

THE
ESSENTIAL
GALLEY COMPANION
SECOND EDITION



Recipes and Provisioning Advice
for Your Boating Adventures

AMANDA YWAN NEAL

The Essential Galley Companion Recipes And Provisioning Advice For Your Boating Adventures

Catherine Lawson



The Essential Galley Companion Recipes And Provisioning Advice For Your Boating Adventures:

The Essential Galley Companion Amanda Swan Neal, 2020-07 *The Essential Galley Companion Recipes and Provisioning Advice for Your Boating Adventures* redefines the traditional concept of boating cuisine with an intriguing collection of 400 international recipes and galley advice interwoven with tales of personal adventure Whether you re a weekend boater preparing for an extended voyage or perhaps traveling by RV this book presents essential and concise information on Stowage food prep and cooking in a small space Adaptable and versatile recipes for worldwide travel Delicious healthy and easy to prepare meals Catching preparing and cooking fish Amanda Swan Neal has created this book from her 345 000 offshore boating miles experience as a professional chef overland journeys by RV and visits to more than 80 countries

The Essential Galley Companion Amanda Swan-Neal, 2000-01 *The Pacific Crossing Guide 4th edition* Francis Hawkings, 2024-10-10 The definitive work on Pacific crossings Cruising The Pacific Crossing Guide is a complete reference for anyone contemplating sailing the Pacific From ideal timing suitable boats routes methods of communication health and provisioning to seasonal weather departure and arrival ports facilities likely costs and dangers this comprehensive new edition will both inspire dreamers and instil confidence in those about to depart Completely updated expanded and refreshed for the new generation of Pacific cruisers this is the definitive reference relied upon by many thousands of cruisers Part 1 covers thorough preparation for both East to West and West to East crossings and Part 2 covers Pacific weather patterns major routes and landfall ports with useful website links throughout There are sections on rallies coral atolls and atoll navigation the cyclone season and laying up use of electronic charts satellite phones versus HF radio ongoing maintenance and Pacific festivals Updated with new charts and photographs the new 4th edition focuses on ports of entry rather than secondary anchorages and expands the North Pacific coverage making it a valuable resource for sailors doing a North Pacific circuit particularly US and Canadian sailors from the Pacific North

Voyaging With Kids Behan Gifford, Sara Dawn Johnson, Michael Robertson, 2015-09-18 A treasure trove of useful well organized information on sea going parenting Gary Cap n Fatty Goodlander Author of Buy Outfit and Sail Choosing a boat that is right for your family handling the naysayers keeping your children safe healthy and entertained afloat this inspirational and comprehensive guide may be just what you need to turn your dream into a reality The three authors who have each voyaged thousands of miles with children on board provide a factual and balanced look at the realities of family life on the sea From their own experience and with information from interviews with dozens of other voyaging parents they discuss caring for an infant on board handling the changing needs of children as they grow education options ensuring parents find the private time to keep their relationships in tune and helping children make the eventual transition back to shore life Added to the authors voices are sidebars from other cruising parents with specialized information on subjects as diverse as handling special diets and how your children can keep in touch with friends around the world A unique bonus chapter written by a dozen former cruising kids looks at the long term

effects of breaking away from shoreside normalcy A substantial appendix of resources provides valuable further information on the subjects covered in this book It is said that every parent inflicts their lifestyle choices on their children Read this book to find why heading out to sea with your children may be the most rewarding infliction of all **The Voyager's Handbook : The Essential Guide to Blue Water Cruising** Beth Leonard,2006-11-16 Belongs in the bookshelf of every cruising vessel Blue Water Sailing If you are serious about that extended voyage read The Voyager s Handbook Sailing Every now and then a new voice emerges in the world of sailing literature that stands out a voice that is both clear and of lasting quality The appearance of such a new voice is something of an event and that s what we d call the publication of The Voyager s Handbook Blue Water Sailing This inspirational and comprehensive manual leads you step by step through every aspect of choosing planning and following the voyager s life Using three example boats representing three cruising lifestyles Simplicity Moderation and Highlife Beth Leonard helps make your bluewater dreams come true whether you re sailing on a shoestring or a CEO s pension Starting with the things you can t do without an enthusiastic crew a seaworthy boat and of course money Leonard offers sage advice on how to select crewmembers who are truly committed to the voyage how to choose the right boat for you and how to find just the right approach to financing your voyage and making the most of every dollar spent Managing life from a floating home and keeping that home livable seaworthy and safe requires you to become among other things the ship s purser engineer doctor cook and cruise director You ll discover how to prepare for these new roles and put necessary equipment and arrangements in place before you untie your docklines This exquisitely detailed guide also helps you master the skills you ll need to handle a boat at sea with a small crew including Weather forecasting Passage planning Watchkeeping Heavy weather sailing Emergency management Midocean repairs Complete with dozens of easy to use graphs and tables for quick reference along with the hard won wisdom of experienced cruisers The Voyager s Handbook is the ultimate resource for anyone who is planning preparing for or just dreaming about a great adventure on the high seas

