

Appetizers

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Main Dishes, continued

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Pressure Cooker

Apple Crisp
Baked Beans
Beef and Vegetable Stew
Beef Vegetable Soup
Black Bean Chili with Squash and Corn
Black Bean Soup
Chicken in Gingered Plum Sauce
Curry in a Hurry
Lamb Shanks, Braised
Lentil Soup, Red
Meat Loaf with Baked Potatoes
Minestrone, Vegetarian
Parsnip Soup, Cream of, with Ginger
Pasta with Meat Sauce (all in one pot)
Pea Soup, Split
Rice and Bean Casserole, Mexican
Rice, Brown in Casserole (pressure cooker)
Risotto with Sausage and Tomato
Sauerkraut and smoked pork shops, Sausage and potatoes (pressure cooker)
Vegetable Stew with Ethiopian Spices

Salads & Sides

Bean Sprout Salad with Peanut Dressing
Bean Sprout Salad with Seafood
Bean Sprout Stir Fry
Dijon Mustard Vinaigrette
Lentil Sprout Salad, Curried
Pilgrim House Salad with Balsamic vinaigrette
Pasta with Garlic and Cheese
Pasta with Pesto
Potatoes and Onions
Quinoa
Rice, Basmati
Rice, Brown in Casserole (pressure cooker)
Rice & Peas, Bahamian
Sweet Potatoes, Sautéed

Soups

Bean Soup mix
Beef Vegetable Soup (Pressure cooker)
Black Bean Soup
Clam Chowder
Corn, Quinoa, Shrimp Chowder
Cullen Skink (Scottish smoked fish soup)
Fish Chowder
Lentil soup, Red
Minestrone, Vegetarian (Pressure cooker)
Parsnip Soup, Cream of, with Ginger
Pea Soup, Split
Sweet Potato Soup with chicken, Curried Coconut

Apple Crisp, Pressure cooker (Presto recipes)

First, you must find a pyrex bowl that fits inside your pressure cooker and have a rack that sits on the bottom of the cooker on which the pyrex bowl is placed.

2-3 apples, peeled, cored and sliced
1-2 tbsp white sugar
1/2 tsp cinnamon
3 tbsp soft butter

1/4 cu brown sugar
1/2 cu quick steel-cut1 oats
3-4 tbsp flour
2 cu water

Put apple slices in buttered pyrex dish; the dish should have about 1 inch of space above the apples and the rim of the pyrex dish for the topping. Sprinkle the apples with cinnamon and white sugar. Cream the butter and brown sugar. Add the oats and flour and mix well with your fingers. The topping should resemble coarse meal. Add more flour if it is too sticky and does not crumble. Sprinkle topping over apples. Cover bowl firmly with aluminum foil. Pour water into cooker. Place bowl on rack in cooker. Lock the lid and bring to high pressure over high heat. Reduce heat to just maintain pressure and cook for 20 minutes. Quick release pressure by putting cooker under cool water. When pressure is fully release, open lid, remove pyrex dish and take aluminum cover off dish. Let cool slightly or to room temperature. Serves 2, 4 if you add ice cream

Avocado Salsa

1 ripe avocado, pitted and diced
2 large plum tomatoes, seeded and chopped
1/3 cu chopped red onion
1/4 cu chopped fresh cilantro or parsley

1 jalapeño, seeded and diced (optional)
2-3 tbsp lime juice
3 tbsp olive oil
salt

Combine all ingredients. Refrigerate if not using immediately. Best if it is left to marinate several hours or overnight.

Baked Beans

Soak 1-2 cups of Great Northern Beans (or white navy beans) in water all day. Rinse well.

Pressure cooker method: Put soaked beans in cold water to cover with 1/4 lb. bacon, cut in chunks and 1/4 cu sugar. Put lid and pressure rocker on cooker. Put on high heat until rocker begins to rock gently. Turn down heat to medium and cook for 15 minutes with rocker gently rocking. Turn off heat and let pressure drop before opening cooker.

Non-pressure cooker method: Put soaked beans in cold water to cover the 1/4 lb. bacon cut into chunks. Boil briskly for 10-15 minutes. Add 1/4 cu sugar and simmer for about 45 minutes or until only a little water is left.

Both methods: Drain any water that is left in the pot. Put beans and bacon into a baking dish. Sprinkle with brown sugar. Put in 300°F oven and bake until hot, about 10-25 minutes.

Serve with tomato ketchup and a salad. Serves 4

Banana Bread (from a cookbook in Charlevoix, #1 Belvedere Club)

1/2 cu margarine or butter
1 cu sugar
3 ripe bananas, sliced and mashed
1 egg
1 tsp vanilla
2 cu flour

1 tsp baking soda
1 tsp baking powder
1/2 tsp salt
3/4 tsp each cinnamon and nutmeg

Cream margarine and sugar. Beat bananas, egg and vanilla into sugar mixture. If you use dried egg, mix 2 tbsp of egg powder with the flour, and add 3 tbsp of water to the banana / sugar mixture. Stir in remaining ingredients until just blended. Pour into greased loaf pan and bake at 350 degrees for 45-55 minutes.

Check for doneness with a toothpick pricked into middle of loaf. If it comes out clean (no batter on it), the bread is done. Top crust should be dark. Cool 10 minutes before turning out of the pan on a cooling rack.

BBQ Sauce (Emeril Lagasse)

1 cu ketchup
1 tsp Worcestershire sauce
1 tsp hot sauce
1 tbsp molasses

1 tbsp vinegar, cider preferably
1 tbsp sugar, brown or white

Combine all ingredients and simmer for about 1 hour. Generous for 2 lbs of pork ribs

Bean Soup Mix

The following is a good mix of 13 types of beans for soup (beef or vegetarian). Use about ½ - ¾ cu of the bean mix in beef or vegetable soup. Soak the bean mix all day to reduce cooking time.

Small Lima Beans: 1 cu
Chick Peas: 1/2 cu
Black Beans: 1/2 cu
Marrow or Romano Beans: 1/2+ cu)
Kidney Beans: 1/2+ cu
Great Northern Beans: 1/2+ cu
if you cannot find Great Northern Beans, use 1 ½ cu of Navy Beans

Navy (white pea) Beans: 1 cu
Black eyed Beans: 1 cu
Green Lentils: 1 cu
Red Lentils: 1/2 cu
Green Split Peas: 1 cu
Yellow Split Peas: 1/2 cu

Bean Sprout Salad with Spicy Peanut Dressing

1 lb.(about 2 cups) mung bean sprouts
Other chopped vegetables (cucumber, carrots, peppers, tomatoes, whatever you have available)

DRESSING:

3 tbsp crunchy peanut butter
2 tbsp soy sauce
4 tbsp vinegar
½ tsp cayenne pepper

1 tsp sugar
1 tbsp sesame oil
3 tbsp vegetable oil
1 tbsp grated ginger
2 – 3 cloves garlic, minced
1 tsp Dijon mustard
1 tbsp white wine or water (if required)

Mix the dressing ingredients well by shaking in a jar. Add the wine or water if the dressing seems too thick. Put the sprouts and vegetables in a serving dish, toss with the dressing and let marinate. You can serve right away, or refrigerate for several hours. Serves 4

Bean Sprout Salad with Seafood

2 cu seafood, canned or fresh (shrimp, crab, scallops, chopped conch)
2 cu mung bean sprouts
½ tin (cu) water chestnuts, chopped
¼ cu scallions (onions are OK if you do not have scallions)
¼ cu chopped parsley (optional)

¾ cu mayonnaise
1 tbsp soy sauce
1 tbsp lemon juice
1 tsp ginger, minced

Mix mayo, soy sauce, lemon juice and ginger in jar. Shake well. Mix seafood, sprouts, water chestnuts, scallions and parsley. Pour dressing over sprouts/seafood. Serve on lettuce leaves (optional) Serves 4

Bean Sprout Stir Fry

1 – 2 cu mung bean sprouts
1 onion, thinly sliced
2 cloves garlic, thinly sliced
Other vegetables, thinly sliced or grated (whatever you have: carrots, celery, peppers, water chestnuts)

2 tbsp vegetable oil or 1 tbsp each of vegetable and sesame oil
2 tbsp soy sauce
Sesame seeds for garnish

Heat oil(s) in large frying pan over medium heat. Cook the onion, garlic, carrots and celery for 3-4 minutes, until limp, but not brown. Add sprouts, water chestnuts and peppers. Sprinkle on soy sauce. Sauté for 2-3 minutes until heated through. Garnish with a sprinkling of sesame seeds (white, black or both) Serve hot, and if you have leftovers, this works well as a cool salad. Serves 2-3, depending on how many other vegetables you use.

