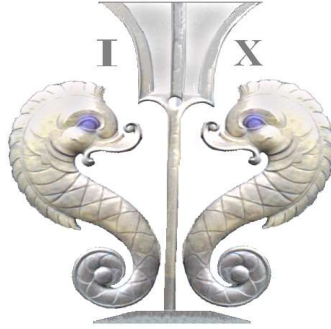


Cups' Compendium



Of Creative Cookery



Cups' Compendium of Creative Cookery

A gift to you from Marcie and David Lynn

S/Y Nine of Cups

This is an “at sea” project constructed during our 7,150 nautical mile passage from Cape Town, South Africa to Charleston, SC, USA Feb-May 2007.

Cover Photo: “Nine of Cups” at anchor, Islas Los Testigos, Venezuela

Contact us: nineofcups1@yahoo.com www.nineofcups.com

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Preface

Certainly, one of the most cultural aspects of our travel in foreign countries is experiencing different cuisines. Each place seems to have its own specialties, spices and flavors. Some we like, some we don't, but we try as many as we can.

Many times, we're asked what we eat aboard and for sure, we have favorites that we've collected over the past few years. Many were given to us and some were borrowed from traditional and regional cookbooks then modified to suit our own tastes...or out of necessity, modified because original ingredients were not available or local ingredients made more sense. Watchwords for cooking at sea are: versatility, adaptability and ingenuity. After 30 days at sea, substitutions are the norm, not the exception.

We are always looking for new ways to share our lifestyle and experiences with others. We also look for novel ways to thank those who have been hospitable, supportive and generous. This cookbook, trivial to say the least, is one small way of saying "thank you" to some very special people and "remember us fondly" to others. For our "metric" friends, there's a conversion guide at the back.

Enjoy!

Marcie and David

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Hors D'oeuvres

One thing you can count on with cruisers is their sociability and willingness to participate in the evening ritual of “sundowners”. Pull into any marina or anchorage and around 5pm, you’ll see dinghies motoring from one boat to another or people on the docks, a wine bottle under their arms, heading to a neighbor’s boat. In addition to the typical snacks of popcorn, pretzels and peanuts, the following recipes are ones we use quite frequently to offer to “sundowning” guests.



Honey Dijon Dip

This is a quick salad dressing or a dip for fresh vegetables which we make on a regular basis.

1 c mayonnaise * 1 tbsp honey * 1 tbsp Dijon mustard

Combine all ingredients and blend till mixture is smooth. Serve over salad, as a dipping sauce with crudite vegetables or as a sauce over warm veggies.



Hot & Cheesy Artichoke Dip

Talk about licking the bowl, this is a hit every time we serve it.

1 pkg (8 oz) cream cheese at room temperature *

1 c mayonnaise * 1/3 c chopped onion * 1 can (15 oz) artichoke hearts, drained and chopped * 3/4 c grated Parmesan cheese

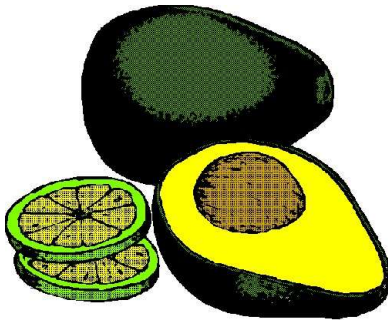
In a bowl, blend cream cheese and mayonnaise until smooth. Stir in remaining ingredients and place into an oven-proof dish or pie plate. In a 375F oven, bake, uncovered, for 15-18 minutes until heated through and lightly browned. Serve warm with crackers.

Stuffed Avocado (Palta á la Reina)

We discovered this delightful dish in Peru where our good friend, Magdala Zevallos, gave us the recipe. It's simple, elegant and tasty and works well as an appetizer, side or a light meal in itself.

For two servings: 1 ripe avocado, halved and carefully peeled to preserve the shape * 1 tsp lemon juice * two scoops of chicken salad, shrimp salad or tuna salad

Sprinkle avocado halves with lemon juice to prevent discoloring. Place one scoop of salad in each half. Arrange on a bed of lettuce and serve chilled.



Salads

When we're in port, salads are an easy lunch, but when we're at sea, green salad fixings are sometimes hard to come by so we resort to non-traditional salads with ingredients that are more easily stored.



Rice Salad

Joanne on “Rusty Bucket” gave me the original recipe for this, but it has “morphed” dramatically. About the only ingredient that’s a sure thing is the rice. We make this regularly as a main or a side.

1-15oz can artichoke hearts, drained and chopped * 2 c cooked white rice, cooled * 1/2 c kalamata olives * 1/2 onion, chopped * 1/2 green/red pepper, chopped * 2 ripe tomatoes, chopped * 2 chicken breast halves, cooked and sliced * 1 tbsp capers * 1/2 c feta cheese, crumbled * 1/2 c of balsamic vinaigrette , Italian or Greek salad dressing * salt and pepper to taste

Combine all ingredients, chill and serve.

Now here’s the fun part. I rarely have most of the ingredients above, but I always have rice, usually left over from the previous night’s meal. Add any of the following as extras or as substitutions for what you don’t like or don’t have. Get creative!

