

FROM THE GALLEY OF ... Sarah Southworth, aboard *Borrowed Horse*

Borrowed Horse Bean Dip

- Ingredients**
- 1 block cream cheese
 - 1 jar salsa
 - 1 can black beans (drained)
 - 4oz (120g) shredded cheese (Cheddar or Mexican)
 - 1 bag corn or tortilla chips

Pre-heat the oven to 350°F/180°C (moderate). Spread the cream cheese into baking dish, spread the black beans over cheese, spread the salsa over beans, and sprinkle the shredded cheese on top. Bake at 350°F/180°C for about 20 minutes, or until the cheese melts.



FROM THE GALLEY OF ... Misty Fitch, aboard *Tamoure*

Easy Tarragon Chicken

- Ingredients**
- 4 tbs Dijon mustard
 - 2 tbs oil
 - garlic to taste
 - lots of tarragon*
 - 2 skinless, boneless chicken breasts

Combine the first four ingredients and coat the chicken breasts, rubbing in well. Place the chicken in a single layer in an oven dish and cook for 30–40 minutes on medium heat. Amazingly, it doesn't dry out or stick to the container, but keep an eye on it.

If short of time you can slice the chicken thinly into strips, sauté in a pan, add the sauce and simmer until cooked through. It tastes just as nice – and in tropics doesn't heat the boat up so much! If doing it this way it will probably need more liquid – wine, cream or plain yogurt – to create a sauce as otherwise, unlike the oven version, it may be too dry.

* I have never used fresh tarragon for this recipe, but as long as your 'fresh' dried is fairly recent and has good green colour (as opposed to an 'elderly' brown colour) the flavour comes through well. Quantities aren't crucial, though you may want to avoid too strong a Dijon flavour. Trial and error!

