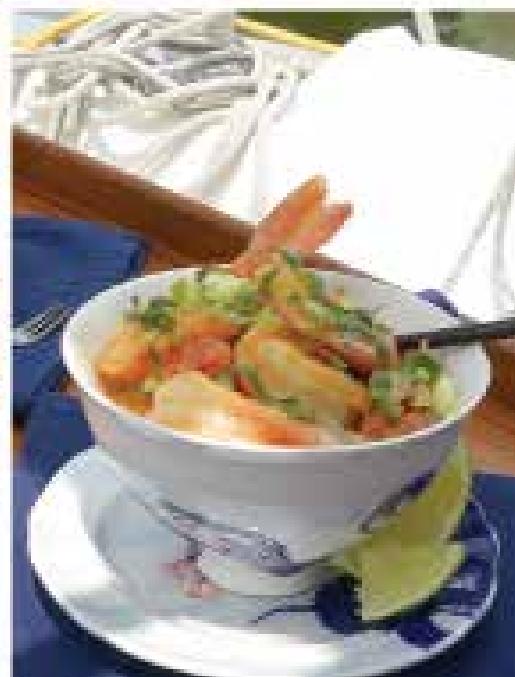




B'Haute Cuisine

COOKING FOR CRUISING AND LIVING ABOARD • CAROLINE FOSTER & KRISTIN WEAVER



B'Haute Cuisine



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COOKING FOR CRUISING AND LIVING ABOARD

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Introduction

Inspirational cuisine all cooked in sailboat galleys.

After years of sailing with friends, cruising, and living aboard, we've combined our culinary booty into this inspiring resource for cruising chefs and landlubbers alike. We understand the challenges of cooking at sea and are committed to making your experience in the galley...as well as at home...as care-free as the ports you sail into. In the end, you'll be serving your captain, crew and appreciative guests with scrumptious cuisine that will be talked about for years to come.

We are the Galley Pirates. Welcome aboard!

– Caroline & Kristin





About the Galley Pirates

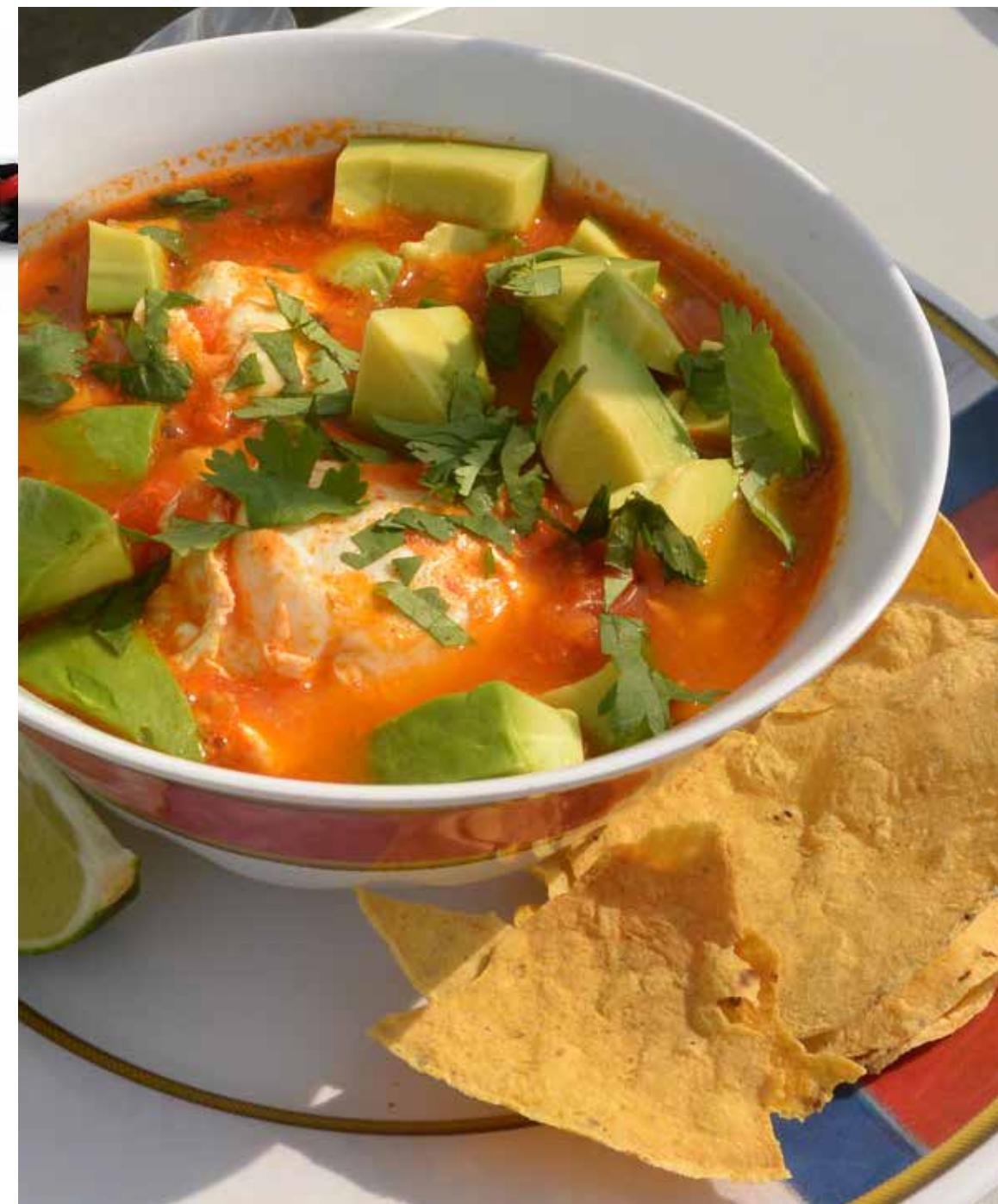
We are mariners and epicureans...devoted to the unique challenge and contentment of living and entertaining splendidly on a sailboat.