The Boat Galley Cookbook: 800 Everyday Recipes and Essential Tips for Cooking Aboard Carolyn Shearlock,Jan Irons,2012-09-28 No matter what anyone tells you boat cooking IS different from cooking ashore The space is smaller there s no grocery store 5 minutes away you have fewer prepared foods and electric appliances and food storage is much different Despite cruising different oceans we Jan and Carolyn both faced the same challenges eating well while having time to enjoy all the other great aspects of cruising We love to snorkel swim kayak explore and just sit and admire the view We learned with the cookbooks we both had aboard and wished for information that wasn t available like when Jan ended up with a frozen chicken complete with head and feet and no instructions on how to cut it up When we couldn t get foods such as sour cream English muffins spaghetti sauce or yogurt we adapted recipes to make our own Other times we experimented with substituting ingredients maybe the result wasn t identical but it was still tasty We ended up with over 150 substitutions and dozens of make it yourself options As we traded recipes and knowledge with each other we realized we were compiling

information that became The Boat Galley Cookbook 800 recipes made from readily obtainable ingredients with hand utensils including numerous choices to suit every taste not just one cake but 20 16 ways to prepare fish 10 regional barbeque sauces and so on Step by step directions to give even non cooks the confidence they can turn out tasty meals without prepared foods Detailed instructions on unfamiliar things like making yogurt and bread grilling virtually every food imaginable preparing and cooking freshly caught fish and seafood cutting up and boning meat cooking in a Thermos and baking on the stove top as well as lots of tips on how to do things more easily in a tiny moving kitchen All this in an easy to navigate format including side tabs on the Contents to help you find your way and extensive cross reference lists at the end of each chapter Quick Reference Lists provide idea starters suggestions of included recipes for such categories as Mexican Asian and Potluck The Boat Galley Cookbook is designed to help you every step of the way We hope it becomes a trusted reference on your boat and a source of many enjoyable meals

Gourmet Galley: The Cruising Sailor's Guide to Store, Provisioning & Cooking at Sea. Margarita Askolskaya,2025-09-01 Imagine the gentle sway of the ocean the salty breeze on your face and the aroma of a hearty meal prepared in the tiniest of kitchens Welcome to life at sea and to Gourmet Galley the book that will transform how you think about cooking in small spaces Written by Margarita a sailor who has spent over 11 years exploring the world s oceans and discovering culinary treasures along the way this book is more than a collection of recipes It s a journey through flavors cultures and the art of making every meal an adventure even in the most challenging conditions Inside you ll find Practical tips for stocking your galley with versatile provisions and maximizing limited storage Creative solutions for cooking delicious satisfying meals with limited equipment Authentic recipes inspired by local markets and traditions from the Caribbean to the Mediterranean and beyond Personal stories from life at sea that bring the pages to life and inspire your inner adventurer Whether you re preparing for your first sailing trip dreaming of future voyages or simply want to bring the spirit of adventure into your own kitchen Gourmet Galley is your guide to turning constraints into creativity and every meal into a memory Set sail with Margarita and discover how to cook with love resourcefulness and the flavors of the world no matter where your journey takes you Perfect for sailors liveaboards travelers and food lovers Bring the flavors of the ocean to your kitchen today

The One-Pan Galley Gourmet : Simple Cooking on Boats Don Jacobson,John Roberts,2004-03-18 A paperback original The One Pan Galley Gourmet has it all one pan simplicity delicious recipes using fresh ingredients advice for provisioning anywhere in the world and plenty of spice and personality Special features include 200 boat tested meat fish and vegetarian recipes Soups stews breads and desserts Menu plans for cruises of three day seven day and longer duration Provisioning advice emphasizing fresh ingredients with selective canned substitutions

Set Sail Nevena Mrdalj,2025-03-31 In Set Sail experienced charter yacht traveler Nevena Mrdalj shares foolproof tips boat friendly recipes and provisioning advice to make planning easier and cooking onboard a breeze Whether you re a seasoned sailor or planning your first bareboat trip this guide will help you Plan quick delicious meals perfect for a warm climate Organize your provisioning

efficiently to save time and money Accommodate a variety of dietary preferences with adaptable recipes Maximize storage space and minimize food waste Use ingredients that are locally available on a consistent basis Spend less time in the galley and more time soaking up the sun Enjoy stunning recipe photographs that capture the tranquility and beauty of life at sea With easy to follow recipes inspired by Mediterranean and Caribbean flavors Set Sail helps you plan step by step from home so that as soon as you arrive on your boat you can focus on what really matters an incredible vacation on the water

