

Have a recipe to add to our cookbook? Please send it to:

Mark Gagyi, Port Captain

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(If possible, please include where and when you were cruising when you first prepared this in your galley.)

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Acknowledgements: Many thanks to Joann Mead for getting the *Cooking and Cruising on the Great Lakes* cookbook on the GLCC website.





Boil-in-a-Bag Omelet --- From the galley of the Just Fuelin' Around

- 2 eggs
- ½ c. shredded Cheddar cheese
- Options:
 - 2 slices of deli ham chopped
 - 1 tbsp chopped onion
 - 1 tbsp chopped green bell pepper
 - 1 tbsp chopped fresh mushroom
 - 2 tbsp chopped fresh tomato
 - 1 tbsp chunky salsa
- Crack eggs into a quart sized Ziploc freezer bag
- Press out the air and then squeeze or shake to beat the eggs
- Add the cheese and optional ingredients, but be careful not to exceed portion sizes
- Press out the air, seal the bag and shake to mix
- Bring a large pot of water to boil, add up to 8 bags and cook exactly 13 minutes
- When you open the bag the omelet should roll out easily

Yvonne Murray, New Baltimore, MI

Crab Cakes ala Ashtabula --- From the galley of the *Wind Rider,* Ashtabula OH 2019

1 c. seasoned Panko crumbs

2 6 oz. cans of crabmeat, drained very well

1/4 c. mayonnaise

1 egg lightly beaten

2 green onions finely chopped

¼ c. finely chopped red pepper

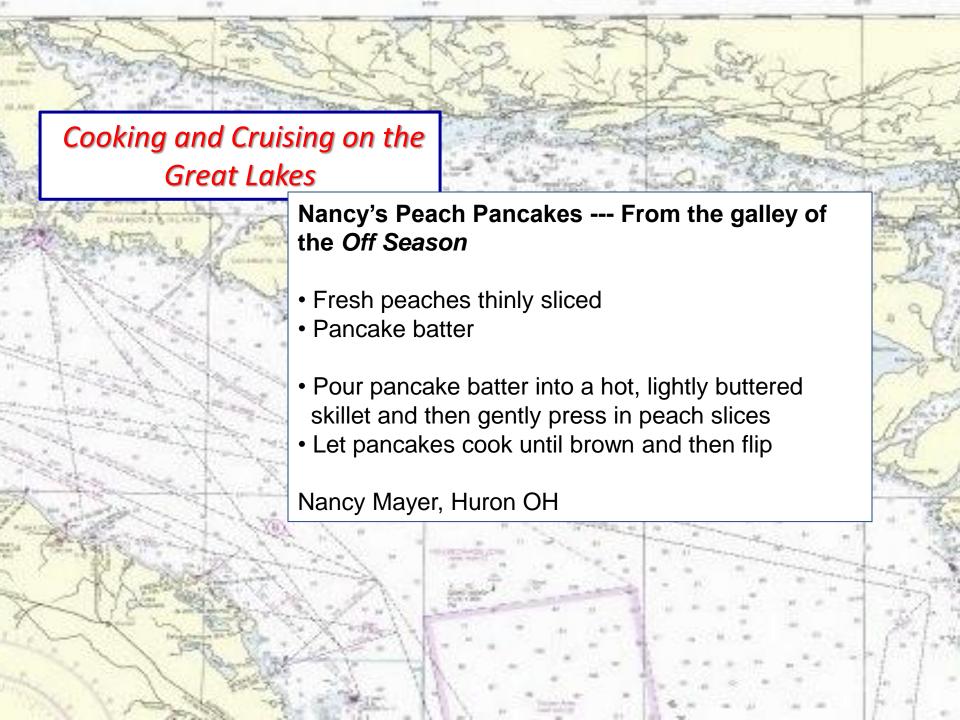
1 tbsp lemon juice

½ tsp garlic powder

⅓ tsp cayenne pepper

Make this a breakfast:

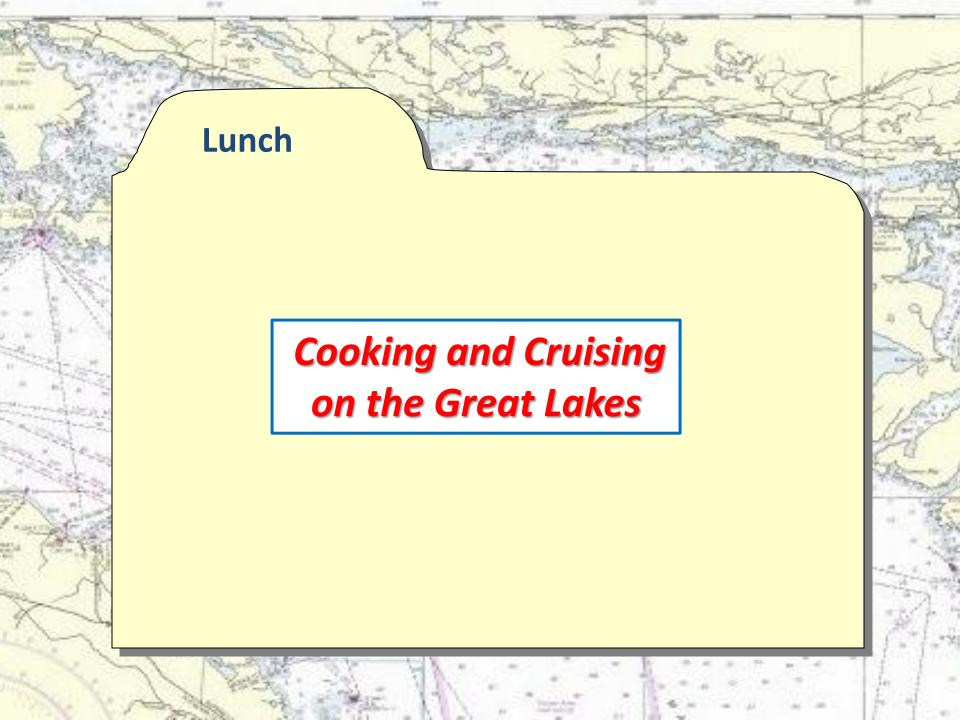
- Top with a fried egg, and
- Cheater's Remoulade Sauce
 (Mayonnaise, stone ground or Dijon mustard, garlic powder, horseradish, lemon juice, pepper sauce)
- Combine 1/3 c Panko crumbs, onions, peppers, egg, mayonnaise, lemon juice, garlic powder and cayenne pepper
- Fold in crab meat, then let sit in the refrigerator for 1 hour
- Form crab cakes and cook in butter or olive oil until golden brown

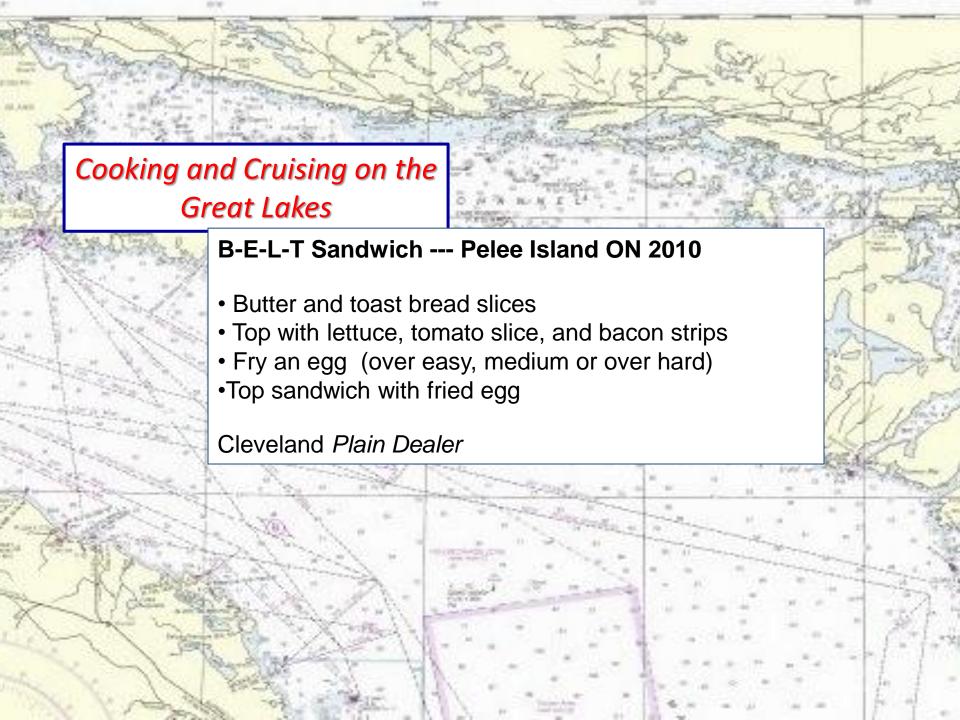


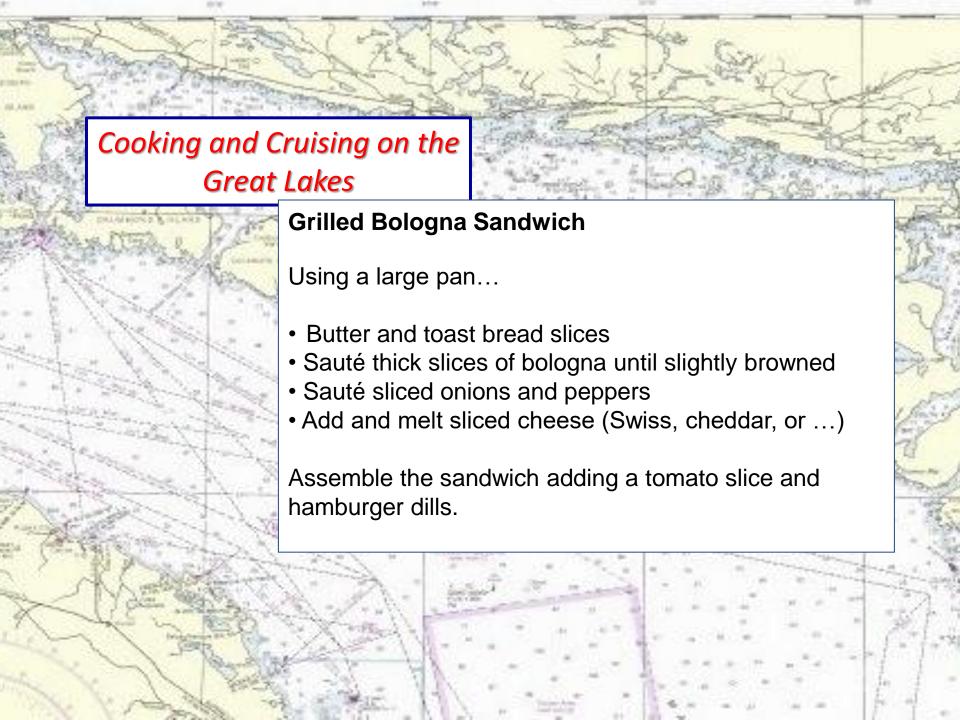
Colleen's Sticky Buns --- From the galley of the *Summer Wind*, Killarney 2000

- 2 loaves of frozen white bread dough
- 1 stick of melted butter
- 1 c of brown sugar
- 6 oz package of vanilla pudding (not instant)
- 2 tbsp milk
- ½ tsp cinnamon
- ½ cup chopped pecans
- Caramelize everything but the dough
- Coat a 9x13x2 pan with non-stick spray
- Break one loaf into pieces, add to pan, and then top with ½ of the mixture. Repeat with second loaf
- Allow dough to rise 2-3 hours or overnight in a closed cold oven
- Bake 350° for 30 minutes
- Increase the mixture by half for extra sticky

