

# Western Caribbean Cookbook

& a bit of collective wisdom



Recipes from the Ocean Cruising Club®  
2018 / 2019 Suzie Too Rally

Edited by Leanne Vogel

## Foreword – by Ian and Ann on Tourterelle

During the rally from Curaçao to Belize, many life-long friendships have been forged. The food and nibbles that have accompanied sundowners and meals aboard have been an integral part of that process.

What a great idea Leanne had to perpetuate the spirit generated during the rally by sharing the recipes we have used along the way. It is a wonderful thing to know that each and every one of these recipes has been successfully prepared in the limited space aboard a yacht.

For centuries preparing food aboard boats has been an essential part of long-distance sailing and keeping a crew happy; it was no different for the rally participants as we sailed through the Western Caribbean. But feeding the crew on a liveaboard boat is not only a necessary part of life aboard, it can also be fun.

These recipes represent a cross section of the great culinary moments that occurred aboard so many of the boats as we sailed a potentially challenging route together. I know many of the tastes and aromas that these recipes deliver will evoke memories of the people that shared them along the route and the places we have been.

Provisioning in foreign ports can be a challenge at times; but it can also be very satisfying to find and experiment with new ingredients. The provisioning and tips section of this book shares a collective resource that goes into territory beyond the recipes themselves, sharing lessons that have been learnt the hard way.

The essential ingredients that led to this book would not have come together if Suzanne & David from Suzie Too had not created the framework and environment that brought together so many Ocean Cruising Club boats from different parts of the world. I'm sure I can speak for all the rally participants in thanking them for the huge amount of time, effort and energy they put into making the rally happen.

In this book, Leanne has created an enduring legacy for the rally participants and hopefully many other cruising boats and Ocean Cruising Club members. On behalf of all its readers, I say a huge thankyou to Leanne for the persistence and focus it took to make it happen.

I do hope you enjoy it and the recipes it contains as much as I know we will.

Bon Appetit  
Ian & Ann  
SY Tourterelle

## Introduction

*What do you get when you mix a rally full of Ocean Cruising Club members, their boats and the waters of the Western Caribbean – well a cookbook of course! The “Western Caribbean Cookbook” was an idea fuelled from the caring and sharing nature of all the amazing people who participated in the Ocean Cruising Club 2018 / 2019 Suzie Too Rally. These are people who I have shared this adventure with, people from many nations sharing stories of travel, adventure, boat projects and from time to time swapping recipes.*

*Everyone in this rally has made a contribution, whether it was assisting with the administration, organising a land tour, conducting yoga & noodling classes, sharing expertise, tools & knowledge or conducting the morning net. This book is my contribution.*

*Our original plan was to head over to Europe on completion of the rally. But with all sailors’ plans – they change. Some say a sailor’s plan is written in the sand at low tide – it seems that ours were. On the eve of our departure to San Andrés while at the Pacific Puddle Jump presentation, we got the calling of the Pacific. So we left the rally in Panama and have turned left instead of right; Perigee is slowly homeward bound.*

*I would like to thank all the contributors for sharing their recipes, tips and photos. Thank you Ian & Ann for proof reading and Tourterelle’s provisioning tips. Thanks to Barbara on Raven and Renee on Poerava for extra provisioning advice. Thank you to my husband David for his editorial guidance. Also thanks to Shiera from who contributed most of the photos and of course Suzie & David from Suzie Too, without whom this book would simply not have been.*

*Leanne Vogel  
SV Perigee*



## About the Ocean Cruising Club® (OCC)

The Ocean Cruising Club exists to encourage long-distance sailing in small boats and is the true 'Home Port' for the ocean-going sailor.

Members understand what it means to be at sea, to be completely reliant on our own skills, to be subject to the whims of Mother Nature, to be humbled and empowered at one and the same time. This is what sets us apart from other organisations, even as it draws us together as a group.

We bring the spirit of seafaring to our association by always being willing to assist any fellow sailor either afloat or ashore.

<https://oceancruisingclub.org>

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## About the contributors

### *Alia Vita*

### *Frances*



Photo: Facebook

Alia Vita is a Catana Catamaran as you can tell from the photo. Rob and Frances plan to circumnavigate and transited the Panama Canal in April 2019.

#### Contribution

- Alia Vita Humus

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### *BeBe*

### *Lori*

The beautiful BeBe is an Amel Super Maramu 2000 sailed by Dan and Lori. BeBe was in Bocas del Toro and was planning to go to Shelter Bay to haul out until November. Next season they hope to do more Bocas del Toro and San Blas then work their way back to the eastern Caribbean.

#### Contribution

- Tex Mex Chow



Photo: Facebook

## Bushpoint

## Jeannette & Frederick

We are the Swedish boat S/Y Bushpoint on this year's [2018-2019] OCC Suzie Too rally. Our boat is an Allures 45, a French aluminium boat. We started cruising in 2016 when we left Sweden and our plan is to do this for many years to come and hopefully we will have the pleasure to meet you in the future. Bushpoint are flying to Sweden in mid-May and back in Guatemala mid-October.

Fair winds and following seas!

Jeanette & Fredrik Liljekvist

### Contributions

- Baguette
- Banana Pancake



Photo: Facebook

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## Capall Mara

## Sal

The “What I do with Lobster” recipe comes from Sal on Capall Mara. Cooked at El Pinos, Guna Yala, Panama and many times before. Sal is a salty sailor of 30+ years and a big fan of lobster. Sal and John went through to their beloved Pacific and will spend the upcoming cyclone season in French Polynesia.

### Contribution

- What I do with Lobster



Photo: Facebook

## *Drummer*

## *Andrew & Polly*

Andrew and Polly hail from England and sail their Dutch built Contest 50. They transit the canal in May and are bound for the Pacific.

### Contribution

- Drummer's Tuna Salsa



Photo: Andrew & Polly

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## *Endless Summer*

## *Erica*

Erica and Jos originally hail from Holland and used to live on a houseboat in the canals of Amsterdam. They migrated to Canada where they raised two sons. They now have two grandbabies in Canada too. They are headed north again and looking forward to seeing the kids and little ones sometime soon.

### Contribution

- Satay a al Endless Summer



Photo: Facebook

## *Exodus*

## *Ronna*



Photo: Facebook

Ronna and Mike are exploring the world in their 49' bluewater Hylas. Ronna is managing editor at Better After 50.

Check out her posts at <https://betterafter50.com/author/ronna-benjamin/>

Exodus is headed north to Florida, up the coast for summer in the North East.

### Contributions

- Creamy Artichoke Dip
  - Lentil Soup with sausage and scallion cream
  - Couscous/Spinach Salad
  -
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## *Flyin Low of Poole*

## *Clare & Adrian*



We have sailed Flyin Low in winter months only since 2005 as Adrian was still working full time in the summer months in England. This season is the longest we have been on board and although we have loved it we are ready for the return to our home and family. The boat feels very much like our home away from home and we love to share evenings with friends on board.

Photo: Clare & Adrian

We are lucky that we have a very good freezer so keeping food fresh and in good supply is made easier for us. We can even store ice cream if we can get it from the supermarket to the boat in a short time! We have found the sailing in company with friends a great way to visit these more remote destinations, which are usually less travelled. We certainly wouldn't have ventured to the Western Caribbean without this additional peace of mind.

### Contribution

- Flying Low Ceviche

## *Gemeaux*

## *Shiera*



Photo: Shiera

Shiera and Allen are adventurers travelling on their 2013 Fontaine Pajot Hélia 44. They share a love of photography and the outdoors. Shiera has made a generous contribution to the rally and this cookbook with her wonderful photographs. Thank you Shiera.

Gémeaux will be on the US East Coast up to Maine this summer. Then heading back to the Caribbean in the fall probably with the Salty Dawg before spending the winter in the Virgin Islands and Bahamas. Europe in 2020!

### Contributions

- Roasted Peppers
- Salad Tuna Tabbouleh
- Flourless Brownies

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## *J Squared*

## *Julie & Jeff*

Jeff and Julie hail from Arizona and sail together with Julie's son Lucas. While on the rally Jeff celebrated his 60<sup>th</sup> birthday and treated us to the tastes of his family's secret marinade.

Julie is the admiral and keeper of their catamaran and Jeff.

J-Squared headed to the Rio Dulce for the season. Lucas is headed to Iceland to crew on a 62-foot sloop bound for Maine.



Photo: Facebook

### Julie's contribution

- Coconut Milk Conch Chowder

### Jeff's contribution

- Secret Family Marinade

## *La Mischief*

## *Dee*

Dee is the chief mischief-maker on board La Mischief. A natural adventurer and fun rouser she sails with her Australian partner, Steve on their Lagoon Catamaran.

Steve says: La Mischief is heading for Rio Dulce earlier than planned due to my broken ankle which means I can't dive. Then land travel in Central and South America (Peru, Argentina, Chile, Rio, Amazon and Patagonia). Dee taking her 90 year old mum to Japan while I'll check into Australia for a few weeks. Next season back to Bay Islands, Belize, Mexico (flying to Cuba because of Insurance), Jamaica and through the ditch to the Pacific.

### Contribution

- Salardup Conch Salad



Photo: Facebook

## Larus

## Nancy

Nancy and Tim are experienced sailors who spent quite some time in the charter industry where Nancy was able to hone her culinary skills. Larus has crossed to the Marquesas, a 30-day passage.

*[Ed: I have cooked many of Nancy's recipes and tasted her food – she is inspiring.]*

### Contributions

- Black Bean Dip
- Asian Slaw
- Gingery Pickled Beets
- Fish Tacos
- West Indian Meat Pie
- Extra Moist Carrot Cake
- Easy Chocolate Cake
- Oatmeal Raisin Cookies



Photo: Facebook

## Leela

## Janaki



After many years in America, Janaki and Graham are planning to sail their Bristol 39 back to Janaki's homeland, Australia. While on the rally they scooted off to the Amazon by air and ventured further doing land tours of Peru & Colombia. They plan to transit the canal in May 2019.

### Contribution

- Lemon Rice

### Leela's guest

### Zz

### Contribution

- Chicken with artichoke hearts & cashews in a Pesto sauce

Photo: Facebook

## Late Harvest Kathy



Photo: Facebook

Kathy is very passionate about native plants and how important native ecologies are to our planet. She and husband Michael come from Montana and are sailing their Amel Maramu.

In April Late Harvest was in Rio Dulce and is headed to the U.S.

### Contribution

- Chicken & Black Beans

## Mojito

## Jules

Jules is a British gal, paddle boarder & winch wench who loves travel, shoes, fish tacos & her dog, Chloe. She sails with Chloe and husband Tim aboard their Tayana 48.

Mojito was in Isla Mujeres, bound for Boston with a few stops on route and planning to be back in the Western Caribbean before it gets cold.

### Contributions

- Breakfast Egg Muffins
- Sweet Potato Tuna Patties



Photo: Facebook

Linda regularly led the rally participants in yoga, which was a wonderful way to start the day. She normally wears pinks and sails with husband, Steve on their Hylas 46.

Moondancer is headed to El CID then to Key West. Making their way up the coast with possible stops at Marathon St Augustine Charleston weather permitting before hauling out in Deltaville sometime early July.

Contributions

- Artichoke Dip
- Mushroom & Chicken Risotto

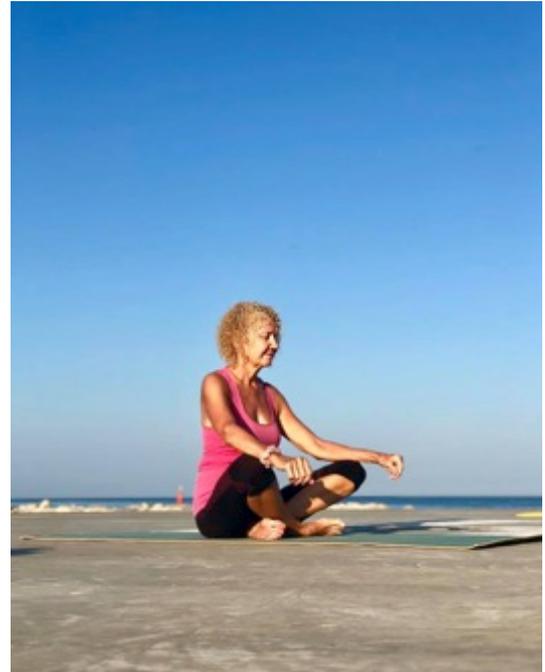


Photo: Facebook



From Lesley on Ocean Blue who worked full time and wouldn’/couldn’t cook before living on a boat!

“My children can attest to this and wonder how they survived the ready meals growing up. I tend to throw things together and hope for the best with a glance at a recipe and not measuring too accurately.

A Sunday roast and spaghetti bolognese, or a chili were the few meals I really made from scratch. Both my children are now Vegan! Enjoy with caution.”

Contributions

- Onion Relish / Chutney/ Confit
- Quick and easy dip
- Mango Sorbet

*[Ed: Facebook photo of Lesley in the Panama Canal. Lesley and Derek went through to the Pacific in February 2019 and plan to be in New Zealand by November.]*

## PERIGEE

## LEANNE



Photo: David Vogel

On board Perigee we enjoy a wide variety of cuisines from all corners of the world. My cooking has been influenced by my experiences growing up in Singapore, the U.S. and Australia; as well as having lived in the UK and, more recently, Switzerland. I spent a few years in my twenties as a vegetarian (until I rediscovered lamb chops) and, later in my forties, as a vegan (a liver cleansing health kick). Perigee is Pacific bound.

### Contributions

- *Anzac Biscuits*
- *Avocado & Mango Salad – Asian inspired*
- *Unstuffed Cabbage – good passage food*
- *Tarte Tatin – French-style apple pie*
- *Nut Loaf – vegetarian answer to meat loaf*
- *Chicken Pasta Salad – a new discovery*
- *Provisioning in Curaçao, Aruba, Santa Marta, Cartagena, San Blas & Panama*

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## Poerava

## Renee



Photo: Facebook

Renee & Ryan love to travel and even better they get to do it with their two kitty-cats on board their 1995 Fountaine Pajot Athena catamaran. Renee is a demon at Mexican Train dominos! Her warm generous nature comes through in her cooking.

Poerava will be in the Rio Dulce until November-ish. Back to the Bay islands, then Panama.

### Contribution

- Italian Bread/Pizza Dough/Focaccia
- Provisioning in San Andrés, Providencia, Guanaja & Roatan

## Raven

## Barbara

After spending 24 years sailing and racing on Lake Travis, near Austin, Texas, Barb Owens and her husband Ted sail and live full-time aboard their Robertson & Caine Leopard 43 catamaran. Starting in St. Petersburg, Florida in March 2016, they have sailed in Florida and the U.S. East Coast, the Bahamas, Eastern Caribbean, Trinidad & Tobago, Bonaire, and the OCC Suzie Too 2019 rally destinations in the Western Caribbean. After a brief post-rally stop in the U.S. they plan to cross the Atlantic by way of Bermuda, the Azores, and Western Spain/mainland Portugal before entering the Mediterranean and sailing there for the next several years.



Photo: Facebook

*[Ed: Barbara and husband Ted are keen bird watchers. Barbara's enthusiasm for birds is completely infectious and her imitations just adorable.]*

### Contribution

- Stir-fried Zucchini with Ginger and Cashews
- Fish Veracruz
- Asian-style coleslaw

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## Suzie Too

## Suzie

Suzie and David were the rally organisers who selflessly gave their time and energy to smooth the way for the rally participants. Suzie is a brilliant organiser, a wonderful hostess and she cooks a mean risotto. Suzie Too is going to the Chesapeake for the summer and in November will wend her way down the U.S. East Coast to Charleston to celebrate Suzie's 60th birthday.

### Contributions

- Organising and administering the OCC Suzie Too Rally
- Seafood Risotto



Photo: Shiera Brady

## Sweetdreams

## Maggie



Photo: Facebook

Maggie's real name is Margery Salter. She changed from being called Marjie to Maggie when she moved to Boston where people couldn't pronounce her name.

She and husband Al sail a 53' Stevens custom sloop.

Sweet Dreams is heading to Rio Dulce now to haul out for the summer. Maggie and Al fly home to Maine in May and back to Rio in early December.

### Contributions

- Mamtupu No Cumin Humus
- Sticky Toffee Pudding

## Tookish

## Merry

Merry and husband Jon sail on their Manta Catamaran. Merry is a burgeoning artist pursuing her talents on-board with watercolours.

Tookish were planning to be in Rio Dulce around May 20.

### Contributions

- 60 Minute Hamburger Buns
- Coconut Crust
- Key Lime Pie
- Fish Cakes with fish seasoning
- BBQ chicken slider



Photo: Facebook



Photo: Facebook

Aboard Tourterelle food is one of our pleasures and we often like to think that we eat better aboard than in a lot of the restaurants ashore. Our recipes and repertoire have altered over our time aboard as we have learnt to use the ingredients that are available.

