

FROM THE GALLEY OF ... Murray Longmore, aboard *Irish Eyes*

Tiffin (based on a recipe from netmums.com)

- Ingredients**
- 100g butter
 - 25g soft brown sugar
 - 3 tbsp cocoa
 - 4 tbsp golden syrup
 - 225g digestive biscuits, somewhat crushed
 - 150g dried cherries or any dried fruit
 - 225g milk chocolate

Heat the butter, sugar, cocoa and golden syrup in a bowl over a pan of hot water for a couple of minutes until melted. Add the crushed biscuits and cherries and mix well (some bigger chunks of digestive biscuits give a really good texture). Press into a 20cm square greased tin. Melt 225g chocolate (milk, plain or a combination), pour on top and smooth over. Mark into squares and chill in the fridge for at least an hour before cutting.

See page 27 onwards for Murray's Tiffin-related yearning...



FROM THE GALLEY OF ... Kath McNulty, aboard *Caramor*

Tiramisu

- Ingredients**
- 150g mascarpone cheese
 - 50g sugar
 - lemon juice to taste
 - 3 eggs (very fresh, as used raw)
 - 200ml of strong, sweetened espresso coffee
 - Marsala wine

Separate the eggs, and mix the yolks with the first three ingredients above. Whisk the egg whites and add to the mixture.

Place a layer of sponge fingers in a container, spoon the sweet coffee over them, sprinkle a couple of spoonfuls of Marsala wine, and pour half the yellow mixture over the top. Repeat the sponge fingers / coffee + Marsala wine / yellow mixture sequence. Refrigerate over night, and sprinkle cocoa powder over the top just before serving.

If we can't get Marsala wine I use rum and call it nautical tiramisu. Alternatively you could use Tia Maria, but make sure you never serve that to your half-Italian boyfriend – it was nearly the end of our beautiful relationship!



FROM THE GALLEY OF ... Niki Phillips, aboard *Spirit of Penmar*

Anything goes egg frittata – or ‘eggy thing’ as we call it (serves two)

- Ingredients**
- 3 eggs, beaten
 - 1 onion, diced
 - 1 or 2 cloves of garlic, crushed
 - 1 green, red or any colour pepper, diced
 - anything else you want to use up (diced bacon, smoked sausage, tuna, olives etc, or none of these if stores are desperately low)
 - plenty of grated cheese
 - oil for frying

Fry the onion, garlic, pepper and any other ingredients that need cooking first in a frying pan. Add the egg and sprinkle the grated cheese all over the top. Cook over a medium heat until the egg has cooked around the edges and starts to bubble through in the middle. To finish off, place the pan under the grill to cook from the top and toast the cheese. Serve with a salad or green vegetable.



FROM THE GALLEY OF ... Suzanne Hills and Chris Cromey, aboard *Whanake*

Spicy Fruit Pudding

- Ingredients**
- 4 slices of bread
 - 1 cup of milk
 - 1 tsp baking soda
 - 2 tbsp golden syrup or molasses
 - 40g (1½oz) melted butter
 - ½ cup of sugar
 - 3 tbsp plain flour
 - 1 tsp mixed spice
 - 1 cup sultanas or raisins
 - Drops of a few essences (brandy, almond etc)

Soak the bread in the milk and then beat with a fork. Add the rest of the ingredients and mix together until even – but take care not to overmix. Put the mixture into a lightly greased cake tin/pot and cover securely with foil. Pressure cook over water on a trivet or bake in a moderately hot oven for about 40 minutes. Best eaten hot, but also good the next day as a cake.



FROM THE GALLEY OF ... Gemma Nachbahr, aboard *Ru'ah*

Ru'ah Porridge (one full cup serves two people)

Ingredients if using a hand mill

- 1 cup oatbran
- 2 cups millet
- 2 cups barley
- 2 cups buckwheat
- 4 cups oats
- ½ cup ground flaxseed

Ingredients if not a hand mill is not available

- 1 cup oatbran
- 2 cups millet flakes
- 1 cup barley flakes + 1 cup pearly barley
- ½ cup roast buckwheat groats
- 1½ cups buckwheat flakes
- 4 cups oats
- ½ cup ground flaxseed

Soak in cold water overnight, then simmer for 5-10 minutes, adding water as needed. Add, in various combinations as desired, honey, cashews, sunflower seeds, sliced bananas, dried fruit, dates, butter, etc, to taste.

For the story behind Ru'ah porridge, see page 230.

