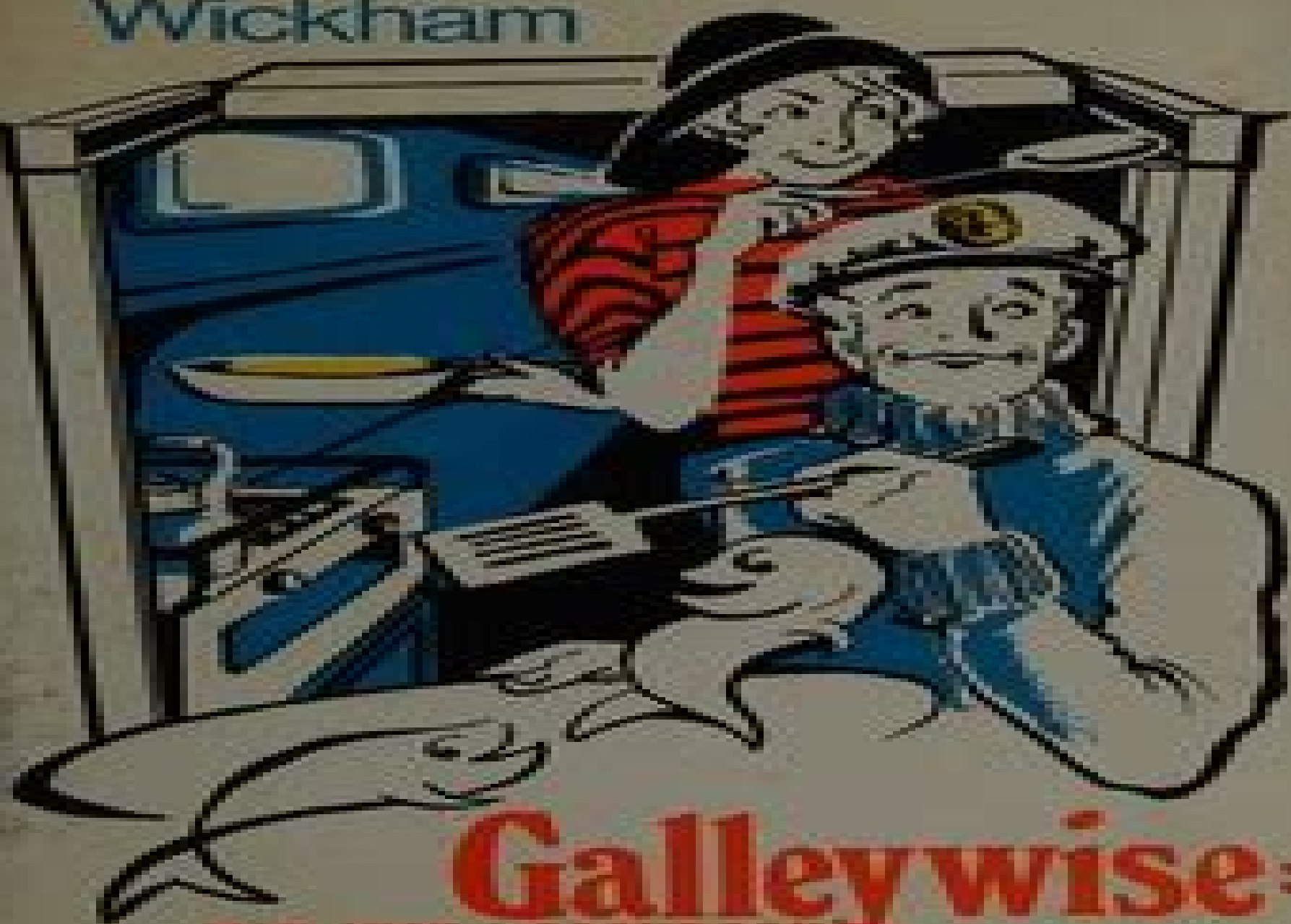


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**Galleywise:**

NOT JUST A COOKBOOK

# Galley Wise Not Just A Cookbook

**Hilary Wickham**



## **Galley Wise Not Just A Cookbook:**

**Galleywise: Not Just a Cookbook** Hilary Wickham,1971      **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 *Son of a Sea Cook Cookbook* Michael Turney,2011-02-13 The position of cook aboard a private yacht most often falls upon the marriage partner of the owner captain and too often it is assumed that the skills acquired in the home kitchen will suffice afloat Perhaps for day and the occasional overnight trips that might be true but if you plan to venture farther afield or afloat there are far more factors to consider provisioning storage meal planning efficiently equipping the galley preparing meals in much more confined space and without the readily available materials that you would have in the shore based kitchen and last but not least safety Son of a Sea Cook provides the first time and even the experienced ship s cook with the necessary knowledge that with experience will become the skills to be a valued and sought after member of the crew *The Mediterranean Method* Steven Masley, M.D.,2019-12-31 This fresh approach to the Mediterranean diet repeatedly ranked 1 by U S News and World Report helps readers lose weight and improve the health of their heart brain gut and microbiome from the bestselling author of The 30 Day Heart Tune Up A superb comprehensive and easy to read book on nutritional healing Stephen Sinara M D bestselling author of The Sinatra Solution From southern Italy Sardinia and France to Spain Greece and Northern Africa the Mediterranean region is synonymous with sparkling azure waters and clear blue skies It s also home to most of the world s longest lived and vibrantly healthy people The Mediterranean eating style abundant seafood vegetables fruits beans and nuts lots of olive oil a wide variety of herbs and spices and even dark chocolate and red wine has been scientifically proven to maintain a healthy gut and healthy weight thereby reducing your risk for heart disease dementia memory loss and many cancers in the process Taking this famously healthy and life enhancing prescription one step further Dr Steven Masley renowned physician nutritionist bestselling author and trained chef offers all the flavors and benefits of the Mediterranean diet but with a skinny twist he focuses on delicious ingredients with a low glycemic load Including 50 recipes for food everyone at the table will love from hearty breakfasts crowd pleasing appetizers soups and sides to family style salads memorable main meals and irresistible desserts The Mediterranean Method is a revolutionary program for losing weight and maintaining the amazing health you regain Slim down