

FROM THE BOAT COOKBOOK by Fiona Sims (see page 115)

Smoked mackerel kedgeree with spring onions and crème fraîche – serves four

- Ingredients**
- 25g butter
 - 1 onion, peeled and finely chopped
 - 1 fat clove of garlic, peeled and crushed
 - 2 tsp mild curry powder
 - 300g basmati rice
 - 1 litre fish stock or vegetable bouillon
 - 4 eggs
 - 350g smoked mackerel fillets, skin removed and flaked
 - 2 tbsp crème fraîche
 - 4 spring onions, trimmed and chopped
 - A handful of flat parsley, chopped

Melt the butter, then add the chopped onion and fry gently for a few minutes until soft. Add the garlic and curry powder, and then the rice, giving it all a good stir. Add the stock and simmer for 12 minutes or so, stirring frequently. Meanwhile, boil the eggs for 7 minutes, peel and cut into quarters. Add the mackerel, creme fraiche, spring onions and half the parsley to the rice, and heat through for another couple of minutes. Spoon into bowls, place the egg quarters on top and sprinkle the remaining chopped parsley on top.



Salted caramel and banana crunch – serves four

- Ingredients**
- half a 260g jar of salted caramel sauce*
 - 150ml extra thick Greek yoghurt
 - 5 digestive biscuits (graham crackers)
 - 2 bananas
 - mint (optional)

Mix the salted caramel sauce with the yoghurt in a bowl. Crush the biscuits in a plastic bag (using a bottle of wine, or whatever weight you have to hand). Divide half the crushed biscuits between four tumblers, slice over half the banana slices, then pour over half the salted caramel mixture. Repeat, saving a few crumbs to scatter on top, along with some mint leaves.

* I'm not suggesting you start boiling up condensed milk to make your caramel sauce on board, rather that you buy a jar of ready-made supermarket sauce – Marks and Spencer does a salted toffee sauce that works just fine.



FROM THE GALLEY OF ... Judy Howison aboard *Kinabalu*

Chocolates! Delicious, dark, to die for ... and yes, made on board!

It has taken some time and lots of tasting to perfect this recipe, and still it depends very much on the quality of the ingredients, so don't scrimp when purchasing! Cadbury's rich dark pure cocoa powder tastes better than expensive Dutch powder. Samoa and other Polynesian islands are exporting pure coconut oil with no additives which is also good. I find an American cup measure on my Tala measure makes a good batch of chocolates.

NB: they can only be made in a cool/cold climate or if you have a freezer.



- Ingredients**
- equal parts PURE cocoa (or cacao if you can get it) and PURE
 - coconut oil
 - a few glugs of PURE maple syrup
 - vanilla powder or essence

Melt the coconut oil by standing it in hot water and sieve in the cocoa powder. Use a whisk to mix the ingredients to a smooth consistency. Add the maple syrup and vanilla. If necessary heat carefully over a low heat.

I've experimented with silicone moulds but still find common old ice cube trays the best, though I do use a small silicone pourer to fill each mould neatly. Fill the moulds with fillings of your choice – soft figs, ginger, walnuts, Craisins® (dried cranberries), pink salt flakes, etc. Pour the chocolate over the fillings and place in the ice-making compartment or cold section of a fridge or freezer.

Extract from the moulds and transfer to Ziplock bag or plastic box. ENJOY!



As with most fine things, chocolate has its season. There is a simple memory aid that you can use to determine whether it is the correct time to order chocolate dishes: any month whose name contains the letter A, E, or U is the proper time for chocolate.

Sandra Boynton

FROM THE GALLEY OF ... David Blackburn and Julia Aspin, aboard *Daq Attack*

Hello Sailor Bread and Butter Pudding (serves four–six)

- Ingredients**
- 6 slices of bread
 - butter
 - ground cinnamon
 - 2 or 3 bananas
 - raisins and/or sultanas
 - 1 lime or lemon
 - 3 eggs
 - 1 pint of milk
 - 6-8 tbs rum (preferably Mount Gay)
 - 3 tbs sugar

Butter the bread generously, sprinkle with cinnamon and cut into narrow strips. Peel and slice the bananas into a small bowl, add the dried fruit and the rind and juice of the lime or lemon and mix together. Crack the eggs into another bowl, add the milk, rum (we usually ensure that we have an attack of delirium tremens at this point) and the sugar and beat gently.

Smear the inner faces of an ovenproof dish with butter and line the bottom with a layer of bread and butter strips. Add a layer of the banana mixture, then another layer of bread followed by more banana and so on, finishing with a final layer of bread. Pour on the milk and rum mixture, pushing the top layer under the liquid until the liquid is absorbed. Put aside for at least an hour – the longer you leave it, the better it will taste.

Bake in a pre-heated moderate to hot oven for about 50 minutes or until the top is golden brown.

Serving with cream is an over indulgence!

(This recipe originally appeared in Kitty Hampton's *Sailing Cookbook* – which all good galleys should have – and has become a favourite aboard *Daq Attack*. Thank you Kitty!)



All animals are strictly dry:
They sinless live, and swiftly die.
But sinful, ginful, rum-soaked men
Survive for threescore years and ten;
And some, as anyone can see,
Stay pickled till they're ninety-three.

Anon



FROM THE GALLEY OF ... Sarah Smith, aboard *Cape*

Bethany's Chocolate Brownies

These brownies are that ones that Bethany always used to make for birthdays and special occasions aboard *Cape* (see page 206). Quantities can be doubled.

- Ingredients**
- 1 cup sugar
 - ½ cup flour
 - ⅓ cup cocoa
 - ½ tsp salt
 - ½ tsp baking powder
 - 2 eggs, beaten
 - ½ cup oil (coconut or olive oil)
 - 1 tsp vanilla essence
 - ¾ cup semi-sweet chocolate chips (or more if you dare – Bethany did)
 - Splash of milk, if needed

Mix the ingredients well. This should give quite a runny batter – add a splash of milk if the mixture seems dry. Pour the batter into a greased baking tray.

Bake in a medium oven (350°F / 175°C, Gas Mk 4) for 20–25 minutes or until a toothpick comes out clean. Don't overcook, as the brownie will continue to cook once out of the oven. Allow to cool before cutting into squares.