Beef and Vegetable Stew (modified from [Light Hearted Cookbook](#))

1 lb. stewing beef
¼ cu flour
4 small onions or 2 medium onions cut in quarters or or 1 large cut in eighths
2 large potatoes, cut in chunks
2 large carrots, cut in chunks
2 cloves garlic, minced
2 parsnips, cut in chunks (optional)

2 cu beef stock / bouillon
¼ cu tomato paste or ½ cu tomato sauce
1 tsp dried thyme
½ tsp dried oregano
¼ tsp ground pepper
1 bay leaf

Remove all visible fat from beef; cut beef into 1-inch cubes.

In a pressure cooker, toss beef with flour. Add remaining ingredients. Stir to mix. Put the cover and the pressure rocker on the pressure cooker and bring to pressure (rocker gently rocking). Cook for 15 minutes and then allow the pressure to go down off the heat. After the pressure is released, open the cooker. Remove bay leaf. Stew can be reduced uncovered over high heat for 5 minutes. Makes 2-3 servings.

Beef Vegetable Soup

1 lb. beef short ribs or ox tails
1 tsp salt or beef broth powder
½ tsp pepper
2 bay leaves
1 onion, peeled and quartered
2 ribs of celery, sliced
3 carrots, peeled and sliced into rounds

2 parsnips, peeled and sliced into rounds
¼ green cabbage, shredded
½ cu ketchup
½ cu dried beans (Bean Soup Mix), soaked overnight (see recipe Bean Soup Mix)
any leftover vegetables

Cut the short ribs between the rib bones. Browning the beef in a little oil makes a richer soup, but is not required. Cover with water, add the bay leaves, salt and pepper and cook in a pressure cooker under pressure for 15 minutes. When the pressure has released (naturally off the heat), remove the meat from the bones, discard the bones and fat or gristle. Add the meat back to the stock. Add the onion, celery, carrots, parsnips, ketchup and the soaked beans, well-rinsed. Cook under pressure for 15 minutes, letting the pressure release naturally off the heat. When the pressure is released, add the cabbage and any leftover vegetables. Simmer an additional 10 minutes. If you want a thicker, stew-like soup, add a package of beef gravy mix. Cabbage is best if it is still a bit crisp.

Serves 4

Biscuits, Buttermilk (from [The Joy of Cooking](#))

1 cu flour
½ tsp salt
1 tsp baking powder
¼ tsp baking soda
½ tsp sugar

¼ cu lard or half a stick of butter
¼ cup buttermilk powder
½ cu water

Since my oven on Pilgrim takes a long time to heat and does not get up to 400° I make biscuits in a frying pan and make just enough for the two of us. Put the lard or butter and dry ingredients in a bowl and cut the fat into the flour with a pastry blender or two knives. Add half of the water stir with a fork until just mixed. If the dough does not come together in a ball, keep adding water a bit at a time until you have a firm ball of dough. Do not over-mix. Flour a counter, table or board and turn out the biscuit dough. Roll or pat the dough to a thickness of about ½ inch. Cut with a biscuit cutter (2" diameter circle) and put in a frying pan that has been pre-heated on a medium-high burner. I use a well-seasoned cast iron pan, but any non-stick frying pan can be used. Oil the pan lightly to ensure biscuits do not stick. Cover the frying pan. If you do not have a lid, cover with a sheet of aluminum foil. After about 3-5 minutes check the bottom of the biscuits. When they begin to brown toss them over and let them brown on the other side. Serve immediately with butter, lemon curd or jam.

Biscuits, Herbed (from daughter Amelia Peltz)

Note: use the technique for Biscuits, Buttermilk and half the ingredients if you have limited oven space and are cooking for just 2 or 3 people.

1 ¼ cu white flour
¾ cu whole wheat flour
1 tbsp baking powder
½ tsp baking soda
½ tsp salt
1 tsp dried basil

½ tsp dried thyme
¼ cu shortening (lard if diet allows)
¾ cu buttermilk
½ cu fresh chopped parsley

Preheat the oven to 425 degrees F. In a large bowl combine the flours, baking powder and soda, salt and dried herbs. Using a pastry cutter or two knives, cut in the shortening until it resembles coarse cornmeal. Note: a food processor does this exceptionally well. Stir in the buttermilk and parsley until mixture forms a soft dough. More buttermilk may be required. Do not over process/ mix, but have enough liquid so the dough adheres into one ball. Turn onto a floured board and knead 10-12 times. Roll out the dough to ¾ inch thickness. Using a 2 ½ inch biscuit cutter, cut into rounds. Place on un-greased baking sheet. Bake 15 minutes or until browned on top.

Note: other dried herbs can be used, such as tarragon, oregano, savoury or dill instead of the basil and thyme.

Black Bean Chilli with Squash and Corn (Lorna Sass, The Pressured Cook)

2 ½ cu (1 lb.) dried black beans, rinsed and soaked overnight
1 tbsp. olive oil
2 tsp cumin seeds (whole)
2 cu. onions, coarsely chopped
3 cu broth (vegetable, chicken, turkey)
1 ½ tbsp. chilli powder
2 tsp. fennel seeds
½ tsp cinnamon
1 ½ tsp salt

2 lbs. butternut squash, peeled, seeded and cut into ½ inch cubes
2 tsp oregano
2 garlic cloves, minced
15+ oz can, diced tomatoes
1-2 jalapeños, seeded and finely chopped
1 ½ cu. frozen or canned corn
2 large red peppers, seeded and cut into ½ inch squares
¼ cu cilantro or parsley (optional)
Hot sauce to taste

Drain and rinse the beans.

Heat oil in pressure cooker over medium high heat. Add cumin and onions and cook, stirring frequently for 1 minute. Add broth, beans, chilli powder, fennel seeds and cinnamon. Lock lid. Bring to high pressure over high heat. Lower heat just enough to maintain high pressure and cook for 9 minutes. Quick release the pressure by running cold water over the cooker. Remove the lid.

Stir in the salt, squash, jalapeños, oregano and additional chilli powder if required. Return to high pressure over high heat and cook for 3 more minutes.

Quick-release the pressure as above. Remove lid.. Add garlic, tomatoes, corn and roasted peppers and simmer over medium heat until the squash is tender and garlic loses its raw edge, about 3 minutes. Stir in cilantro/ parsley and hot sauce. Serve in large shallow bowls with sour cream.

Black Bean Soup (Lorna Sass, Pressure Perfect)

1 tbsp olive oil
1 cu onions, coarsely chopped
1 1/2 tsp cumin seeds
7 cu water
1 pound, 2 1/2 cups) dried black beans, rinsed

1 meaty ham hock
4-6 cloves garlic, peeled
2 bay leaves
salt
1-2 tbsp lime juice

Heat oil in a 6-quart pressure cooker. Add the onions and cumin seeds. Cook over medium high heat, stirring frequently, until the onions begin to soften, about 2 minutes. Stir in the water, beans, ham hock, garlic and bay leaves. Lock the lid. Over high heat bring to high pressure. Reduce the heat just enough to maintain high pressure and cook 25 minutes. Turn off heat and let pressure come down naturally.