Joyce Rogers, Columbus OH



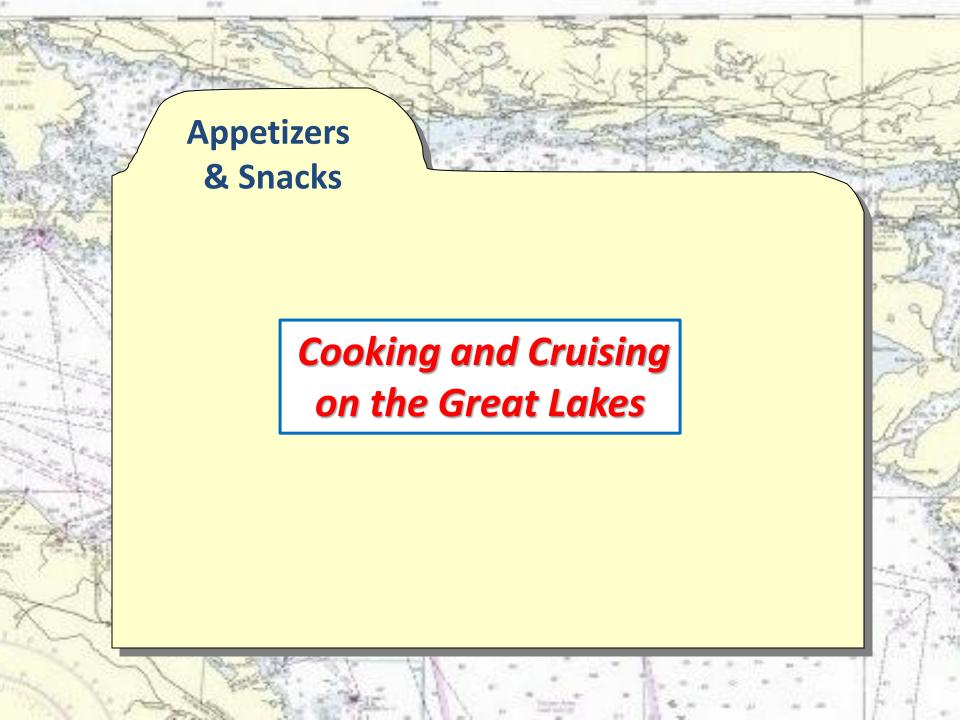


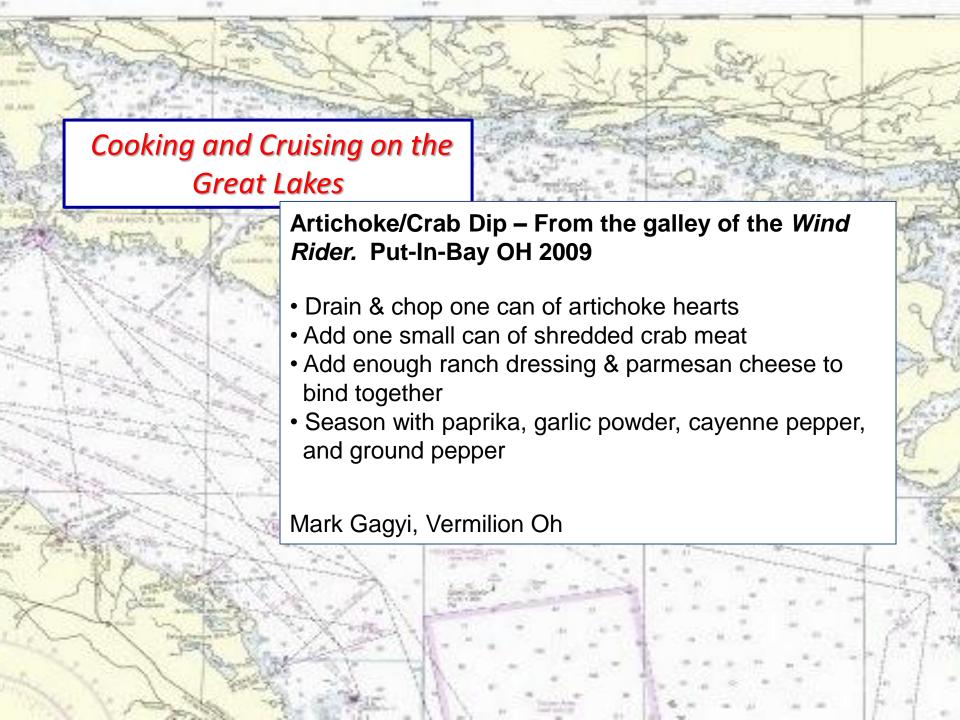




Grilled Chicken Salad --- From the galley of the *Wind Rider*, Pelee Island ON 2016

- Grill a heavily seasoned chicken breast
- Let cool, split and then cube
- Dice a ½ stalk of celery
- Dice a ¼ of an onion
- Chop one hard boiled egg
- Mix together with ½ c of mayo, juice from a ½ a squeezed lemon, 1 tbsp of Dijon mustard, 1 tbsp dry parsley, ¼ tbsp crushed dill seeds
- Can be served as a salad or a wrap with lettuce, tomato and avocado slices





Brie with Apricot Topping – From the galley of the *Morning Light*

- ½ c chopped dried apricots
- 2 tbsp brown sugar
- 2 tbsp water
- 1 tsp balsamic vinegar
- Dash of salt
- 1 tsp minced fresh rosemary or ¼ tsp dried rosemary, crushed
- 1 round of brie cheese (8 ounces)
- Assorted crackers
- Combine apricots, brown sugar, water, vinegar and salt. Bring to a boil and then reduce to medium. Cook and stir until slightly thickened. Remove from heat and stir in rosemary.
- Place brie on an ungreased ovenproof serving dish and spread apricot mixture over the top.
- Bake, uncovered at 400° for 10-12 minutes or until cheese softens.

Lt/C Althea Doolittle, SN, Rochester Hills MI

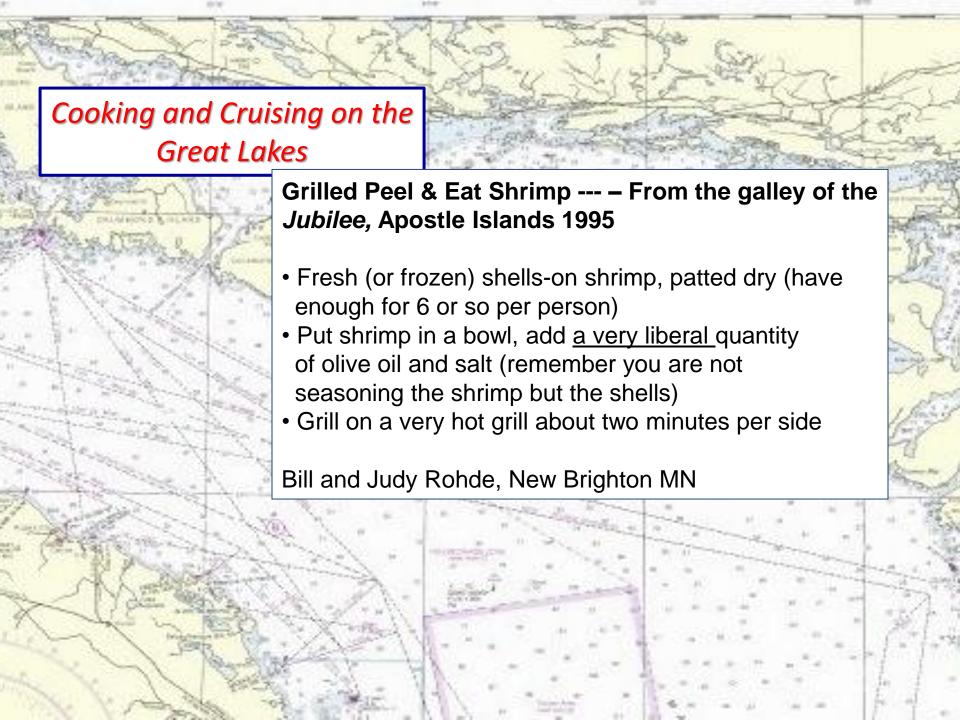
Brown Butter Kettle Corn - From the galley of Quiet Island

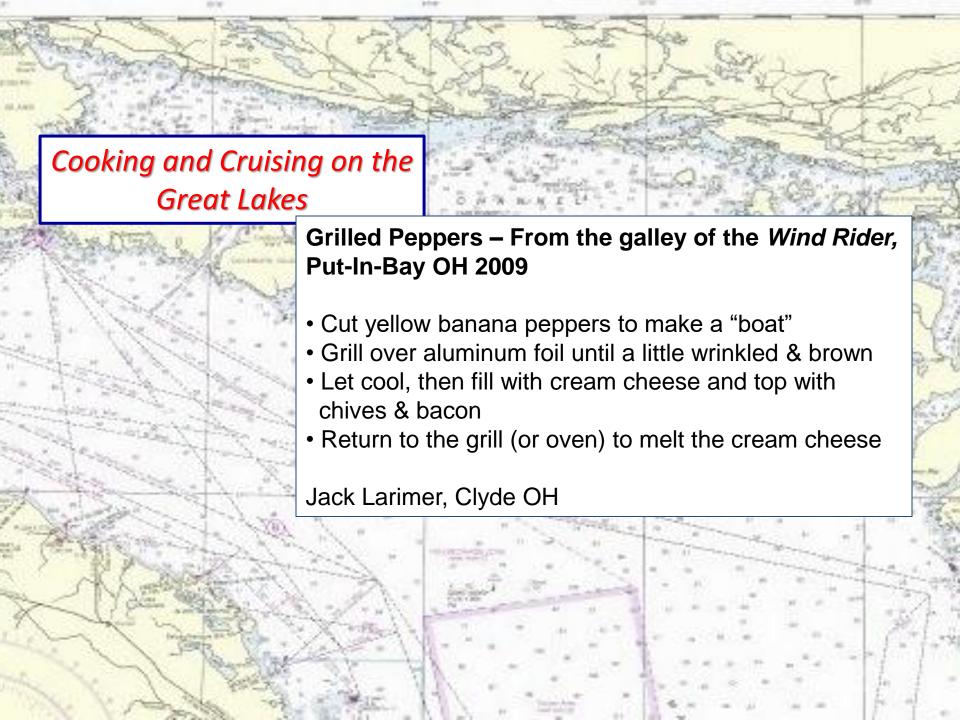
- ½ c unsalted butter
- ½ c brown sugar
- 1 tsp water
- Two 3.5 oz. bags of plain popcorn
- 1 tsp salt
- Cook popcorn according to package directions, add salt
- Cook butter until it foams
- Sir in brown sugar and water
- Toss with popcorn and serve

Elaine Carlin, Vermilion, OH

Bruschetta Dip --- – From the galley of the *Wind Rider*, Put-In-Bay OH 2012

- 3/4 can of diced tomatoes, drained
- ½ c chopped olives
- 1/4 c diced onions
- Fresh basil chopped
- Minced garlic
- Olive oil
- Red wine vinegar
- Salt & pepper
- Mix all ingredients, top with parmesan cheese, heat until cheese melts





Lavosh Pizza --- - From the galley of the *Jubilee*, Apostle Islands 1988

(Lavosh is an Armenian flatbread. You may have to hunt for it. Try a market that carries Jewish or Middle Eastern foods. Look for a real thin, very large crisp cracker.)

- Top the lavosh with a layer of cheese (mozzarella works great), then arrange thinly sliced red onions and mushrooms on top
- Bake at 375° for about 5 minutes
- Garnish with chopped arugula or other green leafy vegetable

Bill and Judy Rohde, New Brighton MN

Salmon Spread – From the galley of *Jubilee*, St. Johns, USVI 2012

- 6 oz salmon, well drained
- 1/4 c soft cream cheese
- 1-2 tbsp diced celery
- 1 tbsp minced onion
- 1/8 tsp Cajun seasoning
- 1 tsp dried parsley
- 4-8 drops of hot sauce
- Pepper to taste

Chief's Note: Purchase good quality skinned and boneless salmon. Use either canned or bagged.

Mix all ingredients together, chill, then serve with crackers

Bill and Judy Rohde, New Brighton MN

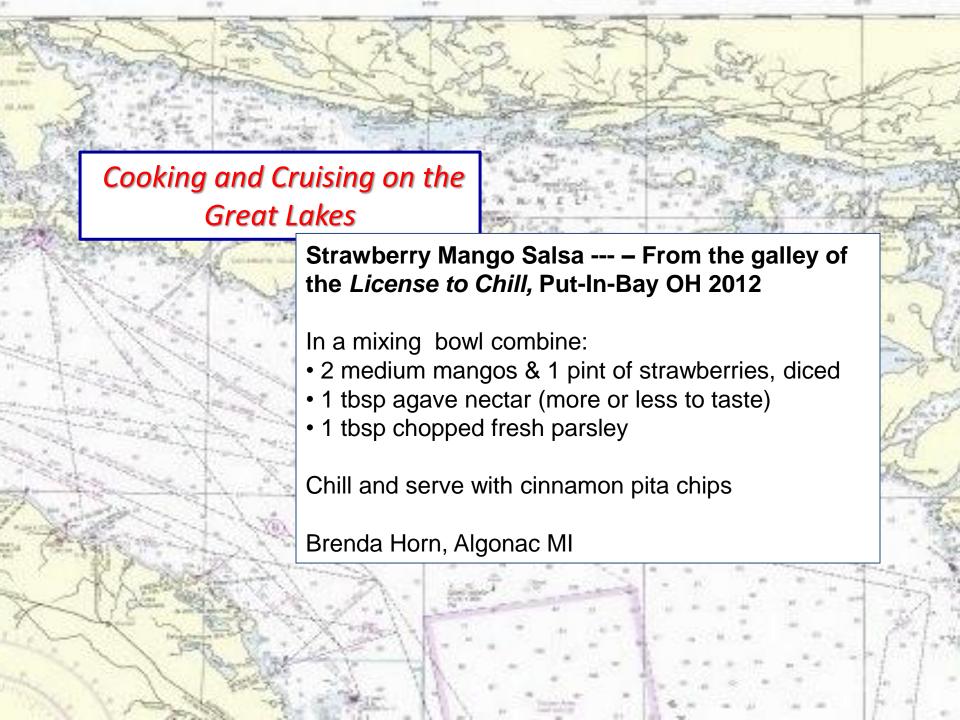
Salmon Spread – From the galley of *Intangible*

- Mix together:
 - 6 oz canned salmon
 - 2 oz cream cheese
 - ½ tsp Tone's Salmon and Seafood Seasoning (dried garlic, pepper, lemon)
 - 1 tsp dried onions
 - 1/4 tsp coarse ground pepper
 - ½ tsp dried parsley
- Add ¼ c Miracle Whip and ¼ c powdered Ranch Dressing
- Mix until smooth and spreadable
- Refrigerate overnight, then serve with crackers

