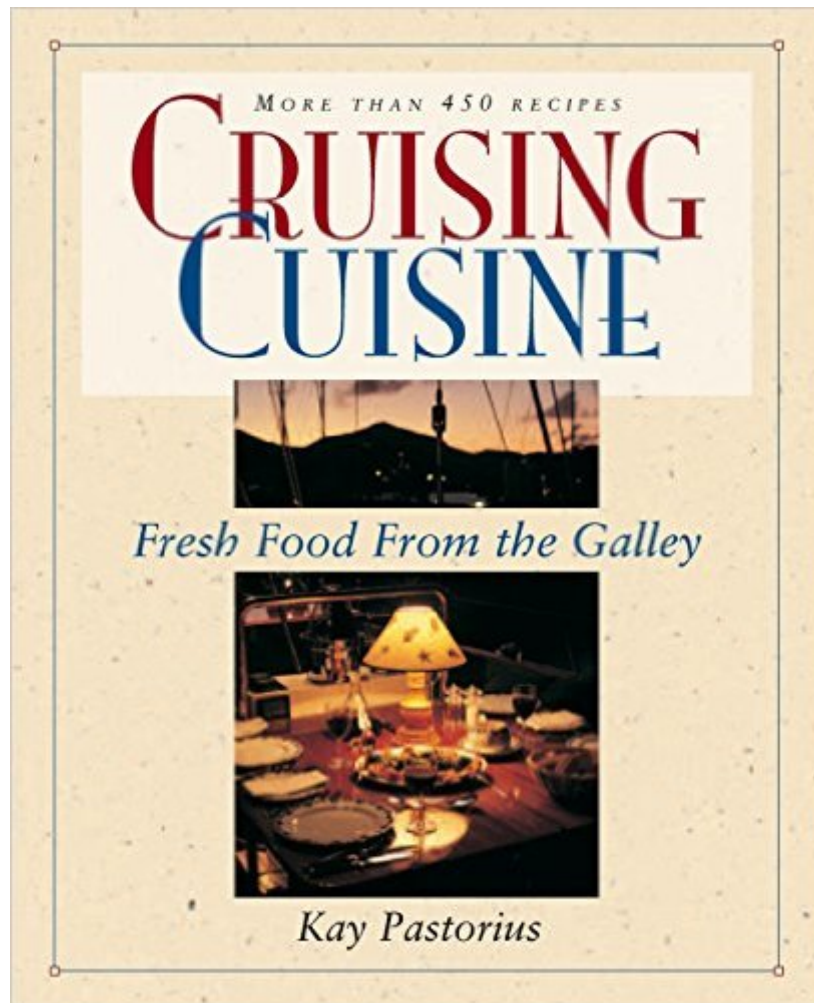


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# Cruising Cuisine: Fresh Food From The Galley



## Synopsis

The simple and exciting recipes in *Cruising Cuisine*--everything from crowd-pleasing appetizers to tempting sauces and sinful desserts--are fresh, modern, healthful, and tailored to save cruisers time, energy, and effort. Here are more than 450 recipes for all gastronomical persuasions: Pear Crepes, Apple Pancakes, Porcini Mushroom Dip, Conch Fritters, Curried Rock Scallops, Basque-Style Chicken and Sausage, Orzo with Sun-Dried Tomatoes, Stir-Fried Thai Chicken in Coconut Sauce. All are far removed from the crunchy-granola, freeze-dried, "open a can of this and add it to a can of that" school of boat cooking. Kay Pastorius lays out numerous techniques around which the cruising chef can improvise, using what's on hand. She offers tips on how to set up and customize a galley: Did you know, for example, that a wok is ideal for cooking aboard because it makes economic use of whichever heat source you use? And she provides advice on how to stock provisions and deal with supermarket-separation syndrome: how to use fresh ingredients to supplement onboard staples; how to cook your catch; and how to shop for fresh (and safe) local produce, meat, and fish wherever you drop anchor, even in the markets typical of popular cruising stops in Mexico, the Caribbean, and the South Pacific.

## Book Information

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## Customer Reviews

Being landlocked for 50 weeks out of the year does little in stopping my efforts in looking for the perfect cookbook for the open seas. I've finally found a must for my galley. "Cruising Cuisine" is well laid out and has easy to follow recipes with an inventory list to help you pick and choose the spices

you may need on board. The many tips on preparing and storage come in handy and go far in helping you prepare for your voyage, long or short. This by no means is just for the sea, but at home as well. With more than 450 recipes your family and friends will be anxiously awaiting new culinary treats to be transformed from black and white text to mouth watering morsels of enjoyment! Red sky at night - sailors delight, red sky in the morning, sailors - batten down the hatches and head to the galley to prepare hot soup and a hearty stew. Your crew and their friends will thank you!

I bought the book, read it and then took one of her "cruising" cooking classes. She showed us how easy it is to make incredible food while on a boat. Her suggestions of equipment & supplies are the best (we've already purchased many of them). It really is a great book.

This is the best book for easy and tasty mess deck treats that I've ever seen. She features OUTSTANDING entrees, appetizers and marinades as well as fantastic mouthwatering desserts. Turning each page opens a new slant to what used to be the same old dish. Life is good!!!

We had heard about this book while in St. Maarten and finally found it at a swap meet in Trinidad. Many sea miles later, it's still our cookbook of choice. So many other cruising cookbooks left out ingredients, had typos, or had such elaborate preparation steps that you could never make the recipes unless you had a full-sized, professional kitchen. This book is perfect. Simple, yet delicious recipes that can be made quickly (and without leaving an oven on for hours in the tropics). We especially found the appetizer section helpful when we were low on happy hour ideas.

This book is essential reading for anyone working in the galley - whether blue water, bay or lake cruising. The recipes are outstanding, easy to follow and amenable to tight quarters. More importantly, Kay Pastorius offers advice about the basics that most of us have to learn the hard way - by throwing rotting food away. Her advice about provisioning, storage and cooking is right on the money, literally. I only wish my boat-mate, a meat-and-potatoes guy (who I wouldn't trade for the world), was as enthusiastic and supportive as Hal. Thank you Kay.

We still use recipes from the book even though we are no longer cruising. We met Kay while cruising Mexico. She always brought the most wonderful food to potlucks. She even put a couple of our recipes in the book!

We were only a month or so into our cruise having left San Francisco in 1998. We met Kay and Hal at the always helpful & friendly DOWNWIND MARINE in San Diego. I bought the book thinking that I would need some help, especially in our tiny galley. It's been 2 years since we left. Most of it spent cruising the Calif. Coast and Mexico. I've really grown to depend of Kay's book for ideas, tips, ingredients and combinations. Even for ideas for the odd fish that was the only thing available! Thanks for such a comprehensive and great cookbook written especially for cruisers!

I got this book as a gift before we left for our cruising adventures. It was very helpful in planning meals, making great meals from practically nothing and what I might find locally on our journey. It has been my go to book on land or sea!!

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