- green or ripe olives, whole or sliced
- black beans, white beans or garbanzos
- chopped raw carrots
- canned peas
- cooked tuna or other solid fish chunks, ham chunks, turkey chunks in place of chicken
- green onions chopped
- pine nuts or sunflower seeds

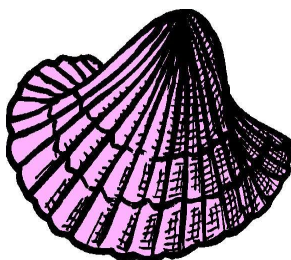
Sweet and Sour Slaw

Cabbages last a long time at sea and are great when you want something green and crunchy after a few weeks out. This recipe was borrowed from Joyce on "About Time".

1 head cabbage, finely sliced * 1/2 onion, finely chopped * 1 large carrot, grated * 1 tsp salt * 1/2 tsp pepper * 1 tsp celery seed * 1/3 c vegetable or olive oil * 1/4 c balsamic vinegar * 1/2 c white vinegar * 1/3 c sugar

Mix all non-vegetables together. Add to veggies and toss well. Best if left overnight before serving.

An interesting variation of this theme is Chinese Cole Slaw. Use a package of Ramen Noodles (Oriental flavoring) and 1/2 c slivered almonds. Break up the noodles and sauté with almonds in 3 tbsp of butter/margarine. Add the seasoning packet to the vinaigrette dressing above and mix well. Just before serving, add the dressing and the noodles to the slaw and toss. Serve immediately.

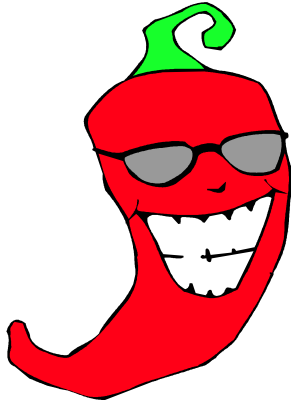


Mexican Bean Salad

Coming from Colorado, our local cuisine has a strong Mexican influence...after all “Colorado” means colorful! This “colorful” salad is easy to make and a nice change for a side using canned veggies aboard and fresh when available.

1 can black beans, drained * 1 can corn, drained * 1 green pepper, diced * 1 red pepper, diced * 1 jalapeño pepper, seeded and chopped * 3 green onions, thinly sliced * 2 tbsp fresh parsley, minced * 1/4 tsp salt * 3 tbsp olive oil * 3 tbsp fresh lime juice * 1 tsp cumin * freshly ground black pepper to taste

Mix all ingredients together well and serve chilled. Best when left to set for 2-3 hours.



Breads & Cereals

Making our own breads and cereals is pretty much a necessity when at sea for a long time, but it's usually an enjoyable task and well worth the effort.



Breakfast Scones

These are probably not traditional English scones, but they certainly go well with tea in the morning.

2 c flour * 2 tsp baking powder * 1/2 tsp salt * 2 tbsp butter or margarine, softened * 1/2 c milk * 1/3 c water * 1 tbsp sugar * 1 tsp cinnamon * pinch of salt * Jam, minced apples, raisins or appropriate filling

Mix flour, salt, sugar and cinnamon. Add butter and use a fork to cut into flour mixture until crumbly. Make a well and add all but 1 tbsp of the combined milk and water. Mix into a soft dough. Turn dough onto lightly floured surface and knead briefly till smooth. Roll out dough till about 1/4" thick. Use a cutter (or rim of a drinking glass) to cut out 3 - 4" rounds. Spoon on a bit of jam, minced apple pieces or whatever you have available. Fold over and crimp sides with a fork.. Glaze with milk then sprinkle with sugar (optional). Place on greased tray and bake 10-12 minutes in 400F oven till golden brown. Makes 10.

Variations:

- Leave out the cinnamon and sugar from the basic mix and instead add grated cheese and fresh herbs. Use small amount of cheese as filling.



Crunchy Granola

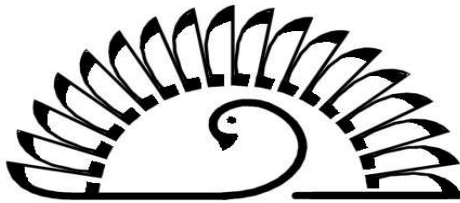
We like granola for breakfast, especially as a topping for yogurt, however we're not able to find it in some places and in other places it's prohibitively expensive, so we make our own.

2 c rolled oats * 1/2 c sliced almonds * 1/2 c sunflower seeds * 1/4 c sesame seeds * 2 tbsp vegetable oil * 5 tbsp honey * 1/2 c shredded coconut * 1/2 c raisins

Combine oats, almonds, seeds and coconut in a medium sized bowl. In a small saucepan, heat honey and oil until combined. Add to the dry oats mix and stir until oats are thoroughly coated. Spread in very thin layer on a baking sheet. Bake for 15 minutes at 250F, turn mix on pan and return to oven for 10 more minutes. Let cool. Add raisins. Store in an airtight container.

