

# Try 18 great recipes that work well on the boat

*Here are tried-and-true recipes that work well on a boat,  
submitted by [www.WomenandCruising.com](http://www.WomenandCruising.com) contributors.*

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# Any Fish/No Fish Chowder

from Marcie Lynn

*Makes 4-6 servings*

<i>½ chopped onion</i>	<i>1 cup milk or cream</i>
<i>1 tbsp butter/margarine</i>	<i>½ lb raw fish or seafood, cut into bite sized pieces</i>
<i>1 15 oz can corn with liquid</i>	<i>salt &amp; pepper to taste</i>
<i>6 medium potatoes, peeled and cut into bite sized pieces</i>	<i>water</i>
<i>1 bay leaf</i>	

In a soup pot, **melt** butter and sauté onions till soft. **Add** potatoes, the liquid only from the canned corn and enough water to cover. **Add** bay leaf, salt & pepper. **Simmer** until potatoes are nearly done. If you plan to add fish, add it now. **Cook** for another 5-10 minutes (don't overcook the fish). **Add** the can of corn. **Add** the milk or cream and heat through again, but do not boil.

**Serve with** crackers.

*This recipe works wells because it's very versatile.*

*When we're in the mood for chowder, we don't always have fish aboard. David throws out a line and I make corn chowder.*

*If he catches a fish, we have fish/corn chowder and if he doesn't ... well we have chowder anyway.*

*It's tasty and easy.*

Read **Marcie Lynn's Galley Advice** on the Women and Cruising website:

<http://www.womenandcruising.com/galley-marcie-lynn.htm>

# Arroz con Pollo (Chicken with Rice)

from Kathy Parsons

- chicken, cut in small pieces*
  - 1 tbsp olive oil*
  - salt, pepper*
  - 1 onion, chopped*
  - 1-2 cloves garlic, minced*
  - 2 green, red, or yellow bell peppers*
  - 1.5 cup rice*
  - 1 can tomatoes with juice*
  - 3 cup chicken broth (add more if needed)*
  - 1 bay leaf*
  - 1/2 tsp cumin*
  - saffron threads*
  - 1 cup green olives with pimientos*
  - 2 tbsp capers*
  - 1 cup green peas (frozen or canned)*
- **Season** chicken with salt and pepper and brown in olive oil.
  - **Remove** the chicken and saute onion, peppers and garlic in oil until soft.
  - **Add** rinsed rice and saute about a minute.
  - Then **add** tomatoes with juice, water, bouillon cubes, chicken pieces, bay leaf, saffron, olives, and capers.
  - **Simmer** at low heat covered until rice and chicken are done.
  - **Add more** liquid if needed.
  - **Stir in** peas and cook 5 more minutes.
  - **Add** some chopped fresh cilantro or parsley if you have it.

It always amazes me that people like my ARROZ CON POLLO so much since really I don't have a recipe and never make it the same way twice.

To me, it's more a concept that I adapt to what I have on hand .. and what spices I've found in the local markets that I'd like to try out.

When I have real saffron I use it, but I've also make it with the powdered (fake) azafrán that I have found in Caribbean markets, as well as with recado, sofrito, turmeric, achiote/annato, and sazón packets (which are available in many Latin American countries).

## Substitutions

If you don't have saffron, try out some of these spices which also make a tasty Arroz con Pollo: *achiote/annato, recado, sofrito, tumeric*. Ask the ladies in the market how much to use. Some of these spices are also available in sazón packets in the grocery stores but may contain MSG which I try to avoid.

**Liquid substitutions:** *You can replace 1 cup of the water with white wine or even beer. Still tastes good!*

Read **Kathy Parsons' Galley Advice** on the *Women and Cruising* website:

<http://www.womenandcruising.com/galley-kathy-parsons.htm>

# Bobotie Chicken

from Amanda Swan Neal

Serves 4

<i>2 lb chicken</i>	<i>2 onions - chopped</i>
<i>1 can tomatoes</i>	<i>1 apple - chopped</i>
<i>1 cup dried apricots - chopped</i>	<i>2 garlic cloves crushed</i>
<i>1/2 cup slivered almonds</i>	<i>1 tbsp curry paste</i>
<i>2 bananas - sliced</i>	<i>* handful of dried cranberries</i>

**Sauté** chicken, onion and garlic, 3 minutes. **Add** remaining ingredients and **simmer** until cooked, about 12 minutes. **Serve** with toasted slivered almonds and couscous.