We both grew up on day sailers, without the amenities of galleys, propane stoves and iceboxes. It was when we married that we discovered the culinary possibilities afloat. Caroline living aboard a Panda 38 with Doug, and Kristin cruising weekends on a 40 foot Swan with Peter. Our foursome cruised the Chesapeake Bay and Atlantic Coast for a decade. Then Peter and Kristin cast off lines for Louisiana, the cruising grounds of the Gulf of Mexico, and good Cajun and Creole cooking. Doug and Caroline, now on their J42 and having raised two sailing daughters, continue to cruise the Chesapeake and feast on local cuisine from their home port in Annapolis.

This book represents some of our favorite moments serving family, crew, and friends old and new from the galleys of our sailboats. We hope you enjoy this galley-prepared fine fare, or B'haute cuisine, as much as we have.

– Caroline & Kristin





**Mexican Drowned Eggs
(Huevos Ahogados) on
a sunny morning in the
cockpit. Page 28**

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The only time we've had left over crab cakes is, unfortunately, due to sea sickness. It starts with "Yes, I LOVE crab cakes!" to "No thanks, I'm not too hungry just right now" to "I think I'm going to go below and lie down for a bit." At which point we intervene.

But left over crab cakes can be easily re-purposed into a quick and filling morning breakfast. We discovered this as we were leaving the Delaware Bay, after an intense night with The Great Derecho of 2012. Not all of our crab cakes were consumed during the "epic cloud to ground lightning"** but once the wind calmed, the sun came out and we entered the ocean, appetites regained momentum.

*quote from NOAA weather



Crab Cake Omelettes

8 eggs
2 tablespoons water
4 tablespoons butter or margarine
1-2 teaspoons Old Bay Seasoning
4 small left over crab cakes
4 scallions, chopped
1 heaping cup mild shredded cheese, like Provolone, Monterey Jack or a mix

Each omelette will need to be made one at a time.

DIRECTIONS

Whisk 2 eggs and 1/2 tablespoon of water with a fork or wire whisk. Add a little Old Bay Seasoning.

Light your burner to medium-low and heat up one tablespoon butter into a non-stick skillet. Stir in the skillet until the wet eggs begin to solidify.

Crumble one crab cake into one side of your omelette. Layer on a quarter cup of cheese and sprinkle with chopped scallions.

Lift the side of the omelette and carefully fold over onto the filling. Let sit in the pan for a minute while the whole omelette heats up and the cheese begins to melt. Then turn off your burner.

Slide onto a plate. Repeat with the other omelettes, and enjoy!



Lift the side of the omelette and carefully fold over onto the filling.



Slide onto a plate. Repeat with the other omelettes.