Substitutions / Additions:

- Walnuts, pecans, hazelnut
- Dried fruit pieces, dates



David's Focaccia Bread

David's the bread maker aboard. He has that special touch (and patience) that's needed to make a few cups of flour and some yeast, turn into something delicious. This particular recipe is our very favorite.

Bread: 2 tbsp yeast * 1 c warm water * 1 tsp sugar * 2 tbsp olive oil * 3-1/4 c flour * 1 tbsp powdered milk * 1/2 tsp salt

Topping: 1 tbsp olive oil * 2 cloves garlic, crushed * 1/4 c black olives, sliced * 1 tsp rosemary * 1 tsp dried oregano * 1 - 2 tsp sea salt (to taste)

Make topping and set aside. Combine yeast, water and sugar in a small bowl and stir gently until all yeast has dissolved. Let stand until frothy (about 10 minutes) and then add oil. Combine 3 cups of flour, salt and milk and mix thoroughly. Add yeast mix to flour and knead, adding enough flour to make a soft dough. Continue kneading for 10 minutes. Put in an oiled bowl and brush surface of the dough with oil. Cover and let rise 1-2 hours until doubled in size. Punch down and knead 1 minute. Divide in half and flatten into two circles. Grease pizza pans and spread dough evenly in each pan. Cover and let rise 30 minutes. Using a wooden spoon handle, make indents in the dough at regular intervals about 1/2" deep. Cover and let rise 30 minutes. Coat with topping and bake 20 minutes at 350 F. Makes enough for two thin breads – about 14" diameter. Great for dipping in marinara sauce.

English Muffins

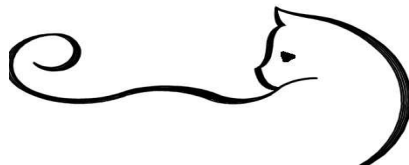
English muffins make a great change from bread and are fairly versatile as well. For a treat we use them for Eggs Benedict or more practically for small open faced sandwiches for lunch as well as with jam or butter for breakfast. This “no-bake” recipe is pretty easy.

1 c warm water * 2 tsp salt * 1 tbsp yeast * 1 tsp sugar (or honey) *
1/4c vegetable oil * 3 c flour * 1/4 c corn meal

Add sugar to water and stir till dissolved. Sprinkle yeast into the water and stir well then set aside for 10 minutes till frothy. Add oil.

Combine all dry ingredients and add yeast mixture in gradually. Roll out dough on floured surface to 1/3” thick. Cut into 2-1/2” circles. Lay onto a surface sprinkled with corn meal and sprinkle corn meal on the tops as well. Allow to rise about 2 hours till double in size. “Bake” on an ungreased, preheated griddle or fry pan about 5 minutes per side or till light brown. Makes 8 -10 muffins. Great warm off the griddle!

Note: You can substitute 1 cup of whole wheat flour if desired.



Ripe Banana Bread / Muffins

We always buy green bananas before leaving on a long trip and we always have brown, ripe bananas in no time. Finding something to do with them is always the challenge. Sometimes we mash them and add to our pancake batter. Other times, we prefer Banana Bread or muffins.

2 c flour * 1 tbsp baking powder * 3/8 tsp baking soda * 1/3 c sugar *
2 eggs * 1/2 c oil * 1 c ripe banana, mashed * 1 tbsp milk * 1/2 c
chopped walnuts

Lightly grease and flour loaf or muffin pan (or use muffin papers). Preheat oven to 375F. Mix dry ingredients in large bowl. Add eggs, oil, milk and banana. Mix until just moistened. Stir in nuts. Fill loaf pan or muffin cups, bake 20-25 minutes for muffins or 45-50 minutes for loaf until browned and toothpick comes out clean. Makes 8-12 muffins or 1 loaf.

Note: Ripe bananas can be peeled, mashed and frozen until ready to use.



Soups

A tradition on “Nine of Cups” is to make a “passage soup” before leaving on a long voyage. It’s easy to heat up whenever we’re hungry and no one has to be cooking in the galley during those first couple of days when we’re most prone to seasickness.



Any Fish/ No Fish Chowder

When we're in the mood for chowder, we don't always have fish aboard. David's 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.

1/2 onion, chopped * 1 tbsp butter/margarine * 1-15oz can corn with liquid * 6 medium potatoes, peeled and chopped * 1 bay leaf * salt & pepper to taste * 1 cup milk or cream * 1/2 lb raw fish or seafood, cut into bite sized pieces * Water

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 and pepper. Simmer until potatoes are nearly done. If you plan to add fish, add it now. Cook for another 7-10 minutes (don't overcook the fish). Add can of corn. Add milk or cream and heat through again, but do not boil. Makes 4 -6 servings.

If you prefer thicker chowder, you can add a combination of 2 tbsp flour dissolved in 1/2 cup of water. Add slowly to the kettle and stir until chowder thickens.



Cabbage Soup

Another borrowed recipe from “Rusty Bucket” ...we did a lot of cooking and eating together. Again, it has been modified from Joanne’s original recipe to suit our particular tastes and reflect what’s in the larder.