*Another curry you say... but yes, this is an all time winner dish that requires no vegetables. Patak's mild curry paste, bought in a jar, is the best ever. Whenever I have an excess of bananas I slice and freeze them for use in this dish. Just add them frozen.*

Read **Amanda Swan Neal's Galley Advice** on the *Women and Cruising* website:

<http://www.womenandcruising.com/galley-amanda-neal.htm>

# Fish Sausage

from Gwen Hamlin

*6 cups of fish, ground into  
mince  
1 tsp garlic powder  
1 tsp ground thyme  
1/4 tsp ground chili pepper*

*1 tsp ground sage  
1 1/2 tsp ground pepper  
2 tsps salt  
2 tsp poultry seasoning*

**Mix** all ingredients together. **Form** patties to whatever size you desire: large ones for sandwiches or small ovals for hors d'oeuvres. **Sauté** until cooked through. **Serve with** a dipping sauce of minced chipotle peppers (remove the seeds) mixed into mayonnaise.

***If you want Italian flavored sausage***, change the spices to 1.5 tsp fennel, 1 tsp pepper, 1.5 tsp salt, 1 tsp red pepper flakes, 1 tsp garlic powder. I have rolled this into tiny balls to put on pizza! Yum! (I pre-cook the sausage balls!)

*The first time we were served this at a Sea of Cortez happy hour, it was called Roy Rogers Fish Sausage, because it had been made with trigger fish (HAH!).*

*But we have since made it with many different kinds of firm white fish.*

*It is a very versatile thing to make!*

*You will, however, need a grinder, a food processor, or a lot of patience and a sharp knife!*

Read **Gwen Hamlin's Galley Advice** on the Women and Cruising website:

<http://www.womenandcruising.com/galley-gwen-hamlin.htm>

# Garden Patch Pizza

from Mary Heckrotte

## **Crust:**

- 3 cups all purpose flour\*
- 1 package yeast
- 1 tsp salt
- 2 tbsp sugar
- 1 cup very warm water (120-130° F)
- 2 tbsp olive oil

\* can substitute 1 cup whole wheat flour if desired

## **Toppings:**

- 3/4 cup pizza sauce
- 2 cups shredded Mozzarella cheese \*
- 3 cups thinly sliced fresh vegetables
- 2 cups Parmesan cheese, grated

\* or substitute 1 cup Cheddar or Monterey Jack

- In large bowl, **combine** 2 cups flour, yeast, salt, and sugar.
- **Stir** in water and oil.
- **Mix in** enough of remaining flour to make a soft dough.
- **Knead** on floured surface until smooth, about 5 minutes\*
- **Cover and let rest** 10 minutes.
- **Roll** or stretch dough onto 10"x15" rectangular pan or a 12" -14" round pan or stone.
- **Add toppings** in order given.
- **Bake at 450°** for 20 minutes or until crust is golden  
\* or place all ingredients in bread maker in order specified by manufacturer.

## **Variations:**

- Add meat or seafood as desired such as canned or fresh shrimp, crabmeat, anchovies, browned beef, pepperoni, diced ham or chicken.
- When fresh veggies are not available, some good substitutes are:
  - . canned artichoke hearts, drained and chopped
  - . sliced olives
  - . sliced sun-dried tomatoes

*Before cruising, when there was always a Dominoes or Pizza Hut only a phone call away, I never would have imagined making my own pizza. But my husband and our guests have been pleased with my efforts.*

*It's all thanks to Barb Maness on s/v HOMEWARD BOUND who kindly shared her recipe for "GARDEN PATCH PIZZA."*

*The nicest thing is that the dough doesn't have to sit for hours to rise. Although the instructions are for making the dough by hand, I usually put the ingredients in the bread maker and let it do the work, not even a floury mess to clean up.*

*As soon as the dough is ready, I spread it on the pizza stone, a very handy item to have aboard. By the time I have all the toppings chopped, the crust has risen to perfection. Toppings are always "what we got in the fridge today."*

*The recipe calls for a cup of very warm water. Another cruising woman taught me that if I mix 1/2 cup boiling water with 1/2 cup cold water, the temperature will be just right*