Breakfast Fried Eggplant

(This is one serving. Multiply as many times as you need)

1/2" slice of peeled eggplant

1/2 large tomato, chopped

2 tablespoons chopped Vidalia onion

2 tablespoons chopped green pepper

Olive oil

2 eggs

Breading for eggplant:

1 egg beaten in a spoonful of water

1/2 cup flour

1/2 cup bread crumbs



I woke up the other morning craving fried eggplant. That's never happened to me before. Probably not to you either. Maybe it was because I had a beautiful globe eggplant hanging in my galley from the Annapolis Farmer's Market. Along with tomatoes, onions and peppers. So it was time to get creative.



DIRECTIONS

Peel and slice the eggplant. Sprinkle with salt and let sweat in a strainer. Chop the rest of the vegetables, add salt & pepper and set aside.

After 10 minutes of "sweating" pat the eggplant dry and proceed with the breading. Coat the eggplant with flour, dip into the egg wash, then finish by coating in the bread crumbs.

Grease your grill pan with the olive oil. Eggplants are sponges so you may have to add more oil as you are frying them.

Fry on medium heat until they are crisp on the outside, but soft on the inside. Take off the griddle with a spatula and place on a plate. Top with the vegetable mixture. Meanwhile, wipe the griddle with a paper towel, add oil or butter and fry your two eggs. Place them on top of your vegetable stack and sit down to a hearty breakfast.



Salt your eggplant slices and let them "sweat" out their moisture. Pat dry then "Do the Dip" ...flour, egg wash, then bread crumbs.



If you can get your hands on a griddle that extends across both burners your life will be so much easier. The one I have is doubled-sided. It has a flat griddle on one side and a grooved grill plate on the other. And it just happens to fit my Force 10 perfectly.



From the Grand Portage Indian Reservation in northern Minnesota, comes this delicious hearty breakfast. These pancakes have so much crunch and chewy goodness you'll never want a soft, spongy pancake again. Along with the great rich flavor come the nutritional benefits. Wild rice adds protein and fiber to your pancakes, more than regular white rice, and stores indefinitely on a boat.



Blueberry Wild Rice Pancakes

Make your pancakes any way you'd like...from scratch, using Bisquick or instant "just add water." Then add your cooked wild rice and blueberries. As simple as that. This morning's breakfast is using versatile Bisquick, which is a staple on board many boats, and fresh blueberries. Frozen or canned work equally as well. Just make sure you drain them.

Blueberry Wild Rice Pancakes

2 cups Bisquick
1 cup milk
2 eggs
2/3 cup cooked wild rice
2/3 cup of blueberries

DIRECTIONS

Mix up your pancake batter until smooth. Fold in the wild rice and blueberries. Spray your griddle or frying pan with a spray oil, like Pam.

Cook your pancakes over medium heat. Flip when they start to bubble. Then watch the blueberries burst and ooze out the tops of the pancakes.

Serve with butter, syrup, fruit, sausage and a good cup of french-pressed coffee. This brunch will stick with you for a good part of the day..



Wild rice is tough and takes longer to cook than conventional white rice. For this recipe place 1/4 cup uncooked rice in 1 1/2 cups of water. Add a couple pinches of salt and bring to a boil. Reduce to simmer and cook for at least one half hour or until the rice starts to pop open and is tender. You may have to add more water. Wild rice should be firmer than white rice.



Soft Shelled Crabs Benedict* was a brilliant name created by auto-correct. After a taste test my daughter Evelyn texted me "Holy god that was good. What do you call it?" At which point Soft Shell Crabs Benedict became "Benediction" and whoosh... it was out on Facebook. Heavily, blessed and divine as it is, the name was befitting.



We were under way today with six people on board, including a film director with his 360° high tech eyeball gizmo catching every move we made through time lapse. He thought the best place to set up his tripod was on my cutting board. Sigh. I obliged.



Soft Shelled Crab Benedict

6 cleaned soft shelled crabs
BREADING:
1 cup flour
1/2 cup self-rising corn meal
3 teaspoons garlic powder
1 teaspoon cayenne pepper
2 teaspoons thyme
3 teaspoons kosher salt
1 teaspoon black pepper

EGG WASH:
1/3 cup evaporated milk
2 eggs, lightly beaten
2 tablespoons water

ALSO NEEDED:
4 cups Canola Oil
6 English muffins, halved
2 cups watercress
2 tomatoes, sliced
soft butter spread
minced chives for garnish
fresh ground black pepper

DIRECTIONS

Preheat your galley oven to toasty hot. If you have a broiler, use that. Lay your 12 muffin slices on a baking sheet and toast in your hot oven until they just start to crisp. Remove from oven, lightly butter each half, and wrap them in a towel to stay warm.