Even before we bought the boat it was one of our priorities and we set the boat up with a very good stove (GN Espace), for us the expense has been a very worthwhile addition to the boat and may well have saved us the price of the cooker because we eat out less.

Tourterelle will be in Rio Dulce this summer, then Belize, México, Cuba maybe, Panama & through to the Pacific side we hope.

#### Contributions

- Toasted Coconut Slithers
- Chicken Liver Pate
- Pea & Mint Dip
- Simple one-pan sourdough loaf
- Sourdough Starter
- 100 clove garlic curry
- Indian Pickle
- Spicy Lentils
- Mahi Gravavlax with Dill Sauce



Photo: Facebook

Marcia and Jeff sail on their beautifully restored red Hylas 49. Here is Marcia relaxing in her amazing boat – doing some Sudoku. Too cool for school. UJAM'n will spend the summer on the US east coast before heading into the Pacific next year.

#### Contributions

- Warm cheesy dip
- Leek And Potato Soup
- Southwest Squash Soup
- Bread
- Bread Twists
- Lazy Bolognese Sauce With Pasta
- Macaroni And Cheese
- Pasta with chicken and crispy broccoli
- Poblano Corn Chowder
- Lemon Bars



Photo: Facebook

Alison and Andy have sailed together since they first met 40 years ago. They venture forth in their Vancouver 36, which is now their home.

Venture Lady is heading for Rio Dulce in June - some time travelling, then back to the UK for a couple of months.

#### Contribution

- Caramelised Plantains with passion fruit

## Tips ‘n Tricks ‘n Provisioning

### Tourterelle’s Provisioning Tips



Over our few years aboard Tourterelle we have learnt a few tips and tricks about provisioning.

1. Remove as much packaging immediately after purchase as possible – e.g. breakfast cereal boxes. We do not remove labels from canned goods but do write a simple code (SC for Sweet Corn etc.) on the top and year of expiry with a sharpie. It’s normally easier to dispose of packaging where you bought the provisions.
2. We always individually zip lock bag any dried produce, flour, pasta, dried beans/peas. The purpose is to contain any beasties (weevils etc.) that hitch a ride aboard – a common problem in the islands. If you get 100’s of unexpected pets in a bag they can all live in their new zip lock home as they will hopefully be contained and not spread into everything else.
3. You can get the “staples” almost everywhere → rice, flour, pasta, sugar, salt, canned tomatoes, dried peas/beans/lentils, coconut milk, onions, garlic, ginger, UHT long-life milk (in the US this is called “shelf stable milk”).
4. We prefer to make most recipes from base ingredients rather than use pre-prepared sauces as the underlying herbs etc. are multi-purpose and generally take less space.
5. In the islands you will struggle to get specialist flours (spelt, multigrain, chickpea), sauces, pre-prepared spice mixes, so stock up on these in the larger more developed islands with big stores.
6. Experiment with the local herbs – sometimes you will get fresh versions of herbs/spices we only ever see dried in the 1<sup>st</sup> world – Turmeric tastes so much nicer fresh.
7. Carry wasabi & soy sauce for the day you catch tuna...

Use a wide necked plastic bottle to dispose of plastic bags/wraps and cling-film by stuffing them in to compress the space they take and keep the smells in.



Photo: Shiera Brady

## Barbara's thoughts on provisioning

Sailing in the Bahamas and Caribbean, I've been generally pleased with the availability of locally grown fresh fruits and vegetables, chicken (free range, very tender and flavorful!), fish, and a variety of herbs and spices. Note that herbs can be openly visible alongside the vegetables at the market, but sometimes you have to ask for herbs, and the vendor will go to a refrigerator or a cooler, or perhaps even a shaded box, where they are kept cool and fresh. In most of the Caribbean, cilantro can be difficult to find, as it is less tolerant of warm tropical temperatures; as a substitute, you can often find an herb called chadon beni (in Panama, "culantro"), which has a similar taste although not exactly the same. This herb is used in many of the recipes in Trinidad and Tobago, but is found throughout the Eastern Caribbean islands as well as the Western Caribbean. I was delighted to discover large bunches of very fresh basil in the supermarket on San Andrés, Colombia; they apparently use quite a bit of basil in their cooking there. The basil lasted quite a long time (upwards of two weeks) in my refrigerator. I use it to make marinara sauce (for immediate use or the freezer) and other recipes, toss it on fresh salads, and pair it with fresh cut pineapple for a really tasty side dish or dessert.

Below are some of the foods I make sure to have in my galley at all times, with a special focus on items that aren't always easy to find, depending on where you are shopping:

- Canned tomatoes (diced, crushed)
- Beans of all types (dried and canned)
- Rice (various types)
- Pastas
- Almond butter
- Peanut butter
- Crackers (these can be harder to find in the Caribbean, and it's a good idea to stock your pantry with a few boxes of your favorites, which you may not be able to find at all)
- Nuts (esp. pecans and walnuts -- pecans are almost impossible to find in the Caribbean; walnuts are occasionally available, but I use them practically every day, so I like to keep a big supply; these are some of the items I typically ask visitors to bring to me when they visit!)
- Dried fruits (currants, raisins, golden raisins)
- Maple syrup
- UHT whole milk (I make my own yogurt using this milk, as I am sometimes unable to find yogurt at all, or not always the way we like it, depending on the country -- e.g., in Colombia and the Western Caribbean, they have a very different style of yogurt - more liquid-y and drinkable, almost always lactose free, and it's almost impossible to find any plain yogurt. Even when you think you've bought plain, it turns out to be sweetened.)
- Freeze-dried yogurt culture starter (I usually make yogurt with UHT milk and some yogurt from a current batch, but if I forget to make more before it's all eaten up, I have these packets on hand, stored in the freezer; I purchase mine online from the New England Cheesemaking Supply Company, [www.cheesemaking.com](http://www.cheesemaking.com) - and sometimes have them delivered by a visitor!)

- I could also recommend using an Easiyo brand yogurt maker, for a much less time-consuming method to make yogurt, using UHT or powdered whole milk and either yogurt starter or a 1/4 cup of your last batch or a commercial yogurt. I've been so happy with mine - takes about 8 minutes to get it prepared and starting to incubate, and overall much less fussy than making it the old-fashioned way. And it makes excellent yogurt.
- Granola ingredients (oats, nuts, seeds, coconut oil, etc.) I don't always make my own, but it's good to have the ingredients on hand when you cannot find any granola, or any that you like. Garbanzo beans, tahini - for making hummus (ready-made hummus is hard to find, and expensive when you find it).

A final note: I purchased a stovetop pressure cooker (Fagor, 6-quart) before moving on board, and I've really appreciated having it for cooking vegetables, hard-boiled eggs, rice, quinoa, some pastas, and occasionally a full-blown meal. It can save on propane, but even more importantly it minimizes the extra heat in the cabin generated by cooking in the more traditional way. A constant reference (and source of inspiration) for me is the book, *Hip Pressure Cooking*, by Laura D.A. Pazzaglia. My only regret is that I have it on Kindle; it's difficult to navigate around the book on Kindle, or even Kindle for PC, so I recommend that you buy a hard copy of the book.



Photo: Shiera Brady

## Leanne's notes on provisioning

### Curaçao

Curaçao has a number of Supermarkets that stock European (primarily Dutch) and American produce. There is a good selection of imported cheese and meats. Fresh produce is available but will have been refrigerated. The best place to get unrefrigerated produce is from the Venezuelan floating market in Willemstad.

Be sure to pick up these specialty ingredients, as they will be difficult to find in most other places.

- Ketjap Manis by Conimex – *an Indonesian sweet soya sauce for Erica's Satay Chicken*
- Sambal Olek by Conimex – *a red chilli paste for Erica's Satay Chicken*
- Smoked Mussels & tinned seafood - *for Suzie's Seafood Risotto*
- Shelf life salami & chorizo – *hard to find outside the Dutch Islands*
- Maple Syrup (*available again in Panama but you'll need it for your plantains in the San Blass - see Alison's recipe for Caramelised plantains with passion fruit.*)
- Black Mustard seeds – *necessary for Janaki's fabulous Lemon rice. Check this recipe to see that you have the other spices too.*
- Tahini Paste for hummus

### Supermarkets

Vreugdenhil

Ask about their free shopping bus. Island Water World and Budget Marine are within walking distance.

Goisco

Goisco has bulk items a bit like Costco in the US. Allow plenty of time, as this place is huge. Probably the cheapest beer but the most limited choice.

Van Den Tweel

Nearer Curaçao Marine. Has a reasonable selection of entry-level wines.

Centrum

There are several on the island of various sizes. The quality and choice is less, however I didn't see this reflected in the price.



Photo: Shiera Brady

## Aruba

Aruba is another Dutch influenced Island primarily focused on tourism. There is a big Super Foods supermarket in the north west of the island, which has a good selection. Range and selection comparable to supermarkets in Curaçao but maybe a little bit pricier. You can take a bus from downtown and taxi back.



Photo: David Vogel

## Santa Marta

Good local fruit and vegetable stalls are to be found in the town. There is an Exito Supermarket / department store in the town on Carrera 5 - the busy main street. Local rum is a good price here. They also sell clothing and home wares.

Just two blocks from the Marina is Carulla Bellavista on Calle 24. You'll find most things here.

## Cartagena

There is a Carulla Express diagonally opposite the park outside the Marina entrance. It is open 24/7. A bigger Carulla is located on Carrera 20 a short walk away. Probably one of the more expensive supermarkets, but there is a good selection of fresh produce, meats and imported foods. The alcohol is not competitively priced.



Photo: Shiera Brady

## San Blas

San Blas is not known for its supermarkets. You will find very small shops on some of the islands. Be sure to ask a local where you can find what you need when you visit. Spanish is a plus but we found locals very friendly and they normally sought out the English speaking Guna's to assist us. There is a bakery on most islands and you can pre-order or at least find out what time the bread comes out of the oven so you can be ready and waiting. In some areas Guna will come in their Ulu's (dugout canoes) and take your order.

'Veggie Boats' visit the anchorages. The quality and quantity varies. Hopefully someone will get on the VHF to alert the anchorage when the 'Veggie Boat' is around, as the Guna won't normally come knocking on your hull. It is unusual to find eggs, milk and cheese on these boats but some of the bigger ones will carry cheese and chicken in cool boxes as well as beer and box wine (Clos) or bottled 'Frontera'.

### Tip

Clean everything and I mean EVERYTHING before it comes onto your boat. The Guna boats often have cockroaches and other bugs in them. A weak bleach solution or vinegar and water works fine. Dissect your lettuces, as you'll find bugs in them too. Take beer out of the plastic wrappers to check for bugs. Wash any Mola's (Guna handicrafts) that you buy in fresh water. Any bugs should rise to the surface.



Photo: Shiera Brady

## Panama

There is a very good mini-market at Shelter Bay Marina run by Carol. For provisioning you need to take the Marina bus to the Rey Supermarket in Colon. As the bridge across the canal entrance was not finished when we were there it took 45 minutes to 1 1/2 hours each way. If there are no spare seats on the bus, you can only bring back what will fit on your lap and under your seat. Rey has a good selection of most things. Fruit and vegetables will have been refrigerated. Eggs not. You won't find many US brands or Asian food. The other supermarket easily accessible in Colon is Super 99. Just take a cab from where the Marina bus drops you off.

Riba-Smith supermarket is the best place for European and US brands. There are several in Panama City.

## Renee's notes on provisioning

### San Andrés

There are several supermarkets on this island. The best one is accessed with a rented mule. However you can find several smaller markets in walking distance from the marina. For example:

- When you leave the marina turn right and follow the road about three blocks or so (you can rent Mules this way too!). The road will curve to the left, look for a small grocery on your left.
- If you leave the marina and turn left there is a very nice bakery in the same plaza as the hotel. If you keep walking about 2 more blocks, turn right (you will see another Mule rental place) walk about 1 block and a grocery will be on your right and hardware store on your left. If you download Google maps offline and search for grocery it will show how to get to the others in the area.



Photo: Facebook

### Providencia

When you arrive at the town dinghy dock it is best to put a stern anchor out as the dinghy can get stuck under the dock. It is also a good idea to remove any valuables and lock the dinghy to the dock. From the dock turn right then take a left at the first road, this pretty much the center of town. Mr Bush's *[the Agent]* office can be found about a block further up on the right, 2nd floor.

The road has a slight incline, on your way up about 1/2 block there is a supermarket on your left, next to it you will find a very well stocked hardware store. There is a second supermarket just past the hardware store.

There is yet a third supermarket across the street on your right. All 3 markets carry about the same fresh produce, dry goods and alcohol. The market on the right has only frozen meats, the 2 on the left have fresh meats.

Seafood is available but you will need to rent a Mule or scooter to get to the location. If you have transportation, continue out of town past Mr Bush's office, the road will curve to the right, pass the power plant on your left. Watch for the fire station coming up on your right, there will be a road on your left, turn there. Follow the road down along the water past the hand car wash. Watch for a light green and white building with a matching fence on your right. Turn into the yard, the fish market is the building on your right. Alternatively you can take your dinghy across the bay to the fisherman's co-op dock – tie up and the fish market building is just there. All seafood is caught locally and frozen immediately. There are also several great bakeries nearby.

## Guanaja

If you want some shopping after visiting customs/immigration, follow the path from the dock/customs to the end. Turn left this is the main "road". You don't need to walk very far to find the fresh fruit and vegetables stall on your right. If you keep walking you will find several markets along the way. Most essentials are available, one store also has a very full hardware section in the back.

There are people along the walkway with coolers, they are selling fresh fish and shrimp. Just ask around if you are looking for something. The people are very friendly.

## Roatan

In Jonesville you can hire a car or taxi to go to Eldons grocery. Eldons is a chain of groceries on the island. It is very well stocked. It is similar to the Reys in Panama. There is a large fresh fruit and vegetable section. Fresh and frozen meats. They carry a huge variety of American name brand products.

From Fantasy Island anchorage, you have three choices of how to get to Eldons.

1. Fantasy Island marina has a bus every Tuesday at 3pm and it goes to Eldons for about an hour.
2. In the Fantasy Island palapa they have phone numbers for trusted taxi drivers that they allow in the gate. They will take you anywhere.
3. You can take your dinghy down close to the cut you brought the big boat through, look to the right you will see some shrimp boats and some local homes. Follow the channel it will bring you around to the dilapidated Roatan Yacht Club you can leave your dinghy tied/locked to the dock, walk up the path past the old rental rooms to the front of the Yacht Club. You will find a kindly gentleman ready for conversation and collect \$2 to pass. As you come to the main road Eldons will be to the right a short walking distance away. Or you can tie/lock your dinghy to the dock just to the left of the Yacht Club. There is an old sailboat tied up and a big work boat. Climb up the hill down to the road and to the right is Eldons.



Photo: Facebook

## Grams to Cups

Nancy

Larus

Here are a few common foods and their conversion from cups to gr (notice how much the weight varies!)

Granulated sugar	1 cup = 200 gr
Brown sugar	1 cup, packed = 220 gr
Sifted white flour	1 cup = 125 gr
White rice, uncooked	1 cup = 185 gr
White rice, cooked	1 cup = 175 gr
Butter	1 cup = 227 gr
Almonds, slivered	1 cup = 108 gr
Oil	1 cup = 224 gr
Maple syrup	1 cup = 322 gr
Milk, non-fat	1 cup = 245 gr
Milk, sweetened condensed	1 cup = 306 gr
Broccoli, flowerets	1 cup = 71 gr
Raisins	1 cup, packed = 165 gr
Milk, dry	1 cup = 68 gr
Yogurt	1 cup = 245 gr
Water	1 cup = 236 gr
Confectioner's sugar	1 cup = 110 gr
Cocoa	1 cup = 125 grams

## Temperature Conversions

To Convert Fahrenheit to Celsius      Subtract 32, multiply by 5, then divide by 9

To Convert Celsius to Fahrenheit      Multiply by 9, divide by 5, then add 32.