Read *Mary Heckrotte's Galley Advice* on the Women and Cruising website:

<http://www.womenandcruising.com/galley-mary-heckrotte%20.htm>

# Pressure Cooker Chicken & Mango

from Corinne Kanter

*Serves 4*

- |  |   |
|--|---|
| <i>1, 3 pound chicken cut in half and half again</i> | <i>1 ripe medium to large mango peeled, cubed *</i>   |
| <i>3 tbsp dried Italian seasonings</i>               | <i>1/3 cup soy sauce</i>  |
| <i>1/2 cup water</i>                                 | <i>1 large sweet onion, thinly sliced</i>   |
| <i>1/4 tsp kosher salt</i>                           | <i>1 large green bell pepper, cut in strips</i>   |
| <i>1/8 tsp ground black pepper</i>                   | <i>* substitute 1 small can of Mandarin orange slices (drain slightly) for fresh mangoes.</i> |
| <i>1/8 tsp red pepper flakes</i>                     |   |

**Combine** mango, soy sauce, bell pepper and onion in bowl, set aside. **Rinse** chicken and pat dry with paper towel. **Place** chicken and remaining ingredients **into pressure cooker**. Secure cover, bring up to pressure cook for 15 minutes. **Remove** from heat, allow pressure to drop of its own accord. **Place** cooked chicken on platter, **add** mango mixture to hot chicken juices, **stir, simmer** uncovered 2 minutes or until peppers are fork tender. **Pour** mixture on top of chicken. **Serve** with cooked rice.

*Read **Corinne Kanter's Galley Advice** on the Women and Cruising website:*

<http://www.womenandcruising.com/galley-corinne-kanter.htm>

# Shrimp Paella

from Heather Stockard

Serves: 4

<i>1/2 lb. chorizo</i>	<i>1/2 tsp cinnamon</i>
<i>1 tbsp olive oil</i>	<i>1/4 tsp saffron threads, crumbled (optional, but a very nice touch)</i>
<i>1 small onion, chopped</i>	<i>1 1/2 cups rice</i>
<i>1 clove garlic, minced</i>	<i>1/2 lb. shrimp, shelled and deveined</i>
<i>1 can chicken broth</i>	<i>1/2 cup frozen peas, thawed</i>
<i>1 can diced tomatoes</i>	

- **Remove** the chorizo from its casing.
- Over medium heat, **cook** the crumbled or diced chorizo, onion, and garlic in hot oil until sausage is browned and onion is tender, about 5 minutes.
- **Add** broth, tomatoes and their liquid, cinnamon, saffron and rice.
- **Heat** to boiling.
- **Cover and simmer** 15 minutes.
- **Add** shrimp and peas; simmer 5 minutes more.
- Good served with crusty bread.

*This is one of my favorite boat recipes.*

*It's so versatile that I almost always carry the ingredients aboard. It's a quick and easy, one-pot meal that is elegant enough to be my standard company dinner when dressed up with some nice, crusty bread and a bottle of wine.*

*It also works well as a make-ahead dish to reheat on passages.*

*Fish, other shellfish, or even chicken may be substituted for the shrimp. Hard Spanish chorizo or other flavorful sausages can substitute for the Mexican chorizo.*

Read **Heather Stockard's Galley Advice** on the Women and Cruising website:

<http://www.womenandcruising.com/galley-heather-stockard.htm>



# Zucchini Frittata

from Lisa Schofield

- |  |   |
|--|---|
| 3 zucchini, sliced or shredded (or broccoli, spinach...) | 1/2 tsp salt                            |
| 1 cup bisquick   | 1/2 tsp seasoning salt                  |
| 1/2 onion, finely chopped                                | 1/2 tsp marjoram or oregano             |
| 1 clove garlic, finely minced                            | 1/4 tsp pepper                          |
| 1/2 cup grated parmesan cheese                           | 1/2 cup salad oil                       |
| 2 tbsp parsley (dried works fine)                        | 4 eggs                                  |
|  | Tabasco sauce per your taste (optional) |

**Preheat** oven to 350 degrees. **Beat** eggs in large bowl. **Add** all other ingredients. **Mix** well. **Pour into** greased 9 x 13" pan. **Bake** for 25 to 30 minutes, until set. **Cool** slightly. **Cut and serve.**

Good cold, too.