Fried Soft Shelled Crabs

Mix all of the breading ingredients together in a shallow pan. Mix all of the egg wash ingredients together in another shallow pan.

Meanwhile heat up the canola oil to 375° in a large pot.* Dredge one crab at a time, first in the flour mixture, then in the egg mixture, then back to the flour mixture. Shake excess off and carefully place in the hot oil. Fry for 2 minutes, turn over with metal tongs and fry for another 2-3 minutes. Remove to a paper towel-lined plate.

* For a low-tech oil temperature check, put a pop corn kernel in your oil. It will pop when our oil reaches 350°-360°.



Hollandaise Sauce

9 tablespoons butter, melted
3 large or 4 medium egg yolks
2 tablespoons fresh lemon juice
1/2 teaspoon salt or to taste
1-2 pinches cayenne pepper

DIRECTIONS

Melt butter in a small pan on your stove. While the butter is melting, separate your eggs and place

the yolks in your hand cranked processor with the beater element attached. Add the lemon juice, salt and cayenne and beat for about 30 seconds. While beating, slowly pour in the melted butter and continue to crank for one to two minutes until thickened. You'll find this amazingly similar to winching in the jib sheet. The sauce can be set aside at room temperature for up to one hour. If you plan to make your sauce ahead of time, keep it in your ice box and re-whip when needed, adding a little hot water.

The Perfectly Poached Egg

- 6 large eggs
- 3" of boiling water in a pan
- 1 teaspoon white distilled vinegar

Fill your pan with three inches of water and bring to a low boil. Break an egg into a 1/2 measuring cup. Once your water is at a good simmer (not quite a rolling boil) stir in the teaspoon of vinegar and continue stirring in the center to create a funnel of simmering water. Gently sink your egg into this funnel and let poach for 2 minutes and 15 seconds.





A rainy day in the cabin is a great time to make banana bread. Ahh. Grab your warm slices and curl up in the V-berth with a good book and hot tea. Let the rain patter on the deck all day (with an ear out for leaking hatches).



Brave Sailor's Banana Bread

My favorite Banana Bread recipe comes from an old Joy of Cooking, no longer published. We Galley Pirates, of course, give it a piratey twist.

Brave Sailor's Banana Bread

1 3/4 cups flour	1 teaspoon grated lemon rind
2 1/4 teaspoons baking powder	2 beaten eggs
1/2 teaspoon salt	3-4 ripe bananas
1/3 cup shortening	1/2 cup sliced almonds
2/3 cup sugar	1/4 cup finely chopped crystallized ginger (optional. Another option is dried apricots)

DIRECTIONS

Place an insulated cookie sheet in your galley oven and preheat to slightly over 350. In a large bowl, blend shortening, sugar and lemon rind until creamy. Mix together (or sift— but who sifts any more?) flour, baking powder and salt in a separate bowl. Add the dry ingredients to the shortening and sugar mixture. Beat the batter until smooth. Mash your bananas. Beat in eggs and bananas. Fold in almonds and crystallized ginger

Place the batter in a greased 8.5 x 4.5 loaf pan. Place the loaf pan on the cookie sheet in your preheated oven.

Bake for one hour or until a knife inserted comes out clean. Let rest for 10 minutes before slicing



Stop. WAIT!! Did you say bananas?? Are you crazy? Every sailor knows that bananas on board a vessel are bad news; BAD LUCK. Don't go there. But then I got curious; thought I'd ask other cruising sailors. The response from one avid cruiser: "We've cruised for years and always kept bananas on board." So that was all the validation I needed.

Hmm. But come to think of it, they have been struck by lightning. Twice.



Asparagus Omelette with Jarlsberg Cheese Sauce

(makes 1 very large omelette that could be shared by two!)



The sun finally came through today, just in time for USNA Commissioning Week! It's Annapolis' rite of spring so what better way to celebrate than to prepare a dish with a local spring favorite...asparagus. The Chesapeake Bay area, with its loamy and sandy soil, produces some superb asparagus.