1/2 head green cabbage, coarsely chopped * 1 onion, peeled and chopped * 2 cloves garlic, sliced * 3 chicken bouillon cubes * 4 carrots, peeled and chopped * 2 medium chorizo sausage, cut into bite size chunks * 2 bay leaves * 1/2 tsp coriander seeds * salt & pepper to taste * water as needed

Combine all ingredients in a large soup kettle. Add water to cover vegetables and begin to simmer until vegetables are tender (20-30 minutes). Let set an hour or two so the flavors combine. Reheat and serve hot.



Cioppino

Pronounced “cha-pee-no”, this is a traditional Italian seafood stew and it’s delicious. One of our favorite cities in the U.S. is San Francisco which is where we first tasted this stew down on the pier. After eating all the delightful seafood, sop up the rich broth with French bread or sourdough. Nothing tops it off like a crisp cool glass of white wine on the side.

1 lb shrimp (raw) * 2 large crab claws, cracked * 1 lb fresh clams (or mussels) in the shell * 1/2 lb halibut * 2 – 6 oz cans tomato paste * 1/4 c olive oil * 1 large onion, diced * 5 cloves garlic (sliced) * 4 tbsp fresh parsley, chopped * 1/2 tsp sugar * 1/2 tsp salt * 1/2 tsp black pepper * 1/2 tsp basil * 10 c water

In large pot, sauté the garlic and onion in olive oil until soft. Add tomato paste, water, salt, pepper, parsley, basil and sugar. Stir well and simmer for 30-40 minutes. Add all the seafood and simmer for another 10 minutes. Voilà ...it’s cioppino. Serve with crusty bread for dipping.

Note: In actuality, I rarely have any or all of the seafood items above. I substitute canned whole baby clams including the broth or canned seafood like crab or shrimp or a mix plus the fresh fish. I’ve used tuna, dorado, most any fish we’ve caught. The results are always tasty.



Lemay Special

Marcie grew up in New England. A Saturday tradition in the Lemay household was to have a big kettle of Lemay Special simmering from early morning, ready at any time during the day. This makes a good Passage Soup.

1 lb ground beef * 4 carrots, peeled & chopped * 4 potatoes, peeled and chopped * 1 onion, chopped * 1 clove garlic, minced * 1 tsp salt * 1 tsp black pepper * 1- 15oz can tomatoes, cut up * 1- 8oz can tomato sauce * 2 tbsp Worcestershire sauce * Tobasco sauce (optional to taste) * Water

Brown the beef, onion and garlic; drain. Add tomatoes, tomato sauce, potatoes, carrots and rest of ingredients including enough water to just cover the vegetables. Stir well. Add more salt, pepper, Tobasco and/or Worcestershire to taste. Bring to a boil; reduce heat to simmering until vegetables are tender. Serve hot with French bread or crackers and cheese.

Meals don't always turn out just the way we'd like them. Sometimes the toast is burned, sometimes there's a bit too much salt or the meat is overdone. No matter...we say in unison "It's just the way we like it!" and eat away. Sailing has too many other challenges to let something trivial spoil a good day!

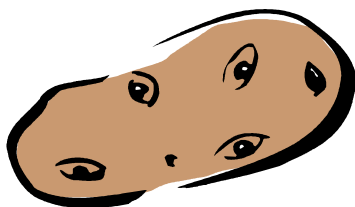
Potato Soup (Locro Ecuatoriano)

We first sampled this delicious soup in the mountains of Ecuador and loved it. When we got to Peru, there it was on the menu again...a slight variation, but tasty just the same.

1 lb potatoes, peeled and diced fine * 2 tbsp oil * 1/4 c onion, chopped
* 1 potato, peeled and cubed * 3/4 c milk * 1 tsp salt * 4-8 iceberg
lettuce leaves * 1/2 lb cheese * 1 ripe avocado, peeled and quartered *
water

Sauté finely diced potatoes with oil and onion, till onion is lightly browned. Add enough water just to cover the potatoes. Add one more cup of water and bring to a boil. Stir in the separate cubed potato. Reduce heat and simmer about 20 minutes until potato is tender and diced potatoes are dissolved. Add milk and salt stirring in one direction until the locro *almost* boils. Remove from heat.

In advance, line soup bowls with lettuce leaves and crumble cheese into bowls. Ladle hot soup into the bowls and garnish with slice of avocado. Serves 4.



White Chili

This quick, easy and tangy recipe has been modified several times along the way. First, to make it really “white” chili, use white corn, white beans and white pepper. It doesn’t affect the taste, only the looks. You can add hot sauce to taste.

1-15oz can corn, undrained * 1-15oz can white beans, undrained * 1-6oz can diced chiles, undrained * 1 large onion, chopped * 1 lb boneless chicken, raw or 2 cans * 1/4 c lime juice * 1 tsp salt * 1/2 tsp pepper * 1 tsp cumin * 1 clove garlic, minced * 1 tbsp vegetable oil

Cook onion and garlic in oil till tender. If raw, cut chicken into bite-size chunks and cook with onions until tender. Add all vegetables, liquid and all. Add balance of ingredients. Cook till heated through (about 15 minutes). Serve hot with tortilla chips. Serves 4.