*After much consideration, I chose this "Zucchini Frittata" recipe to share, as it meets so many of the issues I have discussed.*

*It is a simple, versatile "one pot recipe", which can be adapted to many vegetables, depending on what is available. The ingredients are ones that are likely to be aboard. It is great for potlucks, whether appetizer or meal. Because it holds well in the frig, and because it has protein and complex carbs, it is great for nutritious underway meals and snacks. It is one of my husband's favorites! Don't be afraid to substitute!*

Read **Lisa Schofield's Galley Advice** on the Women and Cruising website:

<http://www.womenandcruising.com/galley-lisa-schofield.htm>

# Frying Pan Bread

from Judy Knape, shared by Judy on *VELEDA IV*

*For one*

*I hate making bread, or should I say kneading bread, but this recipe is really a simple and quick way to make bread when there's none available. Its quick, and doesn't require lighting the oven.*

- 1/2 cup flour*
- 1 tsp baking powder*
- 1/2 tsp salt*
- 1 tbsp milk powder*
- + water to make a fairly thick batter (or leave out the milk powder and use milk)*
- Stir till smooth.
- Let sit for 10 minutes.
- Heat 1 tbsp butter or oil in a heavy frying pan,
- Add the batter,
- Cook on low heat till the bottom is brown and the top dry.
- Turn and brown the second side.

**Options** (add whatever combinations appeal)

- **Savoury**

*additional salt to taste*

*1 tsp dried herbs*

*1 tbsp grated cheese*

*Cook in olive oil.*

- **Sweet**

*1 - 2 tbsp sugar*

*1 tbsp cocoa powder*

*1/2 tsp instant coffee*

*1 tsp spices*

*(cinnamon / cloves / ginger / cardamon / allspice / nutmeg / mace / ...)*

*1 tbsp raisins or other dried fruit*

Read **Judy Knape's Galley Advice** on the *Women and Cruising* website:

<http://www.womenandcruising.com/galley-judy-knape.htm>

# Kandarik's Home Made Brownies

from Pam Wall

*My favorite recipe that is so easy and goes into an eight inch square pan and you would have just about everything aboard anyway!*

- **Melt** slowly in a pot:

*2 squares of UNSWEETENED chocolate*  
*1 stick or butter (1/4 pound if you have chunks of butter)*

- **Do not** let clarify

- **Take off heat** when melted and add:

*1 cup sugar*  
*2 eggs*  
*1/2 cup flour*  
*1 tsp vanilla extract*  
*1/2 cup crushed walnuts, or any nuts you have aboard*

- **Mix** together and **pour** into greased and floured 8" square baking dish (or I have used a pie dish when I didn't have the square!)
- **Bake** at 325 degrees for about 50 minutes or until a fork comes out clean
- **Cut** into squares, and serve with coffee or tea and see how the crew LOVES it!

I have a friend who I gave this recipe to years ago, and when her son got married this year, he insisted on the entire wedding cake to be made from this recipe!

Can you imagine how rich a 3 layer wedding cake would be made from this recipe, and HOW MANY EGGS IT TOOK!!!!!!

Read **Pam Wall's Galley Advice** on the *Women and Cruising* website:

<http://www.womenandcruising.com/galley-pam-wall.htm>

# Oatmeal Ginger Cookies

from Truus Sharp

## Dry ingredients

- 1 cup rolled oats (raw)
- 1 cup white flour
- 1/2 cup sugar
- 3/4 tsp baking soda
- 1 tsp of spices (1/2 tsp cinnamon, 1/4 tsp ginger, 1/8 tsp cloves, 1/8 tsp nutmeg) but just cinnamon will do.
- 1/2 tsp salt
- 8- pieces of crystallized ginger,
- 10 finely diced

## Other ingredients

- 1/2 cup oil (Grape seed oil is very healthy as it reduces cholesterol.)
- 1/4 cup milk
- 1 egg (An egg is not necessary. If omitted the cookies will be crunchy like Anzac biscuits.)
- 1/4 tsp vanilla extract