Check beans; if not tender, cover and simmer until done. Remove bay leaves. Transfer ham hock to a chopping board. Using an immersion blender, puree enough of the beans to thicken the soup and provide a creamy base. The soup will thicken further as it stands. Stir in salt to taste. The soup may need as much as 2 tsp.

Set the soup on very low heat. Chop the meat from the ham hock (there won't be much) and finely dice, discarding any fat and gristle. Stir the ham into the soup. Just before serving, stir enough lime juice into the soup to enhance and sharpen the flavours. To serve, ladle into bowls and top each portion with a few tablespoons of avocado salsa.

Bread-Making Tips

Ingredients: I stock several speciality products from Baker's Catalog (kingarthurfLOUR.com) on Pilgrim. Special dry milk for baking and Whole grain bread improver help bread to rise. I stock instant yeast, which is incorporated into the flour rather than proofed with water and sugar. Harvest Grains is a mixture of 4 grains and 4 seeds gives bread great crunchiness and texture. I also stock dried whole eggs (I like OvaEasy Powdered Whole Egg (4.5 oz Bag) available from Amazon in the US and Canada) and Buttermilk powder. The milk, yeast, eggs and buttermilk mentioned here are mixed with flours and other dry ingredients rather than reconstituted with water and then water is added to the flour mixture. 2 tbsp of OvaEasy egg crystals plus 3 tbsp of water equal 1 large egg.

Bread-Making:

I mix bread dough in my largest bowl (for tossed salads). Mix the dry ingredients, holding back about 1/2 cup of flour, then add the water and oil/butter. Stir to mix well. Add the remaining flour 1/4 cup at a time, kneading with your hands in the bowl until the dough loses its stickiness. Continue kneading until the dough is smooth and elastic. Cover with plastic wrap and a towel and let rise until double in bulk. Punch down and shape into loaves. I use a loaf pan lined with parchment paper, but you can make the loaf free-form on a cookie sheet. Let rise again covered until double. Parchment paper can be used multiple times until it tears. It is a great way to ensure baked goods do not stick to the pan, and cleanup is much easier. Silicone Baking mats for cookie sheets are a more durable solution than parchment. Bake in a 350° oven until internal temperature of the bread is 180°.

Brownies (modified from Baker's Chocolate Cookbook)

2 squares unsweetened chocolate
1/3 cu butter or margarine
2/3 cu flour
1/2 tsp baking powder
1/4 tsp salt

2 eggs OR 1/4 cu dried whole eggs + 1/3 cu water (or the proportions for 2 eggs from the dried egg package)
1 cu sugar
1 tsp vanilla
1/2 - 3/4 cu chopped nuts (optional)

In a saucepan melt chocolate and butter. Add sugar and vanilla and beat well. Beat eggs, one at a time, into the saucepan mixture or if using dried eggs, beat water into the saucepan and mix egg powder into a bowl with the dry ingredients. Mix together flour, baking powder and salt (and egg powder) and stir into chocolate/butter/sugar mixture. Spread into greased and floured 8" square pan. A parchment lining on the bottom of the pan ensures an easy exit of the brownies from the pan. Bake at 350°F for 25 minutes or until brownies begin to pull away from side of pan. Cool for a few minutes, then remove the brownies from the pan and cut into the desired size. When cool, pack in an airtight container.

Makes 24 small brownies

Butterscotch Bars

1/2 cu flour
1 egg OR equivalent egg powder (2 tbsp) and water (3 tbsp)
1/4 cu butter or margarine
1 tsp vanilla
1 tsp baking powder

1/4 tsp salt
1 cu brown sugar
1 cu nuts, broken
1/4 cu icing sugar (optional)

Melt butter. Add brown sugar, egg (or water if using dried egg powder), vanilla. Mix well. Mix together flour (and egg powder), salt and baking powder and stir into butter/sugar mixture. Add nuts. Bake in a greased square pan (8" or 9") for 25-30 minutes in a 350°F oven. Cut in squares when cool and sprinkle with icing sugar (optional)

Makes about 12-15 squares

Challah (California Culinary Academy)

1 1/2 tsp instant yeast
1 1/3 cup warm water
1 teaspoons sugar
1 1/2 tablespoons salad oil
1/2 tsp. salt

3 1/3 - 1/2 cups flour
3 tbsp dried egg powder
1/2 tsp egg powder beaten with a teaspoon water (egg wash)

Mix dry ingredients in a large bowl holding back 1 cup of flour. Put water heated to 115 - 125° and oil in a measuring cup. Slowly add water to dry ingredients and beat until smooth and elastic (about 5 minutes). Stir in about 1/2 cup more flour to make a soft dough. When it is no longer possible to mix the dough with a large spoon, begin to knead the dough in the large bowl. Continue adding flour until the dough is no longer sticky. You may not need the entire amount of flour called for in this recipe. Knead until the dough is soft and elastic. Cover with plastic wrap and a towel. Let rise in a warm place until doubled in bulk (about 1 hour)

Punch dough down and divide into 3 equal portions. On a lightly floured surface roll each portion into an 15-inch long strand. Place 3 strands side by side; braid. Pinch ends, tucking under to seal. Put into loaf pans or on a cookie sheet, lined with parchment paper. Let rise until almost doubled in bulk (45 minutes) Preheat oven to 375°F. Brush egg mixture lightly over braid. Bake until braid is well browned and sounds hollow when tapped (45 - 50 minutes). Slide onto wire racks to cool.

Chicken, Trinidad Style (adapted from Ann Vanderhoof's The Spice Necklace)

4 bone-in chicken quarters (about 3 lbs.)	4 medium tomatoes, cut in eighths
8 cloves garlic, finely chopped	1 cup coconut milk
Salt and pepper	2 tbsp raisins
2 tbsp vegetable oil	½ cup whole peanuts
3 tbsp Patak's hot curry paste (or West Indian curry powder)	½ cu sweet or hot mango chutney
2 onions, cut in eighths	
1 tbsp tomato paste (if sauce needs thickening)	

Season the chicken with garlic, salt and pepper. Set aside for at least 1 hour.

Heat oil in a large pot, add the curry (paste). If using powder, cook gently for about 2 minutes being careful to keep the curry from burning. Stir in coconut milk and blend well.

Add chicken pieces and coat with the curry / milk mixture. Add the onions and tomatoes. Bring to a boil, then lower the heat and simmer uncovered, stirring occasionally for 40-50 minutes until the chicken is tender and the sauce has thickened.

Stir in the raisins, peanuts, chutney and tomato paste. Cook for a couple of minutes to blend the flavours. Serve over rice, or the Rice Medley (brown and wild rice and quinoa)

Makes 4 servings.

Chicken in Gingered Plum Sauce (Lorna Sass, Pressure Perfect)

2 lbs bone-in chicken, breasts or thighs	1 cu pitted prunes
1 cu chicken broth	1-2 tsp grated fresh ginger
2 cu coarsely chopped onions or leeks	Salt and freshly ground pepper
1+ tbsp balsamic vinegar	¼ cu scallions, thinly sliced, for garnish
1-2 tbsp soy sauce	

Trim most of the surface fat and excess skin off chicken. In a 4 quart pressure cooker, combine the broth, onions and vinegar. Drizzle 1 tbsp soy sauce on a large plate and turn the chicken in it to coat thoroughly. Use additional tbsp of soy sauce if needed. Place the meat in the cooker along with any unabsorbed soy sauce. Scatter the prunes on top. Lock the lid in place. Over high heat bring to high pressure.

Reduce the heat just enough to maintain high pressure. Cook for 8 minutes. Turn off the heat and let the pressure reduce naturally. Remove lid. Test chicken for doneness. Cook without pressure for a few minutes if the meat is not fork tender.