Mains

One thing you can count on with cruisers is their appetites and penchant for trying something new...at least once. We're frequently asked "Which country had the best food?" and because it varies so greatly, it's hard to choose just one, but here's our stab at the "bests".

Best Overall National Food – Peru

Best Roti – the Carib/Trinidad

Best Curry – South Africa

Best Ostrich (?) - South Africa

Best Seafood/Fish – Chile

Best Steaks/Beef – Argentina

Best Ice Cream - Argentina



Cottage Pie

We've always called this Shepherd's Pie although it contained no lamb. Our friend, Noel, on "Sadko" told us the Brits call this Cottage Pie. Depending on what we have available, it too changes. In South Africa, where ostrich mince was common, we called it either Karoo Pie or Big Bird Pie.

6 medium potatoes, cooked and mashed * 1 lb ground beef (or turkey or ostrich) * 1/2 onion, chopped * 1 tsp salt * 2 tbsp Worcestershire sauce * 1 – 15oz can corn, drained

Brown ground meat and onions; drain. Add salt and Worcestershire. Place in the bottom of a deep casserole dish. Layer drained corn on top of meat. Spread mashed potatoes as final layer on top of corn. Place in 400F oven for 15-20 minutes till heated through. Serves 4 (or 2 for dinner and next day's lunch).

Note:

I prepare this as a one pot meal while we're under way. Brown meat and onion as above and put into casserole; heat undrained corn in same pan then drain and add as next casserole layer. Lastly, make instant mashed potatoes according to package directions using the very same pan. Add to the top of the casserole and serve.

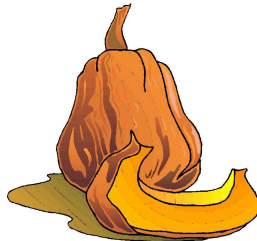


Plo (Pilau)

We tasted this curry dish first in Tristan da Cunha, but found out it was traditional St. Helena fare, so sampled it again when we were there and loved it.

3 tbsp oil * 1 onion, chopped * 4 large potatoes, peeled and chopped * 1/2 lb bacon, chopped * 1/2 cabbage, chopped * 2 large carrots, peeled and chopped * 2 small slices of pumpkin (butternut or other orange squash), chopped * 1 tomato, chopped * 1 tsp sugar * water * 1 cup white rice * salt to taste * 1 heaped tbsp curry powder * 1 tbsp tomato sauce (or catsup) * 1-2 cups cooked chicken or beef * 1 tbsp parsley, minced * 1 tbsp Worcestershire sauce

Sauté onion in oil till slightly brown. Add curry powder and sugar and cook about a minute. Add bacon and chopped vegetables and steam for about 10 minutes. Add sufficient water to cover all the ingredients. Add rice, salt, herbs and sauces. Cover and bring to a boil then simmer gently till water has evaporated and veggies are tender. Add more water as necessary. Add chicken or beef when veggies are nearly cooked. Serves 4-6.



Red & White Pizzas

White Pizza

A non-traditional pizza, at least by American standards, we have come to like this more than the red version below.

Crust: 1 recipe focaccia bread with topping (p15) * 2 c shredded mozzarella cheese * 16 oz sliced mushrooms * 1/2 c coarsely chopped onion

Make the focaccia bread except bake for only 12 minutes. Top with remaining ingredients and bake a second time at the same temperature for an additional 12-15 minutes until crust is slightly browned. This makes 2 crispy, thin crust pizzas, but a thick crust pizza can be made by using all the dough in one 14" pizza crust and increasing baking time 5-10 minutes.

Red Pizza

The more traditional American pizza.

Crust: 1 recipe focaccia bread (p15) with topping, baked for 12 minutes only

Sauce: 2 cloves garlic, minced * 1/2 onion, chopped * 1 tbsp olive oil * 6 oz can tomato paste * 1/2 cup red wine * 1 tomato, chopped or 1/2 c canned chopped tomatoes * 1 tbsp oregano * 1 tsp basil * 1 tsp sugar * 2 tsp salt * 1/4 tsp pepper * 1/2 tsp crushed red pepper (optional)

Toppings: 2 c mozzarella cheese plus any or all of the following: ground beef, cooked, drained and crumbled * Italian sausage, crumbled or sliced and browned * mushrooms, sliced and lightly sautéed * pepperoni, thinly sliced * green pepper, coarsely chopped * black olives, sliced * onions, chopped

To make the sauce: Sauté onions and garlic in oil until onions are transparent. Add remaining sauce ingredients and simmer 30 minutes. If desired, the meat toppings can be added to the sauce. Spread a thin layer of the sauce evenly on the crusts. Add other toppings, saving the cheese for last. Bake at 350F for 15-20 minutes until crust is slightly brown.

As with the white pizza, this makes 2 crispy, thin crust pizzas. A thick crust pizza can be made by using all the dough in one 14 “ pizza crust and increasing baking time 5-10 minutes.



Sesame Seared Tuna

David is a consistently good fisherman to the point that we provision for only about one half of what we need meat-wise on long passages and the ocean supplies the rest. If he lands a tuna, you can be sure this is the evening meal's menu.

