 soup ladle/4 tablespoons home-made tomato sauce, (I used a tin of fine chopped tomatoes to save effort last time and it seems to have worked)

2 large onions, finely sliced

125 ml / 4 fl oz / 8 tablespoons vinegar (I used white wine vinegar)

1 tablespoon granulated sugar

A few basil leaves

Olive oil

Method

Dice the aubergines and put in a bowl of salted water for about 2 hours. Clean and chop the celery and blanch in boiling salted water for 5 minutes. Place the capers in a bowl with hot water to draw the salt out and drain after a few minutes.

Fry the onions in a little oil in a large frying pan. Add the capers and roughly chopped olives. Add the tomato sauce if already made, or skin and deseed four ripe tomatoes, (or use a tin of chopped tomatoes as I did), stir and cook to a thick sauce.

Squeeze the aubergines, dry and fry in another frying pan till tender. Fry the celery in the same pan. Add the fried aubergines and celery to the tomato sauce, mix well and blend flavours for 5 minutes over a low heat. Sprinkle with the sugar, pour over the vinegar and, after a few minutes turn off the heat and cover with a lid. Caponata is best served cold, garnished with basil leaves. I potted the caponata into clean jars and have kept it in the fridge for a month or more with no problem.

Olives in Brine

From Anne and Gordon aboard *Sarah Grace*



This was the method used by two lovely greengrocers in Riposto, on the NE coast of Sicily.

Ingredients

Fresh olives, washed and picked over. Fresh olives become available October, November.

Garlic

Hot red peppers, a few

Wild fennel stems – apparently anywhere olives grow, fennel grows beneath the trees. Pick some stems in flower and dry for future use.

Brine made with 100 g salt to 1 litre water – just mix together till salt is dissolved.

Method

Fill appropriate containers with olives, adding fennel stalks, garlic cloves and peperoncini to taste as you go. Top up with brine to cover olives, close containers tightly.

Put in a dark, cool place till February (assuming you are doing this in October/November). The olives are then ready for eating, or further dressing with olive oil and vinegar, more garlic, oregano or other herbs.



Pomodori Seccati Sott'Olio – Sundried Tomatoes in Oil

From Anne and Gordon aboard *Sarah Grace*



Ingredients

500 g (1lb) dried tomatoes
4 cloves of garlic
Sprig of basil, chopped
Sprig of parsley, chopped
A few anchovy fillets
Hot red peppers
Olive oil

Method

Blanch the tomatoes very briefly (1 or 2 minutes will be enough) in a solution of 1 part vinegar to 3 parts water. (I used cheap white wine vinegar which seems fine). Dry the tomatoes well on kitchen paper. Arrange in layers, in a bowl if for immediate consumption or in jars for keeping, with pieces of garlic, herbs and peppers. Cover with olive oil and a few drops of vinegar. Finish with the oil in which the anchovy fillets have been dissolved. (I added little pieces of anchovy along with the garlic and herbs as I was putting in jars to keep). Don't know how long this recipe will keep – not really pickled like a chutney, but mine seem to be ok a couple of months on.



Artichokes

From Robert (aka Jamie Roberto Oliver) and Jenny
aboard *Venice Lion*



Ingredients

100 g onions
2 garlic cloves
250 ml white wine
30 ml olive oil
4 sprigs thyme
4 sprigs rosemary
Salt
12 artichokes - select small ones (50 - 80 g) with tightly closed leaves



Method

Cut the onions into large pieces and fry them in the olive oil until golden. Add the wine, 500 ml of water and the remaining ingredients and bring to a boil.

In the meantime, start to clean the artichokes, stripping the outer leaves, trimming and paring the stem and cutting off the tip of the heart. As soon as each one is prepared, place into a bowl of acidulated water (water with lots of lemon juice) until they are all ready to cook. This will prevent them going brown.

Boil the artichokes in the stock you have prepared for about 15 to 20 minutes, then turn off the heat and leave them in the stock for another 10 minutes.

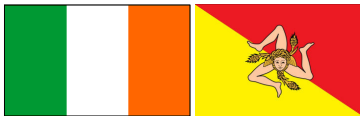
The artichokes are now ready to use in a multitude of recipes. They are also delicious simply drizzled with olive oil and seasoned with salt & pepper or dressed with a vinaigrette made with a sweet white wine or sherry vinegar. They will keep, stored in an airtight container in the fridge, for 3 - 5 days.

Don't throw the stock away. It tastes fantastic and can be used as a stock for soup, risotto, sauces or would even add a great flavour base in which to cook pasta!

Cavati Ragusa Style

From the Ragusa Scout Group

The Scouts from Ragusa taught us how to make this pasta as part of their visit to the Marina to celebrate Thinking Day, Scouting's International Day.



Ingredients

1 kilo flour (they use half and half durum wheat 00 flour and Manitoba flour)
2 eggs
Salt
Water (approx ¼ cup)



Method

Put flour and salt on the worktop in a heap. Make a well in the centre. Drop the eggs into the crater and gradually work the flour into the egg with your fingers. Work into a dough with enough water to make it come together. Knead with the heel of your hand till it becomes a dense, solid dough. It has had enough kneading when you slap it and it sounds “right”.

Cut into long slices, cut the slices into narrow strips, then roll the strips into thin “cords” (8 – 10 mm diameter, though exactness doesn’t seem to matter) as you would with “plasticene” or “play-do”. Chop each cord into 15 mm pieces and squash and drag each piece with the first and second finger of your hand to produce a little tube which rolls back on itself. This stage can be done using a fork which produces a ridged cavato which holds more of the sauce. Cook in plenty of boiling salted water. Test for readiness by removing one from the pan and checking if white all the way through. They were served very “al dente” with a rich tomato sauce with salciccie (sausages) for added flavour.

45 kilos of factory made cavati were prepared for the Scouts and their guests on 3rd March 2013 at Porto Turistico Marina di Ragusa.

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