You may finish the sauce over high heat to thicken the sauce and intensify the taste, about 3-5 minutes. Add more vinegar to balance the sweetness and to sharpen the flavours, if needed. Stir in the ginger, salt and pepper. If you have an immersion blender, use it to blend the prunes, onions and broth.

Serve over rice, barley or orzo risotto. Garnish with chopped scallions.

Chicken Recuerdos de Tucson (from Animal, Vegetable, Miracle, by Kingsolver)

1 whole cut-up chicken, or equivalent pieces (thighs/ legs / breast)	1 large or 2 medium zucchini, thickly sliced
Olive oil (for sauté)	1-cup tomatoes, coarsely chopped
1 medium onion, sliced	2 cups corn kernels
2-3 cloves garlic, minced	2 tsp. oregano
1 tsp cumin seed	1 tsp. basil
Green chilies to taste, chopped	2 cups chicken broth or water
2 red or green peppers, cut in 1" pieces	

Brown chicken in a little oil in a large kettle. Remove chicken and gently sauté the onion and garlic. Add cumin seeds, chilies, peppers, and zucchini to kettle and sauté. Add remaining ingredients to kettle along with browned chicken, cover and simmer for 30 to 40 minutes, until chicken is done. Serve over cooked quinoa or rice. Garnish with fresh chopped cilantro or parsley

Chicken Tandoori

4 chicken quarters	¼ cu Sharwood's Indian tandoori Marinade
2+ tbsp lemon juice	3 tbsp olive oil
1 tsp salt (optional)	

Cut several deep gashes to the bone in each piece of chicken. Make a paste of the lemon juice, tandoori powder and oil. Brush over the chicken, especially around the cuts. If you have time, let stand 4 hours in a cool place. Grill 15 minutes per side on BBQ or under oven broiler or until chicken is well cooked (180°F on meat thermometer)

Serves 4

Chocolate Chip Cookies

½ cu shortening	1 cu all purpose flour
½ cu granulated sugar	½ tsp baking soda
¼ cu golden brown sugar	½ tsp salt
2 tbsp dried egg powder + 3 tbsp water (OR 1 large egg)	6 oz chocolate chips
1 tsp vanilla	½ cu chopped nuts

Beat shortening, sugars, water (or egg) and vanilla until light and fluffy. Mix flour, egg powder, baking soda and salt then blend it into the shortening mixture. Stir in chocolate chips, and nuts. Drop from teaspoon onto parchment paper or silicone-lined baking sheets, 2 inches apart. Bake at 375°F for 10 minutes or until lightly browned. Makes 40 large cookies.

Clam Chowder

See the recipe for Fish Chowder. Substitute a large can of clams for the fish and use the clam liquor to thicken the vegetable / flour mixture.

Serves 2 for dinner (with a loaf of fresh bread) or 4 as a soup appetizer

Corn Bread (Joy of Cooking)

Modified to be cooked on the stovetop in a 9" diameter cast iron skillet rather than an oven

1/2 cu flour	1/2 cu corn meal
1/4 tsp baking soda	3 tbsp buttermilk powder
3/4 tsp baking powder	2 tbsp dried egg powder
1/2 tbsp sugar	3/4 - 1 cu water
1/2 tsp salt	2-3 tbsp melted butter, lard or bacon grease

Put butter or fat in a medium sized cast iron skillet. Mix the dry ingredients, including the buttermilk and egg powders. Batter should be the consistency of cake batter. Add more water if it is too thick. Heat the skillet until the fat is very hot. Add water to the dry ingredients and stir to blend completely. Add hot fat and mix quickly, then put the batter in the hot skillet. Cover the skillet and cook over a low flame for about 10 minutes. When the top of the batter just begins to set, put 1 tbsp of oil in a larger skillet and heat, swishing the oil around the skillet. Put the larger skillet over the smaller one with the corn bread, then flip them so that the bread is in the larger skillet. Cover and cook another 8 - 10 minutes. When the top of the corn bread springs back when touched, the bread is done.

To add a bit of zip, add 1/2 tsp chopped jalapeño peppers and/or 1/3 cu grated cheddar cheese to the batter before baking. OR, 1/3 cup of salsa can be added to the batter.

If using whole eggs and liquid buttermilk, beat the egg and buttermilk together and add to the dry ingredients, then add the hot fat.

Corn, Quinoa, (and) Shrimp Chowder (from Lorna Sass, Whole Grains)

3 tbsp butter	½ cu quinoa, ivory
1 ½ cu leeks or onions, finely chopped	1-2 tbsp quinoa, red (optional)
1 cu celery, finely diced	¼ tsp thyme or oregano
½ cu red bell pepper, finely diced	4 cu corn kernels
¼ tsp salt	1 cu milk OR 1/4 lb peeled shrimp
¼ cu amaranth	2 tbsp parsley, minced
4 cu water, or 3 cu water and 1 cu fish or clam broth	

In a large heavy pot, melt 2 tbsp butter over medium-high heat. Stir in the onions/leeks, celery, red bell pepper and salt. Cook, stirring frequently, until the vegetables are soft, about 5 minutes.

Stir in the amaranth and water/broth. Bring to a boil over high heat. Thoroughly rinse the quinoa in a sieve under running water. Stir the quinoa into the pot. Bring to a boil, then reduce the heat and cook at a gentle boil, partially covered for 10 minutes.

Meanwhile, in a blender or food processor, puree 3 cups of corn. When the quinoa has cooked for 10 minutes, stir in the pureed and whole kernels of corn. Add more salt to taste. Reduce the heat and simmer until the quinoa is tender, 3-5 more minutes. The quinoa is done when there is no starchy white dot in the centre of the grains and some of the germs' tails may unfurl and float freely. The amaranth will look like tiny opaque bubbles floating on the surface. Stir in the milk and remaining tablespoon of butter and add more salt if required. If including shrimp, omit the milk and add shrimp, cooking until they turn pink, about 1 minute. Garnish with parsley

Cornish Hen, Maple Glazed

1 Cornish hen or small chicken	2 tbsp balsamic vinegar
1 tbsp melted butter	
¼ cu maple syrup	

These birds can be BBQ'ed or cooked in a preheated oven (400° F). Split hens. If desired, remove backbone and rib bones from hens. Brush hens with butter and season with salt and pepper. Place a rack in a shallow pan and place birds on rack, skin side up if cooking in the oven, or on a BBQ rack. Roast hens 10 minutes. Combine maple syrup and vinegar and brush liberally over hens. Roast another 5 minutes and baste hens again. Roast another 10 minutes, basting frequently or until juices are clear and instant read thermometer reads 170°F.

Serves 2

Crab Cakes, Chesapeake Bay (An Embarrassment of Mangos)

1 lb fresh lump crabmeat, well drained	¼ tsp hot sauce
1 tsp Dijon mustard	2 tsp fresh lemon juice
6 tbsp mayonnaise	1 tsp Old Bay Seasoning
1 egg, beaten (or 2 tbsp powdered egg)	¼ tsp pepper
1 medium onion, finely chopped	1 cu bread crumbs
2 tsp parsley, finely chopped (or 1 tbsp chopped parsley in oil)	Butter and/or oil for sautéing
1 tsp Worcestershire sauce	

Mix together all ingredients except the bread crumbs and oil. Add just enough crumbs so that the mixture holds together into when shaping into cakes ... about 4 tbsp if you use a whole egg, but less if you use egg powder.

Form into 4 cakes. Roll cakes in remaining bread crumbs. You may place the cakes on a wax-paper lined cookie sheet and refrigerate for 1 hour (if time and refrigerator space permit).

Heat butter or oil or a combination of both in a large skillet over medium heat. Fry until golden brown on both sides, about 5 minutes per side. Drain on paper towels. Serve with a fresh lemon wedge. You may use a can of crabmeat or a can of salmon if fresh crabmeat is not available.

