

FROM THE GALLEY OF ... Tim Bridgen, aboard *Marionette*

Tuna preserved in oil

This must not be stored for more than a few days, other than in a 'fridge, but if chilled it will keep happily for two weeks. Do not keep it for longer than that, even if it seems okay. It really is delicious, however, so there's little risk of being tempted to keep it longer – unless it was a very big tuna and you made a huge amount!

I have Kilner and Mason jars aboard, as well as a canning pressure cooker. This is NOT a canning (UK English 'bottling') recipe, however – hence the warning not to keep it beyond two weeks and also only in the 'fridge. On the plus side it means that any airtight container can be used, and it doesn't need to be sterile, just very clean. Particularly rigorous washing in very hot, soapy water is enough.

Cut very fresh tuna into steaks, then cut those into 2–3cm chunks. Don't use the dark meat. Albacore tuna is probably the best for this because its flesh is particularly pale, but yellowfin and bigeye are fine too. I probably wouldn't use the smaller bonito or skipjack, whose flesh is darker and a little more 'fishy'. The good thing for us Brits is that albacore is the tuna most likely to be caught if trolling off the coast of Ushant or South Brittany.

Rinse the fish and pat dry, then pack closely into a frying pan or saucepan. You need to just cover the tuna with vegetable oil, and therefore want as little airspace between the chunks as possible. A frying pan has the advantage of not squashing the chunks on top of each other, which can cause them to fuse together when cooking.

Pour on vegetable oil until completely covered, but only just, then start to heat very gently. Heat until a few bubbles start to come out of the tuna and keep it at that temperature for 10 minutes. By doing this you are poaching the tuna at between 70°C and 100°C – no more. You are not frying it!

Once the tuna is fully opaque all the way through and can be gently flaked, turn off the heat and add any flavourings you choose to the pan. These can include any combination of lemon peel, sliced garlic, pepper corns, bay leaves, chilli flakes, thyme, sage – whatever you like, really. As soon as it's cool enough to handle, pack the tuna into the clean container and pour the flavourings and oil on top to fill all airspaces. Seal and refrigerate immediately.

Editor's note: Tim is too modest to let on that he's one of those rare beasts, a cruising sailor who's also a dedicated – and very successful – fisherman.



I want a boat that drinks six, eats four and sleeps two.

Ernest K Gann

FROM THE GALLEY OF ... Mark and Lynn Hoenke aboard *Roxy*

Pineapple Chow

Roxy spent the 2017 hurricane season at Power Boats in Trinidad, where Mark and Lynn learned this recipe from Jesse James, OCC Port Officer Representative for Chagaramus.

- Ingredients**
- 1 ripe (or almost ripe) pineapple
 - 2 garlic cloves, finely chopped
 - ¼ cup finely chopped cilantro (coriander to most Brits)
 - juice of one lime
 - ¼ of a scotch bonnet pepper*, finely chopped (adjust according to personal heat tolerance)
 - salt and black pepper

Peel the pineapple and cut out the eyes. Slice the fruit into rings and then cut each ring into chunks about 1½ inches wide. Combine the chunks with the garlic, cilantro, half the lime juice, half the chopped hot pepper, and a liberal sprinkling of salt and



black pepper. Stir to mix thoroughly, or put in a plastic container with a secure lid and shake well.

Preparing pineapple chow

Taste and add more lime juice, hot pepper and/or salt to taste. The chow should have a nice balance of hot,

sweet, salty and sour, with noticeable punch from the garlic and cilantro. Set aside for 20 minutes or so to allow the flavours to develop fully.

* Also known as Caribbean red peppers, these are members of the chilli family. Be warned!



FROM THE GALLEY OF ... Helen Norris aboard *Island Drifter*

Tuna Fagioli (serves two)

Quick and easy to prepare, this is a real store-cupboard standby. It is low in calories (under 300 per serving) yet is filling and full of flavour. Like many dishes, it tastes even better the following day – should any survive that long!

- Ingredients**
- 100g tin of tuna in olive oil, undrained (though see below)
 - 400g tinned cannelloni beans, drained
 - half a red onion, thinly sliced
 - 1 tbsp white wine vinegar
 - juice of half a lemon
 - 1 garlic clove, peeled and crushed
 - flat-leaf parsley, torn (if available)
 - rock salt and freshly-ground pepper
 - 2 large ripe tomatoes, sliced

Put everything except the parsley and tomatoes in a bowl. If you can't get tuna in olive oil but only in brine, drain it but add a glug of good olive oil to the bean mixture.

Mix and leave to settle for at least 30 minutes. Garnish with fresh parsley and serve with sliced tomatoes sprinkled with rock salt and freshly ground pepper.



How good one feels when one is full – how satisfied with ourselves and with the world! People who have tried it, tell me that a clear conscience makes you very happy and contented; but a full stomach does the business quite as well, and is cheaper, and more easily obtained.

Jerome K Jerome, *Three Men in a Boat*

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Pollock chip shop style

Pollock is beginning to be viewed as a viable alternative to cod, which it indeed is, though it suffers from the fact that its flesh is not as bright white as cod and is not as firm and flakey. It is also slightly more 'fishy' than many British palates are entirely comfortable with. Light salting is miraculous in remedying all of these – particularly the tendency to be slightly mushy.

- Ingredients**
- pollock fillet
 - plain flour
 - salt and pepper
 - one egg
 - oil for shallow frying

Rinse the pollock fillet and pat dry. Place skin side down and sprinkle very course salt over the flesh – you are aiming to cover it completely but quite thinly. Leave somewhere cool for no more than 10 minutes and then rinse it very thoroughly with running water to get every last crystal off. After patting dry you can treat it exactly as you would cod, but this recipe is for a boat-friendly batter substitute.

Season some plain flour with salt and pepper and put on a plate. Beat an egg and pour it onto another plate (this assumes that boat plates have a decent lip). Season the pollock with pepper only, then lay it down on each side in the flour, then the egg, then the flour again. Put it in the 'fridge for half an hour on a clean plate. Fry in a very little oil until golden brown on both sides.



Potato and pak choi rissoles (makes four)

I'm not sure these are actually rissoles, but the pak choi makes them taste completely different from bubble and squeak. We started making these because cabbage is rare in the tropics but pak choi or something similar seems to be available everywhere. The taste was a revelation!

- Ingredients**
- 4 potatoes
 - 1 onion, sliced
 - olive oil (if available)
 - 1 clove of garlic, chopped
 - 1 head of pak choi, finely shredded
 - salt and pepper
 - vegetable oil for frying

Boil the potatoes in salted water until cooked. Drain, mash roughly and leave uncovered. Meanwhile, slice the onion and fry gently in a little oil (olive if you have it) until translucent. Add a chopped garlic clove and the finely-shredded head of pak choi. Turn up the heat and continue to fry until the onion begins to brown and the pak choi is thoroughly wilted. Season lightly with salt and pepper.

Scrape the contents of the pan, including the remaining oil and any sticky bits, into the mashed potato and mix well. Divide the mixture into four and shape roughly into burger-sized patties. Shallow fry in vegetable oil over a high heat until brown and crispy.

