

FROM THE GALLEY OF ... Leanne Vogel, aboard *Perigee*

(via her *Western Caribbean Cookbook*, see page 3)

Tarte Tatin

This is not an overly sweet or heavy tart. The thing I like about it is that it is pretty hard to mess it up, it looks fabulously rustic and provincial with all those caramelised bits when presented and really heroes the apples. You'll need an ovenproof frying pan, or something round that you can put on the stove top and in the oven.

- Ingredients**
- 6 Golden Delicious or Royal Gala apples or whatever you have that needs using up
 - 2 tbsp lemon juice
 - 200 gms vanilla sugar (or sugar and vanilla essence)
 - 30 gms unsalted butter, cubed
 - 250 gms puff pastry (which I usually buy and freeze – alternatively use the Simple Pastry recipe below)



Peel and core the apples and cut into quarters. Place in a large bowl and toss in the lemon juice and 100 grams of vanilla sugar. Place the remaining sugar and 2 tbsp of water in an ovenproof frying pan or 25cm Tarte Tatin pan over a low heat, stirring to dissolve the sugar. Increase the heat to medium and cook for about 5 minutes until the sugar caramelises and is a light golden brown. Add the apple, cut-side up, and dot with the butter. Keeping the heat very low, cook for a further 5–6 minutes to partially cook the apple. Remove from the heat and set aside to cool.

Preheat the oven to 190°C (375°F or Gas Mk 5). Roll out the pastry and cut into a circle slightly larger than the pan. Place the pastry over the apple, tucking any excess underneath. Place the pan on a baking tray to catch any juices that may bubble over and bake in the oven for 35 minutes until the pastry is cooked and golden. Remove from oven and allow to rest in the pan for 10 minutes. Carefully turn the tart upside down on to a large plate. Serve with cream or ice cream. You can also use UHT/long-life cream.

Simple Pastry

- Ingredients**
- 1½ cups of plain flour
 - ⅓ of a cup (40gms) of baking powder
 - 3 rounded dessertspoons of margarine cut into small pieces
 - ⅓ of a cup (75ml) of iced water (approx)
 - salt

Sift the flour, baking powder and salt and add in the margarine. Break this with your fingertips when rubbing into the flour mixture until it looks like fine breadcrumbs. Add water and knead it like dough, then roll out on a pastry board until about ½ cm (0.2 in) thick.

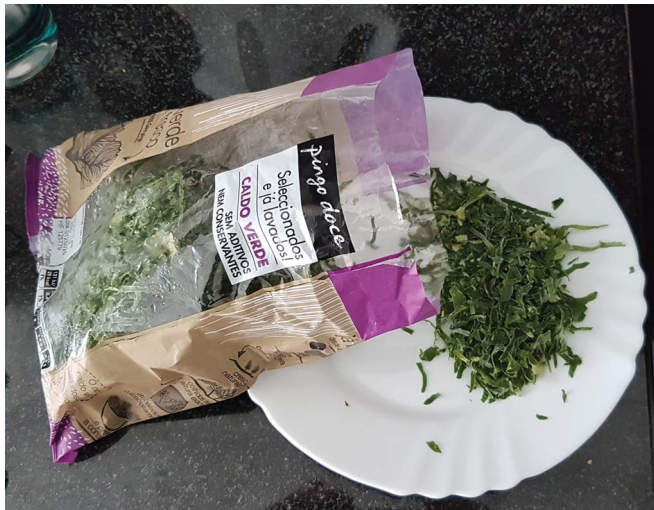


FROM THE GALLEY OF ... Anne Hammick, aboard *Wrestler*

CALDO VERDE (serves four)

A winter staple in Portugal, this substantial soup comes in many shapes and forms but all are variations on the following.

- Ingredients**
- 2 large potatoes, peeled and diced
 - 1 large onion, chopped
 - 1 or 2 garlic cloves, chopped or mashed
 - a generous handful of thinly sliced cabbage or kale. Available in every Portuguese *supermercado*, or chop it up yourself
 - 1 tbsp olive oil
 - chorizo
 - salt and freshly ground pepper
 - 1 litre water (more if it seems a bit thick)



Fry the onion and garlic in the oil until golden, add the potato and about half the water and simmer gently for at least an hour, until they disintegrate. (A blender would speed up the process, but a potato-masher works pretty well.) Add the rest of the water and stir well. This is the 'base', which keeps well in the fridge for several days.

Add the cabbage and bring back to the boil, or scale down – eg. half the base + half the cabbage, etc. Simmer for five or six minutes, add several slices of chorizo per person, check the seasoning and serve.

Don't add the cabbage and chorizo until the reheating stage if intending to keep some of the base for another day.



FROM THE GALLEY OF ... Marcia Larason, aboard *UJAM'n*

(via the *Western Caribbean Cookbook*, see page 3)

Poblano Corn Chowder

- Ingredients**
- 5 or 6 large poblano green chillies (to yield 1½ cups when roasted, peeled and chopped). You can use any type of mild green Mexican pepper
 - 3 tbsp butter
 - 2 medium onions, diced (about 2½ cups)
 - 2 ribs celery, diced (about ¾ cup)
 - 1 clove garlic, minced (1 tsp)
 - 2 medium (10–12 oz) Yukon gold, or any yellow potato, peeled and cut into 1 in chunks
 - 4 cups of sweetcorn
 - 5 cups chicken stock
 - 2 bay leaves
 - 1 tsp ground cumin
 - ½ tsp dried oregano
 - 1 cup heavy cream
 - 1 tsp salt
 - ½ tsp black pepper
 - 2 limes (or substitute with lemon juice)

Roast the chillies and, when they've cooled down enough to touch, use your fingers or a dampened paper towel to strip off the charred bits. Cut open, remove and discard the stem, seed pod and inside veins. Chop roughly and set aside.

Melt the butter in a large, heavy-bottomed pot on medium/high heat. Add the onions and celery and cook for 8–10 minutes, lowering the heat to medium, until softened and beginning to brown. Add the garlic and cook for a minute more.

Add the potatoes and the stock, then the bay leaves, cumin, oregano, salt and pepper. Bring back to a simmer and cook for a further 8–10 minutes until the potatoes are just cooked through. Add the corn kernels and cook for another 4–5 minutes until cooked through, then the roasted and chopped chillies. Remove the bay leaves, stir in the cream, and season to taste. At this point, if you want a thicker base for your chowder, use an immersion blender to puree about a third of the soup.

Make lime curls with peel for garnish, then sprinkle with a little fresh lime juice (which will brighten the chowder) and serve with the lime curls on top. Do not add lime juice while cooking or the acid may curdle the cream.