Serves 4

Creole Seasoning, Emeril's

2 1/2 tablespoons paprika	1 tablespoon cayenne pepper
2 tablespoons salt	1 tablespoon dried leaf oregano
2 tablespoons garlic powder	1 tablespoon dried thyme
1 tablespoon black pepper	
1 tablespoon onion powder	

Mix spices and herbs together and store in an air-tight container.

Seasoning is excellent on pork (ribs, chops) or fish.

Crepes

3 eggs (use only fresh, not dried)	¼ tsp salt
1 cu flour	1 tbsp sugar
1 cu milk (not skim, not dried)	shot of something nice
1 tbsp butter, melted	

Melt the butter. Turn on blender on low speed and add milk, sugar, salt, egg, melted butter. Add the flour slowly so that it mixes without getting lumpy. Final consistency should be like medium cream ... coating the bottom of a spoon. Add the shot and have one yourself for the next steps.

Heat the crepe pan on medium high heat and add a bit of butter. Use a scrunched up square of paper towel to coat the surface of the pan with a thin layer of butter. When the pan is hot add enough batter to coat the bottom of the pan when quickly swirled. When the crepe has browned (very quickly ... just a few seconds) and it is possible to lift up the edge, flip the crepe over and brown the other side ... just a few seconds. Each crepe should take no more than 6 seconds on the first side and 3 seconds on the second. Stack the completed crepes on a plate, keep covered with a paper towel to stop them from drying out.. If the edges are brittle they will soften up in the pile, but next time use a little less flour. If the crepes are too thick use more milk. You will have to add additional milk to the batter halfway through cooking them to keep the consistency right. Makes about 24 crepes.

Cullen Skink (Smoked fish, onion and potato soup)

1 or 2 smoked fish fillets (Northern Pike or Whitefish)	1 can (12-14 oz) evaporated milk
1 onion, coarsely chopped	Salt and Pepper, to taste
2 medium potatoes, Yukon Gold or Red-skinned	Chopped chives or parsley, optional garnish
2 tbsp butter	Sour cream, optional garnish
1 cu water (approximately)	

Catch, fillet and smoke a fish. Remove skin and all bones, breaking up the fish into bite-sized pieces.

Melt the butter in a large saucepan. Add the chopped onion and sauté over low heat about 5 minutes. Peel the potatoes and cut into 1/2 inch cubes. Add the potato cubes to the onion and just barely cover with water. Bring to a boil, then lower heat and simmer until the potatoes are cooked and can be mashed with a fork. Use an immersion blender, potato masher or slotted spoon to break down the onion and potato mixture into a lumpy mashed potato consistency. Add the evaporated milk and then swish about 1/4 can of water to wash out the remaining milk and pour this into the soup. Add the smoked fish. Stir well and warm over low heat. Garnish each bowl with chopped herb and a dollop of sour cream.

Curry in a Hurry (Lorna Sass, [Pressure Perfect](#))

1 cu water
4 tbsp Patak's Mild or Hot Curry Paste
1 medium onion, coarsely chopped
1 ½ lb potatoes, scrubbed, halved and cut into 1 ½ inch chunks
1 cu plain yogurt
1 ½ cu frozen peas

3 tbsp. Chopped cilantro (optional)
salt
3 lbs chicken OR 2 lbs stewing lamb or goat OR (for a vegetarian version) 1 hard squash (butternut, acorn, pepper) peeled and diced into ½ inch pieces and 1 large (28 oz) can diced tomatoes)

Pour water into a 4-quart or larger pressure cooker. Blend in the curry paste (you can combine hot and mild or use just one type). Set over high heat and add the onion, chicken or vegetables.

Lock the lid in place. Bring to high pressure over high heat. Reduce the heat just enough to maintain high pressure and cook for 8 minutes (chicken) 12 minutes (lamb) 25 minutes (goat) or 5 minutes (vegetables). Turn off the heat and allow the pressure to come down naturally. Remove lid.

Over medium heat, stir in the peas. Cook for 1 minute. Stir in the yogurt and cilantro. Add salt to taste. Serve in shallow bowls over rice, or with Roti. Accompany with Patak's Mango Chutney.

You can substitute 2 lbs of boneless pork, beef cut in 1-inch chunks for the chicken.

Dijon Mustard Vinaigrette

2 tsp Dijon mustard
2 tbsp red wine vinegar

¼ cu Extra virgin olive oil

Put ingredients in a jar and shake well. Use with a green salad, such as Pilgrim house salad, or simply over alfalfa sprouts as a simple salad.

Eggs and Beans

2 eggs (fresh only)
1 can (8 fl oz or 227 mL) pork and beans in tomato sauce
Salt and pepper
Ketchup and/or hot sauce

In a medium sized frying pan, dump the contents of the can of beans and cook over low heat until the beans begin to bubble. Crack eggs and place on top of beans. Put a cover on the frying pan and let the eggs steam until desired doneness. Slide one egg and half the beans onto a plate and the rest on another plate (or eat right out of the pan). Serve with toast.

Serves 2

This is our "at anchor after an overnight run" food.

English Muffins (adapted from the [Bread Bible](#))

Sponge mixture:
1/2 cu flour
1/3 cu warm water
1+ tsp honey
1/4 tsp instant yeast

Flour Mixture:
1/2 cu flour, less 2 tbsp
2 1/2 tsp dry milk
1/4 tsp instant yeast
1+ tbsp softened butter
1/2 tsp salt

Whisk sponge mixture until smooth. Whisk together dry ingredients of flour mixture, reserving 2 tbsp of the flour. Sprinkle over the sponge mixture. Do not stir. Put the butter and salt at the side of the bowl on top of flour mixture. Cover tightly and allow to ferment 4 hours. If you have refrigeration, allow to ferment for 1 hour at room temperature and then refrigerate for up to 24 hours. If refrigerated, let stand at room temperature 1 hour before continuing. Mix all ingredients until the flour is incorporated into the sponge, then knead about 5 minutes, adding the minimum amount of the reserved flour to make a very sticky dough. Cover with a bowl for 20 minutes, then knead for another 5 minutes. Dough should be tacky. Add more flour as needed.

Rise, covered, until double in bulk, about 1.5 to 2 hours. Deflate, and roll out dough to 1/4 inch thick. Cut 3 inch rounds and place on corn meal sprinkled board or on an unheated griddle. Cover and let rise 45 minutes or until 3/4 inch high. Preheat cast iron skillet on medium low heat. When a drop of water sizzles on the skillet, put the rounds on the skillet. If rising was on a griddle, put it on medium low heat. Cook about 10 minutes on each side. Cool on a rack. Makes 5 3.5-inch muffins.

Fish (Grenadier) Chowder (North Atlantic Seafood, altered)

1 lb grenadier fillets (or any firm white-fleshed fish, such as King Mackerel, cod)
1 onion, thinly sliced
6-8 strips of bacon
1 tbsp flour
3-4 medium potatoes, peeled and cubed
2 ribs celery, coarsely chopped

1 carrot, peeled and sliced
1 bay leaf
¼ tsp pepper
small can evaporated milk
sour cream (optional garnish)

Cover potatoes with water, add bay leaf and cook over medium heat until just tender, about 15 minutes. Put aside; do not drain. If the fish is not already cooked (leftovers from another meal) cut the filets into spoon-sized cubes. Cook bacon until crisp. Crumble bacon. Sauté onion, celery, carrot and pepper in bacon fat over low heat until onion is transparent, about 10 minutes. Stir in the flour and cook 1 minute. Slowly add about 1 cup of the potato water stirring constantly to form a thin vegetable paste. Then add the vegetable paste to the potato pot (with cooked potatoes and remaining water.) Stir well. If the fish is raw, add the fish, bring to a simmer and cook until fillets flake, about 5 minutes then add the bacon and milk and a small amount of water added to the milk can and swished around to free the milk that clings to the can. If the fish is cooked, add the fish, bacon and milk and a small amount of water added to the milk can and swished around to free the milk that clings to the can. When the soup is hot, serve with a dollop of sour cream topping each bowl. Serves 2 as a main course with a fresh loaf of bread.