Use only fresh caught tuna. Using 1-inch fillets, rinse each and lay in a bowl of sesame seeds, turning to cover each fillet completely. In a hot skillet coated with cooking spray only, sear each fillet for 2-3 minutes per side. Do NOT overcook. It should be raw in the middle and seared on the outside only. Serve with pickled ginger, wasabe and soy sauce.



Mama's Shawarmas

We were surprised to find a large number of Arabian restaurants along the beach in Puerto La Cruz, Venezuela. We quickly became hooked on shawarmas and their distinctive yogurt sauce.

1 lb boneless chicken breasts, thinly sliced * 2 tomatoes, thinly sliced
* 2 c shredded lettuce * 1/4 c thinly sliced onion * 4 pita rounds

Marinade:

1/4 c plain yogurt * 1 garlic clove, minced * 2 tsp white vinegar * 1/4 tsp black pepper * 1/4 tsp mace * 1 tbsp lemon juice * 1/4 tsp hot pepper sauce * 2 tsp onion, finely minced * 1/4 tsp red pepper * 1/4 tsp salt * 1 tsp nutmeg * 1/4 tsp cardamom

Marinate chicken overnight.

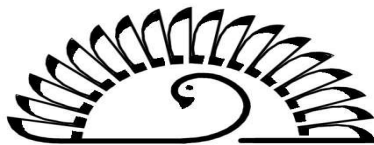
Sauce:

1/4 c plain yogurt * 1/4 c tahini paste * 2 tsp olive oil * 1/2 tsp minced garlic * 1 tbsp lemon juice * 1 tbsp fresh parsley * salt and pepper to taste

Combine all sauce ingredients and refrigerate.

When ready to assemble, grill or broil chicken till done. Discard marinade. Place sliced chicken, tomato, lettuce and onion onto pita rounds. Roll up and top with yogurt sauce. Serves 4.

(Note: Roasted, thin-sliced beef or pork can be substituted for chicken)



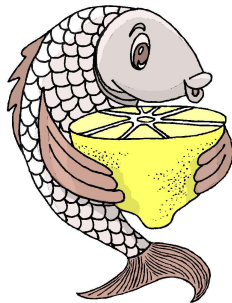
St. Helena Fish Cakes

We wanted something traditional when we stopped for lunch at Donny's on the waterfront in St. Helena. Millie Stopforth suggested fish cakes. They were so wonderful we stopped the next day for more to freeze and take with us... along with her recipe.

1/2 lb fresh fish * 1/2 lb mashed potatoes * 1/2 onion, finely chopped
* 1 tbsp oil * 2 rashers bacon, finely chopped (optional) * chili powder
or crushed red pepper to taste * pinch of thyme * 1 tbsp chopped
parsley * 1 egg, beaten * salt and pepper to taste * pinch of nutmeg

Wash fish, shred or mince with knife until very fine. Heat oil and fry onion, parsley, thyme and bacon until onion starts to brown. Combine with mashed potatoes and mix well. Add fish and balance of spices and beaten egg and mix very well. Form patties, flatten slightly and dust with flour if necessary. Fry in hot oil until both sides are brown
Makes approximately 8-10 fishcakes.

Note: I've substituted instant mashed potatoes and cans of tuna or salmon and the fishcakes still taste great!



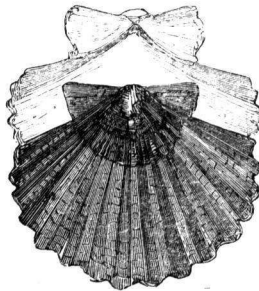
Thai Satay

This recipe is quite versatile. If you have fresh fish like tuna or dorado, you can use it. Otherwise, chicken or shrimp will work just fine.

Raw tuna, shrimp or boneless chicken, cut into bite sized chunks (about 1.5 lbs) * 1/2 c chunky peanut butter * 2 cloves garlic, minced * 1 tbsp peanut oil * 2 tsp fresh ginger root, minced * 1/2 c soy sauce * 1-15oz can pineapple with liquid * tobasco, hot sauce or crushed pepper to taste * 2 green onions, chopped

Melt peanut butter in a large skillet with oil, garlic and ginger. Add hot sauce to taste. Bring sauce to a gentle boil. Stirring well, add soy sauce and liquid from pineapple to equal one cup (add more juice if you'd like a bit more sauce). Add raw fish, chicken or shrimp to the boiling sauce. Reduce heat and simmer 10 minutes. Add pineapples until heated through.

Serve on rice or couscous. Serves 4.



Totally Tristan Lobster & Pasta

Tristan da Cunha's, the world's most remote inhabited island according to Ripley's, is known for its lobster (crayfish). Our friends, the Repettos, gave us enough of these wondrously delicious critters to fill our freezer. Here's our favorite recipe for Tristan lobster adapted from a New England recipe of Marcie's.