<u>Fahrenheit (°F)</u>	<u>Celsius (°C)</u>	<u>Gas Number</u>	<u>Oven Terms</u>
225 °F	110 °C	1/4	Very Cool
250 °F	130 °C	1/2	Very Slow
275 °F	140 °C	1	Very Slow
300 °F	150 °C	2	Slow
325 °F	170 °C	3	Slow
350 °F	177 °C	4	Moderate
375 °F	190 °C	5	Moderate
400 °F	200 °C	6	Moderately Hot
425 °F	220 °C	7	Hot
450 °F	230 °C	8	Hot
475 °F	245 °C	9	Hot
500 °F	260 °C	10	Extremely Hot
550 °F	290 °C	10	Broiling

<sup>1</sup>

<sup>1</sup> <https://www.joyofbaking.com/printpages/OvenTemperaturesprint.html>

## Weights & Measures

*Rally participants and contributors to this book come from all corners of the world, which means that weights and measures used in the various recipes are not consistent. Here is a little guidance that will help you convert to your preferred unit of measurement.*

Measure	Abbrev	Size	Equivalent
1 millilitre	ml	1 ml	1 cc of water
1 teaspoon	tsp	5 ml	-
1 tablespoon	Tbsp	15 ml	3 tsp
1 fluid ounce	fl oz	30 ml	2 Tbsp
1 cup	cup	237 ml	8 fl oz
1 pint (U.S.)	US pt	473 ml	2 cups
1 pint (Imperial)	Imp pt	568 ml	2 cups
1 quart (US)	US qt	946 ml	2 US pts
1 quart (Imperial)	Imp qt	1,137 ml	2 Imp pts
1 litre	l	1,000 ml	1.8 Imp pts / 2.1 US pts
1 gram	gr	1 gr	Weight of 1 cc water
1 ounce	oz	28 gr	-
1 etto	-	100 gr	3 oz
1 pound	lb	454 gr	16 oz
1 kilogram	kg	1,000 gr	2.2 lb / Weight of 1 litre of water

<sup>2</sup>

### Common volume measures in millilitres (English-speaking countries)

Measure	AUS	CAN NZ	UK	United States
Teaspoon	5			4.93
Dessertspoon	10			—
Tablespoon	20	15		14.79
Fluid ounce	28.41			29.57
Cup	250		284.1	236.59
Pint	570	568.26		473.18
Quart	1136.52			946.35
Gallon	4546.09			3785.41

<sup>3</sup>



Photo: Shiera Brady

<sup>2</sup> [https://en.wikipedia.org/wiki/Cooking\\_weights\\_and\\_measures](https://en.wikipedia.org/wiki/Cooking_weights_and_measures)

<sup>3</sup> [https://en.wikipedia.org/wiki/Cooking\\_weights\\_and\\_measures](https://en.wikipedia.org/wiki/Cooking_weights_and_measures)

## Translations & Substitutions

As you read through these recipes you'll notice different people refer to the same ingredient by different names according (my guess is) to their nationality. Here is what I've deciphered as a meaningful translation.

= means same as

~ means acceptable substitute

*Bell pepper = capsicum = red or green pepper ~ sweet bell pepper*

*Coriander = cilantro*

*Spring onions ~ green onions ~ scallions ~ shallots*

*Tomato sauce (US) = tomato puree (UK) ~ tomato passata (uncooked)*

*Tomato ketchup (US) = tomato sauce (UK)*

*Ancho chilli = dried poblano chilli ~ chilli powder ~ crushed red pepper*

*EVOO = Extra Virgin Olive Oil*

*Tabasco sauce ~ hot sauce ~ cayenne pepper ~ red pepper flakes*

*Sambal olek = red chillies + rice vinegar + salt*

*Ketjap manis = soy sauce + palm sugar + ginger + garlic + anise + curry leaves*

*Scotch bonnet pepper = Caribbean red peppers = bonny peppers*



Photo: Shiera Brady

## Happy Hour Ideas

### Alia Vita Hummus



Photo: Cooking Classy

### Frances

### Alia Vita

200 gr Chick Peas (tinned)  
2 Tbsp of lemon juice  
2 cloves of garlic (crushed)  
1 tsp of ground cumin  
Pinch of salt  
1 Tbsp of tahini paste  
2 Tbsp of extra virgin olive oil  
1 tsp of paprika

I alter the recipe to use a whole tin of chick peas (340 gr) so as not to waste it and use an extra tablespoon of lemon juice and a little less water. Delicious.

## Artichoke Dip

Linda

Moondancer

Serves 8

Total time 40 minutes Bake time 30 minutes Prep time 10 minutes

2 cans (16 oz each) artichoke hearts, drained and chopped (not marinated work best, but marinated can be used if you drain them well)

1 cup mayonnaise or light mayonnaise (fat-free mayonnaise or any type of Miracle Whip does not work well)

1 cup shredded Parmesan or other cheese that will melt (shredded Parmesan is better than the grated version in the green can, but the grated will still be good)

Combine all the ingredients, and place the mixture in a greased baking dish. Bake for 30 minutes at 350 °F. (The oven does not need to be preheated, but it's okay if it's hot from other baking.) Bake the dip until it is lightly browned and bubbly on top. Serve with your favorite crackers.

### *Variations to Linda's Artichoke Dip*

- Add some hot chillies.
- Substitute canned mushrooms for all or part of the artichokes.
- Add crumbled cooked bacon or diced ham.
- Add up to 2 cups chopped fresh spinach or 1/2 cup of frozen spinach (well pressed to eliminate much of the moisture); canned spinach does not work well.
- Add some minced garlic or garlic powder.
- If you're cooking for someone who can't eat milk products at all, remove a portion of the dip before adding the cheese and bake it separately. It's not quite the same, but it's still tasty!



Photo: Facebook

## Black Bean Dip

Nancy

Larus

425 gr (15 oz) cooked black beans  
1 garlic clove  
60 ml (1/4 cup) soured cream or natural yogurt  
3 Tbsp chopped fresh coriander (cilantro), plus 1 Tbsp to garnish  
A dash of hot pepper sauce (optional)  
A pinch of salt

Drain beans thoroughly and blend to a paste in a food processor with the other ingredients.

Garnish with coriander and serve with corn chips mini toasts or crudité's.



Photo: Kay nutrition

## Toasted Coconut Slivers

Ian & Ann

Tourterelle



This is a great nibble for sun-downers - with the tang of savoury salt. Made with simple ingredients that come from the islands.

<i>Ingredients</i>	<i>Preparation</i>
Flesh from 1 brown coconut "nut"	All brown husk removed with a peeler
Salt – about 1/2 tsp	

Remove shell and all brown husk (with a vegetable peeler) from the coconut flesh - just leaving white flesh. With the peeler, peel long slivers from the edges of the coconut flesh, slowly paring away the whole piece to create a nice pile of coconut slivers. In a bowl toss the coconut slivers in salt – "to taste". Heat a large frying pan on the stove top. Reduce the heat and add the coconut slivers spread out, allow the coconut slivers to toast to light brown turning every couple of minutes - be careful not to burn.

This recipe can be made ahead but best covered after cooking to stop the salted slivers absorbing humidity from the air and going soft.

Note: If you leave the salt out of the above it makes a great breakfast cereal booster and will keep for quite a long time in an air-tight container. (I mix with raisins)



Photo: Tourterelle

## Creamy artichoke dip

Ronna

Exodus

2 x 8 oz packages of cream cheese, room temp  
1/3 cup sour cream  
1/4 cup mayo  
1 Tbsp lemon juice  
1 Tbsp Dijon mustard  
1 garlic clove  
1 tsp Worcestershire sauce  
1/2 tsp hot pepper sauce  
3 x 6 oz jars marinated artichoke hearts, drained and coarsely chopped  
1 cup grated mozzarella cheese  
3 scallions  
2 tsp minced jalapeno (no seeds)



Photo: FineCooking

Using electric mixer (if you have) beat first 8 ingredients in a large bowl until blended. Fold in artichokes, mozzarella, scallions and jalapeño. Transfer to a baking dish (you can make this one day ahead if you cover and refrigerate). Preheat oven to 400 °F. Bake dip until bubbling and brown on top— about 20 minutes.



Photo: Facebook profile

## Chicken Liver Pate

Ian & Ann

Tourterelle



This recipe is great for sundowners, heavy appetizers and party food. After the sundowners have finished if there are any leftovers they make for a great change at lunchtime.

<i>Ingredients</i>	<i>Preparation</i>
1 medium onion	Chopped
500 gr Chicken Livers	Fully Defrosted
3 cloves garlic	Peeled and sliced
100 gr Butter (or pork dripping)	(Oils will not substitute)
1 tsp Dried Thyme	
1/2 tsp Black Pepper	
1/2 tsp Salt	

Chop the onion and put it into a frying pan with a little of the butter, fry gently until the onion is translucent but not browned. Add the chicken livers and sliced garlic, thyme, Pepper and salt. Continue to fry gently until the livers are just cooked through. If you cut into a s and it's still blood red in the middle they need to be cooked for a little bit longer.



Once the livers are cooked add the butter (and any pork/chicken/duck dripping you might have saved from other recipes – we keep fats such as this in a jar in the fridge for this sort of use).

Put the cooked liver mix into a blender/food processor/hand blender jug and whiz to the consistency you want. Pour into a bowl to cool and after the initial cooling put it into a serving bowl and refrigerate.

Photo: Tourterelle

If you want decorate with a few

fried garlic slivers and a sprinkle of olive oil, bay leaves etc.

Note: Some countries such as Grenada include the chicken hearts with the livers. If you leave these in it makes the flavour much stronger and the texture meatier.

## Mamitupu No Cumin Humus

Maggie Salter

Sweet Dreams

This hummus was very popular in a potluck at Mamitupu, Guna Yala, Panama.

It is a variation of the recipe in The Boat Galley Cookbook.

2 cans of chick peas, drained with water set aside

1/2 cup tahini

Generous squeeze of garlic from the Amore's Garlic Paste tube

Juice of 6 limes or 4 big lemons

Salt and pepper.

Very light sprinkle of red chilli pepper flakes

NO Cumin

Blend with blade of Cuisinart stick or in blender. If too thick, add more of water from chick peas to smooth it out.



Photo: Pablo and his wife at Mamitupu - [maggieandal.blogspot](http://maggieandal.blogspot)

85 ml olive oil  
30 ml butter (2 Tbsp) - optional  
10 onions peeled and thinly sliced  
2 bay leaves  
5 ml coriander seeds (1 tsp)  
1.25 ml allspice (1/4 tsp)  
1.25 ml nutmeg (1/4 tsp)  
5 ml sea salt (1 tsp) – I use less, so to taste  
15 ml brown sugar (1 Tbsp) – or to taste  
85 ml sweet wine, such as port wine, Marsala, sweet sherry, apple concentrate  
85 ml white or red wine, the one you were not sure about when you opened it is fine for this.  
60 ml crème de cassis, I don't have this so added some black currant juice and a slug of a random liqueur that was lurking at the back of the cupboard! Rum or Tequila probably work just as well...



Photo: Facebook

Combine the oil, and butter in a heavy bottomed pan over a medium heat. Add the onions and stir to coat.

Add the spices and salt, stir for 3 minutes but do not let them colour.

Reduce the heat to low and cook gently for 30 minutes, stirring frequently. This will bring out the sweetness of the onions.

Stir in the sugar, port and wine and increase the heat. Deglaze the pan and boil gently for 15-20 minutes so that the fluid evaporates a bit.

Allow to cool in the juices.

Store in a clean, recycled glass jar.

Great with cheese and bread for lunch, also good as a base for other sauces / recipes where you need caramelised onions to start with or to add to meat e.g. burgers.

Keeps in a jar for months.

**Tip:** I have also made it in smaller quantities using 1 large white onion and 1 small red onion and the rest of the ingredients to taste and adjusted with what I had left in the cupboards that was similar enough!

One rally participant also suggested adding some balsamic vinegar as well.

General Tip: I use an electric induction hob, which reduces the use of gas and heat in the galley. You could probably use a pressure cooker or microwave to cook the onions to reduce the time but I am not sure if they would develop the sweetness.

## Pea & Mint Dip

Ian & Ann

Tourterelle



This is a great recipe for a “sundowners dip” with a classic flavour combination. Apart from onion, it’s made from dried ingredients so is one of our “go-to”. It can be made with about 2 or 3 hours notice from the dried ingredients, as there is no need to soak overnight

<i>Ingredients</i>	<i>Preparation</i>
250 gr Dried Green Split Peas (1/2 pack)	
1/2 Onion	Finely chopped
1/2 Vegetable Stock Cube	
Dried Mint	About 3 tsp
Olive Oil	
Salt	To taste

Place the dried green peas into a saucepan, wash to ensure no husks and remove any peas that float. Cover the peas with about 1/2 inch of water, add the stock cube and onion then simmer on the stove for about 30-40 minutes then by which time the peas will be softening. Keep an eye on the pot to make sure it does not dry out as the peas absorb the water. Once the peas are softened add some dried mint and allow the mix to simmer for a little longer to dry out a bit (liquid below the level of the top peas) but be careful that it doesn’t burn on the bottom.

Use a potato masher to crush the peas in the remaining cooking liquid (do not drain), add a few good glugs of olive oil as you mash. After you get to the consistency you want, taste the dip and add more dried mint if you think it needs it (how much you need depends how old your dried mint is). If you find there are still some hard bits of pea as you mash then add a bit more water too.

Leave mix to stand for a few minutes – the dip will probably go quite hard as the peas continue to absorb water, add more oil and maybe a splash of water to achieve the desired consistency.



Photo: Tourterelle

Check consistency just prior to serving and mix in more olive oil if required.

Serve with any non-spicy dipping cracker/crisp/biscuit. If you have run out of crisps but you have long-life tortilla wraps these can be cut into strips or triangles and toasted in a hot oven or under a grill (broiler).

## Quick and easy dip

Lesley

Ocean Blue

100 gr soft cream cheese, such as Philadelphia  
30 ml mayonnaise (2 Tbsp)  
1 Tbsp of lemon or lime juice  
Half a spring onion or a small white or brown onion, whatever you have  
Season with salt and black pepper to your taste  
Pinch of sugar  
Sweet chilli sauce to drizzle over the top

Optional additions:

Garlic to taste

Strong cheese such as a mature cheddar or blue cheese

Herb of your choice or as available

Put everything into a bowl and blend together.

Taste and adjust the quantities of the ingredients as desired then transfer to a serving dish and drizzle over the sweet chilli sauce.

Store in the fridge until required or serve directly with your choice of vegetables and or crisps or bread to dip.

Tip: you can use a pre-flavoured brand of cream cheese and add enough mayonnaise and juice to get the consistency for dipping.

I make this up as I need it, as it doesn't take long.



Photo: Facebook

- Mini sweet peppers, or as spicy as you like!
- Olive oil
- Salt
- Flour tortillas or substitute with plantains

### Preparation Steps

1. Toss peppers in a dash of olive oil and many dashes of salt and roast on stovetop or in hot oven until peppers just start to brown. (I generally use the stovetop because I can't get my oven hot enough.) Place peppers on serving dish.
2. Brown tortillas on stovetop and cut into quarter-size tortilla chips. Serve with peppers.

### Notes

Inspired by The Rum Box restaurant in Cartagena where they present these delicious and healthy peppers alongside a rum tasting when you are seated. A simple and colorful appetizer sure to please a crowd, particularly if served with rum!



Photo Shiera Brady

## Tex-Mex Chow

Lori

BeBe

This can be served as a dip (best with “scoops” tortilla chips) or as a salad on a bed of lettuce.

The essential ingredients

2 cans of black beans, drained and rinsed

1 can of corn, drained

1 can of “Ro-Tel” tomatoes (or substitute diced tomatoes and green chilli peppers)

Optional ingredients (all chopped):

Onion

Bell pepper

Jalapeno peppers

Cucumber

Cilantro [*coriander*]

Fresh lime juice

Mix all ingredients. Chill until served.



Photo: MyPatriotSupply

## Warm cheesy dip

Marcia

UJAM<sup>®</sup>n

On a fairly flat baking tray spread a 1/2 inch (1 cm) layer of cream cheese. Add a layer of tomato salsa. Top with grated mozzarella cheese. Warm in the oven until the cheese has melted. Serve with corn chips and watch it disappear. This one doesn't last long.

*[Ed: Simple and fabulous – win a few fans with this dish – don't overlook the simplicity]*

## Passage Food

### Breakfast Egg Muffins

### Jules

### Mojito



Profile Photo

Great for long passages. Make in advance and keep in the fridge for 3-4 days. You can also freeze them; wrap individually in plastic wrap and put in a zip lock bag.

Variations: you can add any combination of meat, vegetables and cheese.

Protein - sausage, bacon, ham, chorizo, ground beef, chicken

Veggies- onion, bell pepper, tomato, spinach, mushrooms

Cheese - cheddar, pepper jack, mozzarella, feta

Ingredients: (makes 6-8 muffins)

6 eggs

Diced onion and bell pepper, precooked

Diced ham (even canned ham works!)

Grated cheese

Salt & Pepper

Any other seasoning you might like to add

Method:

Preheat the oven to 350 °F or 175 °C.

Beat the eggs.

Add the rest of the ingredients.

Pour into muffin tin (lightly greased) or silicone cups, approx. two thirds full.

Bake for 20 minutes or until eggs are set.

Great for lunch - and also passages.

*[Ed: Since receiving this recipe I have made them several times. They were great to keep the crew happy on our transit through the canal. Thanks Jules.]*

## Chicken & Black Beans

Kathy & Michael

Late Harvest

This is a great recipe to make ahead. If you can warm it up while underway it qualifies as comfort food!