Tom Falck, Burr Ridge IL

Smoked Fish Dip – From the galley of the *Wind Rider*, Put-In-Bay OH 2016

- 1 pound of smoked fish shredded
- 6 oz softened cream cheese
- 3 heaping tbsp sour cream
- 1/2 red onion diced
- Mix together and then season with Tabasco Sauce,
 Old Bay, Horseradish, Dijon mustard and lemon juice
- Adjust the amount or cream cheese and sour cream to make the mixture more "spreadable" or more "dippable"



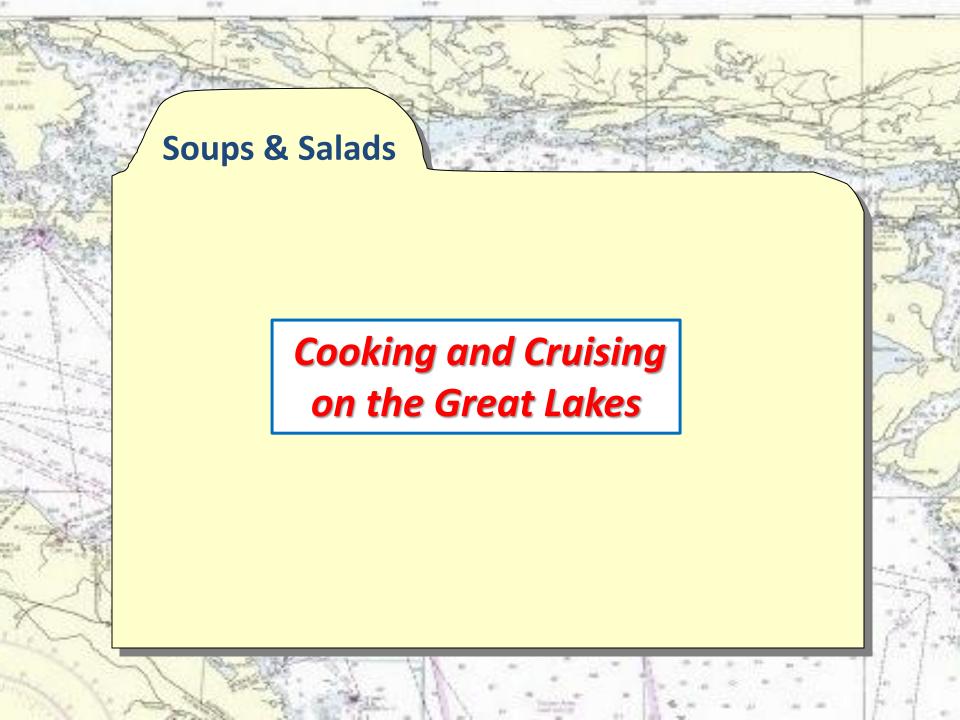
Texas Caviar --- - From the galley of the *Turning Point*, Herl's Harbor OH 2009

- •1 can corn
- 2 cans black beans
- 2 cans Rotella tomatoes
- 1 onion chopped
- 1 bell pepper(red, green, yellow or orange) chopped
- 16 oz zesty Italian dressing
- 3 tbsp fresh or dried cilantro
- Add everything together, chill, and serve with corn chips.

Sharon Dutcher, Springboro OH

Chief's Note:

- Will keep for 2-3 weeks
- You can cut the recipe in half but still use 1 can of corn

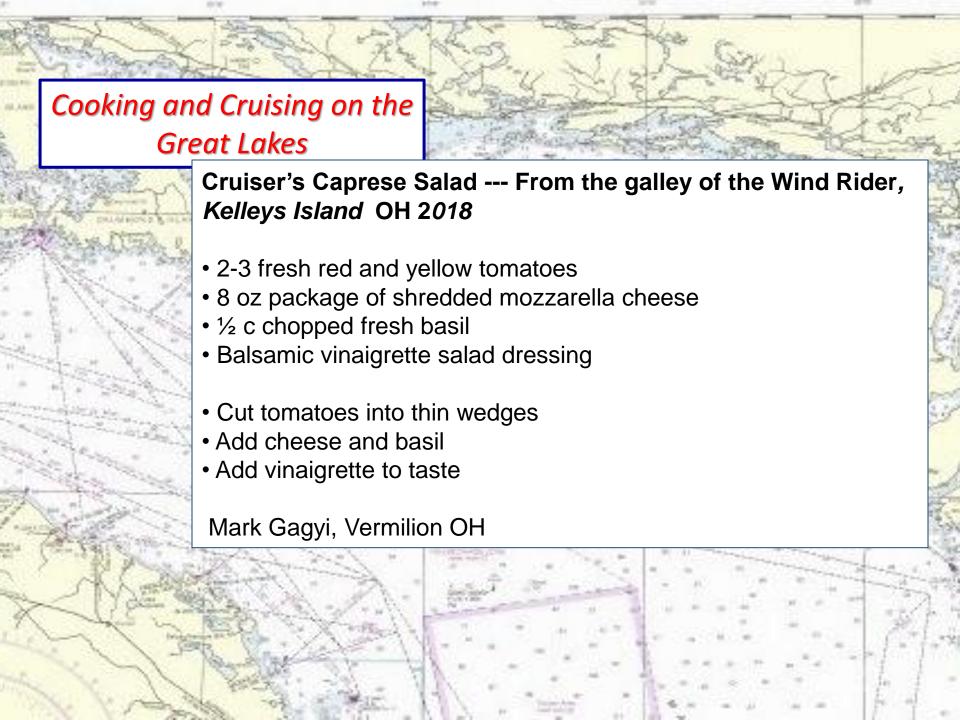




Easy Fruit Salad --- From the galley of *Bromm's Lullaby,* Leamington ON 2014

- 1 can of mandarin oranges, drained
- 8 oz can of pineapple tidbits, drained
- 1 c shredded coconut (optional)
- 1 c miniature marshmallows
- 1 c sour cream
- Options: sliced banana, seedless grapes, strawberries
- Gently fold all but the strawberries together
- Top with the berries for color

Sharon Bromm, Sandusky OH

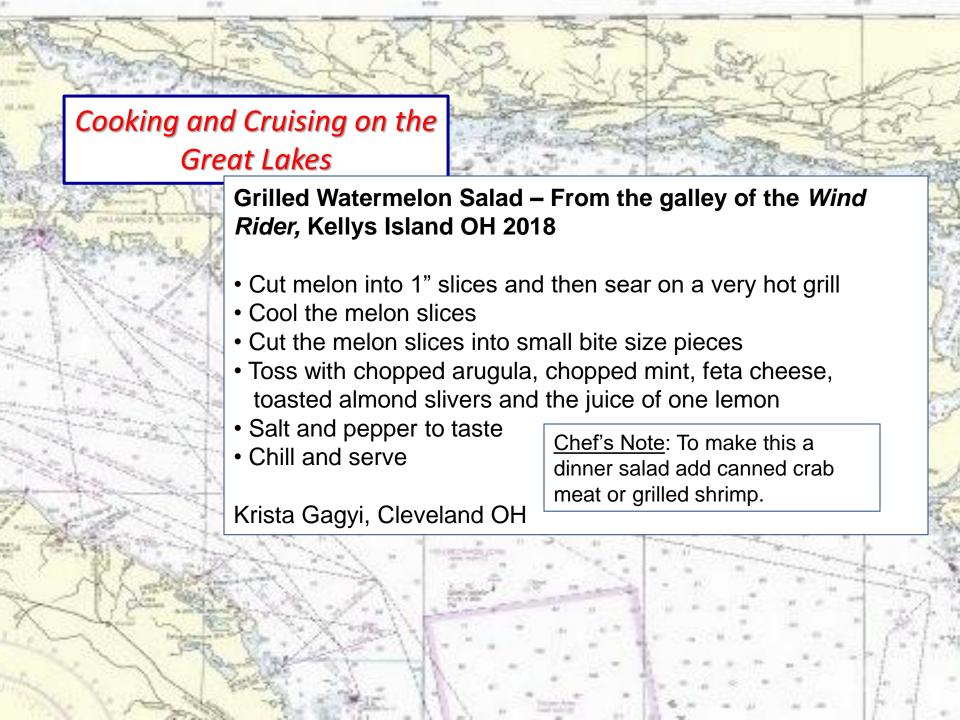


Cold Cucumber Soup --- From the galley of the *Jade Moon,* Cleveland OH 2010

- 1 cucumber
- 1 quart of buttermilk
- LOTS of dill (fresh or dried)
- Pepper
- Peel and chop the cucumber
- Blend all of the ingredients in a food processor or blender until everything is thoroughly chopped and mixed
- Chill and serve

Ken Kabb & Phyllis Goodman, Edgewater Yacht Club Cleveland OH





Louie's Authentic Hungarian Cucumber Salad – Eger, Hungary

2 cucumbers (select thin ones to minimize seed size)

½ c. sour cream

¼ c. white vinegar

1 tbsp minced garlic

1 tbsp paprika

2 tbsp olive oil

salt and pepper to taste.

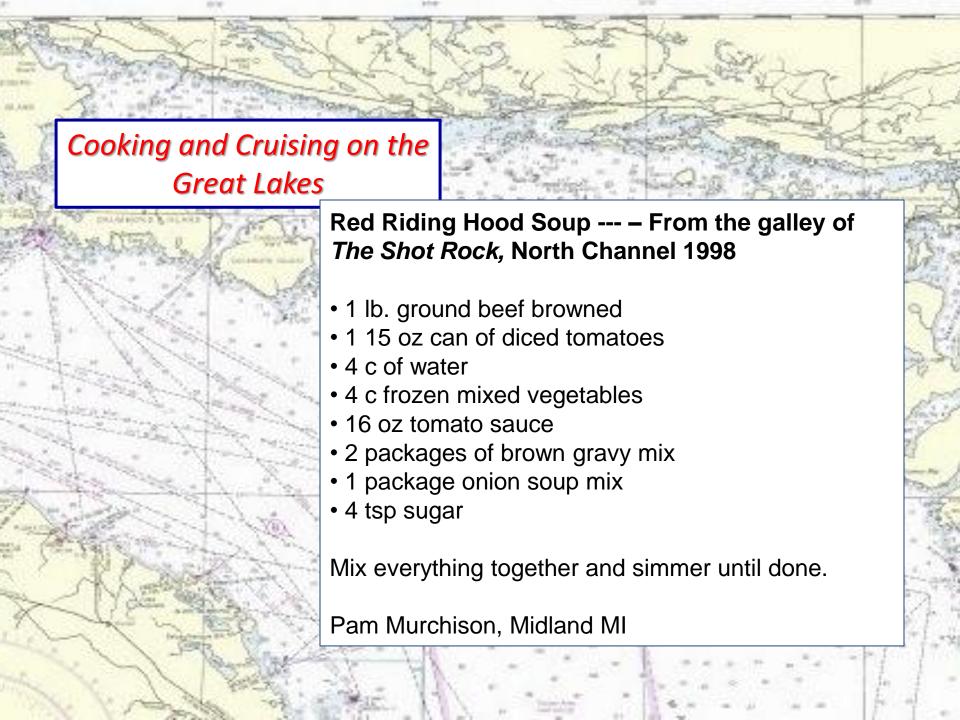
Thinly slice cucumber. Place in a bowl, salt generously and then toss. Let sit for ½ hour, drain off water, arrange on paper towels and pat dry. In a separate bowl mix together sour cream, garlic, paprika and olive oil. Add vinegar a little at a time until you reach the taste you like. Toss cucumbers and dressing together and add salt and/or pepper to taste. Chill and garnish with a sprinkle of paprika. Option: Add thin onion slices.