Flank Steak, Grilled Marinated (from Gourmet, July 1983)

1 ½ cu beer
4 scallions, minced
1/3 cu vegetable oil
3 tbsp soy sauce
2 tbsp brown sugar
1 tbsp ginger root, peeled & grated

2 cloves garlic, minced
1 tsp salt
1 tsp red pepper flakes
1 ½ - 1 ¾ lb. Flank steak

Mix all the ingredients except the steak. Score both sides of the steak across the grain. To score use a sharp knife and cut about ¼ inch into the steak at 1 inch intervals. Put the steak in the marinade overnight or up to 3 days. You may put the steak and marinade in a zip-lock bag and freeze it (handy for cruising or camping). If you marinate in a pan, turn several times.

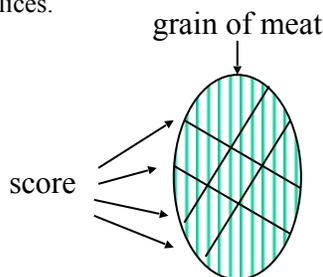
Drain the steak. Grill for 5 minutes on each side.

Cut the steak diagonally across the grain into very thin slices.

Excellent warm or cold.

Reserved marinade can be frozen and reused 2-3 times.

Serves 6. Leftover steak makes a great sandwich.



Hermits (Ida Pitman)

½ cu butter or margarine
1 cu brown sugar
1 egg or 2 tbsp egg powder and 3 tbsp water
½ cu strong coffee
1 ½ cu flour

¾ tsp cinnamon
½ tsp ground cloves
¼ tsp baking soda
1 ½ cu mixed chopped glacé fruit & nuts (any combination of peel, currants, raisins, dates, cherries, walnuts, almonds)

Cream together butter or margarine and brown sugar. Beat in egg (or water if using dried egg) until fully blended. Mix together remaining ingredients (including powdered eggs, if using) and then beat into the butter/sugar/egg mixture. Drop from wet teaspoon onto buttered or parchment-lined cookie sheet 2" apart. Bake at 375°F for 10-12 minutes. Watch carefully and keep bottoms from burning. Makes 24 cookies

Humus

½ cu dry chick peas (= 1 ½ cu cooked peas) or 1 15 oz can of chick peas
1 large minced garlic clove
2 tbsp lemon juice
3½ tbsp liquid from chick peas

1 tbsp tahini
3 tbsp olive oil
1 tsp salt
Hot Sauce and Olive Oil to taste

Cook chick peas until soft (15 minutes in a pressure cooker with 1 ½ cu water). Drain the chick peas, retaining 3-4 tbsp of the liquid. If you are using canned chick peas, after draining, rinse the well. Mix the chick peas with the next 6 ingredients in a food processor or blender until smooth. Add more cooking liquid if the humus seems too dry. Put the humus in a dish, make a depression in the middle of the humus in which you pour olive oil and several drop of hot sauce. Serve with fresh pita or vegetable sticks.

Irish Soda Bread (California Culinary Academy)

1 ¾ cu flour (or 2 cu if you do not have wheat germ)
1 cu whole wheat flour
¼ cu wheat germ
3 tbsp sugar
1 tsp each baking powder and soda
½ tsp salt

3 tbsp cold butter or margarine
½ cu dried currants or raisins
1/3 cu buttermilk powder and 1 ¼ cu water (OR 1 ¼ cu buttermilk)

Preheat oven to 375°F. In a large bowl stir together flours, wheat germ, sugar, baking soda, baking powder, buttermilk powder and salt. Cut butter into mixture until it is the consistency of coarse crumbs. Stir in currants. Add water (OR buttermilk) and stir only enough to moisten dry ingredients.

Turn dough out onto a floured board and knead lightly until it is smooth enough to shape into a flattened ball about 3 inches high. Place on greased baking sheet (or one lined with parchment paper). With a floured knife cut an X into the top of the loaf (cutting from the centre to within about 1 inch of the edge) about ¼ inch deep.

Bake until loaf is golden brown (40-45 minutes) Test for doneness by inserting a wooded toothpick into the thickest part. It should come out clean ... no crumbs. Slide loaf onto a wire rack to cool. Cut into thick slices.

This also makes a nice toast.

Makes 1 loaf

King Mackerel Escabeche (Modified from [An Embarrassment of Mangos](#))

Escabeche, or escovitch, is pickled or “soused” fish. Most recipes call for a white-fleshed fish such as snapper, but king mackerel or Spanish mackerel also works well. The technique involves first frying and then marinating the fish, a marriage of two culinary traditions: African (frying the fish) and Native American (preserving or pickling the fish in vinegar of lime juice, as with ceviche). The dish can be served either chilled or hot.

4 tbsp olive oil
1 red onion, thinly sliced
1 green bell pepper, seeded and thinly sliced
2 cloves garlic, thinly sliced
1 small hot pepper, seeded and finely chopped
2 lbs fish fillets or steaks
Salt and pepper
2 bay leaves

1 tbsp fresh ginger, peeled and grated or chopped finely
6 whole peppercorns
6 allspice berries (whole)
¼ tsp mace
¼ cu white or malt vinegar
black olives, capers and roasted red peppers as garnish (optional)

Heat 2 tbsp of oil in skillet and sauté onions, peppers, garlic over medium heat about 10 minutes until the onions are soft and golden.

Remove from pan and set aside. Dust the fish with salt the pepper and fry in the same pan until lightly browned on both sides, adding more oil if necessary. Place the fish in a large non-reactive dish. Put the onions and peppers on top. In a saucepan combine the spices with 1 cu water and salt and pepper and simmer gently for 15 minutes. Add vinegar and simmer 2 more minutes. Strain the liquid and pour over the fish. Garnish, if desired

Lamb Rack, Grilled

2 Frenched lamb racks (New Zealand, vacuum packed frozen lamb racks are OK if fresh local lamb is not available)
1 tbsp olive oil
1 tbsp rosemary

2-3 cloves garlic, minced
Salt & Pepper

Brush lamb on all sides with olive oil (olive oil in a spray bottle works well for this if you have it). Rub rosemary and garlic into meat. Let stand at room temperature about 1 hour. Just before cooking, sprinkle with salt and pepper. Grill on the BBQ or under the broiler until done to your taste. For rare, about 4 minutes per side (bones up first, then bones down). For medium rare about 4 minutes the first side and 6 minutes the second. Serve with mint jelly.

Serves 4

Lamb Shanks, Braised

2 lamb shanks
1 tbsp olive oil
2 medium onions, sliced
2 medium potatoes, quartered
salt & pepper

1 tbsp Zatar (Middle Eastern Spice ... use oregano and thyme if unavailable)
½ tsp ground cinnamon
½ tsp ground cardamon (optional)

Brown shanks in oil over medium high heat in a pressure cooker. Reduce heat, remove shanks. Add onions and potatoes and toss in the oil. Brown for about 4-5 minutes. Add spices and herbs, and about 1 cup of water, mixing the spices in well with the water/onions/potatoes. Add the browned lamb shanks. Add enough water to come half way up the lamb / potato / onion, about 5-6 cups. Cover pressure cooker, and raise heat until the rocker begins to rock. Cook under pressure for 30 minutes. Turn off heat and let pressure drop of its own accord. Serve with mint jelly.