Sauté:

1 large onion - in 2 tsp oil till lightly browned  
2 cloves garlic - minced

Add:

1 lb+ chicken cut into bite size chunks - cook till just barely cooked through

Season: with cumin, oregano, thyme, chipotle (or hot pepper of your choice), salt and pepper  
Stir well and simmer for a few minutes

Add:

1 small can chillies (I use mild)  
1 can diced tomatoes  
1 can corn, drained  
1 can black beans, rinsed and drained

Simmer for 10 minutes to blend flavors.

Sprinkle grated cheese on top



Photo: AmericanProfile

## Chicken Pasta Salad

Leanne

Perigee

*I like this as a passage recipe as it can be easily assembled. Before departing port I make carrot sticks, celery sticks, diced onion, cubed cheese, sliced capsicum (sweet peppers). I use these to snack on and to lessen my time in the galley for the first couple of days while I get my sea-legs. It's also good to have precooked pasta and rice to hand. This recipe then only needs to be assembled. Less than 5 minutes in the galley for a tasty meal.*

*Pre-cooked pasta*

*Celery (30 seconds to turn sticks into slices)*

*Red onion (already chopped)*

*A few cranberries or sour cherries or sultanas (chopped if you want)*

*Walnuts or pecans*

*A tin of chicken pieces (you could also precook fresh chicken before you leave port)*

*Dress with*

*1/2 mayo & 1/2 salad cream / ranch dressing*

*Salt and pepper to taste*

*I like equal parts celery to pasta. You can also add carrots & capsicum if you have them to hand. If you're feeling culinary then try toasting off the nuts for a bit of extra flavour. A little fresh parsley goes well if you have it.*

## Mushroom & Chicken Risotto

Linda

Moondancer

### Ingredients

2 Tbsp butter

1/2 lb mushrooms, cut into thin slices

2/3 lb boneless, skinless chicken breasts (about 2) cut into 1/2 inch pieces

1 tsp salt

1/4 tsp fresh-ground black pepper

5 1/2 cups canned low sodium chicken broth or homemade stock, more if needed

1 Tbsp cooking oil

1/2 cup chopped onion

1 1/2 cup Arborio rice

1/2 cup dry white wine

1/2 cup grated Parmesan cheese, plus more for serving

2 Tbsp chopped fresh parsley

### Step 1



Photo: All Recipes

### Step 2

In the large pot, heat the oil over moderately low heat. Add the onion and cook, stirring occasionally, until translucent, about 5 minutes. Add the rice and stir until it begins to turn opaque, about 2 minutes.

### Step 3

Add the wine and remaining 3/4 tsp salt to the rice. Cook, stirring frequently, until all of the wine has been absorbed. Add about 1/2 cup of the simmering broth and cook, stirring frequently, until it has been absorbed. The rice and broth should bubble gently, adjust the heat as needed. Continue cooking the rice adding broth 1/2 cup at a time and allowing the rice to absorb it before adding the next 1/2 cup. Cook the rice in this way until tender, 25-30 minutes in all. The broth that hasn't been absorbed should be thickened by the starch from the rice. You may not need to use all the liquid, or you may need more broth or some water.

### Step 4

Stir in the chicken and mushrooms, the Parmesan, and the parsley and heat through. Serve the risotto with additional Parmesan.

*[Ed: Linda recommends the risotto as a good passage meal. Make it before and heat it]*

## Unstuffed Cabbage

Leanne

Perigee

*Laurie on SV Toodle-oo! shared this recipe with me when I was new to the concept of passage food. It has proven very popular with our meat-loving men folk as the cabbage accentuates the umami flavour of the beef. Along with being very simple to prepare, it keeps well and the flavours develop as it ages. It's a winner!*

*1 kg ground beef  
1 large onion chopped  
1 small head of cabbage  
2 cans of diced tomatoes  
1 can of tomato passata (tomato sauce in the US, or tomato puree in the UK)  
1/2 cup water (if needed)  
2 cloves of garlic  
2 tsp salt*

*Cook beef and onion until brown. Add remaining ingredients and bring to the boil. Simmer until cabbage is tender ~ 30 minutes.*



*Photo: Spruce eats*

## Local Foods

*This section is devoted to the local foods that are easily found in the more remote parts of the Western Caribbean such as the San Blas Islands. The Guna people of Guna Yala (San Blas) traditionally eat fish, lobster, crab with rice or coconut rice. Coconut trees are plentiful. Plantains & bananas also grow, mostly on the mainland and it is not uncommon for a village to have a breadfruit tree. Yucca (a root vegetable) is normally available. You won't find any eggs, milk or cheese in these islands unless it's come from the mainland.*



Photo: marazuladventures – Bounty from Mamitupu



Photo: Shiera Brady - Lobster for sale



Photo: Shiera Brady

## About Plantains <sup>4</sup>

Plantains are a cousin of the banana and are consumed as a starch, side-dish or snack. They are used at every stage from green to very ripe and come in various sizes. They must be cooked before consuming and are slippery when cut.

### Plantains – fry the ripe ones

Take a plantain that is quite ripe. Peel and slice diagonally 8-10mm ( $\frac{1}{3}$  to  $\frac{1}{2}$  inch) thick. Drop into hot oil and turn once or twice until the colour changes and the edges are crispy brown. Blot off excess oil with paper towel.

### Plantains – bake the almost ripe ones

Remove the skin, dab with butter or brush with oil. Wrap whole in foil and bake in a moderate oven for about 20 minutes. Can also be put on a rack in a closed BBQ.

### Plantains - twice fry green ones

Peel and slice into 1cm ( $\frac{1}{2}$  inch) rounds. Soak for a few minutes in cold salted water and pat dry before dropping them in hot oil. Turn when golden. Remove, absorb excess oil on paper towel and then smash them with a rolling pin. Drop then in hot oil again and fry until golden. Sprinkle with salt after removing excess oil.

### Plantains - mash the green or semi-ripe ones

Trim the ends and slit the skin and cut into two lengthwise. Drop into boiling water with skin on. Boil for 10-15 minutes until a fork goes easily through. The skin will come off magically. Drain, remove skin and mash the flesh with butter and milk. Season with salt and pepper and serve as you would mashed potatoes.

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<sup>4</sup> Eat Caribbean by Virginia Burke



Photo: Shiera Brady

We first started to make the Banana Pancakes in Kuna Yala/San Blas. Here we bought the small bananas attached to the stem and they all matured at the same time! Luckily we like bananas and could have them for breakfast and lunch served with fresh fruit; watermelon or mangos.

Makes 6 small or 2 large pancakes

#### Ingredients

1 cup oatmeal  
3 eggs  
1/2 - 1 tsp salt  
3 normal size bananas  
2 Tbsp milk (can be omitted)  
Butter for frying pan

Mix eggs and oatmeal together, let it rest while you crush the bananas with a fork. Add bananas, milk and salt to the oatmeal and eggs. Fry in frying pan.

Serve with fresh fruit, or if you like maple syrup.

*[Ed: Did you know a single banana is termed a finger, a cluster of fingers (5–6) is a hand and all the hands on a stem is a bunch.]*

## Caramelised Plantains with passion fruit

Alison

Venture Lady

2 tsp butter

1 large plantain – very soft and yellow / black (allow to ripen several days if you buy green ones)

1 passion fruit

Maple syrup

Method:

Slice the plantains into rings (1cm thick approx.) and fry gently in the melted butter. Allow to soften and caramelize before turning over and cook the other side.

Turn out on a plate with 1/2 - 1 passion fruit.

Add syrup to taste.

Good served with plain yoghurt or pancakes.

Serves 2

*[Ed: Alison and Andy have this regularly for breakfast].*



Photo: Allison Nelson



Photo: Allison Nelson

## Coconut Milk Conch Chowder

Julie

J Squared

### Ingredients

1 lb conch meat  
1/4 cup margarine, divided  
2 green onions, chopped  
1 carrot, diced  
1 stalk celery, diced  
1 small sweet potato, peeled and diced  
1 small red bell pepper, diced  
1/2 fresh corn kernels  
2 Tbsp all-purpose flour  
1 US qt half and half (half-cream / half-milk)  
1 (14 oz) can unsweetened coconut milk  
2 cups fish stock  
1 1/2 Tbsp grated fresh ginger root  
Salt and pepper to taste  
1 1/2 tsp hot sauce  
1 bunch fresh cilantro (coriander), chopped



Photo: Facebook

### Directions

#### Step 1

Place conch meat in a pot with enough water to cover and bring to a boil. Cook 15 minutes. Drain and finely chop.

#### Step 2

Melt 2 Tbsp margarine in a skillet over medium heat and mix in the green onions, carrot, celery, sweet potato, red pepper and corn. Cook and stir 5 minutes.

#### Step 3

Melt remaining 2 Tbsp margarine in a large pot and whisk in the flour to create a roux. Pour in the half and half, coconut milk and fish stock. Mix in the ginger and season with salt and pepper. Stir the conch and vegetables into the pot. Bring to a boil, reduce heat to low and simmer 15 minutes. Mix in the hot sauce and cilantro (coriander). Continue cooking 15 minutes, or to desired consistency.

## Fried Breadfruit

Leanne

Perigee

*We celebrated Tim's (from Larus) birthday on Perigee while at the West Lemon Cays and I cooked (for the first time ever) a breadfruit, which we were able to purchase on Smithsonian Island near Porvenir. It was surprisingly good.*

*Halve the breadfruit and remove the core.  
Remove the outer skin and cut into wedges.  
Heat coconut oil and vegetable oil in a pan.  
Fry the wedges until golden.  
Remove from pan and drain on paper towel.  
Season well with salt and pepper.  
Serve hot.*

### Choosing a ripe breadfruit

*Immature breadfruit is bright green and hasn't reached its full size. It's rubbery and watery even when cooked, lacking the rich flavour and texture of mature fruit. An immature breadfruit will not mature or ripen after picking. Unfortunately, most people who eat immature breadfruit end up thinking they just don't like breadfruit*

*A ripe breadfruit is soft to the touch with a sweet, aromatic fragrance. Mature fruit has the best flavour and texture for most dishes where a potato-like consistency is desired. It's perfect for eating plain or with a sauce, or for making breadfruit salad, stew, curry, fries and many more kinds of dishes. Ripe fruit can be used for cakes, pies, cookies, energy bars, smoothies, and other sweet treats.<sup>5</sup>*



Photo: FreshPlaza



*Tim doesn't usually like to be the centre of attention . . . Photo from Nancy on Larus*

<sup>5</sup> [www.facebook.com/BreadfruitInstitute](http://www.facebook.com/BreadfruitInstitute)

## SPINY LOBSTER

If we are going to catch or buy a living thing to eat, I believe we should make use of all of it. This is even more important off-shore or in remote areas. Many people I know take only the lobster tail and throw the carapace and legs away. I think this is very wasteful. So this is what I do.....

Place the live lobster in the fridge or freezer until he is not moving – maybe an hour or two in the fridge and less in the freezer. Use a container for the rear end as he is likely to express his displeasure by excreting black liquid. Boil



Photo: Capall Mara

a big pot of water – half and half salt and fresh if the water is clean. When it reaches a rolling boil, drop the lobster in and put the lid on. There will be some "reflex" banging on the lid. This is the most humane way I know of dealing with him. I have not managed to identify just where to stick a spike in to "pith" him; that is kill by entering the brain. I just end up with a very cross lobster. Anaesthesia by cold is my best bet. The water must be boiling otherwise he warms up and feels he is boiling alive.

## LOBSTER FETTUCCINE

After the pot comes back to the boil, cook for 3 – 5 minutes, depending on size. Remove the tail using a sharp thin knife slid up under the carapace. Remove the tail meat. Cutting down each side on the underside with heavy kitchen scissors will make this easy. Slowly fry finely cut onion and garlic until soft. Add cream and cook until it thickens. Cook fettuccine and add broccoli florets just as it is cooked. Strain and stir through basil pesto or fresh basil and olive oil. Slice the lobster meat into chunks and add to the cream. Serve with the fettuccine and broccoli. [For a low-fat option, use skim milk thickened with corn flour.]

## USING THE REST

Wash out the carapace with salty water. From a large lobster, I get enough meat for another meal. Leg meat can be very sweet. Break the legs off carefully at the base and a chunk of meat will come with each one. Same with the long front appendages. Then open each segment and pries the meat out. Open the carapace and find the white meat. This is all quite fiddly but I find it very satisfying.

If you really can't be bothered, or you have small lobsters, smash up each leg etc. with a hammer, after washing. Place in fresh water with seasoning and boil to make a stock. Ten minutes is enough. Strain and boil some more to reduce.

Store this in the freezer to make lobster risotto.....my favourite!



Photo Capall Mara -John Potter - Lobster Man

## Flyin Low Ceviche

Adrian & Clare

## Flyin Low of Poole

Any freshly caught fish, carefully filleted. I generally use the scraps after taking some decent size fillets. Finely chop some red onion, red pepper and tomato. Add plenty of lime zest and lime juice, a dash of Tabasco sauce, salt, pepper and if you have some fresh coriander (*cilantro*). Leave to marinade in the fridge for a few hours and then serve on a bed of lettuce. Delicious!



Photo courtesy of Clare and Adrian. [Ed: That looks like San Blas in the background.]



Photo courtesy of Clare and Adrian

## Soups & Starters

### BBQ Chicken Sliders

Merry

Tookish



2-3 Chicken breasts  
1/2 bottle BBQ sauce  
2 Tbsp white vinegar  
1/4 tsp red pepper flakes  
1 Tbsp brown sugar  
1/4 tsp garlic powder

Photo: eighteen25

Put chicken breasts in pan and cover with water, cook about 10-15 minutes until done. Let cool, then shred chicken with a fork. Mix remaining ingredients together in bowl. Pour mixture over chicken. Simmer about 20 minutes in a fry pan. Pull chicken out and shred. Serve over hamburger buns.

*[Ed: See Merry's 60 Minute Hamburger Bun recipe under Breads & Doughs.]*

### Leek And Potato Soup

Marcia

UJAM<sup>n</sup>

Serves 4

#### INGREDIENTS

2 Tbsp butter  
3 cups leeks, sliced – use both white and pale green, about 12 oz  
1 1/2 cups onions, sliced – 2 medium  
2 Tbsp flour  
6 cups chicken broth  
4 cups russet potatoes, diced into 1 inch cubes (about 1 1/2 lbs or 6 medium potatoes)  
1 1/2 tsp salt or to taste  
1/2 tsp ground white pepper

#### PROCEDURE

Melt butter in saucepan over moderate heat  
Stir in leek and onion pieces to coat with butter  
Cover pan and reduce heat  
Cook slowly, stirring occasionally for 10 to 15 minutes until vegetables are very soft, but not colored  
Uncover and sprinkle the flour on the leeks and onions  
Stir to distribute flour  
Cook for 2 minutes on moderate heat  
Remove from heat and let cook a moment  
Stirring continually, add 2 cups of broth  
Bring to a simmer  
When liquid is smooth and starts to thicken, stir in remainder of broth  
Add potatoes and season with salt and peppers  
Heat soup to a boil, cover pan and lower heat  
Simmer for about 20 minutes, until potatoes are tender  
To serve, mash, blend or puree the soup to desired consistency  
Serve warm

### For soup:

1/2 lb sweet Italian sausage  
2 tsp oil  
2 med leeks  
1 onion  
1 carrot  
1/2 cup plum tomatoes w/liquid  
1 1/2 cups lentils (green)  
2 US qts of chicken stock  
Salt and pepper to taste  
Parsley (chopped)

### For Scallion Cream (optional)

1 Tbsp sherry vinegar  
1/2 cup scallions chopped  
1 cup sour cream



Photo: Facebook

### Method:

Cook sausage until golden. Add 1/4 cup cold water and boil until liquid is gone. Remove and set aside.

Trim roots from leeks and split lengthwise, rinse to remove grit and then slice thin. Heat oil in large pot. Add leeks, onion and carrot and stir so they absorb the fat, and cover. Cook over low heat about 8 minutes or until vegetables transparent. Add tomatoes and lentils to vegetables. Pour in stock, salt and pepper and sausage. Bring to boil then simmer for about 25 minutes. Stir parsley into soup.

For the scallion cream just mix all ingredients together. Serve a dollop on top of soup.