5 oz any type of pasta, cooked * the meat of 2 -4 Tristan lobsters, cooked * 2 tbsp butter * 2 tbsp onion, minced * 1/4 c chicken broth * 2 tbsp flour * 1 c milk * 1 cup dry white wine * 2 tbsp mayonnaise * 1 tsp Dijon mustard * 1 c shredded cheddar cheese * 1 cup sliced mushrooms

Melt butter and sauté onions. Sprinkle flour over onions and cook 1-2 minute until mixture thickens. Stirring constantly, add broth, milk and 1/2 cup of wine. Stir till thickened. Combine mayo and mustard and slowly add to sauce, stirring constantly and until smooth. Add cheese and stir till melted. Add pasta and lobster meat. Bake or microwave until heated through. Serve immediately. Oh... and drink the other 1/2 cup of white wine while preparing this meal!



Chicken & Spinach Marsala

Very quick, very easy and very delicious... from the galley of Judy on the British yacht, Pen Azen.

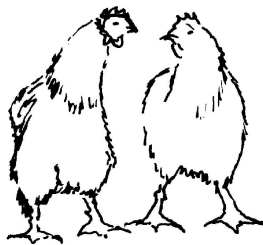
4 chicken breast halves * 1 large onion, chopped * 2 cloves garlic, minced * 10oz frozen/canned/fresh spinach * 1 tsp coriander * 1 tsp cumin * 1 tsp fresh grated ginger * 1 tsp curry paste (or to taste) * 1 tsp finely chopped chilies (optional) * 1- 15 oz can tomatoes * 1 c creme fraiche or cream

Sauté onions and garlic till soft but not browned.

Add cumin, coriander, chilies, ginger and curry paste. Cook for 1 minute. Add tomatoes and simmer.

Cut chicken into bite-sized pieces and add to tomato mixture. Cook till seared on outside. Add spinach (if using fresh, chop finely and cook beforehand till softened and drain well). Cook for 5 minutes or till

chicken is done. Stir in creme fraiche or cream and serve with rice. Serves 4.



Desserts

It has nothing to do with having a sweet tooth, it's just that the body needs something sweet and rich sometimes. David has a bend towards the chocolate side and Marcie is a fruity kind of girl.



American Brownies

We're not sure if Brownies are really "American", but whenever we serve them to folks from other countries, they always sigh and say "American Brownies!" This is one of David's favorites...rich and chocolate-y. I make up the brownie "mix" from a K.I.S.S. recipe before leaving port and then it's easy to make brownies quickly while we're under way.

The basic brownie mix:

3 c sugar * 2 c flour * 2 c unsweetened baking cocoa *

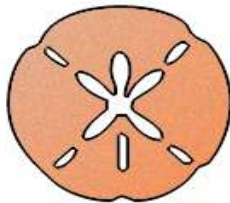
1-1/2 tsp baking powder

Combine all ingredients well, store in airtight container in a cool, dry place. Makes 7 cups.

To make the brownies:

2 eggs * 1 tsp vanilla * 1/2 c mayonnaise (yes, that's right) * 2 c basic brownie mix * 1/2 c chopped nuts

Combine eggs, vanilla and mayonnaise in medium bowl. Add brownie mix and blend until smooth. Mixture will be quite thick. Stir in nuts. Pour into 8" square pan prepared with cooking spray. Bake in 350F oven for 20-25 minutes or until slight imprint remains when lightly touched with finger.

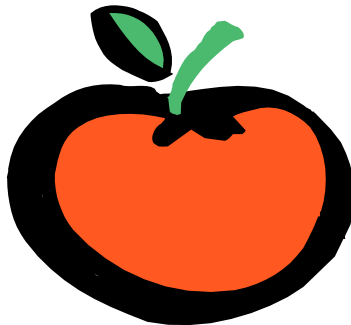


Any Fruit Crisp

If brownies make David smile, this is the dessert that brings warmth to Marcie's soul. Once again, it's very versatile. You can use most any fruit you want, fresh or canned...apples, pears, peaches, star fruit, pineapple, mango, cherry or blueberry pie filling.

4 tbsp flour * 1 tsp cinnamon * 1 c oats * 1/2 c brown sugar * 4 tbsp butter * 2 tsp lemon juice (for fresh fruit only) * 6 medium apples

Prepare a medium size (1 qt) casserole dish. Peel apples (or prepare fresh fruit), cut into thin slices and place in bottom of casserole. Sprinkle with lemon juice. Combine rest of ingredients and use a fork to cut butter into the sugar mix until crumbly. Place crumb mixture on top of fruit. Bake in 400F oven for 20-25 minutes. Serve warm or cold with or without ice cream/ whipped cream.

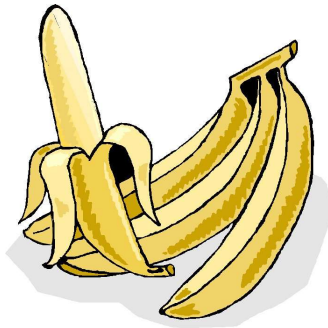


Bananas Flambé á la Cups

Not only is the presentation great on this elegant dessert, it tastes fantastic and it's relatively easy!