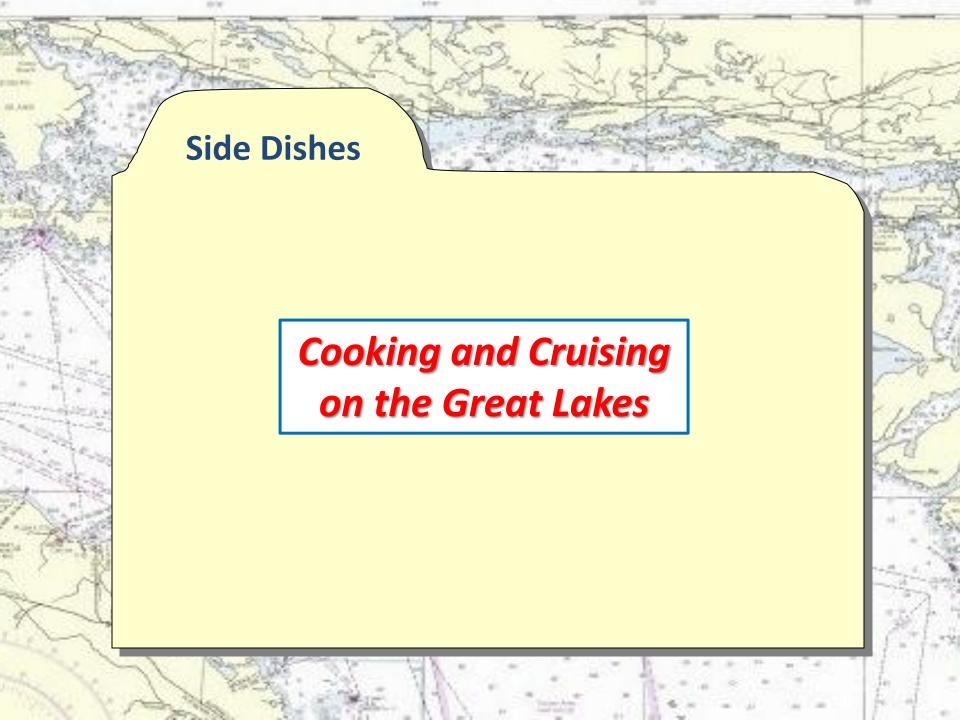
Louis Gagyi, Dayton OH



North Chanel Gazpacho --- From the galley of the *Wind Rider,* Kagawong ON 2013

- 3 c (23 oz) V-8 juice
- Cut into chunks, run through a food processor and then add to the V-8 juice:
 - -1 pealed cucumber
 - -1 seeded bell pepper
 - -2 cans diced tomatoes
 - -1 red onion
- Add 3 tbsp minced garlic, ¼ c white wine vinegar, ¼ c olive oil, s/p
- Mix vigorously and chill





Asparagus and Pasta with Pancetta and Pine Nuts --- From the galley of the *Baby Grand*, The Great Circle Loop 2009

- 8-12 oz uncooked pasta
- 1 lb trimmed asparagus (can substitute broccoli or red peppers)
- ½ c diced pancetta
- 2 tsp minced garlic
- 3-4 tbsp fresh lemon juice
- 2 tsp EVOO
- ½ tsp kosher salt
- 1/4 tsp ground black pepper
- ¼ c grated Parmigiano-Reggiano cheese
- 3-5 tbsp fresh herbs to taste
- Cook pasta according to directions
- Cook pancetta over medium heat until crispy, then drain and crumble
- In the same pan cook garlic and pine nuts until brown. Push to the side and then sauté asparagus in batches
- Combine lemon juice, EVOO, salt, pepper, and herbs
- Plate the pasta, asparagus, pine nuts, and garlic
- Drizzle with lemon juice, then top with pancetta and cheese

Peggy Olsen, Denver CO



Asparagus Potato Salad --- From the galley of the *Wind Rider,* Detroit River 2016

- Cut small red or white potatoes into cubes
- Boil the potatoes until done; drain and cool
- Grill or roast asparagus; cut into 3/4" pieces
- 3 chopped boiled eggs
- ½ c chopped sweet onions
- Aioli:

Mix together 1c of real mayo, 2 tbsp lemon juice, 2 tbsp chopped fresh thyme (3/4 tbsp dry), 1 tbsp minced garlic, salt and pepper as needed.

Combine all ingredients and chill 2 hours or more

Beans in a Bag --- From the galley of the *Wind Rider*, Put-In-Bay OH 2014

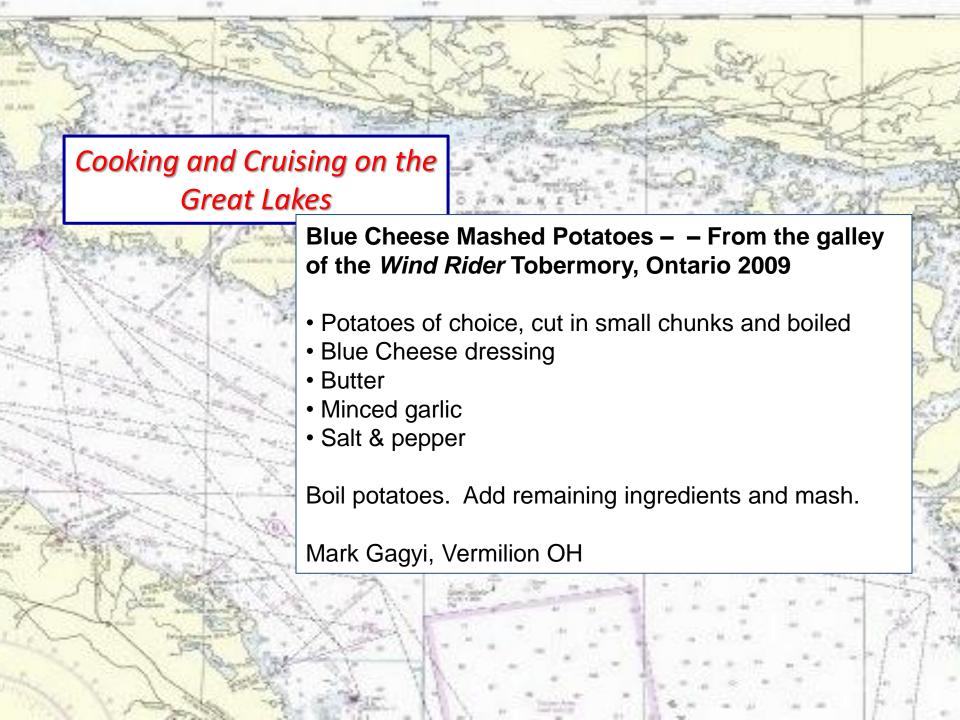
- Fresh green bean washed and ends snapped off
- ¼ c of chicken stock
- 1 tbsp olive oil
- Small sprig of fresh rosemary, salt and pepper or other seasonings to taste
- With a sheet of heavy duty aluminum foil make a bag large enough to hold the beans.
- Start by folding ends of foil to seal but leaving top open
- Add all ingredients and then seal top
- Throw your bag on the grill for about 10-15 minutes



Belle Isle Potato Salad --- – From the galley of the *Wind Rider,* Detroit River 2007

- Potatoes cubed, cooked & cooled
- 2 eggs boiled, cooled & chopped
- ½ c each of chopped celery & onions
- A squirt of yellow mustard, a pinch of caraway seeds, a dash of hot sauce and assorted seasonings to taste
- Mayo & blue cheese salad dressing

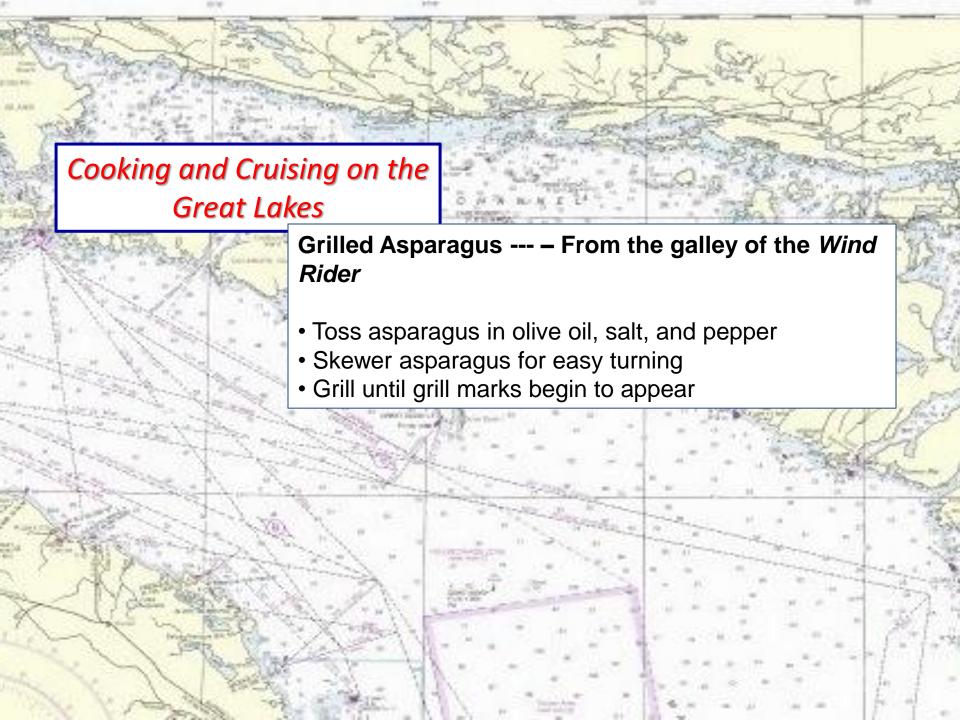
Combine all ingredients with enough dressing and mayo to bind together.



Green Bean Casserole --- From the galley of the *Summer Wind*, Pelee Island 20000

- 2 cans of French Cut green beans
- 1 medium onion cut into thin rings
- 8 strips bacon
- 6 tbsp sugar
- 6 tbsp vinegar
- ½ c slivered almonds
- After draining put beans in a 1 ½ qt casserole
- Cook bacon, cut in half, and retain the drippings
- Layer the onions, bacon, and almonds over the beans
- Add to the bacon drippings sugar and vinegar; heat until mixed well
- Pour mixture over the casserole, cover and let marinate for several hours or overnight
- Bake uncovered at 350° for 45 minutes

Joyce Rogers, Columbus OH





Grilled Fingerling Potatoes – – From the galley of the *Wind Rider* Colchester Harbor ON 2012

- Cut potatoes in half or quarter
- Boil until partially done
- Drain, dry and then toss in olive oil, salt, pepper, and smoked paprika
- Grill for 10-15 minutes until potatoes are tender

Mark Gagyi, Vermilion OH

Parmesan Option:

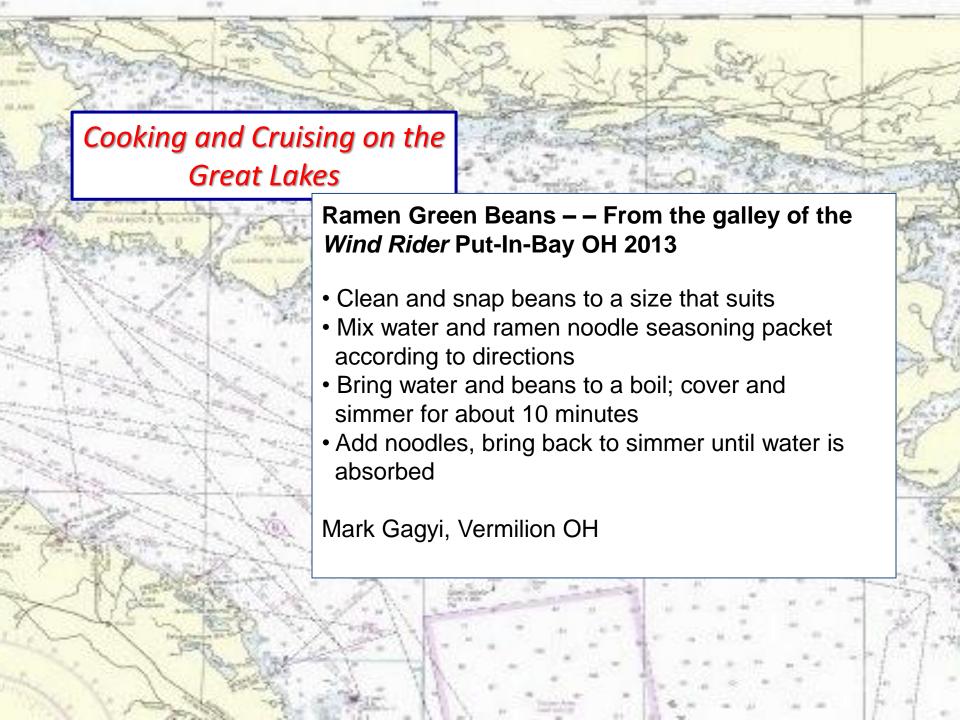
- When almost done return potatoes to mixing bowl and toss with a generous portion of parmesan cheese
- Return to grill to finish