Serves 4

## INGREDIENTS

1 large onion, peeled and chopped  
1 carrot, peeled and chopped  
1 jalapeno, pepper, seeds removed, finely chopped  
3 Tbsp butter  
2 tsp ground cumin  
2 tsp ground coriander  
1/2 tsp ground cinnamon  
1/2 tsp cayenne pepper  
1/2 tsp chilli powder  
1 large butternut squash, peeled and diced (I have used pumpkin)  
Chicken stock to cover vegetables, about 3 cups  
Juice of 1 orange  
Juice of 1 lime  
Ancho cream – optional but makes the soup even better  
1 red pepper, roasted and peeled  
2 to 3 Ancho chillies, halved, stemmed and seeded  
6 Tbsp whole milk  
4 Tbsp sour cream  
Salt  
Pepper  
Lime juice to taste

## PROCEDURE

In large heavy pot, sweat onion, carrot, Jalapeno pepper in butter until soft  
Add cumin, coriander, cinnamon, cayenne, chilli powder  
Cook for additional 2 minutes over low heat  
Add squash  
Cover mixture with stock, juice of one orange, and juice of a lime  
Simmer until squash is soft, about 1/2 hour  
Allow to cool  
Puree mixture in processor or use immersion blender  
Return soup to pan, season with salt and pepper  
Reheat and adjust seasoning if necessary  
Swirl in Ancho Cream  
Garnish with sour cream thinned with some heavy cream  
Place dab in center of soup bowl and using a toothpick, drag from center to outside and form a star or spider web

## Ancho Cream

Heat small skillet over high heat until quite hot  
Add Ancho chilli  
Toast until fragrant, about 30 seconds per side  
Transfer chilli to small bowl and add hot water to cover  
Set aside for 10 minutes to soften  
Pat chilli dry and place in blender with roasted pepper and milk  
Puree until smooth  
Strain through fine sieve into bowl  
Whisk in sour cream



Photo: Facebook

## Tourterelle's Mahi Gravavlax with Dill Sauce

Ian & Ann

It is a tradition in Ann's family (and therefore aboard Tourterelle) that we always have Gravavlax as a starter on Christmas day.

Gravavlax is originally a Scandinavian recipe used to preserve and cure Salmon, it gives results similar to a "smoked" salmon. We have tried this with Mahi Mahi and it works very well.



<i>Ingredients</i>	<i>Preparation</i>
2 large Mahi Mahi tail fillets	If the skin is left on then all scales must be removed. Tails are used to ensure that there is no bone.
100 gr Coarse Sea Salt	
75 gr caster sugar	
1 Tbsp Black Peppercorns	Coarsely Crushed
Dried Dill	If possible use a bunch of fresh Dill – but it's unlikely where we sail...

Mix together the dried ingredients. Rub this mixture into the flesh side of the Mahi tails, then sandwich the two sides together, flesh inwards and put the Mahi sandwich into a good zip lock bag (no holes). Any mix that escapes can be just put on the skin side. We then put this bag inside another zip lock bag.

Put the bag into the fridge with weight on top, a six-pack of beer work well! On a daily basis turn the fish, I usually give the bag / fillets a massage to ensure the curing mixture is well worked in. Return the fish to the fridge and continue to weigh it down. You will find that the salt draws out some of the moisture and a curing marinade forms.

After 2-3 days it will be ready to serve.

To Serve: Take one of the cured Mahi tails, rinse the marinade off, put it onto a chopping board skin side down and sprinkle with a bit more dill for decoration if desired. With a very sharp knife cut layers about 2mm thick from the fish at a slight angle – in a similar way to smoked salmon.

You should end up with dozens of these individual wafers – maybe with a bit of the dill mix along the edges. Serve in a similar way to smoked salmon, with a little salad, brown bread, butter and the must have sauce mix below.

Note: This recipe has been tried with Wahoo and it was a complete failure, it absorbed far too much salt.

### Mustard and dill Sauce

<i>Ingredient</i>	<i>Preparation</i>
2 Tbsp Dijon mustard	
1 Tbsp caster sugar	
1 Tbsp white wine vinegar	
1 egg yolk	
150 ml olive or vegetable oil	
1 Tbsp fresh dill	Chopped - or 2 tsp dried

Place the first 4 ingredients into a clean glass jar. Put lid on and shake well.

Add the oil gradually, 30-40 ml each time and shake well between each addition.

Stir in the dill, shake and season to taste with salt and black pepper.

Store in the fridge.

## Breads & Doughs

### 60 Minute Hamburger Buns

Merry

Tookish

1/3 cup instant potatoes  
2/3+ cup boiling water  
2 Tbsp active dry yeast  
1 cup + 2 Tbsp warm water @110-115 °F  
1/3 cup vegetable oil  
1/4 cup sugar  
1 egg  
1 tsp salt  
3-3 1/2 cups flour

Boil 1 cup water, slowly add to 1/3 cup potatoes, until potatoes are creamy. Set aside to cool until warm.

Dissolve yeast in 1 cup plus 2 Tbsp of warm water. Add oil and sugar, let stand 5 minutes. Add egg, salt, cooled potatoes and enough flour to form a soft dough. Turn onto a floured surface and knead until smooth and elastic, about 3-5 minutes. **Do not let rise.** Divide into 12 pieces and shape each into a ball. Place 3 inches apart on a greased baking sheet. Press ball down to about 1 inch thick. Cover and let rest 10 minutes. Bake at 425 °F for 8-12 minutes, or until golden brown.



Photo: Gonnella

### Baguette

Jeannette & Frederick

Bushpoint

There is something about home-made, fresh bread served for breakfast and this quick easy recipe is one of our favourites.

Mix the dough in the evening and bake in the morning.

#### Ingredients

A small amount of yeast, maybe 5 gr  
300 ml water  
1 tsp of salt  
Enough wheat flour to make dough

Mix all ingredients by adding in the order listed above. Let it rise over night. The next morning, preheat the oven to 250 °C.

Make one large or many small baguettes, brush with water, sprinkle with a little sea salt.

Bake for circa 20 minutes in the middle of the oven.



Photo: Omahasteaks

## Italian Bread/Pizza Dough/Focaccia

Renee

Poerava

1 (1/4 oz) envelope active dry yeast  
1 cup warm water (110-115 °F)  
1 Tsp sugar  
2-3 cups bread flour  
2 Tbsp olive oil (EVOO)  
1 Tsp salt

Combine yeast, sugar and 1 cup of warm water in a bowl. (I use a glass bowl and use a wooden spoon to stir lightly) let stand 5 minutes.



Photo: Handletheheat

In a separate bowl (I have plastic) add 2 cups of flour, oil and salt then mix in yeast mixture. I use my hand to mix. Gradually add additional flour until dough begins to leave the sides of the bowl and pull together. (Note: dough will take on a “shaggy” appearance as the flour is being added, the dough will look soft and smooth, not wet and sticky or overly dry with a rough surface.)

Cover bowl with a towel and let stand in a warm place (85 °F), free from drafts, 30 minutes or until doubled in size.

Punch down dough, let stand 10 minutes.

Turn dough out onto a lightly floured surface; shape dough into a 12-inch loaf, and place on a lightly greased baking sheet. Or use corn meal spread thinly on the baking sheet. Cut 3 (1/4 inch) deep slits across the top of dough with a sharp paring knife. (This will keep the bread from blowing out the sides during baking.)

Bake at 400 °F for 16 minutes or until golden brown. Cool on a wire rack.

### Herbed Focaccia

Proceed with recipe as directed, shaping dough into a ball instead of a loaf. Roll ball into an 11x14 inch rectangle on a lightly greased baking sheet. (I use EVOO) Press the handle of a wooden spoon (or use your finger, I do) to make indentations at 1 inch intervals. All the way to the pan bottom is OK. Top with more EVOO and your other favorite toppings. Bake at 475 °F for 12-15 minutes or until golden brown.

### Pizza Crust

Proceed with the recipe as directed, shaping dough into a ball instead of a loaf. Roll dough into an 11x14 inch rectangle on a lightly greased baking sheet or a thin layer of corn meal. Drizzle with EVOO or spread with pesto or pizza sauce and sprinkle with your desired toppings. Bake at 475 °F for 20-25 minutes.

I usually bake each of these on my Weber grill with perfect results!

### INGREDIENTS

4 cups all-purpose flour

1 1/4 tsp salt

2 Tbsp dry herbs (I use oregano) or sesame seeds – I don't use both

1 1/2 cups tepid water

1 Tbsp oil

1 1/2 tsp yeast

1 Tbsp sugar or honey (I use honey)



Photo: Alamy

### PROCEDURE

Preheat oven to 400 °F

Dissolve yeast in water

Add dried herb, if using

Add oil and sugar

Add salt

Add flour

Knead

Place in large greased and floured bread pan

Top with sesame seeds, if using

Rise, covered with towel for about an hour or so – dough should be to top of pan

Bake 400 °F for 30 minutes or until done (hollow sound when tapped)

### INGREDIENTS

2 1/4 tsp yeast  
1/4 cup tepid water  
1 tsp sugar  
1/2 cup milk  
1/2 cup olive oil  
1 egg  
1/2 cup water  
1 1/2 tsp salt  
4 cups all-purpose flour  
1/2 cup butter, melted  
2 tsp finely chopped garlic (omit for seeded twists – see below)



Photo: Facebook

### PROCEDURE

Proof the yeast with water and sugar  
Combine yeast mixture with the milk, olive oil, egg, remaining water, salt and 2 cups of the flour  
Beat until well blended  
Add most of the remaining flour  
Knead on floured surface until the dough is smooth and elastic  
Place dough in greased bowl, turning dough to grease top  
Cover with a clean dry towel  
Allow to rise until doubled  
Punch down dough  
Heat the butter and garlic  
On lightly floured board, roll the dough into a 12 inch x 15 inch rectangle  
Cut lengthwise into 16 strips, each about 3/4 inch wide  
Stack 4 strips together, brushing each strip with garlic butter  
Cut each stack into 3 or 4 inch pieces  
Place on greased mini muffin pan  
Brush with remaining garlic butter  
Cover with clean dry towel  
Let rise until puffy – about 20 to 30 minutes  
Bake at 375 °F for 10 to 12 minutes or until golden

## Seeded twists

1/3 cup sesame seeds  
1/4 cup poppy seeds  
Kosher salt to taste  
Omit garlic

Combine poppy and sesame seeds  
After dough rises, punch down dough  
Pat dough into a 12-inch square  
Brush square with melted butter

Sprinkle with 1/3 of seed mixture  
Fold dough in thirds like a business letter, folding top third of the square down – brush with melted butter and sprinkle with 1/3 of the seed mixture  
Fold bottom third up over the middle to make a rectangle – brush with melted butter and sprinkle with last 1/3 of seed mixture  
On lightly floured board, roll the dough into a 12 inch x 15-inch rectangle  
Cut lengthwise into 16 strips, each about 3/4 inch wide  
Stack 4 strips together, brushing each strip with garlic butter  
Cut each stack into 3 or 4 inch pieces  
Lift each stick; stretch it slightly, so it is 6 inches long  
Twist it once, and then lay it in lightly oiled baking sheet, starting at edge of the pan  
Place the twists side by side with no space between them – you want them to touch each other as they rise to bake together  
Brush with butter  
Sprinkle lightly with kosher salt  
Cover with clean dry towel  
Preheat oven to 450 °F  
Let rise until puffy – about 20 to 30 minutes  
Mist rolls with water  
Place in oven  
Turn oven down to 375 °F and bake for 10 to 12 minutes or until golden



Photo: Facebook



Aboard Tourterelle we make most of the bread we eat – even when we are in a country where bread is easily available in the supermarket it’s often too sweet for our taste. There are many ways to make bread aboard but this simple recipe is our “go-to” loaf if we just want normal bread. But almost the same dough can be turned into rolls & flatbreads just by cooking it slightly differently.

Tip: All the bread recipes we use aboard Tourterelle are measured by volume in “cups”. This is important to us because when we are at sea the boat is moving so much you cannot weigh the ingredients - and what better way to pass a long night watch than to make a loaf for the morning.

<i>Ingredient</i>	<i>Preparation/Notes</i>
3 cups of white bread flour	
1 cup wholewheat flour	
1 – 2 tsp fine table salt	
Olive Oil – 1 or 2 glugs	Optional
1 cup Sourdough Starter	Removed from the fridge and allowed to warm
	If you do not have a sourdough starter use a sachet (or 8 – 10 gr) of dried yeast activated in 1/2 cup water with 1/2 tsp sugar and 4 Tbsp flour.
1 1/2 cups water	
4 Tbsp seed mix for the topping	I often use a mix of sunflower and linseed/flax or pumpkin seeds – soaked. Note: I also sometimes use the bottom crumbs that no one wants of a cereal packet!

I use a large 10 inch/25cm non-stick Tefal Ingenio saucepan - with a removable handle. The entire process stays in the same pan to mix, make the dough, let it rise, knock it back and then to cook it. We find this reduces the inevitable mess that flour and dough often make and you can also knead the bread whilst in the cockpit on-watch.

Place the 3 cups of white and 1 cup of wholemeal flour into the pan, sprinkle on 1→2 tsp of salt (salt is needed in bread to control the yeast action). Mix the flours together then add a good glug of olive oil and briefly mix again.

Add about 1 cup of sourdough starter to the middle of the mix (my sourdough mix bottle holds about 2 cups so I use 1/2 of it). Ideally this will have been removed from the fridge about an hour before and will be becoming active but don’t worry if you haven’t allowed it to warm you can use it straight from the fridge, I often do, but the rising will take a little longer.

Add 1 cup of the water and mix the sourdough starter and water into the flour – I use a silicone spatula for this. At this point the mix will probably still be quite dry and floury, add the remaining water a bit at a time until there is only a little flour left between the dough clumps. At this point start to knead to dough – still in the pan. I fold the dough from one side of the pan and press down with the heel of my hand, turning the dough 45° each time. If the dough is soft and sticky and too wet just add an extra

handful of flour, if you are struggling to get all the flour to incorporate into the dough then add another splash of water (it will be squishy for a bit but then gets incorporated).

Continue kneading until the dough becomes a little bit elastic and springy – about 5 or 6 minutes but how long depends on all sorts of factors including the flour.

Cover the pan and set in a warm place (not hard to find on a boat in the tropics!) to rise until it is at least double the original size and often treble. This will take somewhere between 2 – 4 hours but may take longer. Once the loaf is partly risen pre-soak the seeds that you want to sprinkle on the top.

Once risen, knock the loaf back by kneading again for about 30 seconds- still in the pan – once again cover it and set aside to rise in a warm place. It will be quicker to rise this time – maybe 30-60 minutes. The knocking back redistributes the yeast and ensures a more even crumb in the final loaf. If you are in a hurry and/or don't mind a more rustic loaf with bigger random holes in the bread, then you can skip this stage and just cook it.



*Photo Tourterelle*

Once the loaf has risen again – to at least double but hopefully treble the original size. Still in the pan, carefully sprinkle the soaked

seeds onto the top. I pre-soak them to help them stick to the loaf during cooking. If they are left dry they still look pretty but fall off all over the place making a mess when you cut the bread.

Cook the bread in a pre-heated oven – still in the same non-stick pan – initially at 220°C (hot) for 20 minutes then reduce the temperature to 180 °C for another 10-15 minutes. The bread is done when it has a nice brown seedy crust and sounds hollow when tapped on the bottom. At this point it will easily turn out of the pan if you turn the pan over, and it should sound “hollow” if you tap it on the bottom. If it doesn't sound hollow return to the pan or just put it on a rack and cook at 180 for a few more minutes.

Cool for a few minutes on a rack (preferably not in the pan!)

Slice, add butter, enjoy....

## Care & Feeding

A sourdough starter is a living culture of yeast so it needs to be fed and looked after. As pets aboard boats go, sourdough is low maintenance and quite useful ;-). Feeding normally happens in the course of regular bread making - when some starter is used it needs to be topped up, then stored in the fridge. If you only make bread every 3 or 4 months, then sourdough probably isn't for you...

We were initially given our sourdough starter back in the Canary Islands from a boat called Aura [*Aussie Boat*]. Ours is called "Houdini" (yes it has a name) and has sailed with us ever since and had many offspring. Our starter was 16 years old when we got it and is now 18 1/2.

After using to make bread, your sourdough will be partly used so it needs to be topped up/fed again. To top up "1 cup" (e.g. after making the One-pan sourdough loaf).

Ingredients	Preparation/Notes
1/3 cup white flour	
1/3 cup spelt or rye flour	Wholemeal or white can be substituted
2/3 cup water	Luke warm

Add to two flours to the sourdough jar (the flours eventually end up in your bread so are not just *fed* to the sourdough and lost), add the lukewarm water and shake. You should get a smooth gloopy mix not too runny and not too lumpy and the amount of mix should be as it was before use. Put the lid on – but not tight because the CO2 gas the yeast produces needs to escape.

Set the sour-dough aside in a warm, *easy to clean* place to activate (e.g. the sink area) – this will take 30-60 minutes and we set an egg timer so we don't forget. Once it is nice and bubbly ensure the cap is not fully closed and put it back in the fridge to keep it till next time.

If you do forget that the sourdough is out of the fridge... it will go into overdrive and like the proverbial genie, escape from its bottle (hence the "easy to clean" because you will forget one day).

**If you *do not* use your sourdough for 10 days or so it will need to be fed.** Simply pour away 1 cup of the starter and feed as above.

If you fly back for a hurricane season or lay the boat up then sourdoughs can be dried, frozen (see internet) or as we have done, looked after by another cruiser.

Tip: Don't use a glass jar, if you accidentally close the lid and forget it, it could shatter because of the CO2 build up. We keep our sourdough in a recycled plastic mayonnaise jar that fits a nice gap in our fridge.



