

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

Pressure cooker Spanish chicken and beans (serves 2–4)

Ingredients

- chicken (available frozen, fresh, or clucking in every corner of the world!) 4 pieces, with bone in and skin on if possible
- chorizo (available pretty much everywhere, in one form or another of dried sausage – and has the bonus of keeping well)
- dried beans (any will do, but the whiter the better – you want them to take on colour and flavour)
- onions
- garlic
- paprika (sweet, hot or smoked – your choice)
- tomato paste
- tinned tomatoes
- a chicken stock cube

Optional, depending what you've got fresh or in the locker

- tomato (fresh, sun-dried dry, or sun-dried in oil)
- chilli (fresh or dried – dried chipotle are great with the smoked paprika)
- red pepper (fresh, preserved or roasted and preserved)

Put a mug full of dried white beans in a bowl and cover with two mugs of boiling water. Add a pinch of salt (this is the only salt you'll need because of the chorizo and the stock cube) and let stand for at least half an hour.

Gently fry a sliced onion in oil in the pressure cooker base. When translucent, add a thinly sliced clove of garlic, the chicken pieces, sliced chorizo to taste (the more the tastier), a teaspoon of paprika, a sliced red pepper and a quarter of a fresh chilli if you have them, and a pinch of black pepper. Continue to fry for about five minutes until the chicken takes on a little colour and the fat begins to run from the sausage.

Tip in the beans and the water they've stood in, a tin of tomatoes including the juice, two roughly-chopped tomatoes or the equivalent preserved, the stock cube, the preserved chilli and red pepper if you didn't have fresh, and a squirt of tomato concentrate. Stir together and make sure nothing has stuck to the base. Loosen with a little water if needed to make it a wet mix, but not much – it should be the consistency of a fairly thick stew at this stage, with liquid only just covering the ingredients.

Stir gently to ensure it doesn't catch until it boils, then put on the lid and continue to heat gently until it reaches its higher pressure setting. Cook at high pressure for 20 minutes.



FROM THE GALLEY OF ... Daria Blackwell aboard *Aleria*

Spice Rubbed Grilled Fish Fillets with Mango and Red Onion Salsa (serves 4)
Salsas add summer colour and kick to otherwise bland-looking foods, like fish.

Ingredients

For the salsa

- 1 small mango, diced
- 1 small ripe avocado, diced
- 1 each red and green pepper, diced
- 1 red onion, diced
- 1 tablespoon fresh chilli pepper, chopped
- 1/4 cup cilantro (coriander leaves), chopped – a key ingredient, though we substitute basil, oregano, or parsley as Alex is allergic to cilantro
- 1 teaspoon garlic, minced
- 5 tablespoons freshly-squeezed lime juice (very important)
- 1/4 cup pineapple juice (optional)
- salt and pepper, to taste

For the spice rub

- 1 tsp paprika
 - 1 tsp chili powder
 - 1 tsp cumin
 - 1 tsp coriander
 - 1 tsp sea salt
 - 1 tsp freshly ground black pepper
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- 2lb / 1kg fish fillets – mild flaky fish like striped bass, flounder, cod or tilapia
 - 2 tablespoons olive oil

Mix all the salsa ingredients together and set aside.

Brush the fish fillets with olive oil. Mix all the spice rub ingredients together and rub onto the oil-coated fish. Grill the fillets on medium heat for three to four minutes per side. Top with salsa and serve. Yummy!



FROM THE KITCHEN OF ... Misty Fitch in 'The Mansion' (see page 41)

Spiced Peanut Chicken (serves 2)

Ingredients

- 2 chicken breasts, no skin or no bone
- 1 tsp ground cumin
- ½ tsp ground cinnamon
- 2 tbsps peanut butter (smooth or crunchy)
- 1 can diced tomatoes
- 1 tbsp lemon juice
- 2 cloves garlic, crushed
- chili as desired, fresh, paste or powder
- salt and pepper to taste

Mix the cumin and cinnamon and rub into the chicken, which can be cut up or kept whole according to preference and patience. Brown in oil in a large pan (due to the rub it will look more cooked than it is at this stage).

Mix the garlic, tomatoes, lemon juice and peanut butter. A blender is good if you have one, but it's fine done by hand. Bash the tomatoes up a bit, but you don't need totally smooth sauce. Add chilli in whatever form you have, according to taste, plus salt and pepper.

Add the sauce to the chicken and leave to its own devices until the chicken is cooked through, which will obviously be quicker if the chicken is cut up.

You can hold back some tomato bits if like and add them to the sauce separately for extra colour. Go easy on the peanut butter – is very rich, but tasty and filling.

All cooked in one large pan on the stove-top for minimal washing up!



“You'll find a tongue” said the voice of doom, “in the starboard sofa-locker; beer under the floor in the bilge.” ... A medley of damp tins of various sizes showed in the gloom, exuding a mouldy odour. Faded legends on dissolving paper, like the remnants of old posters on a disused hoarding, spoke of soups, curries, beefs, potted meats, and other hidden delicacies. I picked out a tongue, reimprisoned the odour, and explored for beer. ... I regarded my hard-won and ill-favoured pledges of a meal with giddiness and discouragement.

Erskine Childers, *The Riddle of the Sands*

FROM THE KITCHEN OF ... Jenny Crickmore-Thompson in South Africa

Malva Pudding (serves about 20, but any leftovers freeze well)

Ingredients

For the pudding

- 30 ml margarine
- 2½ cups sugar
- 3 eggs
- 3 cups plain flour
- 3 tsp bicarb of soda
- 2 tsp baking powder
- 50 ml smooth apricot jam
- 25 ml vinegar or lemon juice
- 2½ cups milk (600ml)
- Pinch of salt
- 1 tsp of nutmeg (optional)

For the syrup

- 200 gr margarine
- 2 cups (480 ml) evaporated milk
- 1 cup (240 ml) milk
- 2 tsp vanilla essence
- 3 cups sugar
- 1 cup boiling water

To make the pudding, mix the margarine and sugar, add the eggs one at a time and mix well. Sift the dry ingredients and add to the butter mixture alternating with the milk. Add the jam, lemon juice and rind, and bake at 180°C / 350°F for approximately 45 minutes.

For the syrup, combine all the ingredients and boil for 3 minutes, then pour over the hot pudding. Put it back in the (turned off) oven for 15 minutes.

