



FAVOURITE RECIPES

FOR CRUISING & CHARTERS

LUNCHES & DINNERS

PILGRIM'S PLOUGHMANS

PEA & HAM SOUP

PIZZA UNDER WRAPS

CLARE'S COLESLAW

MARINATED SAUSAGES

CHILLI MUD CRAB

SIMPLE FISH TACOS

LEFTOVERS & EXCESS

CHICKEN CAESAR SALAD

PANZANELLA

SAUSAGE BAKE

HOT CROSS BUN PUDDING

CHILLI OIL

PASSION FRUIT SYRUP

PESTO

SUNDOWNER & SNACKS

SALMON DIP

WRAP PITTAS

THE BEST MOIST FRUIT CAKE

A SMALL SELECTION OF RECIPES TRIED AND TESTED ON PILGRIM TO SUIT THE CRUISING LIFESTYLE AND LIMITATIONS OF COOKING ON BOARD.

Many of the recipes don't have quantities so you can adapt them to suit the number of guests or the ingredients that you have to hand.

I cannot take credit for all the recipes - many are adaptations from:

Jamie Oliver

Delia Smith

Taste.com.au

Nigella Lawson

ABC Hobart

Other recipes can be found on our pinterest page:

<https://www.pinterest.com/pilgrimsailing/>

PILGRIM'S PLOUGHMANS

A big hit for charters with fresh bread and a delicious pumpkin chutney.

Ingredients: Take your pick of what's on the platter - these are my favourites as I always have them in stock:

Good cheddar, home baked ham, slices of apple, boiled eggs, cornichons or pickled onions, home baked bread and pumpkin chutney....

Simple home baked ham

Ingredients

1 ham - best you can get

Juice from 1 orange

1/2 cup brown sugar

1/2 cup maple syrup or orange marmalade or honey (whatever you have)

15-20 cloves

Preheat oven to 180C

Method

Stick cloves in skin of ham.

Place ham cut side down in deep baking pan. Pour orange juice over ham. Roast for 30 minutes, basting every 10 minutes with juice.

Meanwhile mix together remaining ingredients. Pour on top of ham then spread evenly over it. Bake until sugar caramelises and starts to form a crust, about an hour.

Pumpkin chutney

I urge you to try this - once you've made one batch you'll never stop...everyone loves it!

Ingredients

3 tablespoons olive oil
250g chopped onions
1 cooking apple, cored and chopped
500g diced pumpkin flesh
8 cloves garlic, peeled and crushed
1 cup water
1 tablespoon grated green ginger
2 teaspoons mustard powder
1 tablespoon salt
125g sultanas
375g brown sugar
90g white sugar
2 cups cider vinegar
1 teaspoon ground allspice
2 teaspoons curry powder
1 teaspoon ground nutmeg

Method

Heat the oil, then saute the onion, apple, pumpkin and garlic for five minutes.

Add the water and cook until the pumpkin is just tender.

Add remaining ingredients and bring to the boil, stirring gently until the sugar is dissolved.

Cook, stirring often, for 40 minutes or until chutney is thick. Pour into warm sterilised jars and seal.

Fresh wholemeal bread - Grant Loaf

This is a great recipe as requires NO KNEADING!! Really really simple and you can prepare at 10am and have it ready for lunch at 12.30! It's good as bread fresh out of the oven or toast after that.

Ingredients

500g wholemeal flour

70g plain flour

2 teaspoons salt

1 teaspoon soft brown sugar or honey

1 sachet of easy blend yeast

approx. 400ml **hand hot** water - temperature of water is important.

Method

Grease 900g loaf tin with butter or similar

Heat the flour in the oven to warm making sure it doesn't burn

Take off any rings!!

Add salt, sugar, yeast to flour and mix well with wooden spoon.

Make a well in the centre and slowly add warm water mixing well with wooden spoon. Use as much water to ensure mixture is fully blended then stop. You may want to finish off mixing with your hands.

Dust worktop with flour

Stretch dough into an oblong then fold one edge to centre then other over the top.

Put in tin pushing down the edges to give it a loaf-like shape & dust with flour.

Leave to rise in a warm place covered with a tea towel - I leave under the dodger out of the breeze.

Once risen above the sides of the tin (approx 45 mins). Bake in a pre-heated oven for approx 50 mins.

To check it's done take it out of the tin and knock it on the base - it should sound hollow. If not return to oven until cooked.