6 large asparagus spears	1 tablespoon flour
3 eggs	1 1/2 cups Half and Half
4 tablespoons butter	3/4 cup grated Jarlsberg cheese
1/3 cup minced shallots	1-2 teaspoons truffle salt
1 cup minced fresh mushrooms	

DIRECTIONS

Lightly steam the asparagus in a shallow pan with a little water. I like to use as few pans as possible, and I'm sure you do too, so I'm using the same pan I'll cook the omelette in. Once al denté, still a little firm, remove to a plate and wipe out the pan.

Grate Jarlsberg Cheese until you get 3/4 cup.

Mince the shallots and mushrooms. In a separate sauce pan, sauté them in 3 tablespoons butter until tender. Add the truffle salt and continue to stir for about one minute.

Add a tablespoon of flour and stir for one minute over medium heat. Add the 1 1/2 cups Half and Half and stir until thickened.

Stir in the grated cheese, remove from heat and set aside.

Next beat the 3 eggs in a small bowl. Heat the remaining tablespoon butter in your fry pan (non-stick helps tremendously for omelettes). Once hot, pour the egg mixture in the pan and stir around until it starts to firm up a bit. Flip the omelette and turn off the heat.

Place the omelette on a serving plate and lay the asparagus spears on one side.

Drizzle the Jarlsberg Cheese sauce over the asparagus and fold over the omelette.



Cream of Mushroom Soup



I have to say this is one of the best cheese sauces I've had. So good, in fact, that I added more Half & Half to the leftover cheese sauce and made a most wonderful cream soup. The secret is definitely the truffle salt so do try to find some.



There's nothing better than friends that bring fresh, local food to your boat. Roger and Ruth carted 18 blue Bantam Chicken eggs from their backyard in Iowa to this very appreciative Galley Pirate. These were the same folks that Fed Ex'd eggs for Those Little Devils. The eggs were the perfect size for poaching. Nice and small with perfectly puffed up yolks. Wait until you see these...



Drowned Eggs (Huevos Ahogados)

3 tomatoes, chopped

1 onion, quartered

5-6 cloves of garlic

1 tablespoon olive oil

2 cups chicken broth

6 small or 4 large eggs

salt & pepper to taste

Dash or two of hot peppers

Top with chopped cilantro and avocado. Serve with tortillas.

DIRECTIONS

First, roast your vegetables. Light your broiler if you have one and keep it on high heat. Throw your tomatoes, garlic and onions on a baking tray and broil on high heat for 15 minutes, or until the garlic browns. If you have no broiler plate, heat your oven to HIGH – above 400° if you can, and roast the vegetables in the hot oven. Once the vegetables are cooked and the garlic cloves have browned, about 15 minutes, remove from the oven and let cool. Chop the onions and tomatoes; smash the garlic with a fork.

Heat the oil olive in a large pot. Add the roasted vegetables, smashing them as they cook into a stew-like consistency. Cook for 5-10 minutes then add two cups of chicken broth. This can be homemade, canned or...as I usually cheat on a sailboat...chicken bouillon in two cups of water. Gourmands would not approve; but sailors understand!

Let simmer for at least 10 minutes. Keep simmering, just under a rolling boil, as you gently add the whole eggs, one at a time and well separated from each other. Let your eggs poach in the broth, 5-6 minutes.

In the mean time, get your "servin' fixins" together. Mince the cilantro, chop the avocado and squeeze some lime on it to keep from browning.

This is what your eggs should look like. Once they're cooked to your liking...about 6 minutes in boiling broth for that "over easy" consistency...serve them soon because they will continue to cook in the hot broth.



Many Force 10 stoves have a little white broiler plate. If you have one, light that and keep at a high heat. Your galley oven door will need to be open a crack. There should be a notch attached to the handle for this exact purpose.

Frittatas are Italian “omelettes” that are very simple to make. They are basically scrambled eggs that are baked in the oven or cooked in a skillet on the stove. But they are a little creamier with the added cheese and Half & Half. Frittatas can be baked in any baking dish, a cast iron pan preferred. This morning I made our Frittata in a Lodge cast iron corn-bread pan. (another one of those heavy pans my skipper frowns upon!) With the 8 individual sections of the pan, the egg dish cooks fast and gives everyone a taste of the “crusty edge” that hold lots of texture and flavor.