## Instructions

**Pre-heat** oven to 350 degrees Fahrenheit (180 degrees Celsius.)

**Mix** dry ingredients in a large bowl.

**Mix** milk, oil and egg together, add to the dry mixture and mix very thoroughly.

**Drop** heaping teaspoonfuls of the dough onto a well greased cookie sheet leaving room for expansion.

**Bake** 20 minutes until golden brown.

*These cookies are easy to make, delicious and have the added advantage that ginger aids in the prevention of seasickness so they make a great watch-keeping snack. They have proved so popular with visiting cruisers that I have to have an extra batch on hand so that they can take a few back to their own boats after sampling them on Key of D.*

Read **Truus Sharp's Galley Advice** on the Women and Cruising website:

<http://www.womenandcruising.com/galley-truus-sharp.htm>

# Papaya-Banana Muffins

from *AN EMBARRASSMENT OF MANGOES* - Ann Vanderhoof

Makes 1 dozen



This recipe is a solution to the problem of too much ripe tropical fruit. These muffins have lovely color and flavor, and are nice and moist – plus they're quick and easy to put together.

*Tip:*

You can make the muffins entirely with papaya if you like; just increase the quantity to 1 1/2 cups. The muffins will have a slightly moister texture and a flatter top.

- 1 cups flour*
- 2/3*
- 1 tsp baking powder*
- 1 tsp baking soda*
- 1/4 tsp freshly grated nutmeg*
- 1 egg*
- 1/3 cup oil*
- 3/4 cup sugar*
- 1 cup very ripe papaya, mashed*
- 1/2 cup very ripe banana, mashed (1 large banana)*
- 1/4 cup walnuts, chopped (optional)*

1. **Preheat oven** to 375°F and grease a muffin pan or line it with muffin papers.
2. **Combine** dry ingredients and set aside.
3. **Beat** eggs with oil, sugar, and mashed banana and papaya in a large bowl.
4. **Mix in** dry ingredients and walnuts (if using). **Scoop** mixture into prepared muffin pan. **Bake** in preheated oven for 18–23 minutes, until toothpick inserted in the middle of a muffin comes out clean.

Read **Ann Vanderhoof's Galley Advice** on the *Women and Cruising* website:

<http://www.womenandcruising.com/galley-ann-vanderhoof.htm>

# Pineapple Cake with Cream Sauce

from Barbara Theisen

## **Cake:**

*2 cups flour*  
*1 1/2 cups sugar*  
*1 tsp baking soda*  
*1 20-ounce can of crushed pineapple (with juice)*  
*2 beaten eggs*  
*2/3 cup brown sugar*

- **Preheat** oven to 350°.
- **Mix** flour, sugar and baking soda.
- **Add** beaten eggs and pineapple with juice to dry ingredients. Mix.
- **Pour** mixture into a 13 x 9 inch pan that has been greased and floured.
- **Sprinkle** the brown sugar over the top of the batter.
- **Bake** for about 30 minutes.

## **Sauce:**

*1/2 cup butter*  
*1/4 cup cream (can use canned cream)*  
*1/2 cup brown sugar*  
*1 tsp vanilla*

- **Place** butter, cream and brown sugar in a saucepan and heat.
- **Bring to a boil** and boil slowly for 5 minutes.
- **Remove** from heat and add vanilla.
- **Serve** warm sauce over pineapple cake.

*We've been making this cake for potlucks for 20 years and it's always been a bit hit. None of the ingredients need refrigeration, so it's easy to have the ingredients on hand.*

*It's also easy to make!*

Read **Barbara Theisen's Galley Advice** on the *Women and Cruising* website:

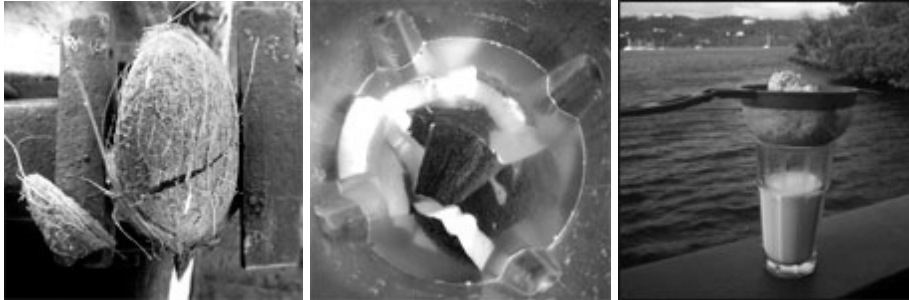
<http://www.womenandcruising.com/galley-barbara-theisen.htm>

# Coconut Milk

from Sylvie Branton

## A) A quick way to make coconut milk

(learned in Venezuela)



1.  
**Crack open**  
a dry coconut

2.  
**Blend**  
1/2 lb of coconut flesh\*  
with 2 cups of water

3.  
**Drain**

The liquid you get is the coconut milk - not to be confused with the coconut water, which is the liquid you find inside the coconut.