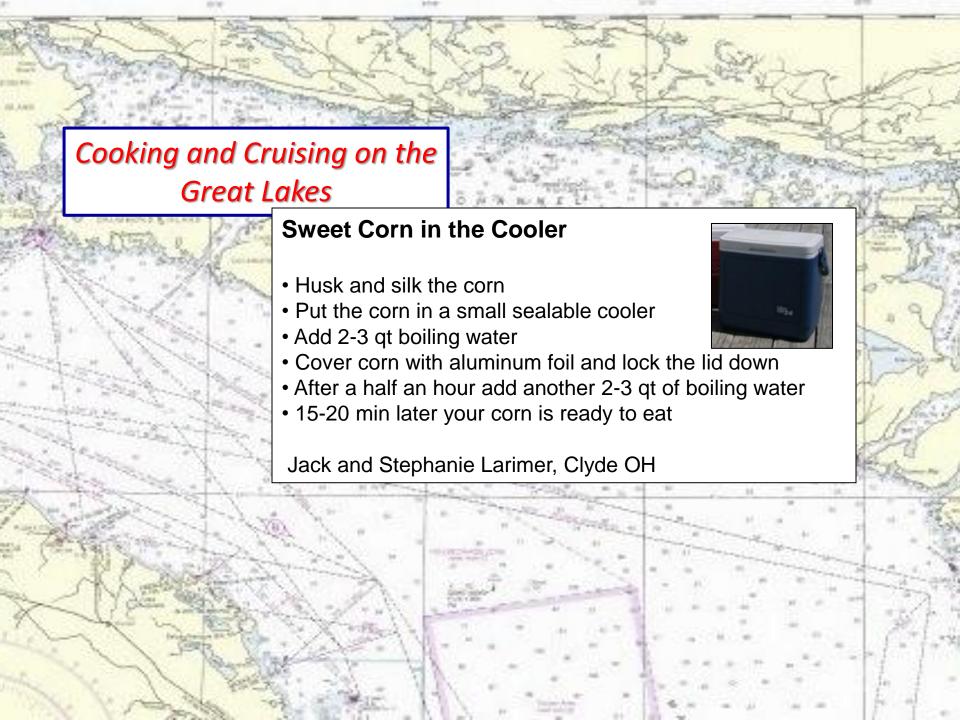


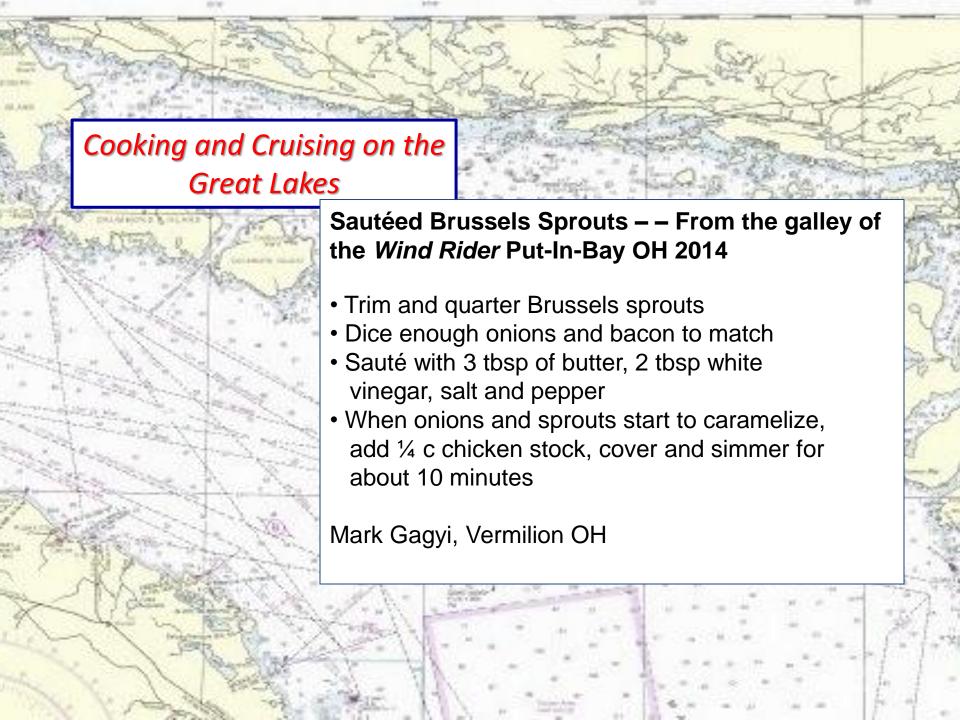
Irish Whiskey-Cherry Reduction Sauce – – From the galley of the *Wind Rider* Charlevoix MI 2007

- Pit and quarter ½ pound of fresh cherries
- Put cherries in a sauce pan or skillet
- Add 2 tbsp of butter and sugar
- Add ¼ c of water and ¼ c Irish Whiskey (Bourbon will also work)
- Cook the cherries down until the sauce thickens and coats the back of your spoon
- Leave or remove the cherry skins to your liking
- Can be served over a grilled steak or a dish of vanilla ice cream

Krista Gagyi, Vermilion OH







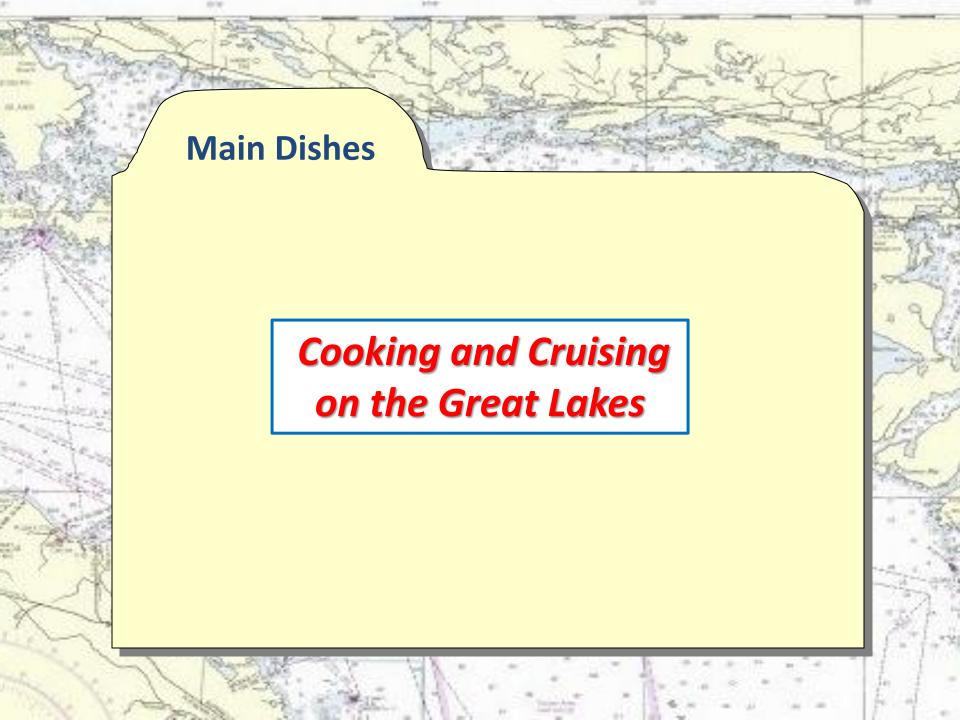
Ultimate Slow-Cooker Mashed Potatoes – – From the galley of the *Lucky Bird*

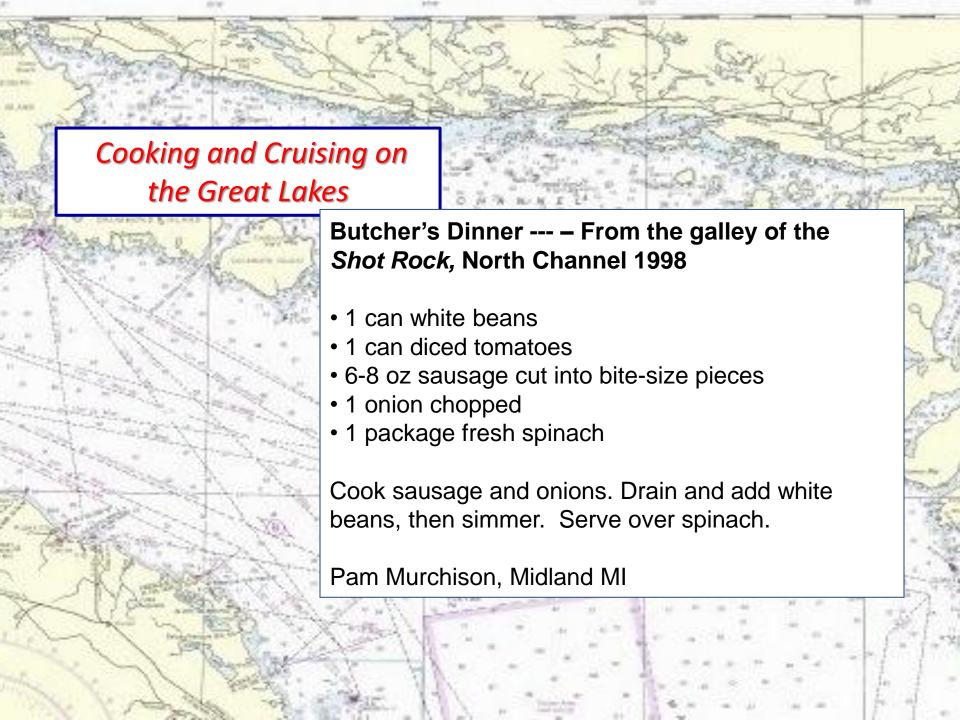
- 5 lbs baking potatoes, peeled, cut into 1"
- •1 ½ c chicken broth
- •1/4 c butter or margarine, cut into chunks
- 1c sour cream
- •1 tsp garlic powder
- •1 tsp onion powder
- •1/4 tsp salt
- ¼ black pepper
- •½ to 1 c milk, warmed

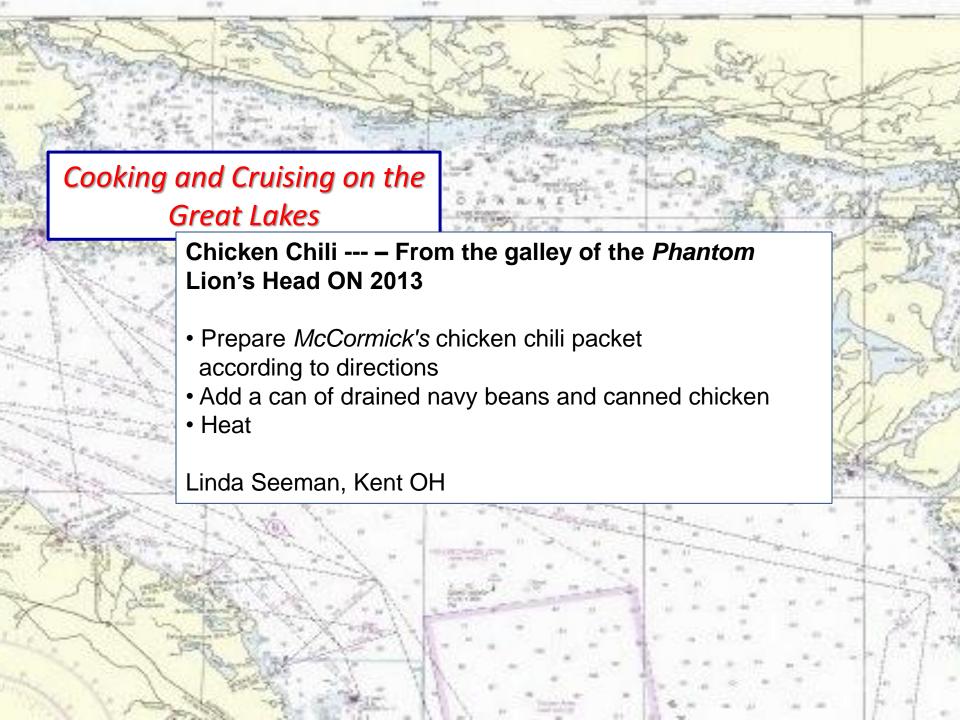
Directions

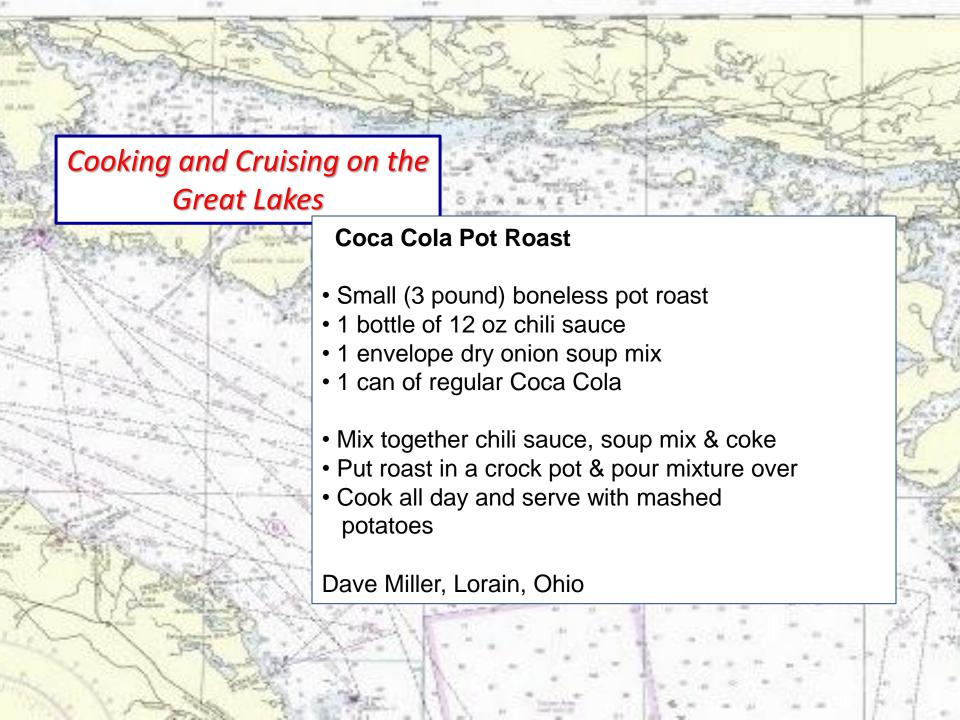
- •In a 4-5 qt slow cooker place potatoes, broth and butter
- •Cover and cook on high heat until potatoes are tender
- Add remaining ingredients except milk. Mash or beat until blended
- •Stir in enough milk for desired creamy consistency
- Cover and keep on warm setting until serving

Alice Smith, Addison IL









Colchester Chicken --- – From the galley of the *Wind Rider* Colchester ON 2012

- Chicken breast cut with a stuffing pocket (consider brining chicken in very salty water for 15-30 minutes)
- 6 oz package of crumpled feta cheese (substitute shredded or thinly sliced goat cheese)
- 1/4 c chopped precooked bacon
- 1/4 c chopped fresh basil
- 2 tbsp minced garlic
- Salt & pepper
- Paprika

Tip: To firm up goat cheese put it in the freezer until hard. Also consider coating the shredder with a cooking spray or oil.

Cut a pocket in the chicken breast. Mix stuffing (feta, bacon, garlic, basil, salt & pepper). Stuff breasts and close with twine or toothpicks. Season with paprika. Grill.