Pea and Ham soup

A favourite to warm the crew when sailing up the coast - we serve it with par-baked bread rolls warmed in the oven. Pre-prepare before departure in a pressure cooker.

Ingredients

290g (1 1/3 cups) green split peas
2 tablespoons olive oil
2 carrots, peeled, chopped
2 sticks celery, trimmed, chopped
1 brown onion, halved, chopped
3 garlic cloves, crushed
700g ham or bacon hocks
1.5L (6 cups) cold water
Salt & freshly ground black pepper
Bread, to serve

Method

Rinse split peas under cold running water until water runs clear. Drain.

Heat oil in a saucepan over medium heat. Add carrot, celery, onion and garlic, and cook, stirring, for 5 minutes or until the onion softens.

Add split peas, ham hocks and water. Bring to the boil over high heat. Reduce heat to medium-low and simmer covered for 2 - 2 1/2 hours or 45 minutes in a pressure cooker. Make sure the bottom doesn't burn. Cook until ham hocks are tender and the meat is falling away from the bones. Set aside for 5 minutes to cool slightly. Remove ham hocks from pan.

Remove the meat from bones. Coarsely chop meat and set aside.

Place one-quarter of the pea mixture in the bowl of a food processor and process until smooth or use a stick blender.

Return to pan with ham. Repeat with remaining pea mixture. Taste and season with salt and pepper. Stir over medium-high heat for 5 minutes or until hot.

Pizza under wraps

This recipe is great to use up ingredients before a shop and uses a store-cupboard favourite - wraps. I use the Mission brand as I find the quality is very good and they last well in the fridge/freezer once opened.

Ingredients

2 wraps per pizza

Grated cheese

Tomato puree or similar

Any ingredients you wish...cheese, ham, salami, olives, peppers, spinach etc etc

Method

The secret to this recipe is lay the first wrap on a baking sheet or similar, then grate plenty of cheese over the top before putting the second wrap on top and scattering with your chosen toppings. Keep the layer of toppings thin so it cooks evenly and stays crisp. Pop in the oven to cook for about 10 mins.

Clare's Coleslaw

Cabbage and carrots are good vegetables which last a long time. Here's my favourite coleslaw recipe. I use a mandolin to prepare all the veg - no power required and super quick - but you can do the old fashioned way with a knife for cabbage and grater for carrot.

Ingredients

1/4 white cabbage or chinese leaf cabbage
1/4 red cabbage
2 carrots
Handful of sultanas

Chopped walnuts & coriander for garnish (optional)

Dressing:

200g whole egg mayonnaise
200g greek yoghurt
splash cider vinegar
0.5 teaspoon of dijon mustard
2 teaspoons caster sugar or honey
pinch of salt
splash of milk (if required)

Prepare your cabbage and carrots - slice cabbage into thin strips and grate carrot or prepare using a mandolin.

Mix all dressing ingredients together except the milk. Check consistency - I like it to be very slightly runny, if you do too add a splash of milk to get to your preferred consistency.

Up to one day before serving mix the vegetables, sultanas and dressing and cover and refrigerate.

When ready to serve top with garnish (if using)

Marinated Sausages

A hit with kids...small and large! Great prepare ahead recipe up to the point of cooking. You can even freeze the marinated sausages and cook once defrosted.

Ingredients

Pork sausages - chipolatas or regular

Marinade

1/2 cup ginger conserve

1/2 cup wholegrain mustard

1 tablespoon oil

Crushed clove of garlic

1 tablespoon soy sauce

Method

Mix all the marinade ingredients together and pour over the sausages.

When ready to cook drain the bulk of the marinade off so it doesn't burn.

Cook in oven for approx. 40 minutes at 180C

Chilli Mud Crab

A great simple recipe for mud crabs....delicious!

Ingredients

Fresh mud crabs
2 tablespoons of olive oil
1 onions
4 garlic cloves
3 teaspoons of grated fresh ginger
2 red chillis - finely chopped
1 tin chopped tomatoes
1 tablespoon soy sauce
1 teaspoon soft brown sugar
2 teaspoons rice wine vinegar

Method

Freeze the crabs until your ready to cook.

Bring a large pot (pressure cooker pot is perfect) of salt water up to boiling point. Cook in salt water not fresh as improves the flavour of the crab and also saves on precious fresh water on the boat.