Cruising Cuisine: Fresh Food from the Galley, 1997-09-22 Here's everything you need to know to create and enjoy fresh flavorful and healthful cuisine aboard with more than 450 time tested palate pleasing recipes **The Hunter & The Gatherer** Catherine Lawson, 2023-05-01 Cruising is much more than just sailing It's about travel exploring empty shores and plunging into new cultures It's about taking time for your passions and living in harmony with the watery world that buoys sustains and changes you Dave the hunter Catherine the gatherer and their little fish Maya have spent the last two decades afloat They can't imagine a better way to live and sate their adventurous spirits than visiting faraway places on their catamaran Wild One This is a guide for new and old sailors striving for better health greater self sufficiency and a tiny footprint on the sea Inside the authors share extensive provisioning advice and over 160 simple delicious recipes anyone can make with food hunted from the sea or gathered from shore and local markets It's for tiny galleys long passages perfect beach sunsets and those times when stocks might be low but the fish are biting *The Boater's Cookbook* Sylvia Williams Dabney, 2018-06-12 Eat well at every meal and enjoy the voyage Cooking on a small boat sail or power requires special attention few new boaters understand Sylvia Williams Dabney is a longtime live aboard sailor with more than sixty thousand offshore miles who understands the necessity of a well stored pantry and loves collecting recipes from around the world In *The Boater's Cookbook* Sylvia shares everything anyone needs to know about creating stunning meals in a small boat galley Readers will find a comprehensive list of what gadgets gear and supplies to bring and how to store them in limited space aboard a fully functioning yacht galley whether it's a twenty seven foot sailboat or a sixty foot motor cruiser Sylvia also offers up time tested recipes by longtime sailors and the stories that came along with them Recipes are organized in accessible chapters Appetizers Soups Stews Salads Seafood And Much Much More Boaters with limited space and cramped galleys can enjoy every meal if they know the tricks acquired by Sylvia Williams Dabney and the boaters she has met over a lifetime of cruising **Kitchen Afloat** Joy Smith, 2002 Written from a cook's perspective this book helps you choose supplies and provisions to fit your cooking styles and teaches you to plan and execute workable menus at sea and in harbour It includes up to date information on water stoves refrigeration nutrition food safety storage menu planning and clean up with a special feature on recipe development and a set of original recipes *The Meatless Galley Cookbook* Anne Carlson, 1995-01-01 The Meatless Galley Cookbook is unique because none of the over 140 fabulous recipes require meat The book is designed for the boater who wants delicious easy to prepare healthful meals while they enjoy their time afloat on holiday trips and cruising

With not only great recipes The Meatless Galley Cookbook provides advice and answers to boaters in many areas of meal preparation and related topics There are sections on provisioning menu plans helpful hints an introduction to offshore cooking storage tips and even spice substitutions In addition the book is beautifully illustrated throughout by nationally renowned marine artist Bob Stewart

The Care and Feeding of Sailing Crew Lin Pardey, Larry Pardey, 2014-06-03 The Care and Feeding of Sailing Crew despite the title is hardly a cookbook rather it s a primer on successful cruising Certainly anyone contemplating or preparing for off shore passages would want to read and then keep this volume aboard A 50 day passage from Japan to Victoria Canada in 1979 provides Lin a base for discussing everything from menus to clothing to choosing a fresh chicken to dealing with port officials to preventing sea sickness to buying liquor abroad as well as the best material for underwear Lin and Larry have been full time cruisers and professional sailors for some 40 plus years it s all that they do They ve learned a lot and a great deal of their wisdom appears in this book where specific situations mix with general guidelines As a bonus Lin writes very well She s able to seamlessly tie one subject to the next in a style that seems like great conversation rather than reading a how to do it text By structuring the flow of information in and around the process of food preparation while experiencing the joys and travails of a very long passage she provides the reader with a good cruising tale enhanced with a thousand useful tips Tips vary from entertaining aboard to coping with money transfers There are great tips on provisioning in foreign ports as well as a strong suggestion to only go a short distance before anchoring following a farewell party Excellent chapters will help insure your crew stays healthy and well rested Others deal with creating an ideal galley From big ideas to small tips all are presented logically and with useful illustrations Learn why credit cards are safer to use than debit cards how to keep eggs for up to 3 months without refrigeration How you can determine which engine parts are likely to fail which plastic material makes the best water jugs how Lin outsmarted weevils and learned to bake fresh bread Find out which galley layout works best offshore Rain water catchers how to make the best kind On board trash collection and dealing with black water in boats lacking holding tanks Which cutlery and dinnerware holds up best Standing watches getting rest and using Dramamine as a sleeping aid The book covers everything from the value of a little black cocktail party dress to the safety of double sinks Finally intertwined in the cornucopia of wisdom is meal after nourishing meal sure to lift the spirits of a weary crew Those recipes and cooking tips alone make for a book of great value All the other info is just priceless gravy This fourth edition of The Care and Feed of Sailing Crew incorporates ideas and information gathered by Lin and Larry during their more recent voyages through the Line Islands and south through the Pacific to New Zealand The majority of chapters have been expanded to include the most up to date information on sources supplies and new technology Additional recipes and cooking ideas for use on cruising boats of all sizes have been added to ensure this valuable reference source continues to be relevant for all sailors who venture away from home be it for a weekend cruise to nearby islands or a voyage around the world