Serves 2

Lentil Soup, Red (Adapted from *Splendid Soups* by James Peterson. clipped from the Toronto Star)

3 slices bacon, in 1-inch strips
1 medium onion, thinly sliced
1 carrot, thinly sliced
1 stalk celery, thinly sliced
2 cups red lentils, rinsed
1 bay leaf

1 tsp. dried thyme
Small bunch fresh parsley, tied
6 (approx) cups chicken broth
1 chicken bouillon cube

In large pot, cook bacon over medium heat until crisp. Transfer to plate with slotted spoon; set aside.

To fat in pot, add onion, carrot and celery. Cook until slightly brown, about 15 minutes. Add lentils, bay leaf, thyme, parsley, broth and bouillon cube. Pressure cook for 6 minutes with natural release of pressure OR lower heat to simmer and cook, stirring occasionally, until lentils are tender, 45 minutes. Discard bay leaf and parsley.

Puree in batches with immersion blender until smooth. Stir in reserved bacon.

Makes 6 servings.

Lentil Sprout Salad, Curried

1 cu lentil sprouts
¼ cu mayonnaise
2 tbsp ketchup
2 tbsp olive oil
½ medium onion, finely chopped

½ - 1 tbsp curry powder
salt & pepper to taste
chopped parsley (if available...about ½ cu)
diced tomato (optional garnish)

Mix all ingredients except sprouts and tomatoes and shake well. Pour dressing over sprouts and garnish with diced tomatoes. May be served immediately, but is best if left to marinate for several hours in refrigerator or on the countertop.

Serves 4

Mac and Cheese, Bahamian (Ann Vanderhoof, *An Embarrassment of Mangoes*)

1/2 lb uncooked elbow macaroni
1 small onion, finely chopped
1/2 green bell pepper, finely chopped
1 1/2 cu grated cheddar cheese
2 eggs (or 4 tbsp egg powder and 1/4 cu water)

salt & pepper
1 tsp paprika
hot sauce
evaporated milk, 1 12-oz can, 1 1/2 cu)

Cook macaroni in a large quantity of boiling, salted water. When it is just al dente, add the onion and pepper to the pot and cook for a minute more until the vegetables are softened. Drain and return to the pot. Add half the cheese and stir until melted. Beat the eggs (or egg powder and water) with a couple dashes of hot sauce, salt, pepper and paprika. Stir in the eggs and the evaporated milk into the macaroni and cheese. Spoon the mixture into a well-buttered 8 or 9 inch square baking dish. Sprinkle remaining cheese evenly over the top. Bake at 350° F until set, bubbling and brown around the edges. Remove from oven and let stand 10 minutes before cutting into squares.

Serves 6-8 as side dish

Meatballs Stroganoff (from a Women's Day magazine in 1967)

1 lb ground beef
1 medium onion, chopped
rind of 1 lemon, grated
1 tsp salt
½ tsp pepper
1-2 tbsp cooking oil

2 tbsp flour
1 cu beef bouillon
¼ cu ketchup
¼ cu sour cream
¼ cu chopped parsley (optional)

Mix the ground beef, ½ the onion, lemon rind, salt and pepper. Form balls (about 12-15). Brown balls (on 3-4 "sides") in skillet with 1-2 tbsp cooking oil. As the meatballs brown, move them to a serving platter. When all of the meatballs are browned, add the remaining chopped onion to the skillet and brown them slightly. Sprinkle flour over the onions, toss to coat the onions and cook another minute. Add the bullion, stirring up the bits of meat and onion that have stuck to the bottom of the skillet. Let the sauce thicken (cook about 2 minutes). Add the Ketchup and stir well. Put the meatballs back on top of the onion mixture in the skillet, cover and simmer for about 15 minutes until the meatballs are thoroughly cooked. Remove the meatballs to the platter and add the sour cream to the sauce. Stir well, then pour over the meatballs. If you have fresh parsley, chop ¼ cu and sprinkle over the meatballs. Serve with noodles or rice. Serves 3

Meat Loaf with Baked Potatoes (Pressure Cooker)

1 lb ground beef
1 medium onion, chopped
1 ½ cu bread crumbs
1 well-beaten egg
1 cu cold water
Salt

Pepper
Flour (about ¼ cu)
4-6 strips of bacon (optional)
2-4 baking potatoes

Mix beef, onion, egg, bread crumbs and pepper with your hands and shape into a loaf. If you do not have a fresh egg you can use 2 tbsp egg powder and reduce the crumbs to 1 cup. Sprinkle loaf with flour. Lay strips of bacon over the loaf and attach with toothpicks. Instead of bacon, you may spread about 1/3 cup of ketchup over the meatloaf. Put in pressure cooker on the rack. Pour water into the pressure cooker until it reaches the top of the rack. Put 2 – 4 baking potatoes on the rack next to the meatloaf. Secure the lid of the pressure cooker and put the rocker on the steam vent. Set on high heat until the rocker begins to rock, then reduce heat to keep the rocker just rocking and cook for 15 minutes. Turn off the heat and let the pressure drop of its own accord. Remove loaf and potatoes to a platter. Serve with Ketchup. Serves 4

Minestrone, Vegetarian

1 large onion, quartered
2-3 ribs celery, sliced
3-4 carrots, peeled and thickly sliced
4-6 cloves garlic, peeled and sliced
1 28 fl oz can of tomatoes, plus ½ cu water
½ cu soup beans soaked 12 hours, rinsed and drained
1 tsp dried thyme
2 bay leaves

1 tsp salt
½ tsp pepper
1 cup dry pasta
¼ wedge of cabbage shredded
Basil pesto (optional)
Parmesan cheese, hot sauce

Put the onion, celery, carrots, garlic, tomatoes & water, beans, thyme, bay leaf, salt and pepper in a pressure cooker. Put the pasta on top of the vegetables. Secure the lid and put rocker on the steam vent. Heat over high heat until the rocker begins to rock. Reduce heat to medium and cook for 15 minutes. Turn off heat and let the pressure drop. When the pressure has dropped (you can take the rocker off the steam vent without it hissing back at you), remove the lid. (If you do not have a pressure cooker, you can use a large standard soup pot and simmer the ingredients for about 1.5 – 2 hours until the beans are cooked. Return the pot to high heat and put the cabbage into the soup. Let simmer over moderate heat for about 3-5 minutes. Cabbage should still have a crunch. Put a dollop of basil pesto on each bowl of soup. Serve with Parmesan Cheese and hot sauce. Serves 4 for dinner with a loaf of bread

Oatmeal Bread, Braided (California Culinary Academy)

Measurements for 2/3 of the recipe (fills one loaf pan.) are in parentheses)

1 cu quick-cooking rolled oats (2/3 cu)
2 1/2 cu boiling water (1 2/3 cu)
2 1/2 tsp instant yeast (2 tsp)
2 tbsp honey (4 tsp or 1 1/2 tbsp)
1 1/2 tbsp Special Dry Milk (1 tbsp)
1 1/2 tsp salt (1 tsp)

3 tbsp butter (2 tbsp)
3 3/4 - 4 cu white flour (2 1/2 cu)
1/4 cu dried egg powder (scant 3 tbsp)
1 tbsp bread improver (1 tbsp)
1 1/2 cu whole wheat flour (1 cu)

Pour boiling water over oats. Add honey, salt and butter. In a large bowl mix flours (holding back 1 1/2 cups of the white flour to add later), egg powder, yeast, bread improver and milk powder. When the oatmeal mixture cools to 120°F stir it into dry ingredients to make a soft dough. When you can no longer stir in flour with a spoon, begin to knead the dough in the large bowl. Continue adding flour until the dough is no longer sticky and knead until dough is springy and small bubbles form just under the surface. (12 – 15 minutes) Cover bowl with plastic wrap and a towel and let rise until doubled in bulk (about 1 hour). Punch dough down. Cover and let rest for 10 minutes. Divide into 3 equal portions. Roll each under palms of hands on a lightly floured surface into an 18-inch (full recipe) or 12-inch (2/3 recipe) strand. Place three strands side-by-side. Pinch one end (all three strands) tightly, then braid the 3 strands, finishing with another tight pinch of all three strands. Put loaf on parchment-lined cookie sheet (full recipe) or parchment-lined 4.5" x 8.5" loaf pan(2/3 recipe). Let rise until double in bulk (35-45 minutes) Preheat oven to 375°F. Bake until golden brown and sounds hollow when tapped (30-35 minutes). Cool on wire rack.