Photo courtesy Tourterelle

## Salads & Sides

### Avocado and Mango Salad

Leanne

Perigee

*This Thai salad goes well with Erica's Chicken Satay recipe. You don't need to have all the ingredients. The essence of the salad is in the avocado, mango, peanuts and sesame flavours. The vinaigrette can be reduced to lime juice and a couple of drops of sesame oil.*

2 avocados, thinly sliced  
2 carrots, spiralised or just make them into sticks  
2 green onions, thinly sliced  
1 mango, cut into matchsticks  
1 red bell pepper, diced  
1 jalapeño pepper, thinly sliced  
3 Tbsp chopped fresh coriander (cilantro)  
3 Tbsp chopped peanuts  
1 Tbsp sesame seeds

*Combine or layer the avocados, carrots, green onions, mango, red bell pepper and jalapeño. Drizzle on the peanut butter vinaigrette. Top with the coriander (cilantro), peanuts and sesame seeds.*

#### Peanut butter vinaigrette

1/4 cup rice wine vinegar  
3 Tbsp creamy peanut butter  
3 Tbsp freshly squeezed lime juice  
2 Tbsp honey  
1 garlic clove, minced  
1/2 tsp toasted sesame oil  
1/4 cup grapeseed (or other vegetable) oil  
Pinch of salt and pepper



Photo: Joyfulhealthyeats

### Asian Slaw

Nancy

Larus



Photo: Pinterest

5 cups thinly sliced green cabbage  
2 cups thinly sliced red cabbage  
Red bell peppers, thinly sliced  
1 green bell pepper  
Carrots, julienne  
6 green onions, chopped  
1/2 cup chopped fresh cilantro

#### Slaw Dressing

6 Tbsp rice wine vinegar  
6 Tbsp vegetable oil  
5 Tbsp creamy peanut butter  
3 Tbsp soy sauce  
3 Tbsp brown sugar  
2 Tbsp minced fresh ginger root  
1 1/2 Tbsp minced garlic

In a large bowl, whisk together the ingredients for the slaw dressing. Toss all the ingredients for the slaw in to the slaw dressing until all the vegetables are coated with dressing. Serve immediately.

## Couscous/Spinach Salad

Ronna

Exodus

1 box of plain Near East Couscous (or any other brand you can find) – made according to package. Mix the couscous with the following: 3/4 cup olive oil, 1/2 cup white vinegar, salt and pepper, and a bit of chopped garlic (optional). Fill a salad bowl with spinach. On top add 1/2 cup chopped basil, 1/2 cup shaved (or grated) fresh Parmesan cheese, 1/2 cup pitted black olives (optional) and the couscous mixture. YUM!

## Gingery Pickled Beets with Cinnamon & Pepper

Nancy

Larus

Serves 8 – 10

4 large beetroots  
1 1/2 Tbsp sugar  
1 tsp minced fresh root ginger  
125 ml / 1/2 cup cane vinegar or distilled malt vinegar  
60 ml / 1/4 cup water  
1 cinnamon stick  
1/2 Scotch Bonnet pepper sliced (optional)

Boil beets in a large pan of water until tender - 45 - 60 minutes.  
Cool and peel off skins and slice beets into wedges. Place in a shallow bowl in one layer.  
Heat sugar, ginger, vinegar and water until just boiling and add the cinnamon and scotch bonnet (optional). Pour over the beets.



Photo: Google Images

Light savoury delicately spiced rice to accompany curry dishes or on its own.

Per cup of dry Basmati rice:

2 inches fresh ginger, peeled and finely chopped

One small onion finely chopped

1/2 cup of peas

Juice of one lemon. More juice may be required.

Handful of raw cashew nuts (optional)

3-4 Tbsp vegetable oil or ghee.

Olive oil is not great for this dish nor is butter.

Spices:

1 1/2 tsp black mustard seeds

1 tsp cumin seeds

1/2 tsp whole black pepper corns or cracked pepper

2-3 fresh or dried whole chillies

1/2 tsp turmeric powder

6-10 curry leaves fresh or dried and a

few sprigs of fresh cilantro (coriander) if you should be so lucky

Salt to taste

Wash the rice in a pot with cold water several times, agitating with your fingers to remove dust. Drain off the water before covering the rice with fresh water to 1/2 inch above the rice.

Cover the pot and bring to the boil.

Lower the heat to just simmering and cook gently till all the water is absorbed.

Do not stir or disturb the rice while cooking. This will produce a light fluffy rice that does not get gluggy. Let it cool while you prepare the spices.



Photo: Taamiberry

In another pan heat the oil or ghee, toss in the mustard seeds and cover till they pop. Remove the lid, add whole chillies, cumin seeds whole pepper corns, cashews and curry leaves. Stir for a few seconds then add onion, ginger turmeric. Stir and cook gently till the onion is golden, add the peas and 1/2 tsp salt.

When the peas are cooked but not mushy, pour the spice mixture and some of the lemon juice into the rice and fold in gently till all the rice is yellow. Garnish with fresh cilantro (coriander).

The secret is in the lemon juice and the salt. Add more of each to bring out the flavours of the spices.

## Raven's Asian-style coleslaw

Barbara

Raven

1/2 green cabbage, shredded  
2 to 3 carrots, shredded  
1 to 2 bell peppers, sliced thinly (I use red bell peppers, but green would also work, or some of each)  
3 to 4 large scallions, white and light green parts only, julienned OR 1 small onion, diced  
2 Tbsp fresh ginger, grated  
1/2 cup sliced almonds, toasted  
1/4 cup sesame seeds, toasted  
3-4 Tbsp rice wine vinegar  
1 to 2 tsp sesame oil  
1/3 cup or more vegetable oil (I use a mixture of grape seed, olive, and coconut)  
1 Tbsp soy sauce (optional)  
Black pepper and salt to taste



Photo: Facebook

## Salardup Conch Salad

Dee

La Mischief

2 cleaned fresh conch  
Juice of 2 limes  
1 jalapeño pepper, stemmed, seeded and minced (optional)  
1/4 cup chopped fresh cilantro or shado beni  
1/2 cucumber, chopped  
1/2 yellow bell pepper, chopped  
1/2 red bell pepper, chopped  
1/4 red onion, chopped  
1/2 cup fresh tomato, chopped  
1/2 avocado, chopped (optional)  
Salt and pepper to taste



Photo: Shiera Brady

Put whole conch in a pressure cooker, cover with water, bring to a boil and cook for 30 minutes (I like to cook 10 at a time and freeze for later use).

Drop conch in cold water till cool. Chop 2 conch and mix with all the above ingredients.

Serve



Dee in Salardup - Photo: Facebook

**Serves:** 4 Servings

- 3 cups lettuce mixed baby greens, optional as garnish
- 1 cup bulgur, 1 cup dry bulgur soaked in 1 cup hot water for a couple of hours then refrigerated
- 12 oz tuna, drained; may use less tuna, if desired
- 3-6 onions green, thinly sliced
- 1 cup parsley, fresh, chopped
- 14 oz artichoke hearts, drained
- 14 oz cannellini beans, drained
- 2 tsp capers, drained
- 2 stalks celery, sliced or diced
- 1/2 cup olive oil
- 3 Tbsp vinegar, do NOT use white balsamic (it's too sweet)
- Salt and pepper
- Juice of 1 lemon
- 1/4 tsp cumin
- 1/4 tsp ground coriander

### Preparation

In a zip lock bag, combine 1 cup each dry bulgur and hot water. Let sit at room temperature for a few hours then place in fridge to cool. Place cooled bulgur into a large, deep bowl. Add all ingredients except dressing. Combine oil, lemon juice, vinegar, cumin, coriander, salt, and pepper, and whisk. Add dressing to bulgur mix and lightly toss. Divide salad greens among 4 plates and heap them along one side. Spoon tabbouleh salad along other side.



Photo: Shiera Brady

## Stir-fried Zucchini with Ginger and Cashews

Barbara

Raven

1 lb small zucchini  
1 carrot, peeled  
3 tsp vegetable oil  
1 tsp finely grated ginger  
1 medium clove garlic, peeled and minced  
1/4 tsp salt (optional)  
Freshly ground black pepper to taste  
1/4 cup shelled cashews, coarsely chopped

Wash zucchini and trim the ends; cut lengthwise, and then cut into 1/4 inch slices. Cut the carrot lengthwise and slice into thin slices. In a large skillet heat the oil over medium-high heat. Add the zucchini, carrot, ginger, garlic, salt and several grindings of pepper. Quickly stir-fry for about 3 minutes, or until the vegetables are tender-crisp. Stir in the cashews and serve. Makes 4 servings.

*[Ed: I've made this recipe and I'll give you a hint: keep the cashew nuts out of sight until you're ready to use them otherwise there won't be many left. Isn't that right, Skipper?]*



Photo: Courtesy of Barbara

## Tourterelle's Indian Pickle



## Ian & Ann

## Tourterelle



This is one of our favourite Indian chutneys and the recipe has been requested by several of the boats on the OCC's West Caribbean Suzie Too rally.

Yes, the measures are really in pounds for the ginger and garlic but don't be put off it makes one of the best Indian pickles we have ever found. Try it and enjoy. The original recipe was attributed to "Lady MacFarquhar" who was part of the English Raj in India.

<i>Ingredients</i>	<i>Preparation</i>
675 gr Granulated Sugar	
750 ml (3 cups) White Vinegar	
225 gr Garlic	Separated into cloves and peeled and finely chopped
675 gr Fresh root Ginger	Peeled and finely/medium chopped.
2500 gr Firm Red Tomatoes	Blanched, skins removed and quartered
675 gr Raisins	
175 gr Sultanas (Golden Raisins)	
10 Dried red chillies (of fresh chilli)	Chopped
Salt to taste	

Put the sugar and vinegar into a large saucepan and bring it to the boil over a medium heat, stir and scrape the sides down to get all the sugar crystals dissolved, forming a thin syrup.

Stir in the garlic and ginger, when the mixture returns to the boil add the tomatoes, raisins, sultanas and chilli peppers. Bring the mixture back to the boil stirring.

Reduce the heat and simmer stirring from time to time until the mixture thickens, the solids (tomatoes, ginger, garlic) start to soften and become a little mushy.



Photo: Amazon



Photo: Tourterelle

Remove from the heat and spoon into sterilised jars (boil/steam them in a separate pan) and seal tightly. If you have used jars that have lids with the little pop out button you should find that this sucks in as the jars cool and proves there is a good seal.

It obviously depends upon the jars but this mix makes about 8 jars (1lb jam/olive size)

## Main Courses

### Satay a la Endless Summer

Erica

Endless Summer

*Ed: Being Dutch, Erica on Endless Summer knows a thing or two about Indonesian food. Here's one she shared with me in St Maarten, which quickly became a regular in my galley. Be sure to pick up these ingredients in the Dutch Islands when starting the OCC Suzie Too Rally. Ketjap Manis by Conimex – an Indonesian sweet soya sauce  
Sambal Olek by Conimex – a red chilli paste*

#### Marinade

500 gr cubed Pork or Chicken  
2 cloves of garlic  
Fresh ground pepper  
1 tsp of ginger (fresh is better)  
1 tsp Sambal Olek (or substitute with hot pepper flakes - your preference how much hot or mild)  
100 ml Ketjap Manis (or Soya Sauce with 1 Tbsp brown sugar)  
Juice of 1/2 lemon

Marinate for 1 hour (minimum) or overnight

#### Satay Sauce

Peanut butter a big scoop  
Sambal Olek (or hot pepper flakes)  
Ginger  
Ketjap Manis (or Soya Sauce with brown sugar)  
100 ml Milk

Lekker smullen. Dutch expression.

Combine first 4 ingredients in a saucepan and heat. Add milk to reach the desired consistency. Skewer the meat on satay sticks that have been soaking in water. Cook the on the BBQ and serve to your hungry guests with the sauce for dipping. Or simply toss the marinated meat in a pan until cooked. Serve covered with sauce.

*[Ed: There's a great Thai salad recipe that I found that goes really well with this dish. You don't need to have all the ingredients. The essence of the salad is in the avocado, mango, peanuts and sesame flavours. The vinaigrette can be reduced to lime juice and a couple of drops of sesame oil. See Avocado and Mango Salad.]*



Photo: Facebook

## Chicken with artichoke hearts & cashews in a Pesto sauce

Zz

Guest of Leela

*[Ed: Zz was a guest of Leela's and she joined us for Christmas lunch at the Santa Marta Club de Pesca Marina. She bought this fabulous dish – so tasty and yet so simple.]*

Date: December 2018

From: Zz

### INGREDIENTS:

- 1 rotisserie chicken
- 1 can of artichoke hearts {6-8}
- 1 packet cashew nuts

### Dressing

- 1 small jar of pesto sauce {190 gr}
- 1/2 cup low-fat buttermilk
- 1 cup mayonnaise
- 1 cup sour cream
- 2 Tbsp grated parmesan cheese

### METHOD:

1. Strip the meat off the chicken
2. Cut into bite sized cubes and place in a large bowl
3. Drain the artichokes hearts
4. Cut each into 6 pieces
5. Blitz all the dressing ingredients in a blender until well combined
6. Stir the dressing into the chicken until well coated
7. Gently fold in the artichoke hearts
8. Finally, add the cashew nuts just prior to serving to make sure they remain crunchy



Photo: Facebook

Caught some Tuna?

Give it a buzz with a TUNA SALSA. You can improvise with whatever you have in the locker.

Grill or pan fry or BBQ Tuna Steaks to your taste; pink in the middle will leave the Tuna tasty and moist.

SALSA:

Canned peaches or mango, including the juice.

Spring onions or onion.

Red, green or orange peppers. (whole red pimentos are available in tins - great for long passages)

Olive oil

Balsamic vinegar

Fresh coriander - (dry will suffice)

Fresh black pepper to taste

Chopped and mix; we chop onion quite small. Leaving in fridge to marinate adds to the flavour. Serve on the side or on top.

Yum!

Drummer's Tip:

Use the empty foil wine bag from the box to insulate the top of the freezer. As your freezer goes down blow up the wine bag to fill the space.

*[There could be a picture of Drummer here with their freshly caught tuna but like Perigee they're yet to dangle the line.]*

## Fish Cakes

1 lb white fish, lobster, or crabmeat  
1/2 cup onion sautéed  
2 Tsp parsley or cilantro chopped fine  
3 Tsp Old bay seasoning (or recipe below)  
1/4 -1/2 cup dried breadcrumbs  
1/4 cup flour  
1/3 cup mayonnaise  
1 large egg  
1/2 cup dried bread crumbs for outer layer  
1/2 cup oil for frying

Cook shellfish through, (grill or bake fish 375 °F for 15 minutes). Pick off meat and place in bowl. Add onion, seasoning, breadcrumbs, mayonnaise, flour and egg. Mix until starts to bind, add more crumbs if necessary. Form into cakes, coat outside of cakes with breadcrumbs. Fry in oil until golden. Serve with tartar or favorite sauce.

### Fish Seasoning

Grind together, store in glass  
1 Tbsp celery seed  
1 Tbsp black peppercorn  
6 bay leaves  
1/2 tsp whole cardamom pods  
1/2 tsp mustard seed  
4 whole cloves  
1 tsp paprika  
1/4 tsp mace

## Merry

## Tookish



Photo: Google Images

## INGREDIENTS (17)

1 lb firm white fish, such as tilapia, snapper, cod, mahi mahi, or catfish  
2 medium limes, halved  
1 medium garlic clove, finely chopped  
1/4 tsp ground cumin  
1/4 tsp chilli powder  
2 Tbsp vegetable oil  
more oil for oiling the grill grates  
Kosher salt  
Freshly ground black pepper

1/2 small head of green or red cabbage  
(about 14 oz), cored and thinly sliced  
1/2 medium red onion, thinly sliced  
1/4 cup coarsely chopped fresh cilantro  
6 to 8 soft (6-inch) corn tortillas  
Sliced avocado, for garnish (optional)  
Guacamole, for garnish (optional)  
Salsa, for garnish (optional)  
Sour cream, for garnish (optional)  
Hot sauce, for garnish (optional)



Photo: Facebook

## SUMMARY

Battered and fried fish tacos are delicious, but not particularly healthy. Here, we treat the fish to a citrus marinade, grill it, and serve in soft corn tortillas with avocado and tangy cabbage slaw—healthy and delicious, combined. If you choose the optional guacamole or salsa don't forget to make them before you begin.

## INSTRUCTIONS

Place the fish in a baking dish and squeeze a lime half over it. Add the garlic, cumin, chilli powder, and 1 Tbsp of the oil. Season with salt and pepper and turn the fish in the marinade until evenly coated. Refrigerate and let marinate at least 15 minutes. Meanwhile, make the slaw and warm the tortillas.

Combine the cabbage, onion, and cilantro in a large bowl and squeeze a lime half over it. Drizzle with the remaining 1 Tbsp oil, season with salt and pepper, and toss to combine. Taste and add more salt and pepper if necessary. Set aside.

