

## Boat Cuisine by June Raper

Easy recipes to cook on your boat

*I have found over my years of sailing that although there's is no problem in cooking on a boat when the weather is fine and the sea smooth, it's a different ball game when the wind comes up and the boat begins to dance. The question arises of what can be made easily, without being below long enough to feel ill. We usually end up with cheese and biscuits or beans on toast.*

*Although there are books on how to cook delicious meals at sea, those I could find were written by intrepid sailors crossing oceans, or crewing on large yachts, obviously more competent or, to be honest, more enthusiastic in their sea cooking than I. For years I remained in the same predicament – lots of food on board but without the inclination to think of what to concoct easily when the weather piped up or even when I was merely tired.*

*There is no escaping the fact that if you want a nourishing or hot meal it has to be prepared somehow. But this can be made simple if one is armed with ideas suitable to the occasion.*

*June Raper (author of Boat Cuisine)*

*(Abridged)*

### Night Passages and Breakfasts

#### French Toast

Serves 1      Wind Force: 6

Preparation and cooking time: 5 minutes

1 egg  
1 slice of bread  
Seasoning to taste  
Oil to lightly grease a pan



1. In a deep dish break egg up with a fork
2. Add seasoning and whip lightly
3. Dip both sides of bread (thin slices are best) into egg, soaking liberally
4. Heat frying pan and fry bread quickly, pouring in the extra egg as you turn the bread over to fry the other side.

A touch of mustard or dried herb may be added before cooking. When cooked, cinnamon and sugar, syrup, jam or honey may be added.

#### Pick me up Vitality Drink

Serves 1      Wind Force: 7

Preparation time: 1 minute

1. Beat one raw egg and a teaspoon of honey into a cup (8 fl. Oz/225 ml) of fruit juice of your choice.
2. Pour out and drink.

If the weather is awful then mix the above in a screw top jar, shaking well.

## Lunches, Snacks or Suppers

### Rough weather Toad in the Hole

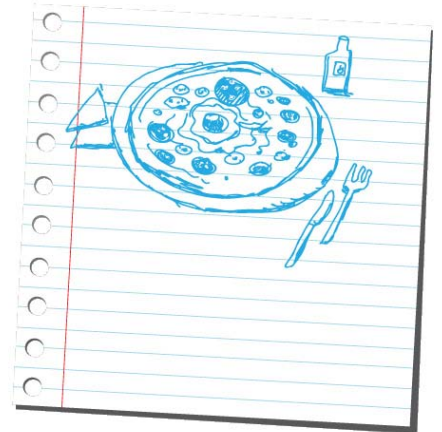
(Oven necessary)

Serves 4      Wind Force: 4

Make batter one hour before hand if possible and leave to stand. If weather is bad make the batter in a large jar with a lid screwed firmly on – breaking the egg up first in a jar with a fork. This allows you to shake it well with no fear of spilling.

1lb/450g pork sausages (8)  
2 eggs  
3 tablespoons oil  
½ pint/285 ml milk  
4oz/100g flour  
Seasoning to taste

1. Make the batter with egg, flour, seasoning and mil
2. Put the oil into baking dish and add the sausages
3. Heat 5 minutes in hot oven (450°F/230°C/Gas Mark 8)
4. Shake or whisk batter again briefly and add to sausages
5. Bake for 30 minutes in the hot oven until batter is well risen and golden



### Potato Cheese Pie

(Oven necessary)

Serves 4      Wind Force: 6      Preparation and Cooking Time 25 minutes

½ lb/675g cooked potato (or 6 servings/131g packet of instant potato)  
2 oz/50g of margarine  
1 x 6 1/2 oz/165 tin tomatoes  
3-4 oz/75-100g sharp cheese  
1 tin corned beef  
Seasoning to taste  
Dash of nutmeg

First prepare ingredients as follows and stow till required:

1. Mash potatoes. Open tins, slice corned beef, drain tomatoes, and grate cheese.
2. Mix half the margarine into potatoes and season with salt, pepper and nutmeg
3. Spoon into oven proof dish and lay corned beef slices on top
4. Lay tomatoes on top, sprinkle on cheese and rest margarine
5. Cook in moderate oven (350°F/175°C/Gas Mark 4) for 15 minutes  
Serve, if desired, with chutney

## Sweet courses

### Instant Trifle

Serves 4      Wind Force: 4

Preparation time: 5 minutes

4 thick slices of swiss roll or stale cake  
1 x ½ oz/190g tin fruit to suit  
4 tablespoons sherry  
1 tin ready-made custard  
1 x 10 oz/275 tin cream  
Chocolate shavings (optional)  
Nibbed nuts (optional)

1. In individual bowls, place 1 slice swiss roll
2. Pour a tablespoon of sherry over each
3. Spoon over some fruit and a little juice
4. Divide the tin of custard between each dish
5. Add the cream and smooth over
6. Sprinkle on some chocolate shavings or nibbed nuts if desired, and serve



### Banana Butterscotch Pudding

Serves 4

Preparation time: 7 minutes

1 packet butterscotch instant whip  
4 bananas  
4 digestive biscuits  
4 tablespoons nibbed or chopped nuts

1. Mix instant whip according to instructions on the packet
2. Crush the digestive biscuits
3. Peel and slice the bananas crossways
4. Stir the whip into the bananas, add biscuit crumbs
5. Pour into 4 dishes and top with nuts