We woke up to a gorgeous calm morning moored at the Gibson Island Yacht Squadron, one of our favorite places on the Bay. The only thing that separates the mooring field from the Chesapeake Bay is a narrow causeway that enters exclusive Gibson Island. You're protected from the bay current, but have an endless view of water.

So after the morning ritual of making a pot of French pressed coffee and wiping the dew off the cockpit cushions, I set to making a breakfast worthy of the beautiful morning, Crab Frittata.

Crab Frittata

Spray oil (like Pam)	1/3 cup Half & Half
1 red pepper, diced	10 eggs
3 scallions, chopped	1/2 lb crab meat
1/2 cup shredded cheese	Salt & pepper to taste



DIRECTIONS

Light your galley oven and heat to 350-400 degrees. Try to keep above 350. Spray your baking dish or cast iron pan with spray oil and place in the oven to warm as the oven heats up. This will speed up the cooking time.

Chop all the ingredients except the crab meat. The cheese I used today was a combination of leftover Swiss Cheese slices and fresh Mozzarella. Lightly whip your eggs and add all of these ingredients, except the crab, to the mixture.

Once your oven reaches temperature, carefully remove the baking pan and let cool for about 5 minutes. It will still be hot, but should not “fry” your eggs as you pour the mixture into the pan. (however there is no real harm done if the eggs do cook immediately.) You may want to hit it with another shot of cooking spray before pouring in the egg batter.

Pour the egg mixture into the hot pan, careful not to overfill. Then, with your fingers, sink the lump crab meat into the egg mixture. Doing it this way keeps the lump crab intact and hold its flavor better. It's okay if the crab meat isn't submerged in the eggs; the eggs will soon puff up all around the crab as you can see below.

Bake for 30-40 minutes, until eggs are set. Remove from the oven and remember to turn your gas off. (it never fails that I forget this! You too?) Serve as soon as it comes out of the oven, piping hot and steaming. The Frittata will fall as it cools, as quickly as a cheese soufflé. But the flavor is still absolutely yummy!



Once the egg mixture is poured into the pan, sink the lump crab meat into the eggs with your fingers. This keeps the crab meat from breaking apart and gives you the ultimate taste of lump crab meat in each bite,



Off we go. We unhooked the mooring ball and said goodbye to the little guy who, fortunately for him, did not make it into the Crab Frittata!



This Almond Butter Creme Syrup is so decadent my skipper spewed out a stream of sailor words upon first bite. I always take that as a compliment. And the recipe is easy. We were on the hook in Mill Creek when we had this delicious breakfast prepared and devoured before our pup even woke up for his dinghy ride to shore.



He didn't get any!



Blackberry Almond Pancakes with Almond Butter Creme

Make your pancakes any way you'd like...from scratch, using Bisquick or instant "Complete" – just add water.

Blackberry Almond Pancakes

Box mix "Complete":

1 cup blackberries
1/2 cup sliced almonds
2 cups Aunt Jemima Complete
1 1/2 cups water

Or from scratch:

2 c. all-purpose flour
2 1/2 tsp. baking powder
2 tbsp. sugar
1/2 tsp. salt
1 egg, lightly beaten
1 1/2 c. milk
2 tbsp. melted butter

DIRECTIONS

Mix your pancake batter per directions on the box or from scratch. Add the blackberried and almonds and fold in gently. On a griddle or fry pan, melt a tablespoon of butter or margarine, or spray with vegetable oil spray. (I prefer the butter or margarine as is gives the pancakes a crispier, more flavorful "crust.") Once hot, pour the batter into the pan and cook until bubbly on top. Flip and cook the other side.

Place the pancakes on serving plates and pour a generous amount of Almond Butter Creme Syrup on top. It will soak into the pancakes and pool all around them. Throw on some extra blackberries along with some bacon and your morning will have changed after the very first bite. If you have extra syrup you'll want to store that in your icebox as you think of creative ways to use the extra syrup. If not just to get a finger full every now and then.



Almond Butter Creme Syrup

1 stick salted butter
1/2 cup brown sugar
1/2 cup heavy whipping creme
1 teaspoon Pure Almond Extract

Met the butter in a small saucepan. Add the brown sugar and stir until all dissolved. Let simmer on low for two minutes. Turn off the burner and whip in the heavy creme with a wire whisk until smooth. Add the almond extract, stir in well and set aside as you make the pancakes.