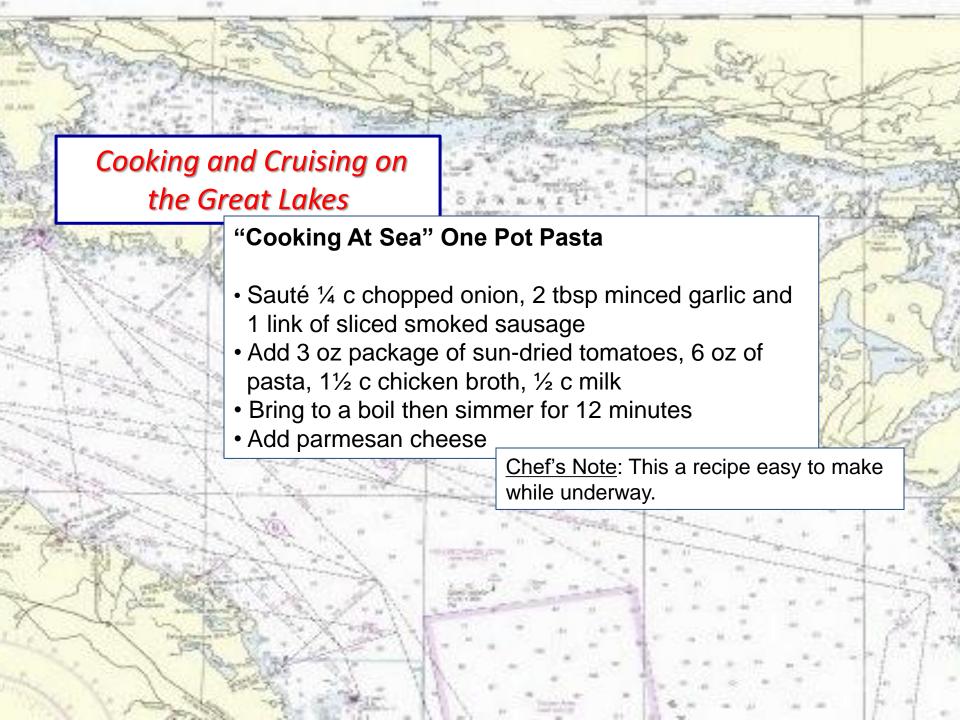


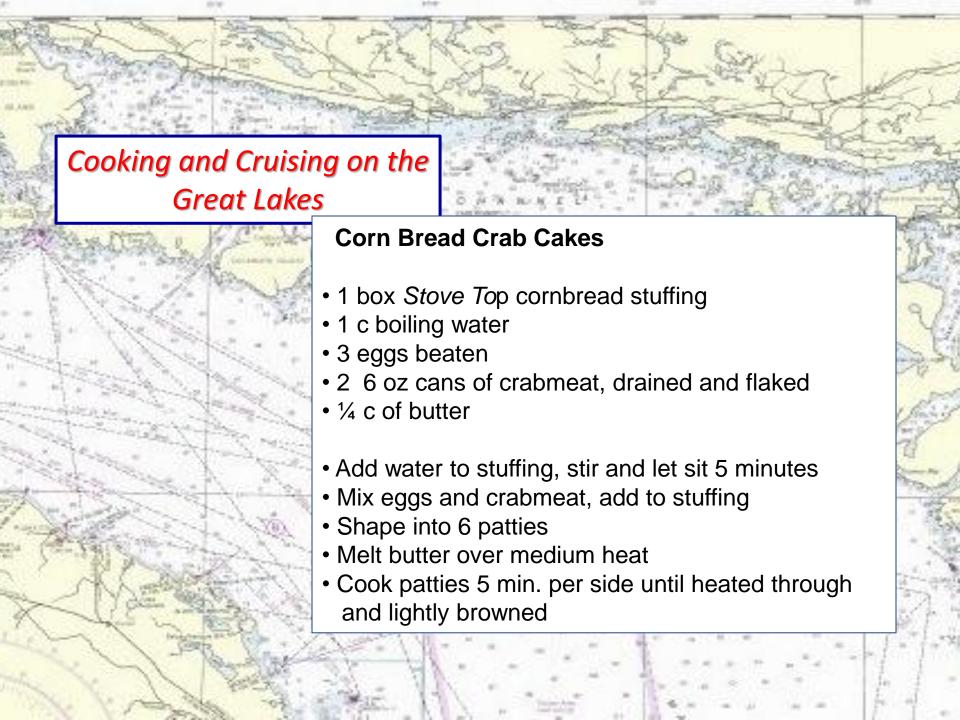
"Cooking At Sea" Sausage --- - From the galley of the *Mon Amie*, Lake Erie 2003

- In a deep pot add 1 can of sauerkraut, caraway seeds (optional), one package of smoked sausage cut into bite-size pieces
- Heat over a low flame until flavors blend together
- If you can plan for some leftover mashed potatoes
- Place a sheet of aluminum foil over sausage and kraut and top with leftover mashed potatoes
- Cover until potatoes are heated

Mark Gagyi, Vermilion OH

<u>Chef's Note</u>: This a recipe easy to make while underway.





Crab Cakes ala Ashtabula --- From the galley of the *Wind Rider,* Ashtabula OH 2019

1 c. seasoned Panko crumbs

2 6 oz. cans of crabmeat, drained very well

¼ c. mayonnaise

1 egg lightly beaten

2 green onions finely chopped

1/4 c. finely chopped red pepper

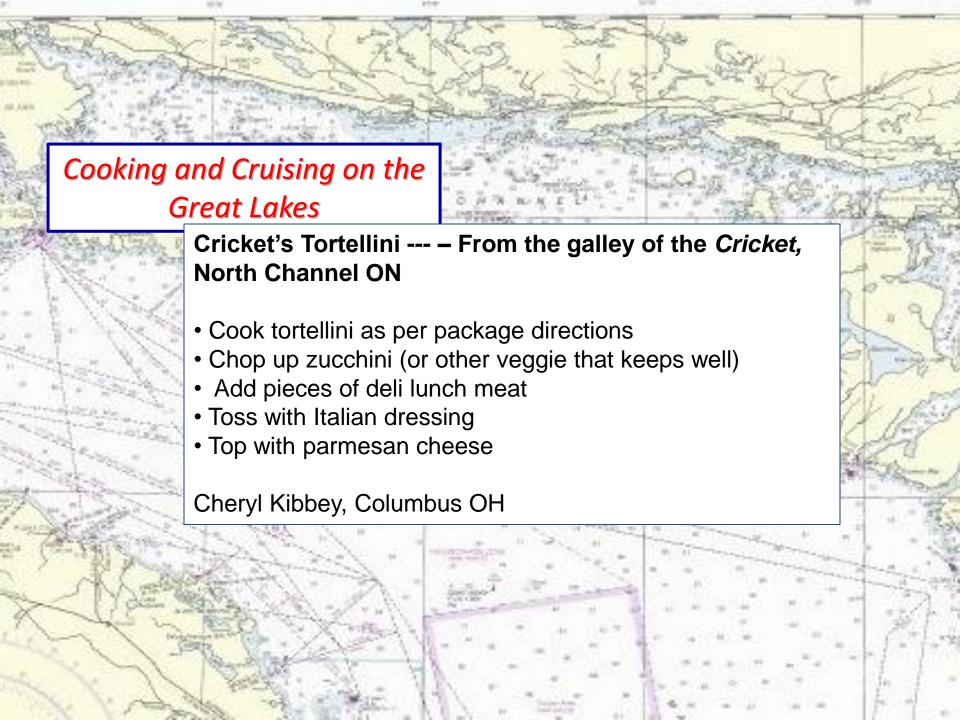
1 tbsp lemon juice

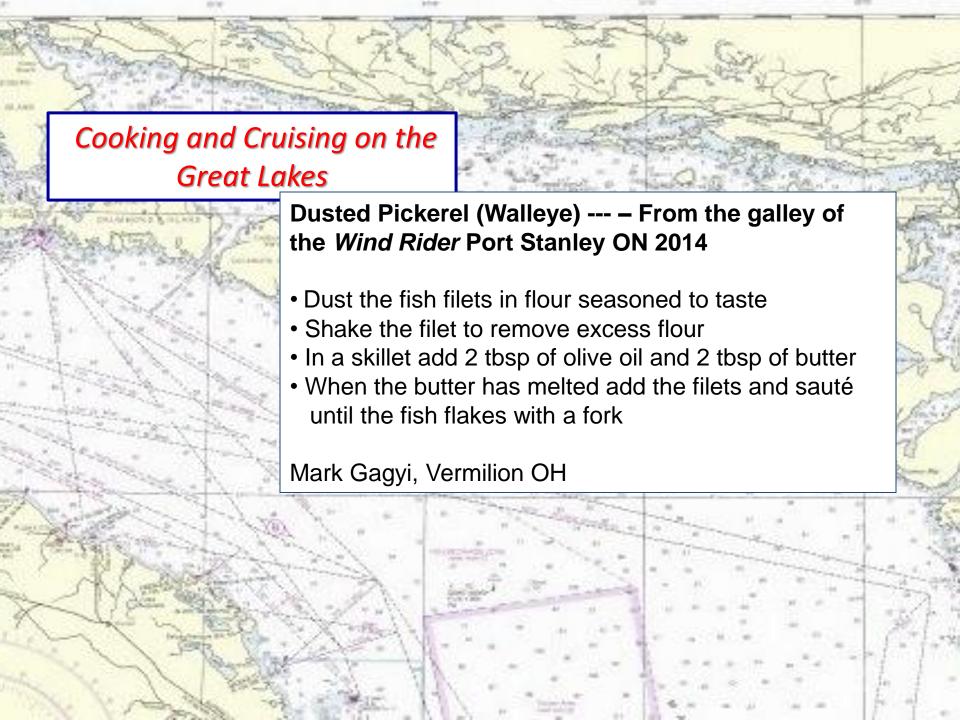
½ tsp garlic powder

1/8 tsp cayenne pepper

Serve with *Cheater's Remoulade Sauce* (Mayonnaise, stoneground or Dijon mustard, garlic powder, horseradish, lemon juice, pepper sauce)

- Combine 1/3 c Panko crumbs, onions, peppers, egg, mayonnaise, lemon juice, garlic powder and cayenne pepper
- Fold in crab meat, then let sit in the refrigerator for 1 hour
- Divide mixture, lightly coat with remained Panko crumbs, form crab cakes and cook in butter or olive oil until golden brown







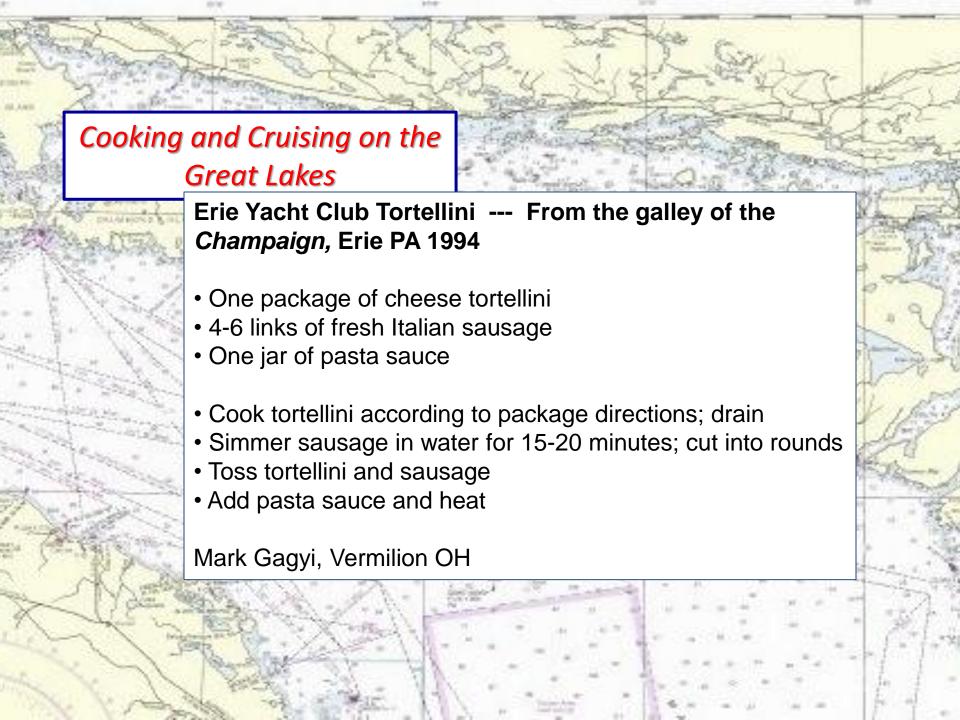
Easy BBQ Pulled Pork --- From the galley of the License to Chill, Lexington MI 2013

For this recipe all you need is one can of root beer and a two pound pork tenderloin.

- Put the tenderloin and root beer in a slow cooker set on low. Cook for 7 hours
- When done, drain the juice, shred the pork, and add your favorite BBQ sauce

It doesn't get any easier than this!

