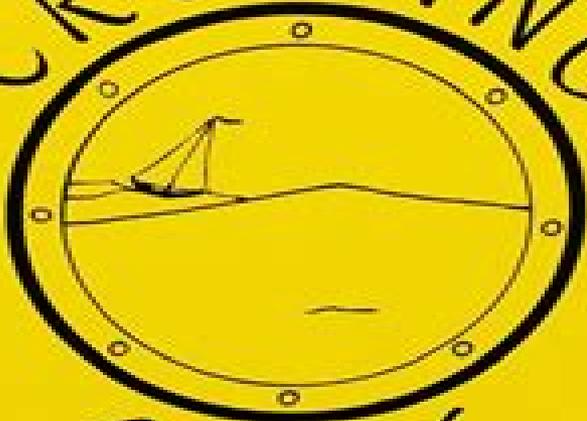


*A Reference Manual for the First Mate!*

The  
CRUISING  
  
COOK

*and*

*First Addition*

*Written and Illustrated by* SHIRLEY HERD

# The Cruising Cook

**Jewell Thrumcap, Richmond Thrumcap**

## **The Cruising Cook:**

**The Cruising Cook and First Addition** ,1977     The Cruising Cook Shirley Herd Deal,1977-04-01     **A Maine Coast Cruising Cook Book** Jewell Thrumcap,Richmond Thrumcap,1965     **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     **Cruising World** ,1982-01     *The Great Cruising Cookbook* John C. Payne,1996-01-25 Here s a book to hurl at the culinary barbarian on your crew though it s a lot more than a simple defense against digestion John Payne who writes with wit and clarity makes the business of learning to be a good sea cook much more entertaining than it might otherwise be All in all this is an excellent guide to the task of providing good food afloat Payne includes a lot of basic but need to know stuff like what kind of fruits and vegetables keep and how long how to really catch fish galley equipment safety on board gardening sprouting and hundreds of really excellent recipes Living Aboard     **The Cruising Cook and First Addition** ,1993\*     **A Cruising Cook's Guide to Mexico** Heather Stockard,2008 If you re planning to cruise the Mexican coast by boat this book will unlock all the culinary treasures you ll encounter during your trip An essential piece of galley equipment it provides invaluable information about food procurement and preparation Spanish translations for ingredients and cooking terms and tips on preparing for your cruise

**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     *Cook's Country* Henry Irving,2016-10-01 Cook s Country is a wholly original guide to the uniquely scenic and historic coasts of North Yorkshire and Northumberland The author s fascinating personal insights complement information on all aspects of this stretch of coastline making this an essential addition to any sailing library Henry Irving has spent a lifetime sailing on the Humber and the Yorkshire coast mostly on Venture a Hull shrimper He also sailed the William McCann an old Hull steam trawler     Cruising World ,1989-07

Gently with the Tides Michael L. Frankel, 1990 At one time or another almost all boaters and many non boaters fantasize about leaving behind the house lawn and neighbors and moving aboard a boat But leaving behind a familiar comfortable lifestyle for the Perils Of The Sea is a quantum leap not to be taken lightly That so few actually make the break has less to do with the rigors of the lifestyle than the lack of information about what it is really like Since 1972 Living Aboard Journal has served as an idea exchange for the members of the Homafloote Association live aboards from all walks of life spread all around the globe Fueled by 18 years of the best letters articles and firsthand accounts from Living Aboard magazine Gently With the Tides is a powerful testimonial to the lure and romance of living aboard a boat It is also a compendium of the pitfalls disappointments and setbacks Most of all it is a high octane dream feeder for liveaboard aspirants It will help them decide whether to it will tell them how to and most important it will fill their dreams with why to 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 is 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

**Yachting** ,1982-01 **The Care and Feeding of Sailing Crew** Lin Pardey, Larry Pardey, 2014-06-03 The Care and Feeding of Sailing Crew despite the title is hardly a cookbook rather it is a primer on successful cruising Certainly anyone

contemplating or preparing for off shore passages would want to read and then keep this volume aboard A 50 day passage from Japan to Victoria Canada in 1979 provides Lin a base for discussing everything from menus to clothing to choosing a fresh chicken to dealing with port officials to preventing sea sickness to buying liquor abroad as well as the best material for underwear Lin and Larry have been full time cruisers and professional sailors for some 40 plus years it s all that they do They ve learned a lot and a great deal of their wisdom appears in this book where specific situations mix with general guidelines As a bonus Lin writes very well She s able to seamlessly tie one subject to the next in a style that seems like great conversation rather than reading a how to do it text By structuring the flow of information in and around the process of food preparation while experiencing the joys and travails of a very long passage she provides the reader with a good cruising tale enhanced with a thousand useful tips Tips vary from entertaining aboard to coping with money transfers There are great tips on provisioning in foreign ports as well as a strong suggestion to only go a short distance before anchoring following a farewell party Excellent chapters will help insure your crew stays healthy and well rested Others deal with creating an ideal galley From big ideas to small tips all are presented logically and with useful illustrations Learn why credit cards are safer to use than debit cards how to keep eggs for up to 3 months without refrigeration How you can determine which engine parts are likely to fail which plastic material makes the best water jugs how Lin outsmarted weevils and learned to bake fresh bread Find out which galley layout works best offshore Rain water catchers how to make the best kind On board trash collection and dealing with black water in boats lacking holding tanks Which cutlery and dinnerware holds up best Standing watches getting rest and using Dramamine as a sleeping aid The book covers everything from the value of a little black cocktail party dress to the safety of double sinks Finally intertwined in the cornucopia of wisdom is meal after nourishing meal sure to lift the spirits of a weary crew Those recipes and cooking tips alone make for a book of great value All the other info is just priceless gravy This fourth edition of *The Care and Feed of Sailing Crew* incorporates ideas and information gathered by Lin and Larry during their more recent voyages through the Line Islands and south through the Pacific to New Zealand The majority of chapters have been expanded to include the most up to date information on sources supplies and new technology Additional recipes and cooking ideas for use on cruising boats of all sizes have been added to ensure this valuable reference source continues to be relevant for all sailors who venture away from home be it for a weekend cruise to nearby islands or a voyage around the world

*The Boston Cooking School Magazine of Culinary Science and Domestic Economics* Janet McKenzie Hill,1909      **A Catalog of Cook Books** ,1979      **One-Pan Gourmet Fresh Food On The Trail 2/E** Don Jacobson,2005-02-24 How to prepare simple delicious meals on the trail If you think eating in the backcountry means either cooking out of your car trunk on a multiburner stove or subsisting on dried fruit and freeze dried pouch food think again In the first case you re not really in the backcountry and in the second case says Don Jacobson you re not really eating The One Pan Gourmet shows you how to enjoy Mother Nature and enjoy easy tasty and satisfying meals using fresh

ingredients and only one pan pot or small oven Don has gathered and trail tested all the recipes and he s added some new favorites for this edition He s also included up to date information on cookware outdoor stoves and water filtration as well as More than 175 recipes for breakfast lunch dinner and dessert Vegetarian options and low fat choices Provisioning and packing advice Weekend menu plans for pan pot and oven Will improve the eating habits of all hikers Gives the overnighiter a delightful yet luxurious addition of tasteful well devised meals that require only one pan pot or do it yourself stove Sierra Outdoors Jammed full of a wide variety of dishes Sea Kayaker Offers a unique perspective on using fresh foods in the wild American Hiker *Outdoors* Pope Manufacturing Company,1894 **Army-Navy-Air Force Register and Defense Times**,1910

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