

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

Bloody Aleria

- Ingredients**
- 1½oz vodka
 - 4oz V8 juice
 - ½ tsp horseradish
 - squeeze of lemon juice
 - ½ tsp Worcestershire sauce
 - 2–3 drops Tabasco® sauce
 - dash of Pickapeppa® Sauce
 - 1 lime wedge
 - salt and pepper to taste

Shake all ingredients (except the lime and celery) and strain into a tall glass over ice cubes. Add the wedge of lime and serve with a stick of celery and a smile. *Sláinte!*



FROM THE GALLEY OF ... Louise Evans, aboard *Gem*

ORANGE POLENTA CAKE

This has proven a popular cake aboard *Gem*. We don't like things too sweet, but the honey in this recipe is counteracted by slightly sharp orange juice. It doesn't need butter (we don't have a 'fridge) but perhaps more importantly doesn't need baking skills either!

- Ingredients**
- 4 large oranges or 6 small ones
 - 250g runny honey
 - 185g / 200ml olive oil
 - 3 eggs
 - 200g ground almonds
 - 100g polenta or cornmeal

Set the oven to 160°C / 320°F / Gas Mk 3.

Grate the zest of three large or four small oranges into a large mixing bowl. Add 150g of the runny honey and all the olive oil. Whisk for 2 minutes. Add all three eggs and whisk for a further two minutes, then fold in the polenta and ground almonds. Add the juice of one large or two small oranges and stir in.

Pour into a cake tin – I use a 20cm diameter round tin – and bake for 40–50 minutes until golden and slightly risen, put aside to cool.

Juice the three large or four small (and now zestless) oranges into a small saucepan and add the remaining 100g of runny honey. Boil for about 20 minutes to reduce the liquid until it starts to thicken, then allow to cool. If it's not thick enough when cool, boil a bit more. Spread the cooling drizzle over the cool cake.

Great with morning coffee!



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

GAZPACHO DO ALANTEJO (serves four to six)

The Alentejo region lies southeast of Lisbon but north of the more famous Algarve. It shares a long border – and some of its cuisine – with Spain. Gazpacho do Alentejo differs from Spanish gazpacho, however, in that the vegetables are chopped rather than minced or liquidised, and the bread is either sliced or cubed.

- Ingredients**
- 1 large or 2 small cucumbers
 - 4 large ripe tomatoes
 - 2 bell peppers (capsicum), preferably one red and one green
 - 2 cloves garlic
 - 1 medium red onion
 - 2 sticks/ribs celery
 - 1 tbsp fresh parsley, roughly chopped
 - 1 tbsp fresh coriander leaves (cilantro), roughly chopped
 - ½ tbsp fresh oregano, if available
 - 3 tbsp olive oil
 - 2 tbsp vinegar (red wine, cider or balsamic)
 - very cold water and/or ice
 - salt and freshly ground pepper to taste
 - crusty bread, preferably a day or two old



Scald the tomatoes so they peel easily. Do the same with the peppers if you don't like to eat the skin, but personally I don't bother. Chop the garlic finely, or mash if you have a pestle and mortar, and place in a large bowl. Peel the cucumber (Portuguese cucumbers often have very tough skins), dice and add. Dice the peppers, onion and celery as finely as you can be bothered and add. Roughly chop the tomatoes, discarding any tough core, and stir in. Add the olive oil, vinegar and a little salt, stir very well, and refrigerate

if not being eaten immediately. (Many insist this improves the flavour.)

Just before eating, add the chopped herbs and about 250ml of iced water per person. Check the seasoning, and either stir in the cubed bread or simply place a slice in the bottom of each bowl. Serve immediately.