Brenda Horn, Algonac MI



Fish Tacos --- – From the galley of the *Wind Rider*, Batchawana Bay ON 2011

- Several hours before dinner make and chill:
 - Coleslaw: Shred cabbage and carrots, add salt and pepper, lightly toss with a slaw dressing
 - Guacamole: Scoop out 2-3 avocados and mash with a fork, add 1-2 tbsp mayo, chopped tomatoes and onions, salt, black pepper, cayenne pepper
- Season fish filets with a blackening seasoning, then sauté or grill. Cut into chunks or strips when finished
- Warm soft taco shells
- Spread taco shells with guacamole, add fish and coleslaw

Grilled Salmon --- - From the galley of the *Meretricious*

- 1 large onion sliced into rings
- 4 (6 oz) salmon filets with skin removed
- 1 bottle of McCormick Grill Mates Brown Sugar Seasoning
- Dash of salt
- Warm grill to medium heat
- Lightly sprinkle both side of filets from the McCormick seasoning
- Place onion rings on the grill (Option: Use a sheet on heavy duty aluminum foil)
- Grill until salmon flakes

Larry Timm, Bay City MI

Grilled Pork Tenderloin with Mustard Sauce --- From the galley of the *Wind Rider,* Middle Bass Island OH 2019

Marinade:

1 tbsp olive oil

2 tbsp Dijon Mustard

½ tsp oregano

¼ tsp salt

¼ tsp pepper

Mix dry ingredients, add mustard and olive oil. Rub mixture on the loin and cover with plastic wrap. Chill for one hour or more. Grill to 145°.

Mustard Sauce:

2 tsp garlic powder

1 c. heavy cream

1/4 c. grated Parmesan cheese

1 tbsp Dijon mustard

1 tbsp stone ground mustard

3 tsp horseradish

1/4 tsp salt

¼ pepper

2 tbsp butter

Mix all ingredient except the butter, bring to a low boil, reduce heat and simmer ten minutes. Add butter and melt.

Hannah's Darn Good Chicken --- From the galley of the *Freelance*

- 3-6 chicken breasts (preferably boneless and skinless)
- 1 can cream of mushroom soup
- 1 can of cream of chicken soup
- 1 can of mushrooms (substitute fresh mushrooms if you have them)
- 1 can artichoke hearts
- Stir together cans of soup and pour them in a deep baking dish. Add the chicken, spooning some of the soup over them.
- Drain and add the artichokes and mushrooms.
- Cover with foil and bake at 375-400° for 45 minutes.
- Serve with white rice topped with the gravy.

Vicki and Niels Jenson, Minneapolis MN

Hot Legs --- – From the galley of the *Wind Rider*, Detroit River 2007

Chicken legs

Olive Oil

Salt & pepper

4 tbsp butter

5 tbsp hot sauce

1 tbsp white vinegar

Garlic/Parmesan Wing Sauce Option

1 measure of grated parmesan cheese

1 measure of melted butter

Garlic powder to taste

Salt & pepper

- Toss legs in oil, salt & pepper. Grill until done.
- Toss grilled legs in melted butter, vinegar, and hot sauce.

Todd Gagyi, Saint Louis MO



Island Spaghetti – – From the galley of the *Wind Rider,* Middle Bass Island, OH 2011

- Cook spaghetti al dente (about 8 min.), reserve some pasta water
- Sauté ¼ c of chopped onions until translucent, add sliced or diced green pepper and zucchini, cook until soft, and then add minced garlic and can of diced tomatoes
- Cook for a while adding ½ tsp of sugar, s/p, fresh basil, and red pepper flakes (optional)
- Adjust your sauce by adding s/p, sugar, and/or reserved pasta water as necessary
- Mix in cooked spaghetti until reheated
- Optional Add cooked Italian sausage

Krista Gagyi, Cleveland OH

Isolation Shrimp Pasta * - - From the galley of the *Wind Rider,* Middle Bass Island, OH 2020

8 oz. Farfalle pasta (or whatever pasta is on your boat)

I lb. frozen uncooked shrimp

1/4 c diced onions

3/4 c chopped tomatoes (OK to use canned if drained)

3/4 c chopped asparagus

½ lemon

minced garlic

olive oil

Salt/pepper

Butter

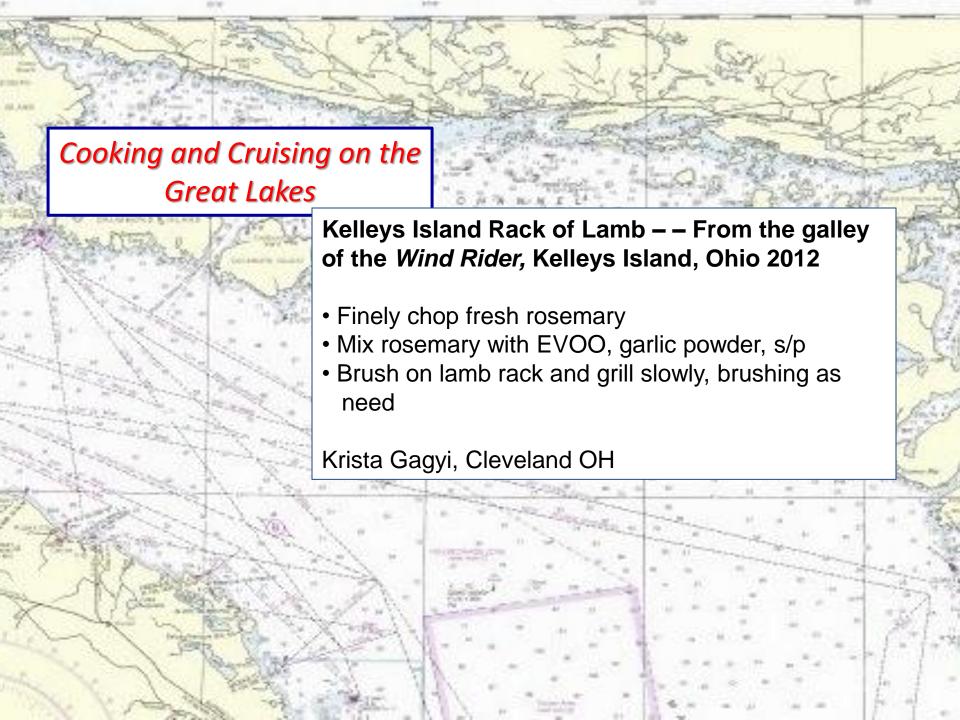
Parmesan cheese

Old Bay Seasoning

- Marinate shrimp in lemon juice, minced garlic, olive oil, salt, pepper for 30-60 minutes.
- Meanwhile cook pasta al dente (make sure you salt the water well).
- Drain and reserve ½ c of pasta water just in case.
- Sautee shrimp, when it starts to turn pink add diced onions, tomatoes, asparagus. Then season with old bay and a bit more lemon juice.
- Let the liquid reduce, finish with a few pats of butter and parmesan cheese.
- Add pasta, toss and garnish with some lemon zest.

Krista Gagyi, Cleveland OH

* I call this <u>Isolation</u> Shrimp Pasta because I pulled it together while on a three day Lake Erie Island outing, keeping our COVID social distance all the while.



Lake Erie Jambalaya --- – From the galley of the *Mon Amie*, Put-In-Bay OH 1998

- 1 can diced tomatoes
- Walleye or perch chunks
- Peeled uncooked shrimp
- 1 c fresh okra, chopped
- 1 chopped onion & bell pepper
- 2 tbsp minced garlic
- ¼ c red wine
- Taco seasoning mix (half a packet)
- Hot sauce

Sauté onion & peppers. Add tomatoes, taco mix, wine, minced garlic & hot sauce to taste. Simmer. Add fish, shrimp, and okra last five minutes. Serve with rice.

Poor Man's Lobster Pasta --- - From the galley of the *Wind Rider,* Rock& Dock, Cleveland Oh 2019

- Pasta of choice
- 1 pkg. imitation lobster meat
- 2 tbsp butter
- ¼ c. sundried tomatoes, drained and chopped
- 2 tbsp minced green onions
- Juice from ½ a lemon
- 1/3 c. white wine (substitute beer or chicken broth)
- Salt & pepper
- 1. Cook pasta in a large pot until al dente, drain and set aside.
- 2. In the same pot melt 1 tbsp of butter. Sauté tomatoes and onions. Add lobster, salt & pepper and continue sautéing for another minute or two.
- 3. Add wine, lemon juice, 1 tbsp of butter then stir until warm and well blended.
- 4. Return pasta, toss and heat until thoroughly warmed.
- 5. Serve with grated Parmesan Cheese



Mango Chutney Pork Tenderloin --- - From the galley of the *Jubilee*, Virgin Islands, 2002

- For this recipe you will need a pork tenderloin, salt
 & pepper, and a jar of mango chutney (mild, hot, or half & half)
- Rub the tenderloin with salt and pepper and brown on all sides
- Pour chutney over the tenderloin, cover, and bake at 350° until the internal temperature registers 165° (about an hour)
- Let stand 10-15 minutes before carving
- Serves well with rice and sautéed vegetables

Bill and Judy Rohde, New Brighton MN

Maple Apple Pork Tenderloin --- From the galley of the *Morning Light*

- 1 package Uncle Ben's Original Long & Wild Rice
- ¾ lb pork tenderloin sliced into 1" thick pieces
- 1 green apple, diced
- 2 tbl chopped walnuts
- ¼ c maple syrup
- Bake or grill pork tenderloin
- Prepare rice according to directions
- Spray a small sauce pan with non-stick coating. Cook apples over medium heat for about 10 minutes, and add walnuts and syrup. Cook for 3-4 minutes more
- Pour the mixture over the cooked tenderloins and serve with rice.

Lt/C Althea Doolittle SN, Rochester Hills MI

Mexican Cornbread Casserole--- From the galley of the *Gaviidae*

(Blog site: http://www.gaviidaesails.com/)

- Vegetable oil
- 1pkg cornbread or muffin mix
- 1 egg
- 1/3 c. milk
- 3/4 c. frozen whole kernel corn (will be divided)
- ½ # lean ground beef
- ½ c. Spanish onion coarsely chopped
- Salt and pepper to taste
- 1 tbsp chili powder or TexMex spice blend
- ½ tsp ground cumin
- 8oz. enchilada or tomato sauce or one 16 oz. can of either
- 10 oz. diced tomatoes & green chilies, drained
- 2 tsp dried oregano (Mexican oregano if available)
- 1/4 c. black olives, drained, sliced & divided
- 1 c. shredded Mexican cheese blend
- Sour cream
- Fresh cilantro

Daniel DeWeese, Edina MN

- 1.Preheat oven to 375°F. Grease 10-in. cast iron frying pan with vegetable oil; set aside.
- 2. Stir together corn muffin mix, egg, milk and half of corn in bowl. Pour into prepared dish.
- 3. Meanwhile, cook beef in medium skillet over medium-high heat until crumbled and no longer pink, stirring occasionally; add salt, pepper, cumin and Tex-Mex or chili seasoning and sauté a couple minutes longer. Drain if needed.
- 4. Stir in drained tomatoes/green chilis, tomato/enchilada sauce and remaining corn.
- 5. Pour corn bread into cast iron pan, then pour meat mixture over top of the batter. Allow 1-2 inch edge of batter around pan. Top meat mixture with cheese. Spread additional sliced olives over cheese.
- 6. Bake 20 minutes or until edges are lightly browned and cornbread base is done.

Serve hot, cut into wedges and top with sour cream and cilantro. Provide hot sauce on the side.

Chef's Notes:

- 1. You can substitute the beef with same amount of precooked chicken or canned chicken.
- 2. You can also add precooked black beans or refried beans to the meat mix.

Moku Hale's Pua'a (Pork, tomatoes, and artichokes) --- From the galley of the *Moku Halle*

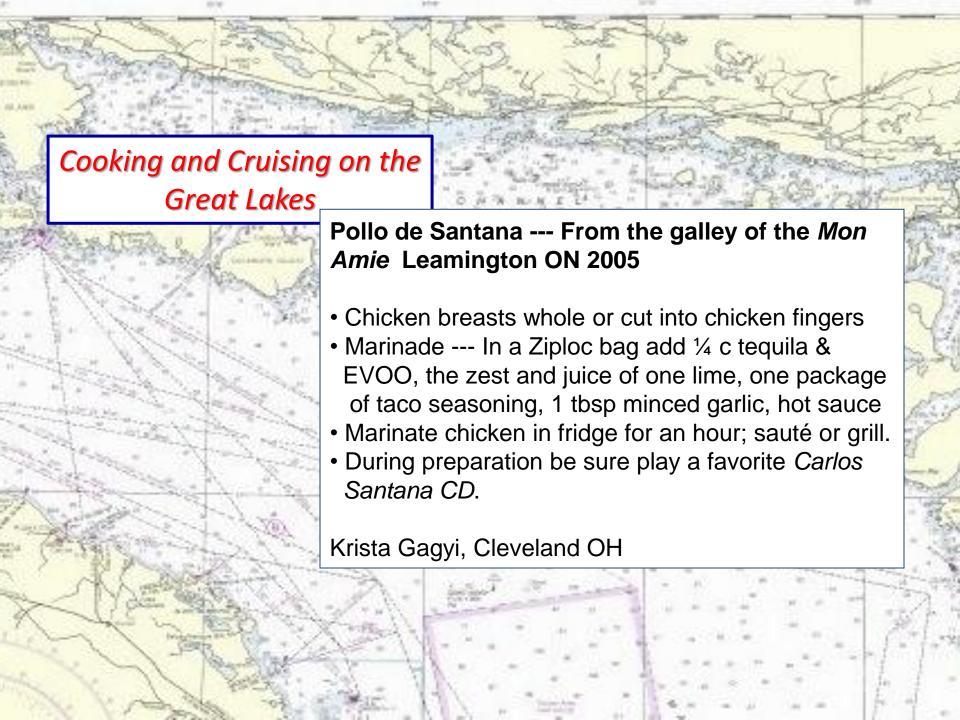
- 1 lb pork tenderloin
- 1 can artichokes, quartered
- 1 can chicken broth
- 1 can chopped tomatoes
- 1 medium onion, sliced
- ½ lb mushrooms, sliced
- 1 garlic clove, minced
- ½ lemon, sliced
- Cut the tenderloin into 1" cubes and brown on all sides
- Sauté onions, then the garlic, and then the mushrooms.
- Return the pork to the skillet and add artichokes, tomatoes, lemon, broth, plus one can of water.
- Cook for about an hour stirring occasionally
- Remove lemon slices and serve over pasta