1/4 c butter/margarine * 4 bananas, peeled and sliced lengthwise * 1/4 c brown sugar * 1/2 tsp cinnamon * 1/4 c rum * 1/4 c banana liqueur or Triple Sec * 4 scoops of vanilla ice cream

In a pan large enough to hold all the bananas, combine cinnamon, butter and sugar and heat until butter is melted and sugar is dissolved. Add liqueur. Gently place bananas in pan and heat slowly until hot and coated with sauce. Add rum and ignite. (Display to guests!) Let it burn out. Place ice cream in 4 large bowls, place bananas alongside and spoon sauce over the top. Serve immediately. Serves 4.



Chocolate Mousse

For chocoholics, this easy-to-make, light, but rich mousse is wonderful. Thanks to Judy on Pen Azen for sharing.

6 oz dark bitter chocolate * 1 tsp milk * 6 eggs, separated * Sugar to taste

Melt chocolate with milk. Add the yolks to chocolate and mix well till cooled. Whisk egg whites separately till firm and fold into chocolate mixture. Serve in individual ramekins or custard cups. Serves 6.

Note: Ingredients can be adjusted to number of servings desired: 1 oz of chocolate and 1 egg per person.



Beverages

We have certainly tried our share of beverages in the places we visited...mostly of the wine or alcoholic variety. Just for grins, here's our "best" list...

Best Non-alcoholic Drink – Fruit batidos in Ecuador

Best Pisco – Peru (sorry, Chile!)\

Best Red Wines: Malbec – Argentina

Cabernet Sauvignon – Chile

Tannat – Uruguay

Best Liqueur – Amarula (South Africa)

(It even makes the elephants tipsy!)

Best White Wines: Sauvignon Blanc – South Africa

Chardonnay – South Africa

Best Cocktails: Pisco Sours in Peru

Best Rum – Venezuela (Santa Teresa Gold)

Batidos

This is a refreshingly delicious fruit drink we first discovered in Ecuador though it's available throughout South America. We actually purchased a blender to be able to make these ourselves on board when we are in port. You can use virtually any fresh or canned fruit you have available although some, such as peach, strawberries, watermelon and pineapple seem to us especially flavorful.

1 c strawberries, cleaned and hulled * 1 tsp sugar (optional) * 1 c milk
* 1 c water * ice to fill a blender.

Blend on high speed until ice is all crushed and drink is frothy. Drink immediately. Add more or less water/milk to give a thicker/thinner consistency.

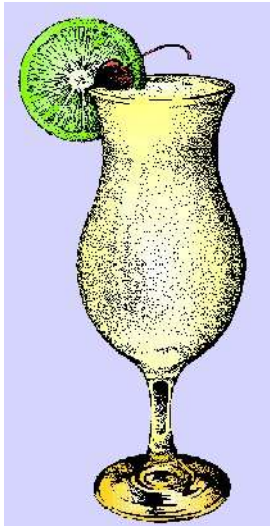


Pisco Sour

Peru does many things well, but one of the best is this drink made with the locally produced Pisco Puro, a white distilled brandy. Our friend Gonzalo de Ravago gave us the recipe and we've been drinking them ever since...when we can get pisco that is! We met cruisers who had converted a water tank aboard their boat into a Pisco tank. That's dedication!

2 oz Pisco Puro * 1 tbsp sugar * 1 oz freshly squeezed lime juice * 1 egg white * 4 ice cubes * 2 drops Angostura bitters

For each cocktail, combine all the above ingredients (except bitters) in a blender until ice is dissolved. Garnish with bitters. Multiply ingredients accordingly to make additional cocktails. Note: For up to 4 cocktails, only one egg white is needed.



Abbreviations, Conversions and Hints

1 Fluid Cup (c) = 8 ounces (oz) 250 grams(gr)

1 Tablespoon = Tbsp = 15 mL

Teaspoon = tsp = 5 mL

Pound (lb) = 450 gr

1- 15oz can = 425 gr

F vs. C – the actual formula is $C = (F-32) \times 5/9$, however to save the calculations

250 F = 120C

300 = 150

350 = 175

400 = 200

425 = 220

Conversion Formulae:

Ounces to grams - # oz x 28.3 = # gr

Grams to ounces - # gr x 0.035 = # oz

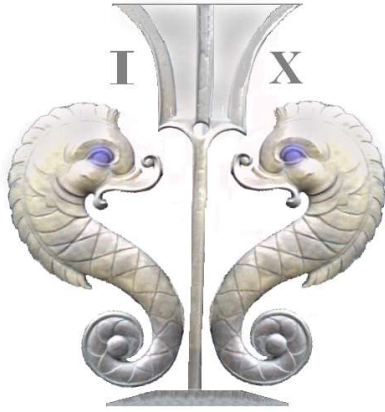
Pounds to grams - # pounds x 453.6 = # grams

Kilograms to pounds - # kilograms x 2.20 = # pounds

Cups to liters - #cups x 0.24 = # liters

Inches to centimeters - # in x 2.54 = # cm

Centimeters to inches - # cm x 0.39 = # in



The name “Nine of Cups” derives from a tarot card and signifies dreams come true. While wandering in Halifax, Nova Scotia, we came across a beautiful bronze gate with seahorses and trident. We photographed it and later used it as the template for our logo above.

“Nine of Cups” is a Liberty 458 cutter.