\* you can leave the brown nut skin on

## B) A slower way to make coconut milk

(does not require electricity)

1. **Crack open** a dry coconut
2. **Grate** 1/2 lb (225g) of coconut flesh
3. **Pour** 2 cups (1/2 liter) of boiling water over the grated
4. **Let stand** 30 minutes
5. **Drain**



- **Why make coconut milk?**
  - Coconut milk is a key ingredient for curries.
  - Besides, anything cooked in coconut milk tastes delicious: it makes great seafood/meat/vegetable stews, soups or desserts.
  - Coconuts are easy to find, easy to store, and cheaper than cans of coconut milk.
  - You don't find canned coconut milk everywhere.
- **How to crack open a dry coconut without effort**

Insert it in a strong vise, screw the vise until coconut cracks (see first picture at left)
- **Use the quick blender method** (with as little water as possible) to grate fresh coconut for cakes or pies

Read **Sylvie Branton's Galley Advice** on the Women and Cruising website:

<http://www.womenandcruising.com/galley-sylvie-branton.htm>

# Curried Quinoa Salad

from Judy Knape

This is great for a potluck.

- One box of quinoa, prepared.
- Make a dressing with mayonnaise, Patak's curry paste, plus a little lemon juice if you have it and some sugar to offset it.
- Add whatever vegetables you have, diced small, and possibly some tuna or other meat and serve cold. (I especially like broccoli, scallions, red or green peppers, but just about anything can work.)

Read *Judy Knape's Galley Advice on the Women and Cruising website*:

<http://www.womenandcruising.com/galley-judy-knape.htm>



# Hot Mexican Dip

from Sheri Schneider

In a 8x8 dish (or something close to that):

- **spread** 8 oz *softened cream cheese*
- **cover** with a layer of *salsa*, next layer on *goodies* (ie leftover meat cut into small chunks, mushrooms, olives, onion, avocado etc)
- **cover** with *grated Cheddar cheese*
- **cook** in oven at 350 F for about 30 minutes or until hot all the way thru
- **Serve** with *tortilla chips*.

*It is always a hit and great use for a small amount of leftover meat.  
Besides using it as an appetizer I also have used it for an underway lunch.*

Read **Sheri Schneider's Galley Advice** on the *Women and Cruising* website:

<http://www.womenandcruising.com/galley-sheri-schneider.htm>

# Mock Potato Salad

from Betsy Baillie

*This dish is quick to make and even works if it is still warm. Therefore, it is a great recipe when you have a late invite to a potluck supper!*

- 1 package of Uncle Bens Long Grain and Wild Rice original recipe – cooked without the added butter*
- 1 onion chopped*
- 3 hard boiled eggs, coarsely chopped*

*Combine the above with mayonnaise.*

Read **Betsy Baillie's Galley Advice** on the Women and Cruising website:

<http://www.womenandcruising.com/galley-betsy-baillie.htm>

# Sun-dried Snacks

from Lynda Childress

This one's a no-brainer, and when I serve it people can't believe it's so simple.

- *1 small jar sun-dried tomatoes in oil, chopped*
- *1 package soft Philadelphia cream cheese*
- *crackers or sliced bread*
- *fresh basil, if available*

Thoroughly **combine** sun-dried tomatoes and cream cheese, mixing in a little of the sun-dried tomato oil until the consistency is smooth. **Place** in a shallow bowl and garnish with fresh basil, if available. **Serve** with a dip knife with crackers or bread.

If you want to “kick this up a notch,” you can roast two or three cloves of garlic (just wrap in foil smeared with a bit of olive oil, and either roast in oven or on stovetop in a small pan until garlic is soft), remove from husks, mash, and add to cream cheese mixture.

Read **Lynda Childress' Galley Advice** on the *Women and Cruising* website:

<http://www.womenandcruising.com/galley-lynda-childress.htm>