The Galley Collection Ann Wilson, 1998 This guide to vittles and drinks

offering tried and true recipes to enhance the nautical experience as well as practical tips on creating menus and recipes makings lists outfitting the galley and provisioning this guide contains everything for good eating at sea

The Foodie's Guide to the Galley Margaret Angiel,2016-03-02 Whether you are taking the island route or you have found that quiet little local getaway where you can drop the hook the menu can sometimes appear rather dismal It s easier to plan a cruise where the furthest you will be from a market or a restaurant is an afternoon s boat trip but really sailing all day and winding up in some breathtaking serene setting and dining under the stars can be your five star restaurant In order to fully appreciate that experience however you ll need to make some serious plans for provisioning In this guide all of the necessary components for an efficient galley adequate provisioning and enjoyable meals for short term or extended cruising are addressed Also included are some menu suggestions and recipes that are both practical and delicious under most sailing conditions This guide is primarily geared toward the boater that is relatively new to the world of cruising It is intended to help take some of the time consuming guess work out of using the galley to its full potential and making the menu planning process less of a challenge Even though a more seasoned boater may already use diverse and reliable provisions menus and recipes of their own the suggestions in this guide may provide some new ideas and inspire him or her to expand upon an already existing repertoire of methods resources and recipes as well

From the Galley Of... Frances Rennie,Alex Blackwell,2014-03-07 From the Galley of includes well over 250 recipes that are regularly prepared on small sailing boats These recipes were written by members of the Ocean Cruising Club who have been caring for and feeding crew on the world s oceans for 60 years Whether in distant lands where familiar ingredients are unavailable or in local harbours sharing potluck with fellow cruisers this is a collection of recipes for cooking meals both underway and at anchor They can of course also all be done in a proper kitchen Being boat recipes they are by and large simple to cook tasty and nutritious A shared meal is often the start of a lifelong friendship among adventurous souls Join the members of the Ocean Cruising Club in the cockpits and beaches of distant places to celebrate 60 years of breaking bread together in some of the world s most remote and exotic destinations Please visit www.oceancruisingclub.org for more information on the Ocean Cruising Club From the Galley of provides tips as well as 250 recipes covering Hints Tips Boat Provisioning Starters Dips Sauces Soups Breakfast Lunch and Small Meals Meat Dishes Poultry Dishes Fish Dishes Pasta and Rice Dishes Cooked Vegetables Vegetarian Dishes Salads Potatoes Desserts Cakes Bread More Baked Goodies Kids Corner Pressure Cooker Recipes Alcoholic Non Alcoholic Drinks

The Galley Cookbook Gwen Skinner,1996-08 An accumulation of seafaring knowledge recipes used during six and a half years of living and cooking on the high seas in a 12 metre boat P 7

The Boat Cookbook Fiona Sims,2019-06-13 For anyone with a tiny galley kitchen there s good news no more bland leftovers aboard These delicious and easy recipes all made with minimum fuss and maximum flavour will allow you to spoil yourself in harbour and keep things simple at sea not to mention rustle up a mean rum punch With handy ideas on setting up the galley a lazy guide to filleting mackerel and tips for hosting the perfect

beach barbecue this is the must have guide for sailors and seaside lovers alike The book includes recipe contributions from top chefs Chris Galvin Angela Hartnett Kevin Mangeolles Ed Wilson and Judy Joo and sailing legends Sir Robin Knox Johnston Mike Golding Brian Thompson Shirley Robertson and Dee Caffari With a foreword by Chris Galvin and accompanied throughout by wonderful photography and beautiful hand drawn illustrations this will prove to be an invaluable addition to the food lover s kitchen or galley

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