Cook the crabs for around 15-20 mins. Wash well then pull off apron from underneath the crab and separate the shells. Remove the feathery gills and intestines. Twist off the claws. Cut the body into quarters and crack the claws. Once they are cooked you can refrigerate them until required.

Heat a wok or a large pan until very hot. Add the oil. Then add the onion and cook for 3 minutes, add garlic, ginger and chilli and cook for another couple of minutes.

Stir in the tomato, soy sauce, sugar, vinegar and 1/2 cup water. Bring to the boil, then cook for 5 mins until the sauce is slightly thickened.

Put the crab in the wok and toss to cover with sauce and simmer for 5 mins to heat the crab through.

Serve with crusty bread to mop up the sauce and a salad if you fancy it.

Simple Fish Tacos

Perfect use for a glut of freshly caught fish!

Ingredients

White fish whatever is available
Chilli oil
Tortillas or wraps

Salsa

1 x corn on the cob
1 x tomato
1 x avocado
Coriander
Lime juice

Sweet Chilli Dipping Sauce

1 tablespoon whole egg mayonaise
1 tablespoon sour cream
Slurp of sweet chilli sauce

Method

Cut up fish into cubes, dust with flour, salt & pepper.

Barbecue or grill sweetcorn. When toasted slice kernels off and put in a bowl with diced tomatoes & avocado, chopped coriander and squeeze lime juice over and mix through with salt & pepper.

Make up the dipping sauce by mixing mayo, sour cream and sweet chilli sauce to taste.

Heat chilli oil in a frying pan when hot add the fish and cook, turning until translucent.

While the fish is cooking heat the wraps - either wrap in foil and warm in oven or heat in frying pan.

STALE BREAD

Ciabatta or sourdough bread rolls are great to have in the freezer and can be used for lots of different simple recipes.

Chicken Caesar Salad

A great simple recipe for mud crabs....delicious!

Ingredients

Cooked chicken
Cos lettuce
Bacon
Boiled eggs
Stale bread - ciabatta, sourdough or similar works really well
Parmesan cheese

Dressing

1 tablespoon whole egg mayo
Splash Worcestershire sauce
1 anchovies
1 crushed clove of garlic
Handful of grated parmesan cheese
S&P

Method

Prepare all the ingredients for the salad - shred chicken, slice cos lettuce into strips, boil eggs & chop in quarters, cook bacon, grate or shave the parmesan.

Make croutons - chop into bite size pieces (2cm ish), drizzle with olive oil and put in oven at 180C or fry in fry pan until browned. Rub with garlic when cooked.

Mix all the dressing ingredients with a splash of milk to make the right consistency.

Lay all ingredients out in a large bowl and drizzle dressing over the top and serve.

Panzanella - Tomato and Bread Salad

Ingredients

200 g stale ciabatta loaf or similar
600 g ripe mixed tomatoes, roughly chopped
1 small red onion , peeled and very finely sliced
sea salt
freshly ground black pepper
red wine vinegar
extra virgin olive oil
a bunch of fresh basil

Add the following if you have them:

1 handful small capers , drained
280 g jarred red peppers , drained and roughly chopped
8 anchovy fillets in oil , drained and finely sliced

Method

Tear the ciabatta into rough 3cm pieces and place on a tray. Leave aside in a warm place for around 30 minutes – this helps to dry it out.

Place the tomatoes in a bowl and season with salt and pepper. If using rinse the capers, squeezing out any excess liquid and add to the bowl, along with the onion, peppers, ciabatta and anchovies, if using. Toss the mixture together with your hands, then stir in 2 tablespoons of vinegar and about 3 times as much extra virgin olive oil. Taste and add a little more salt, pepper, vinegar or oil, if needed.

Tear in the basil leaves, stir together and serve. Delicious with barbecued meats or roast chicken.

Sausage or Chicken Tray Bake

Ingredients

Stale ciabatta loaf or similar
Ripe tomatoes, roughly chopped
Sausages or chicken
Garlic
Sea salt
freshly ground black pepper
extra virgin olive oil
a bunch of fresh basil, thyme, rosemary or any herbs you have to hand
Balsamic vinegar

Add the following if you have:

Cannelli beans
Chorizo
Or similar as you wish

Method

Preheat the oven to 190°C.