Warm the tortillas by heating a medium frying pan over medium-high heat. Add 1 tortilla at a time, flipping to warm both sides, about 5 minutes total. Wrap the warm tortillas in a clean dishcloth and set aside while you prepare the fish.

Brush the grates of a grill pan or outdoor grill with oil and heat over medium-high heat until hot. Remove the fish from the marinade and place on the grill.

Cook without moving until the underside of the fish has grill marks and is white and opaque on the bottom, about 3 minutes. Flip and grill the other side until white and opaque, about 2 to 3 minutes more. (It's OK if it breaks apart while you're flipping.) Transfer the fish to a plate.

Taste the slaw again and season as needed with more lime juice. Slice the remaining lime halves into wedges and serve with the tacos. To construct a taco, break up some of the cooked fish, place it in a warm tortilla, and top it with slaw and any optional garnishes.

## Fish Veracruz

## Barbara

## Raven

This recipe is great for almost any fish you catch or buy, but I like it best using snapper, Spanish mackerel, or any other white fish fillets that I have on hand, such as flounder or tilapia, bought at the supermarket and stored in the freezer. It uses ingredients that you have on board as part of your regular food stores.

2 Tbsp canola or olive oil  
1 Tbsp fresh garlic, minced  
1 (14 1/2 oz) can diced tomatoes (undrained)  
1/3 cup pitted green olives (drained)  
1/4 cup capers (drained)  
1 Tbsp tomato paste (I sometimes omit this and it still turns out great)  
1/2 cup white wine  
1 1/2 lbs fish fillets  
1/8 tsp black pepper

Preheat large sauté pan on medium-high, then place oil in the pan and swirl to coat. Add garlic and tomatoes; cook 2-3 minutes, stirring, or until tomatoes are softened. Stir in olives, capers, tomato paste, and wine; cook 4-5 minutes, stirring, or until thickened slightly.

Meanwhile, season both sides of fish with pepper. Add fish to pan (wash hands); spoon half of tomato mixture over fish. Reduce heat to medium-low; cover and cook without turning, 5-10 minutes or until fish is opaque and flakes easily with a fork.



Photo: Facebook

Serves 8

## INGREDIENTS

Olive oil  
1 small onion, chopped  
3 garlic cloves, minced  
1/2 tsp red pepper flakes  
Salt and pepper to taste  
1 lb ground beef  
1 heaped Tbsp tomato paste  
1 tsp fennel seed  
1 tsp sugar  
1/4 cup wine (can use red or dry white)  
28 oz diced tomatoes in their juices or tomato puree  
8 shakes dried oregano  
1 lb tubular pasta  
Freshly grated Parmesan cheese

## PROCEDURE

Add oil to medium saucepan set over medium low heat  
Add onion, garlic, pepper flakes, salt and pepper  
Cook for about 2 minutes, until onion is slightly wilted  
Push everything to one side of pot, turn up heat slightly  
Add ground beef, breaking it up with a fork as it browns  
Once most of pink is gone, stir it together with onion mixture  
Add tomato paste, fennel seeds, sugar, and wine  
Stir together  
Raise heat to medium high  
Cook until most of liquid has been absorbed, about 5 minutes  
Stir in tomatoes and oregano  
Bring the sauce to a boil  
Turn heat to low and simmer uncovered for an hour  
Prepare pasta  
Toss drained pasta with sauce and serve in bowls topped with Parmesan cheese



Photo: Google Images

Serves 6 to 8

### INGREDIENTS

2 cup whole milk

4 Tbsp flour

4 Tbsp butter

1 lb to 2 lbs extra sharp cheddar cheese

1 lb elbow macaroni

Italian Bread crumbs

### PROCEDURE

Cook elbow macaroni until al dente

Drain well

Grate cheddar cheese

Melt butter over medium heat

Add flour to create a roux

Warm milk

Add grated cheese to milk to create a thick slurry

Add macaroni to cheese

Mix cheese and macaroni

Top macaroni and cheese with Italian bread crumbs

Bake 350 °F until brown and bubbly

## Nut Loaf

Leanne

Perigee

I shared this recipe with Francis on Alia Vita and she prepared it for Christmas in Cartagena. Guaranteed to satiate heartiest of vegetarian appetites.

### Ingredients:

450 ml vegetable stock  
200 gr split red lentils  
100 gr cashew nuts  
100 gr wholemeal breadcrumbs  
100 gr mushrooms  
100 gr cheddar cheese  
1 onion  
1 red pepper  
1 leek  
1 garlic clove  
1 egg  
1 Tbsp lemon juice  
2 Tbsp olive oil  
Salt and pepper  
Small handful freshly chopped parsley



Photo: RealFood Tesco

### Method of Preparation:

Finely chop the onion, mushrooms, leek, garlic clove, and red pepper.

Rinse the lentils under cold water then simmer in the vegetable stock for 15-20 minutes until soft and pulpy.

Whilst the lentils are cooking, toast the nuts in a dry frying pan until golden, then whiz in a food processor until finely chopped.

Preheat the oven to 190 °C and grease and line a loaf tin.

Heat the oil in a frying pan and then fry the onion for five minutes, add the leeks, red pepper, mushrooms and garlic and fry for another 5-10 minutes. Add the lemon juice.

Stir the lentils and the nuts into the frying pan, add the breadcrumbs, the cheese and the egg, season well and then stir in the parsley.

Once fully combined, place the mixture into the loaf tin and level the top. Bake the nut roast for 30 minutes covered with foil and then remove the foil for another 30 minutes of cooking.

Once cooked, allow to cool slightly and then cut into thick slices to serve.

Serves 4

### INGREDIENTS

3 1/2 cups broccoli florets, trimmed  
4 Tbsp olive oil  
Kosher salt  
Pepper to taste  
1 lb of pasta [*Marcia uses orecchiette*]  
1/2 lb chicken breasts cut in cubes  
1/2 cup grated Parmesan cheese  
1 Tbsp butter  
4 heaped Tbsp ricotta (or Greek yogurt if ricotta is not available)

### PROCEDURE

Preheat oven to 425 °F  
Place broccoli in baking dish  
Toss broccoli with 3 Tbsp oil, salt, and pepper  
Roast for 15 minutes or until broccoli looks crispy, but not completely brown  
Cook pasta according to package directions  
Strain pasta, reserving 1/2 cup of the pasta liquid  
Add remaining Tbsp oil to a large skillet set over medium high heat  
Brown chicken, breaking up with fork, until cooked, 5 to 7 minutes  
Add half of reserved pasta water to skillet  
Turn heat to high  
Stir until liquid looks emulsified and saucy  
Add pasta, Parmesan cheese, and butter to skillet  
Toss with tongs until everything is evenly distributed, add more pasta water to loosen as necessary  
Divide into 4 bowls  
Top with crispy broccoli, more grated Parmesan cheese, and a dollop of ricotta cheese

[*Ed: Orecchiette is from Italian orrechia meaning 'ear' and -etta meaning 'small'.*]



Photo: Google Images

## INGREDIENTS

5 to 6 large poblano green chillies (to yield 1 1/2 cups roasted, peeled, and chopped). You can use any type of mild green Mexican pepper  
3 Tbsp butter  
2 medium onions, diced (about 2 1/2 cups)  
2 ribs celery, diced (about 3/4 cup)  
1 clove garlic, minced (1 tsp)  
2 medium Yukon gold potatoes, peeled, cut into 1 inch chunks (10 - 12 oz)  
4 cups of corn  
5 cups chicken stock  
1 tsp kosher salt  
2 bay leaves  
1 tsp ground cumin  
1/2 tsp dried oregano  
1 cup heavy cream  
1/2 tsp black pepper  
2 limes (can substitute lemon juice)



## PROCEDURE

1. Roast the chillies
2. When they've cooled down enough to touch, use your fingers or a dampened paper towel to strip off the charred bits
3. Cut them open, remove and discard the stem, seed pod and inside veins
4. Roughly chop the chillies and set aside
5. Melt butter in a 5 to 6 quart heavy-bottomed pot on medium high heat
6. Add onions and celery, stir to coat with the butter
7. Cook for 8 to 10 minutes, lowering the heat to medium, until the onions and celery are softened and are beginning to brown
8. Once the onions and celery are beginning to brown, add the garlic and cook for a minute more
9. Add the potatoes and the stock to pot
10. Add the bay leaves, cumin, oregano, and salt
11. Increase heat and bring to a simmer
12. Lower heat to maintain a simmer
13. Cook for 8-10 minutes until the potatoes are just cooked through
14. Add the corn kernels to the pot and cook for 4 to 5 minutes, until cooked through
15. Add chopped roasted poblano chillies
16. Remove the bay leaves
17. Stir in the cream
18. Add black pepper, more or less to taste

Photo: Google Images

At this point, if you want a thicker base for your chowder, you can use an immersion blender to purée about a third of the soup.

To serve: Make lime curls with peel for garnish. Then, sprinkle with a little fresh lime juice and serve with a lime curl on top of chowder. The lime juice will brighten the chowder. Do not add lime juice while cooking or the acid might curdle the cream.

## Seafood Risotto

Suzie

Suzie Too

*Makes 2 very generous servings*

*1 Tbsp Thyme or Italian Seasoning or whatever you have available*

*2 tins of seafood*

*1 cup of risotto rice (Arborio rice)*

*1 onion cut into 5mm pieces*

*2 cloves of garlic*

*1 x 400 gr tin of tomatoes*

*1 x 400 gr tin of stock (any kind will do)*

*2 cups of Parmesan cheese*

*1 tin anchovies (optional)*



Photo: Shiera Brady



Photo: Shiera Brady

*Soften onion in the juice from the tin seafood [Suzie likes to use the oil from smoked mussels or smoked oysters]*

*Add garlic and herbs, add the rice and mix well.*

*Add the tinned tomatoes and the tin of stock and stir once*

*Cook for 10-15 minutes on high until bubbling, turn the heat down to medium.*

*Cook for 10 minutes or until just about done.*

*Add the rest of the seafood and one cup of the Parmesan cheese and mix again.*

*Top with the other cup of Parmesan cheese.*

*Cook until done*

*Tips:*

*Add anchovies with the last cup of Parmesan cheese. Lay over the top. You can also add any fresh cooked seafood at that time.*

*Best to use a pan that is approximately 3 inches (6 cm) thick and 12 inches (30 cm) in diameter. Use lid for pan for the first 10-15 minutes only.*



*Photo: Shiera Brady*

**Secret Family Marinade**

**Jeff**

**J Squared**

*[Ed: For the special occasion of Jeff on J Squared 60<sup>th</sup> birthday we were treated to the fabulous flavours of his Secret Family Marinade. The result was spectacular. Here is the recipe.]*

Combine all secret ingredients and rub onto a well-chosen piece of beef fillet. Allow to marinate for 4-6 hours or overnight. Grill to perfection. Carve and serve.



Photo: Facebook





Profile Photo

### Ingredients

- 2 medium sweet potatoes, *(peeled and sliced into chunks)*
- 2 cans (180 gr) tuna in water, drained and flaked
- 1/2 cup green onions
- 1/2 cup breadcrumbs
- 2 eggs
- 1/2 cup red onion
- 1/2 cup yellow pepper
- 1/2 tsp garlic powder
- 1/4 tsp chilli pepper
- Salt and pepper for taste
- Olive oil cooking spray

### Method:

1. In a medium pan, bring water to a boil and add sweet potatoes.
2. Cook them for about 10-15 minutes or until tender.
3. Drain and run them under cold running water. Transfer to a large bowl and mash with a fork.
4. Add the tuna, green onions, breadcrumbs, eggs, red onions, yellow pepper, garlic powder, chilli pepper, salt, and pepper. Mix well until all ingredients are combined. *(If you don't have all these ingredients it doesn't matter, just season well.)*
5. Use your hand to shape mixture portions into patties.
6. Heat a non-stick frying pan over medium-high heat and add cooking spray.
7. Cook patties for 3 minutes on both sides or until golden brown.

I like to serve with a salad and a spicy mayonnaise (for example, mix mayo and Sriracha)

*[Ed: Sriracha is a type of hot sauce or chilli sauce made from a paste of chilli peppers, distilled vinegar, garlic, sugar, and salt]*<sup>6</sup>

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<sup>6</sup> [https://en.wikipedia.org/wiki/Sriracha\\_sauce](https://en.wikipedia.org/wiki/Sriracha_sauce)



Aboard Tourterelle we love garlic – and you really have to LOVE garlic for this recipe.

There is a lot of garlic in this recipe – but when cooked the strong punch transforms into a delicate, mild and soft flavour – lovely.

<i>Ingredients</i>	<i>Preparation</i>
3 Tbsp vegetable oil	
1 tsp Mustard Seeds	
100 Cloves of Garlic	Separated and peeled - whole
1/2 tsp salt	
1/2 tsp chilli powder	
1 tsp ground turmeric	Or 1 inch fresh turmeric - minced
1 tsp Tamarind paste or powder	
1 tsp dried coriander leaf	
100 ml coconut milk	

Put the oil into a large lidded pan over a medium heat. Add the mustard seeds and wait for them to start popping then add the peeled cloves of garlic.

Stir-fry for a couple of minutes to briefly sear the cloves on both sides. Turn the heat down, add 100 ml of warm water and cover with a lid. Simmer for 15-20 minutes; you want the garlic cloves to become translucent and soft but not a mush. Keep checking to ensure they don’t burn – add a little more water if they look dry.

Once the cloves are translucent and soft be careful, as you don’t want to break them up when stirring. Add the salt, spices, coriander and tamarind, stir through gently, put the lid on and cook for another couple of minutes. Add the coconut milk, stir gently again and cook for another 5 minutes.

We often use this as a sauce for chicken or fish or it can be eaten, as it is a vegetarian main dish or side.



Photo: Google Images

## Tourterelle's Spicy Lentils      Ian & Ann



This is a great lentil recipe that can be used as a main or side dish on any Indian themed meal. It uses ingredients that are widely available across the Caribbean.

<i>Ingredient</i>	<i>Preparation</i>
350→400 gr Lentils	Washed, soaked for a few minutes & drained
1 medium Onion	Sliced
2 Tbsp vegetable oil	
4 cloves garlic	Peeled & crushed or finely sliced
1 inch fresh root ginger	Peeled & Minced
1 inch Turmeric Root	Minced (or 1tsp ground turmeric)
1 tsp Dried tamarind powder	or substitute 3/4 tsp molasses + 2 Tbsp lime juice
1/2 stock cube	
1/2 tsp salt	
<i>For the topping:</i>	
1/2 medium Onion	Peeled and sliced into slivers
2Tbsp vegetable oil	I often use coconut oil for the topping
2 cloves of garlic	Sliced finely
2 red or green chillies	Seeds removed and chopped finely (or dried chilli flakes)
1 tsp cumin seeds	
1/2 tsp coriander seeds	

Any lentils can be used for this recipe but I prefer the whole brown lentils as they give a nice texture. Split red lentils cook much quicker and are great if you're in a hurry. Even yellow split peas can be used.

In a saucepan over a medium heat, heat the oil, fry the onion, garlic and ginger stirring until the onion is limp and golden.

Add the lentils, stir to mix them in. Sprinkle with turmeric and salt and continue to fry for another couple of minutes.

Increase the heat to high and add 4 cups (1000 ml) of water. Bring to the boil and reduce the heat, cover with a lid and simmer for 30-40 minutes or until the lentils are soft but not too mushy (like porridge). Stir in the tamarind and continue to simmer for another 5 minutes.

Meanwhile heat the oil for the topping in a separate small frying pan and add all the ingredients for the topping. Fry until the onion is golden brown. Uncover the pan with the lentils and pour the topping in (including the oil), stir, recover, and keep warm until ready to serve.

This dish can be made ahead but will harden a bit if it is left overnight – just stir in some stock or water to get back to the right consistency.

Note: Leftovers can be turned into a dip for sundowners by adding a bit of stock and oil to get a nice dipping consistency.

## West Indian Meat Pie

Nancy

Larus

Serves 12-14 (halve recipe for 8-10)

2 pie shells baked and cooled – or puff pastry  
1 lb extra lean ground beef  
2 large onions finely chopped  
2 green peppers finely chopped  
2 red peppers finely chopped  
2 jalapeno peppers, very finely chopped  
1/2 cup pimento stuffed green olives coarsely chopped  
1 tsp coriander (ground)  
1/2 tsp nutmeg  
6 cloves garlic minced  
2 tsp fresh thyme  
1 tsp cumin  
8 Tbsp cider vinegar (or a splash of white vinegar)  
1 small can tomato paste  
1 cup water  
1 cup cheddar cheese salt and pepper

In a large deep skillet, brown meat, adding all ingredients except water, vinegar, tomato paste and cheese. Drain excess fat. Turn off heat, add the rest of the ingredients except for the cheese, let sit.