and protect your heart your brain and your healthy longevity all while you enjoy the amazing bounty variety and joy of Mediterranean cooking **Power Cruising** Young, Claiborne,1999 *The Delta Queen Cookbook* Cynthia LeJeune Nobles,2012-09-17 **MotorBoating** ,1974-05 *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 *Benjamin Franklin Book of Recipes* Hilaire Dubourcq,2004-04 This is a collection of recipes from the time of Benjamin Franklin complemented by

anecdotes about his extraordinary life in Boston and Philadelphia London and Paris Each chapter is set at a location where Franklin lived or was a visitor and the menus reflect the food eaten at that time The recipes are from several sources including some by the great statesman himself Among the period recipes and anecdotes the reader will encounter some more modern recipes and excursions into the origins of food and drink all served with a liberal scattering of Franklin s quotations

Gourmet in the Galley Felice Martel Morrison,1968      **The American Kitchen Magazine** ,1902      **Cruising World** ,1983-01      *Everyday Housekeeping* ,1902      **The Cruising Chef Cookbook** Michael Greenwald,2010 The Cruising Chef Cookbook is the bestselling most extensive sailors cookbook ever written Twenty two years in print and ten reprints make it clear that sailors consider it essential equipment The new Cruising Chef is actually a book of nautical wisdom in the guise of a cookbook It contains hundreds of tips plus more than 300 delicious recipes Includes an extensive discussion of preparing for a voyage and resupplying in native markets Special Cooking Techniques describes pressure cooking stir frying and grilling particularly useful techniques for the galley chef Greenwald s salty humor is found throughout the book His vignette Planning for the Big Eater is a delight Fishing is a sidesplitting description of his idea of sport fishing      Motorboating - ND ,1983-01      *Food in the American Military* John C. Fisher,Carol Fisher,2014-01-10 American soldiers and sailors have progressed from simple campfire and ship s deck cooking to today s nutritionally sound menu diverse high tech and ethnically correct feeding options This book describes in great detail the development of rations used by America s military war by war from the Revolutionary period to the present especially the challenges of preserving and transporting the food It discusses research into rations the evolution of the training of cooks and bakers and others and various methods of storage preparation and distribution of food Numerous first person accounts appear throughout Instructors considering this book for use in a course may request an examination copy here      *Yachting* ,1974      **Boating** ,1967-07      Motor Boat ,1941

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