Get yourself an appropriately sized roasting tray, large enough to take the tomatoes in one snug-fitting layer. Put in all your tomatoes, the herb sprigs, garlic and sausages. Drizzle well with extra virgin olive oil and balsamic vinegar and season with salt and pepper. Toss together, then make sure the sausages are on top and pop the tray into the oven for half an hour. After this time, give it a shake and turn the sausages over. Put back into the oven for 15 to 30 minutes, depending on how golden and sticky you like your sausages.

Hot Cross Bun Bread and Butter Pudding

Ingredients

600 ml semi-skimmed milk
200 ml double cream
400 ml single cream
1 vanilla pod or vanilla essence
4 medium free-range eggs
170 g caster sugar
6 hot cross buns , sliced in half and spread with a knob of butter
1 knob butter , spread on the hot cross buns
a little icing sugar

Method

Preheat the oven to 170°C/325°F/gas 3. For the custard base, bring the milk and all the cream just to the boil in a saucepan. Cut the vanilla pod in half, scrape out the seeds and add to the pan. Whisk the eggs with the sugar until pale, then whisk in the milk and cream mixture, removing the vanilla pod shell.

Dip the hot cross bun halves in the mixture, then place in an ovenproof dish. Sieve the custard over, and leave it all to soak for at least 15 minutes.

Place the dish in a roasting tin, half-fill the tin with hot water, then bake the pudding for about 45 minutes. When cooked it will have a slight crust on top but will still be slightly wobbly inside. Dust with the icing sugar and serve.

BEEN TO THE MARKETS?

Passion Fruit Syrup

Passion fruit syrup is super flexible and can be used as a cordial with sparkling water, base for a cocktail, folded through yoghurt, made into a fool with yoghurt & cream or with served with meringues and cream...the options are endless!

Ingredients

1 cup water
2 cups white sugar
1 cup passion fruit pulp
2 juice of lemons

Method

Put water and sugar into saucepan and boil for 5 minutes.
Add the passionfruit pulp and lemon juice
Boil for another 3 minutes then take off heat.
Strain out seeds and pulp, and pour the mixture into a clean bottle.
Keep the bottle of sauce in the refrigerator and use it within a month.

Chilli Oil

Ingredients

10 (or so) red chillis
Olive oil

Method

Place in saucepan and cover with 2cm olive oil simmer for 1 hour. When cool remove & discard the stalks and the seeds, put the chillis in a clean jam jar, pour over the infused oil and top with regular olive oil.

Pesto

Basil never lasts as long as you want it to. Pesto is great to have in the fridge for a quick pasta or on toasted leftover bread for bruschetta with sundowners..add bocconcini or tomato for something extra.

Ingredients

1 1/2 cups basil
2 garlic cloves
1/4 cup pine nuts
1/4 cup grated parmesan cheese
1/8 cup lemon juice
1/8 cup olive oil

Method

Mix everything together in food processor except the oil and lemon.
Once everything is mixed well, drizzle with lemon and oil.
Mix until well blended.

As sundowners are core to cruising it would be remiss not to include a one recipe to ring the changes from the cheese, crackers and peanuts!

Salmon Dip

I always have a can of red salmon in the store cupboard - it makes a bit of a change from tuna and is great for this dip and fishcakes when fresh ingredients are limited.

Ingredients

100g red salmon
80g philadelphia or cream cheese
2 dessertspoons of sour cream
Lemon & pepper

Method

Mix all the ingredients together well and chill before serving.

Wrap Dipping Bread

Left over wraps are great as pitta bread for dips. Just pan fry them in a little olive oil and slice into strips.

The Best Moist Fruit Cake!

I've never make cakes except for this one...it's an old family recipe from a friend we made cruising....so easy and so delicious!

Ingredients

375g mixed fruit
500g sultanas
1 tsp bicarb soda
250g butter
2 dsp golden syrup
1 cup sugar
3 eggs
1 cup self-raising flour
1 cup plain flour
pinch mixed spice, nutmeg
100g cherries
50g chopped glace ginger
Slurp of rum

Method

Place butter, mixed fruit, sultanas, bicarb, golden syrup and sugar in saucepan and bring to the boil. Simmer gently for 5 mins. then add slurp of rum and set aside for 2 days or so to soak.

Then add eggs, both flours and spices, cherries & glace ginger.

Line & grease 8" square tin and put cake mix in.

Cook for 2.5 hours in an oven preheated to 200C then reduce to 150C when you put the cake in.