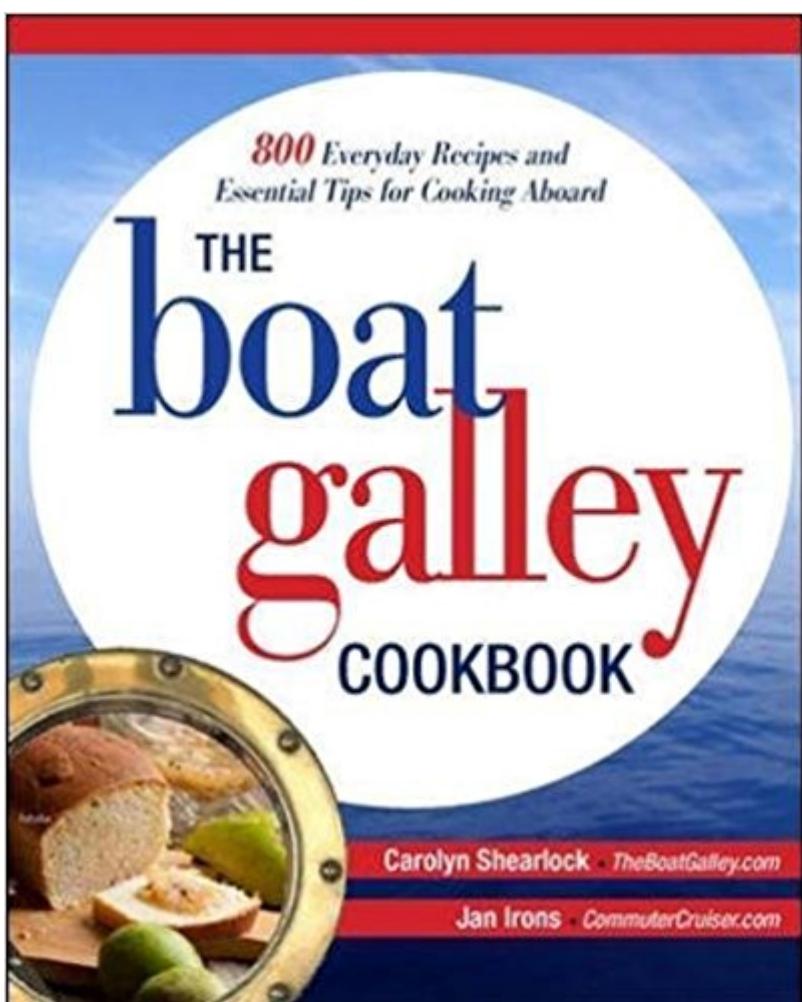


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# The Boat Galley Cookbook: 800 Everyday Recipes And Essential Tips For Cooking Aboard (International Marine-RMP)



## Synopsis

No matter what anyone tells you, boat cooking IS different from cooking ashore. The space is smaller, thereâ€”â€”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, weâ€”â€”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, exploreâ€”â€”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 wasnâ€”â€”t identical, but it was still tasty. We ended up with over 150 substitutions and dozens of â€”make it yourselfâ€”â€• 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 â€”non-cooksâ€”â€• 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.

## Book Information

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## Customer Reviews

"The Boat Galley Cookbook is the most useful, comprehensive sailing cookbook I've found. It has 800 recipes specially designed for cooking within the confines of a galley and thorough sections on substitutions (for when you can't find fancy ingredients), on making your own spices, and on using limited space wisely. The authors, Carolyn Shearlock and Jan Irons, both live aboard part of the year and have a knack for teaching readers how to cook without electric devices or bulky utensils. They'll teach you how to turn a sharp knife and a whisk into a blender, a wine bottle into a rolling pin and a flipped-over baking dish into a cooking sheet. In this thoroughly researched book, they answer nearly every question I've ever had about cooking within the confines of a galley." Sail 20130627

So, I really have to say I love this book. For the novice or beginning cruiser, like myself, it really gives some great insight into all the things I wouldn't normally think of. The Equipping the Galley, Provisioning, and Food Substitutions were particularly useful as well as the endless supply of great boat friendly recipes. Anyone who has tried to cook regularly on a boat knows how different and challenging it can be and how it is too often the one thing that gets overlooked or taken for granted. This book is truly a must have for cruisers of all experience levels. I have never found anything that had so much useful and practical information. Kudos on a job well done!

I have been reading the two authors' blogs for some time now and was eagerly awaiting their book. I was not disappointed! Not only is this a well-developed cookbook, but it is chock full of really helpful tips on provisioning, storage, and other food-related topics. I appreciate that the authors are both cruisers with experience, not just folks trying to come up with one-pot recipes that should be easy to create in a galley.

Plenty of tips and suggestions to make live aboards or weekend sailors take notice. Simple techniques you may not have thought of for everything and some excellent recipes with substitute ingredients in case you don't have what the recipe calls for. A lot of useful information packed into 800 pages plus they have weekly emails with additional information.

If you are a fan of theboatgalley.com or The Boat Galley on Facebook as I am, you may already know something about Carolyn Shearlock's expertise. She is a fine resource as I study and prepare for full-time cruising, and I appreciate her advice greatly. Web resources are great, but this book is now the foundation for my boat's library. As every boater knows, provisioning and on-board cooking is a highly personal matter. That said, guidance is important. Learning from others saves time and frustration and these authors know their stuff! Here's what I like about the book:<sup>\*</sup> Two for one. Carolyn has joined up with Jan Irons and often they provide two perspectives on a particular issue or recipe.<sup>\*</sup> Readability. I find the book an interesting read, not just a recipe book.<sup>\*</sup> Alternative choices. Various methods or ingredients are suggested. This is important when sometimes "making do" is the order of the day on a boat.<sup>\*</sup> Well organized. Chapter title on page edges makes recipes and topics easy to find.<sup>\*</sup> Quantity. Enough recipes and essential tips to serve as the foundational cookbook in my library.<sup>\*</sup> Flavor. Carolyn and Jan provide nutritious recipes that work well aboard, but more importantly they taste delicious. Try the Split Pea Soup in a Thermos. Yum. What I do not like: Hard to say.... I have not finished reading it yet, but I am very pleased so far and do not expect to feel differently later. I did have to squeeze in some notes because there was no blank pages at the back of the book. Seems like a pretty small issue... I recommend this great cookbook for all boating cooks. Perfect for campers too!

We eventually will move to the cruising life. So we started using this at home to try different recipes and see what we like and the storage life of the ingredients. The recipes are good. Some are more applicable to the boat life than others but with so many recipes, you will find ones that you will definitely love. It is one of the better recipe books that I have purchased. We will be using it on S/Y SAIL BE HAPPY

Very helpful book, not only for boat galleys, but for the home kitchen - especially small ones. Great tips for substitutions and doing without certain ingredients. I'm intrigued with the instructions and recipes for cooking in a thermos. The provisioning and storage section is very useful for us novices. Easy to use table of contents. Great reference book.

I bought this book back before it was out in print and had to wait until Sept to get it BUT it was well worth the wait !!!!! I love all the ideas (my husband read thru it too and loved their idea for refilling propane). The recipes are awesome, the organization of the book makes it a fabulous reference guide. I highly recommend this book. We had an added plus as we attended the Annapolis Boat Show this weekend and had the grand pleasure of meeting Jan and Carolyn (and their husbands). Great book, Carolyn and Jan! Will recommend this book to anyone (including non-sailors)!!!

Love the book and met Author while visiting Book Key Harbor on way to Bahamas. Can't wait to try all the recipes.

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