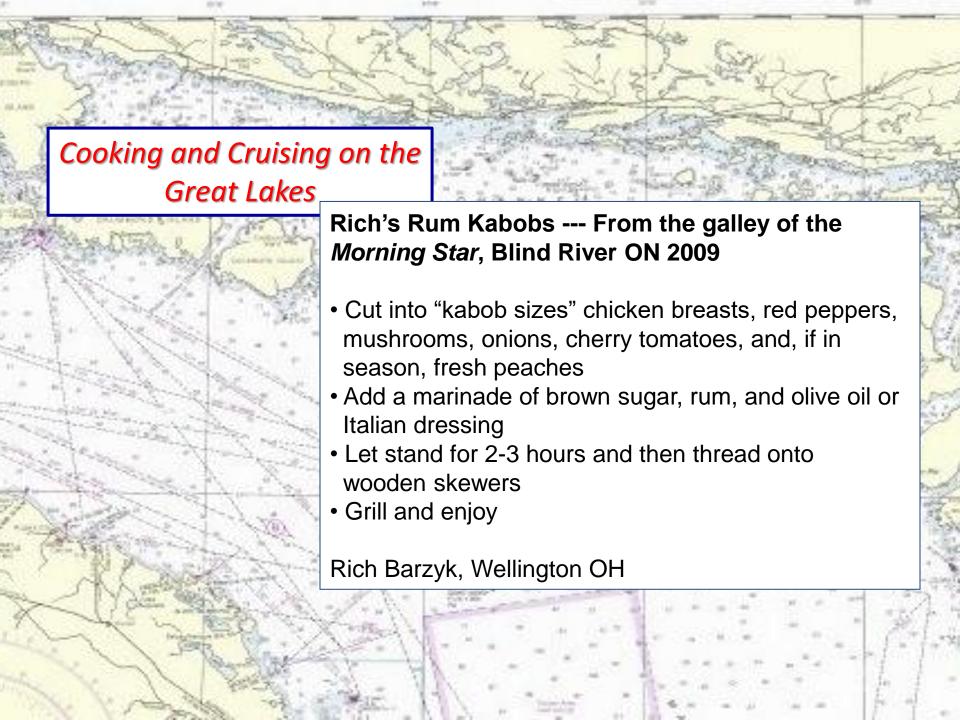
Joann Mead, Cincinnati OH

Pasta Alla Carbonara --- From the galley of the Zephyr

- 6 slices of bacon cut into 1/4" pieces
- 1 c grated Parmesan cheese
- 4 eggs
- 1 pound pasta (preferably spaghetti)
- ¼ c pasta water
- Parsley, salt and pepper
- Cook pasta, drain and reserve ¼ c of pasta water
- In a bowl beat the eggs and then add half of the Parmesan cheese
- Cook bacon in a 12" skillet, pour off the grease
- Add pasta water to the bacon and reheat
- Add and toss the pasta
- Add egg mixture mixing constantly until the eggs are firm and clinging to the pasta
- Add the remaining cheese and then toss
- Add salt and pepper and garnish with parsley

Phillip May, Chicago II





Rolled Chicken and Mushrooms --- From the galley of the *Wind Rider*, Pelee Island ON 2015

- Mix together a can of drained mushroom (stems and pieces) and enough minced garlic to suit
- With a chicken breast flat on the cutting board, make a "c" shaped cut creating a cullet (a fishing filet knife works real well)
- Spread the breast with Dijon mustard and then add the mushroom/garlic mixture
- Roll up chicken breast and either tie or skewer
- Season with salt, pepper, and paprika
- Grill until chicken is done

Mark Gagyi, Vermilion OH



Shrimp Curry --- From "Gourmet Underway"

- 2 lb fresh shrimp
- 1 large onion, chopped
- 4 garlic cloves, minced
- 10 oz package of frozen peas
- 1 c of clam juice
- ½ c plain yogurt
- 1 tbsp curry powder
- 1/4 c cilantro, chopped
- 2 tbsp olive oil
- 3 c water

- Sauté onions and garlic in olive oil
- Reduce heat and add curry powder and then a minute later clam juice
- Add peas and water and cook 7-10 minutes
- Add the shrimp and continue cooking until the shrimp turn pink
- Lower the heat and stir in yogurt and cilantro
- Serve over steamed rice

Gail Bowdish, Green Cove FL

Spicy Mussels with Pancetta and Fresh Tomatoes --- From the galley of the *Homer's Odyssey*

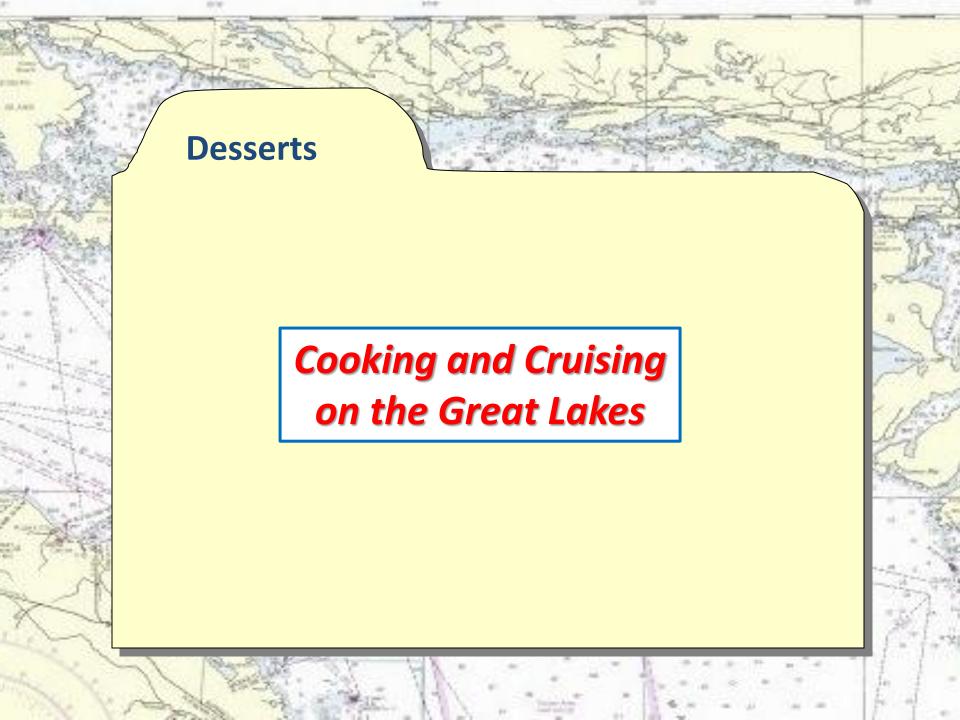
- In a Dutch oven melt 1tbsp butter and then add a chopped shallot, 2 chopped garlic cloves, 4 oz thick sliced pancetta (Italian bacon)
- Sauté until shallot is tender and pancetta is rendered (about 5 minutes)
- Add ½ tsp red pepper flakes,1c white wine, 4 plum tomatoes cored, seeded and chopped (about 2c), and 2 lbs. of fresh mussels
- Cover, bring to a boil, then reduce heat and simmer for 8-10 minutes until the mussels open

Suzie and Craig Bradley, Kenosha WI

Sweat and Sour Meatballs --- From the galley of the *Morning Light*

- 2 lb ground meat (a ground meat/ground pork mixture is good too)
- 1 egg
- Bread crumbs
- 2 can jellied cranberry sauce
- 1 c ketchup
- Garlic powder, salt and paper to taste
- Roll the ground meat, egg, and bread crumbs into balls
- Bake for 15 minutes at 350°
- Mix cranberry sauce, ketchup, garlic powder, salt and pepper in a sauce pan and heat until smooth
- Add cooked meatballs to the sauce and serve

Lt/C Althea Doolittle SN, Rochester Hills MI



Banana Bread (or Cake) --- From the galley of the *Isle Venture*, Leamington ON 2015

- In a large bowl combine 2 c of white flour, ½ tsp salt, 1 tsp baking soda, 1 tsp baking powder
- In a separate bowl cream together 1½ c of sugar, ½ c butter
- Add 2 beaten eggs, 1 tsp vanilla, ¾ c of milk
- Add 3 ripe* mashed bananas and chopped walnuts (optional)
- Pour the banana mixture into the flour and mix and stir until moist
- Grease either a 9x13 pan or two loaf pans
- Add the banana mixture to the pans and then bake at 350° for 40 minutes
- * The riper your bananas the better!

Darra Haase, Okemos MI



Blueberry Buckle – From the galley of *Cricket*, The Benjamins 2013

- Heat 1qt berries, 1 c water and 1 c sugar until berries begin to soften. Bring to a boil, and then simmer gently for 5 minutes.
- Combine 1½ c flour, 2 tsp baking powder, 1tsp. sugar
- Cut in 1 tbl of butter
- Add enough milk to make a soft dough (approximately 2/3 c)
- Drop dough by tablespoon onto hot berries. Cover with tight lid and cook for 15 minutes without raising lid. Dumplings will double.
- Serve hot, spooning sauce over dumplings. Top with whip cream or milk if desired.

Cheryl Kibbey, Columbus OH

Dirty Monkey --- From the galley of the *Bromm's Lullaby*, Kelley's Island OH

- 1 banana
- 2 c milk, cream, or fat free coffee creamer
- ¾ c Kahlua
- ½ c vodka (optional)
- 2 c of ice
- Hershey's chocolate syrup
- Mix everything but the chocolate syrup together in a blender
- Blend until slushy
- Drizzle chocolate syrup along the inside of your glasses
- Add the Dirty Monkey and serve with a straw

Ned Bromm, Sandusky OH

Dump Cake --- From the galley of the Morning Light

- 1 can cherry pie filling
- 1 can crushed pineapple
- 1 package yellow cake mix
- 2 sticks of melted butter
- 1 c of coconut
- 1 c of chopped nuts
- Pour pie filling in the bottom of a 9x13 pan
- Layer pineapple over the filling
- Sprinkle dry cake mix over pineapples
- Drizzles melted butter over cake mix and top with coconut and chopped nuts
- Bake at 350° for 1 hour

Lt/C Althea Doolittle SN, Rochester Hills MI

Susan's Butter Tarts --- From the galley of the Serendipity

- 24 large frozen tart shells
- 1 c of raisins (optional)
- ½ c butter
- 1 c brown sugar
- 1 corn syrup
- ½ tsp salt
- 1 tsp vanilla
- 2 eggs, lightly beaten

<u>Chef's Note</u>: This recipe works best with golden corn syrup, which unfortunately is only available in Canada. At the market look for Beehive or Crown brands.

- In sauce pan combine raisins, butter, sugar, syrup and salt.
- Heat until butter is melted
- Remove and add vanilla and eggs
- Spoon filling into tart shells and bake at 350° for 15-20 minutes

Susan Smith, Toronto ON

Maple Pumpkin Pie --- From the galley of the Serendipity

- 3 eggs, lightly beaten
- ½ c brown sugar
- ½ c maple syrup
- •1/2 tsp cinnamon
- ½ tsp salt
- •1½ cans of pumpkin (28 oz.)
- ground cloves
- 1 c light (10%) cream
- In a large bowl combine eggs, sugar, maple syrup, pumpkin, spices and light cream
- Beat with a rotary mixer until smooth
- Turn most of the filling into an unbaked pie shell and add the rest after placing the shell in the oven
- Bake at 350° for 55-60 minutes until the center is set
- Served topped with whipped cream and drizzled maple syrup

Susan Smith, Toronto ON

Simple Cheese Cake --- From the galley of the *Bonnie Jean*, Herl's Harbor OH 2014

- 8 oz Cool Whip
- 1 can sweetened condensed milk
- 1 package Philadelphia cream cheese
- 1/3 c lemon or lime juice
- A box of graham crackers
- Crush enough graham cracker to form a crust in a pie pan
- Mix well and then beat the softened cream cheese and Cool Whip
- Add the lemon or lime juice
- Form the mixture into the pie crust.
- Cool

Walter & Barbara Moore, Catawba Moorings OH

Windigo Chocolate Cake --- From the galley of the *Hola*, Isle Royale MN

- 1 c sugar
- 1 c flour
- ½ c unsweetened cocoa
- 1 egg
- ½ c milk
- ¼ c vegetable oil
- 1 tsp vanilla
- ½ c boiling water
- Mix the first three dry ingredients in a bowl
- Add the remaining wet ingredients and then mix thoroughly
- Pour mixture into a greased cake pan
- Bake 30 minutes in the center of the oven

Angele Passe, Minnesota MN

<u>Chief's Note</u>: These ingredients can be mixed ahead and carried onboard in a one gallon Ziploc freezer bag.