Roll out puff pastry and fit into 2 pre greased pie plates. Fill pie crusts with ground beef mixture, sprinkling cheddar evenly over the top, lastly top with pastry. Brush with a little egg yolk and milk mixture.

Bake in pre-heated oven at 180 °C. Protect pie crusts from burning by covering the edges with foil. Bake until slightly bubbly and light golden brown on top.

### TO SERVE

Place pie on to serving platter, cut into wedges. Serve with banana salsa and a light salad.

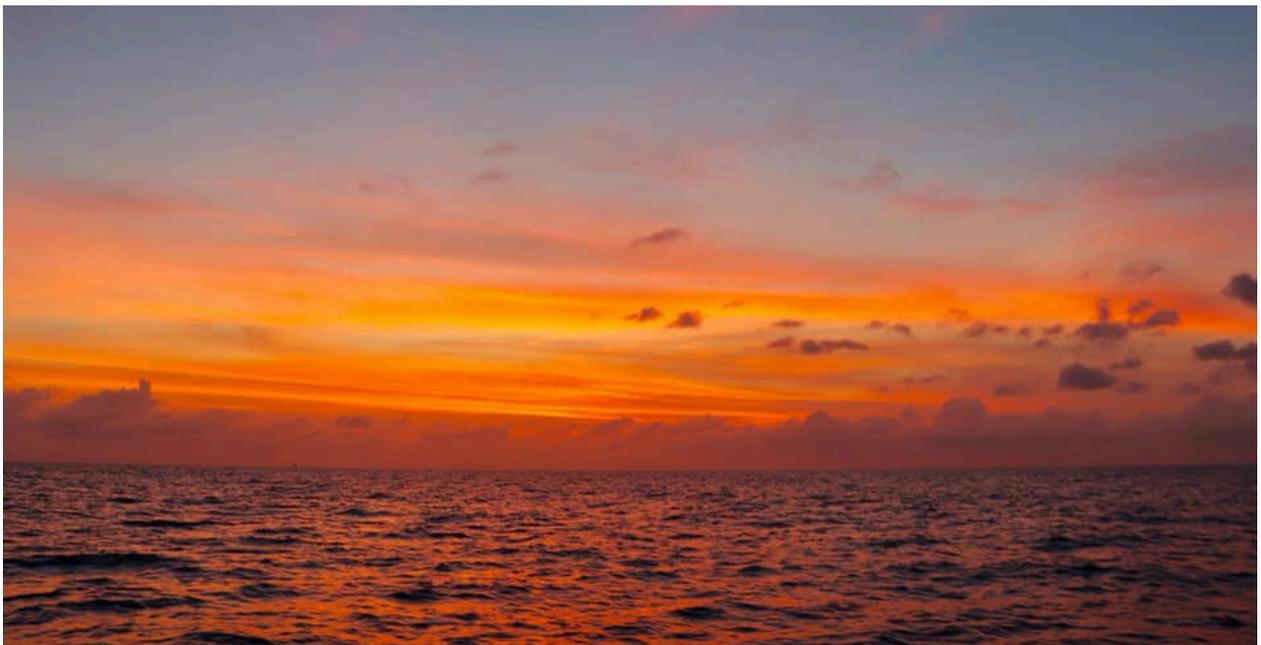


Photo: Facebook

## Sweets Things

### Anzac Biscuits

Leanne

Perigee



*Anzac biscuits have long been associated with the Australian and New Zealand Army Corps (ANZAC) established in World War I. Wives and women's groups sent the biscuits to soldiers abroad because the ingredients do not spoil easily and the biscuits kept well during naval transportation.*

*I made these for the Australia day celebration on Salardup. I made over 120 and they all got eaten. The Guna also liked them.*

Photo: Google Images

*1 cup plain flour  
1 cup rolled oats  
1 cup brown sugar  
1/2 cup desiccated coconut  
125 g butter  
2 Tbsp golden syrup  
1 Tbsp water  
1/2 tsp bicarbonate of soda*

*Sift the flour into a bowl. Add the sugar, rolled oats and coconut.  
Melt the butter in a saucepan, then add golden syrup and water.  
Stir the bicarbonate of soda into the liquid mixture.  
Add the liquid to the dry ingredients and mix thoroughly.  
Place walnut-sized balls of mixture on a greased tray and bake at 175 °C for 15-20 minutes.  
Biscuits will harden when cool.  
For crunchier biscuits, use more golden syrup.*

### Coconut Crust

Merry

Tookish

*1/2 cup butter, melted  
3/4 cup graham crackers  
1/2 cup flour  
1/2 cup coconut  
1/4 cup sugar*

*Combine. Spread in pan. Bake at 350 °F for 8 minutes. You do not have to bake this for it to work.*

*[Ed: Graham crackers are a sweet, cinnamon-flavoured cracker made from graham flour – a coarse ground whole-wheat flour. It can be substituted with 1/2 Digestives & 1/2 Rich Tea biscuits or with ginger biscuits.]*

## Easy Chocolate Cake

Nancy

Larus

2 2/3 cup flour  
2 tsp baking soda  
2/3 cup cocoa powder  
2 cups white sugar  
1 tsp salt  
2 cup water  
2 tsp vanilla  
2/3 cup vegetable oil  
2 tsp white vinegar

Sift dry ingredients into a bowl. Add liquid. Mix well. Transfer to 13 x 9 x 2 inch pan or 2 round 8 inch pans. Bake at 350, Gas Mark 4 for 35 minutes.

[Ed: Hah! Easy when the oven lights!]

## Extra Moist Carrot Cake (and other coloured cakes)

Nancy

Larus

Whether made with carrot (orange), beetroot (pink) or courgette (green) these cakes all taste sweet, delicious and completely unlike the vegetables.

200 ml sunflower oil – try less oil as the cake tastes/feels oily to me.

2 eggs  
250 gr grated vegetable  
175 gr cubed pear (or pineapple or raspberries or passion fruit)  
250 gr brown sugar (Demerara)  
85 gr desiccated coconut  
200 gr self raising flour  
1 tsp baking powder  
1 tsp salt  
1 tsp cinnamon

Whisk oil and eggs and carrot and sugar and pineapple.

Add rest of ingredients.

Throw in a buttered and floured tin and bake at 180 °C/350-375 °F/Gas Mark 4 for about an hour.

### Cream Cheese Icing

200 gr cream cheese  
1 tsp vanilla  
200 gr icing sugar

### Yoghurt Icing

200 gr Greek Yoghurt  
1 tsp vanilla  
200 gr icing sugar

### Drizzle Icing

85 gr icing sugar  
1 lemon juiced

Allow to drizzle down the side of the cake and on to the plate



Photo: Google Images

## Flourless Brownies

Shiera

Gemeaux

Serves: 16 servings

- 1 (14 oz) canned low-sodium black beans, rinsed and drained
- 2 large eggs
- 1/2 cup cocoa powder
- 3/4 cup sugar
- 1/2 tsp oil
- 1 Tbsp unsweetened almond milk (or dairy, skim)
- 1 tsp balsamic vinegar
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp of freshly ground coffee or instant coffee
- 1 cup semisweet chocolate chips, divided (Hershey's)

### Preparation

Preheat the oven to 350° Grease a non-stick 9 x 9-inch square baking pan with baking spray and line with parchment paper, leaving a 2-inch overhang on all sides. Blend the black beans, eggs, cocoa powder, sugar, oil, almond milk, balsamic, baking soda, baking powder and coffee in the blender until smooth and pour into a bowl. Fold in 1/2 cup chocolate chips until combined. Pour the brownie batter into the prepared pan. Sprinkle the remaining chocolate chips evenly over the top of the brownies. Bake the brownies until a toothpick comes out clean, about 30 to 32 minutes. Allow the brownies to cool completely before slicing them into squares.

### Notes

Moist, chocolaty and delicious – finally a low-fat, gluten-free brownie that's pretty darn good!



Photo: Shiera Brady

## Key Lime Filling

Merry

Tookish

5 large egg yolks  
1/4 cup sugar  
Lime zest from 4 limes  
1/2 cup lime juice (about 4-5 limes)  
1 can sweetened condensed milk  
1/2 cup plain Greek yogurt

Combine egg yolks, sugar mixing until smooth. Whisk in lime juice. Place bowl over simmering water and cook 4-5 minutes until thickens. Remove from heat and add condensed milk, Greek yogurt and lime zest.



Photo: Google Images

Fill baking shells and freeze or refrigerate uncovered for 2 hours letting meld. Will keep several weeks frozen. Remove from freezer 15-minutes prior and serve with whipped cream if desired.

## Lemon Bars

Marcia

UJAM<sup>♪</sup>n

12 Tbsp butter, room temperature  
1/3 cup confectioners sugar (icing sugar)  
1 1/2 cups flour  
1 1/2 cups granulated sugar  
2 Tbsp flour  
3 eggs  
Zest of 1 lemon  
3 1/2 Tbsp fresh lemon juice

Preheat oven to 350 °F  
Mix butter, confectioners sugar, and flour until like pie dough  
Pat into 9 x 13 inch pan  
Bake 20 minutes or until lightly browned  
Lightly beat eggs  
Stir in 2 Tbsp flour, granulated sugar, lemon juice, and lemon zest  
Pour over baked crust  
Bake additional 20 minutes until bubbly  
Sift additional confectioners sugar over top  
Cool

## Mango Sorbet

Lesley

Ocean Blue

225 gr of Mango fruit / 3 mangos peeled and mashed  
150 gr caster sugar  
1 Tbsp of lime juice or juice of one lime  
200 ml of water



Mash or blend the fruit, add the sugar and lime juice. Puree until smooth then add the water. Chill in the fridge and then transfer to the freezer in a suitable container and keep until required.

Photo: Google Images

## Oatmeal Raisin Cookies

Nancy

Larus

3/4 cup sugar  
1/4 cup brown sugar, firmly packed  
1/2 cup butter, softened  
1/2 tsp vanilla  
1 egg  
1 cup flour  
1/2 tsp baking soda  
1/4 tsp cinnamon  
1/4 tsp salt  
1 1/2 cups oats, rolled / quick cooking  
1/2 cup raisins or chocolate covered raisins

Heat oven to 375° C

In a large bowl, combine sugar, brown sugar and butter. Beat until light and fluffy. Add vanilla and egg: blend well. Gradually add in flour, baking soda, cinnamon, salt and mix well. Stir in oats and raisins. Drop dough by rounded teaspoonfuls 2 inches apart onto cookie sheets.

Bake at 375° for 7-10 minutes or until edges are light golden brown. Cool for 1 minute before removing from cookie sheets.



Photo: Leanne Vogel

### Ingredients

1/4 cup butter, softened  
1 cup granulated sugar  
2 eggs at room temperature  
1/2 tsp vanilla  
1 cup water  
1 tsp baking soda  
8 oz Pitted dates  
1 1/8 cups of flour  
1/2 tsp baking powder

### Sauce:

1 1/2 cup heavy cream  
3/4 cup butter  
1/2 cup dark brown sugar



Photo: Provided by Maggie Salter

### THE CAKE:

Preheat oven to 350 °F and grease an 8-inch baking pan. Place butter and sugar in bowl of mixer and beat until well combined. Add eggs and vanilla, then run the mixer for one full minute.

Bring water and baking soda to boil in a small pan. Place dates in a food processor fitted with the steel blade. Slowly add boiling water over dates while machine is running. Process until dates are coarsely chopped. This can also be accomplished by chopping the dates and adding them to the boiling water. Cook on a low heat and smush the dates into a paste. Add dates to sugar/butter mixture. Sift flour and baking powder together, then fold gently into sugar/egg/butter mixture.

Pour batter into the 8-inch baking pan, then put that into a larger pan and fill with hot water up to 1 inch. Bake in oven for fifty minutes until top springs back to touch.

### THE SAUCE

Combine sugar, butter and heavy cream in a medium saucepan over medium high heat. Simmer for 8-10 minutes until sauce thickens. When cake is done, cut it into squares in the pan. Pour sauce over cake and broil until bubbly, about 3 minutes. Serve with whipped cream or ice cream.

*[Ed: Maggie made this for our Christmas day celebrations at Club de Pesca, Santa Marta, Colombia]*

*This is not an overly sweet or heavy tart. The thing I like about it is that 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.*

#### Ingredients

6 golden delicious or royal gala apples or whatever you have that needs using up  
 2 Tbsp lemon juice  
 200 gr vanilla sugar or sugar and vanilla essence  
 30 gr unsalted butter, cubed  
 250 gr puff pastry, which I usually buy, and freeze or alternatively use the Simple Pastry recipe below.  
 Thick cream or ice cream, to serve. You can also use UHT/long life cream.

You'll need an oven proof fry pan or something round that you can put on the stove top and in the oven.

#### Method

##### Step 1

Peel and core the apples and cut into quarters. Place in a large bowl and toss in the lemon juice and 100 gr vanilla sugar.

##### Step 2

Place remaining sugar and 2 Tbsp water in an ovenproof frying pan or 25cm Tarte Tatin pan over low heat, stirring to dissolve the sugar. Increase 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 heat and set aside to cool.

##### Step 3

Preheat the oven to 190 °C.

##### Step 4

Roll out 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 onto a large plate. Serve with cream or ice-cream.



Photo: Google Images

#### Simple Pastry

##### Ingredients

1 1/2 cups of plain flour  
 1/3 of a cup of baking powder  
 3 rounded dessertspoons of margarine cut into small pieces with a knife  
 1/3 of a cup of iced water - approx  
 Salt

Sift flour, baking powder and salt and add in margarine. Break with fingertips when rubbing into the flour mixture until it looks like fine breadcrumbs. Add water and knead it like dough. Roll out on pastry board until about a 1/2 cm thick.

## Rally participants

Boat Name	Flagged	Names
Alia Vita	British	Rob & Frances Lythgoe
Annalena	Dutch	Gerard Hoendervangen & Rommy Snoek
BeBe	American	Dan & Lori Carlson
Believe	American	Julie & Rick Peterson
Bruno's Girl	British	Philip & Claudia Allsop
Bushpoint	Swedish	Jeanette & Fredrik Lijekvist
Canapesia	British	Jeff & Di Curran
Capall Mara	Australian	John & Sally Anne Potter
Cocktail 2	French	Bruno & Christine Cordelois
Deep Blue	British	Melvin & Jane
Drummer	British	Polly Walford & Andrew Hollis
Endless Summer	Canadian	Erica & Jos Coobs
Exodus	American	Ronna & Michael Benjamin
Flyin Low of Poole	British	Adrian & Clare Richards
Galadriel	British	John & Angela Edmundson
Gemeaux	American	Allen Roberts & Shiera Brady
Honey Ryder	American	Sabrina & Tom
Incentive	Dutch	Rik Vissers & Sanne Komhoff
Innamorata II	British	Carol & Steve
Island Kea II	British	Margie & Marcus Hayward
J Squared	American	Jeff and Julie Cohen (Folch)
La Mischief	Australian	Steve Tull & DeAnne Trigg
Lady Rebel	British	Jenny Thomas & Ken Robertson
Larus	British	Tim Chapman & Nancy Martiniuk
Late Harvest	American	Michael & Kathy Settevendemie
Laventuriere	French	Bruno & Alexandra Desporte and 2 girls
Leela	American	Janaki Lennie & Graham Openshaw
Milvina	Canadian	Neil & Helen McCubbin
Mojito	American	Jules Buckley & Tim Goodyear
Moondancer	American	Linda & Steven Aronowitz
Mora	German	Ralph & Monika Thomas
Not all there	Canadian	Lizzy & Steve Cronje
Numa	Norwegian	Steiner & Janne Hem
Nychea	Guernsey	Tony & Jillian Cunningham
Ocean Blue	British	Lesley Bennet & Derek Bretherton
Perigee	Australian	David & Leanne Vogel
Pisces	Canadian	Ken Good & Grace Parker
Poerava	American	Ryan & Renee Klapper
Q4	American	Tim & Rhonda Brewer

Boat Name	Flagged	Names
Quicksilver	British	Chris and Sharon Mildenhall
Raven	American	Ted and Barbara Owens
Schloss Ort	Austrian	Jutta & Leo Ratschbacher
Seminole wind	British	Alan & Terry Ryall
Sisu	British	Terry & Fiona Hill
Sophisticated Lady	American	Rick Moore
Spray	British	Ian & Gerry Forsheew
Super Tramp	British	Fiona & Steve Bailey
Suzie Too	British	Suzanne & David Chappell
Sweetdreams	American	Maggie Salter & Al Hickley
Tintarmarre	British	Andrew & Clare Glasspool
Tookish	American	Jonathan & Merry Nofziger
Tourterelle	British	Ian & Ann Clarke
Two Drifters	British	Fergus Dunipace & Jenevora Swann
UJAM'n	American	Jeff and Marcia Larason
Venture Lady	British	Andy & Alison Nelson
Wanderlust	Antiguan	Steve Green & Samantha Pettitt
Wild Iris	British	Mark & Lisa Pollington
Willow	American	Steve Dywre & Cindy Cady