Oatmeal Raisin Cookies (Quaker Oat Company)

1/2 cu margarine or butter(1 stick)
1/2 cu brown sugar
1/4 cu granulated sugar
2 tbsp powdered egg
3 tbsp water
1/2 tsp vanilla
3/4 cu flour

1/2 tsp baking soda
1/2 tsp cinnamon
1/4 tsp salt
1 1/2 cu oats
1/2 cu raisins or currants

Beat butter or margarine and sugars until creamy. Add water and vanilla. (If you use a whole egg, beat it into the sugar mixture and omit the water) Beat well. Mix egg powder, flour baking soda cinnamon and salt. Add dry ingredients to the creamed butter and sugar mixture. Stir in oats and raisins and mix well. Drop by teaspoons onto parchment-lined cookie sheet. Bake 10-12 minutes in preheated 350°F oven or until golden brown. Cool 1 minute on cookie sheet then remove to a wire rack. About 2 dozen cookies.

Overnight Passage Food: Recipe under Rice, Spanish,

Overnight passages can be difficult; there may be swells and choppy water, or wind and heeling making working in a galley difficult. Stomachs may be acclimatizing themselves to the motion of the boat. It may be cold. The crew could be expending energy hoisting and trimming sails, taking in reefs, and handling unforeseen emergencies. It is important to have easy to prepare, nutritious food. We have found this Spanish Rice fits the bill well for us. It is prepared before departure. We heat it in our double-boiler, but it can be packaged in meal-sized ovenproof dishes and heated in the oven. It can be left at room temperature (meaning 65 – 70° F) and eaten unheated. The combination of rice and beans gives a good protein balance; adding cheese gives more protein and flavour, but is not necessary. Rice is settling for the stomach, while the beans (if well rinsed) keep the plumbing in working order. We like a hotter, spicier dish, but it can be tamed down by avoiding the hot peppers and cayenne pepper. The rice, served in soup bowls, is not sloppy and likely to be dumped into a bouncing cockpit. The dish is good for vegetarian crew.

Other good passage-making food are: Black Bean Chili, Pasta (either recipe), Rice and Bean Casserole, picadillo or any other food that can be made ahead of time and does not need to be thoroughly reheated

Parsnip Soup, Cream of, with Ginger ([Lighthearted Cookbook](#))

1 onion, chopped
4 medium parsnips, peeled and cubed
1 cu water
1 tbsp butter
2 tbsp flour

1 cu chicken or vegetable stock
1 1/2 tsp grated fresh ginger
3/4 cu milk, low fat
salt & pepper

In a saucepan, combine onion, parsnips and water. Simmer, covered for 8-10 minutes until parsnips are tender. (or pressure-cook for 4 minutes) Purée and set aside.

In a saucepan melt butter over medium heat; stir in flour and cook for 1 minute. Stir in chicken stock until mixture boils and thickens. Add puréed parsnips and onions. Add ginger, milk, and salt and pepper to taste. You may not need salt if chicken stock is salted.

Serve hot topped with a dollop of sour cream and chopped fresh parsley. Soup may also be served cold.

5 servings

Pasta (Brian's recipe)

2 large cans crushed tomatoes
2 small cans tomato paste
3 cloves, garlic, crushed
basil, dry, palm-full rubbed
oregano, dry, palm-full rubbed

½ tsp pepper
900 gr package of rigatoni pasta
2 lbs ground beef
Chorizo or other ready-to-eat sausage (optional)
Parmesan cheese

In a large pot mix tomatoes, tomato paste, garlic, oregano, basil, pepper. Cook on low heat (do not let boil).

In a large skillet brown ground beef and drain off fat. If using sausage, slice in thin rounds and brown in the skillet. Drain. Add meat to sauce and simmer for about 2 hours or more. After 1 hour taste and adjust seasonings to taste.

Cook pasta according to package instructions. Drain. Pour a little sauce over pasta to keep pasta pieces from sticking to each other. Serve pasta in one bowl, additional sauce in another. Serve with Parmesan cheese and hot pepper flakes or hot sauce.

Serves 4

Mix leftover pasta and sauce in one container and refrigerate. Pasta is even better warmed up the second day.

Pasta with Garlic and Cheese OR with Pesto

Cook enough pasta (any shape is OK except long pasta such as spaghetti or linguini) for two people (a little extra if you want to make a pasta salad or use pasta in soup the next day). Usually it takes about 12 minutes to cook pasta in salted water with a tablespoon of oil in the water to keep pasta from sticking to the pan, but dryness of the pasta and atmospheric conditions may require longer cooking. Keep checking after pasta has cooked for 10 minutes to ensure it is cooked (no crunch), but not too soft (al dente). While the pasta is cooking, heat about 2-3 tbsps of olive oil in a small pot over low heat and simmer 2-3 garlic cloves that have been peeled and thinly sliced. When the pasta is cooked, drain it well, put it in a serving dish (or back in the cooking pan). Pour the warm olive oil over the cooked pasta. You may strain out the garlic (to be a bit more refined) and leave them mixed in with the pasta if you like garlic. Sprinkle liberally with grated parmesan cheese and toss. OR, spoon about 4 tablespoons of pesto (basil, garlic, parmesan cheese in olive oil) and toss. Serve with grated parmesan cheese for those who want extra cheese.

Pasta with pesto is a *must* side dish with rack of lamb.

Pasta with Meat Sauce (Pressure Perfect Lorna Sass)

1-2 tbsp olive oil
¾ - 1 lb. ground beef
1 ½ cu chopped onions
1 tsp fennel seeds
½ cu red wine or water
1 ½ cu water
¾ tsp salt

1 tsp garlic powder / dried
12 oz spiral pasta (4-5 cups)
1 large can (28 oz) chopped tomatoes
½ cu chopped fresh parsley (optional)
¼ cu grated parmesan cheese
½ tsp crushed red peppers

Heat 1 tbsp oil in pressure cooker. Add ground meat and brown. Stir in onions and fennel seeds and continue cooking another minute. Stir in the wine, scraping up any browned bits sticking to the bottom of the cooker. Boil over high heat until some of the liquid has evaporated, about 1 minute. Stir in the water, salt and garlic. Bring to a boil. Add the pasta and pour the tomatoes on top. **DO NOT STIR.** Lock the lid. Over high heat, bring up the pressure. Cook for 5 minutes. Quick-release the pressure under cold water. Stir in the parsley, cheese and crushed red pepper. Add the remaining tbsp of oil. Stir, breaking up any pasta stuck together. Let the pasta rest 3 – 5 minutes. Serve with additional cheese.

Pea Soup, Split

1 lb of split, dried, green peas (2 1/2 cu)
1 tsp. baking soda
½ lb. bacon cut in pieces, a thick slice of ham (1/2-3/4 lb.) or a ham bone

large onion, sliced
4 ribs of celery, cut into 3 inch pieces
1 tbsp. dried thyme
½ tsp pepper

Soak split peas with baking soda in water to cover overnight. Drain off the soda water and rinse well.

Place peas in a kettle with bacon or ham, onion, celery, salt, pepper and thyme. Cover the vegetables with cold water.

Let come to a boil over high heat. Skim off the scum as it rises to the surface. For pressure cooking, put the lid and rocker on the cooker, bring up to pressure and cook for 15 minutes. Let pressure reduce off the heat. For conventional pots, reduce heat and let simmer until the peas are “dissolved” and the celery and onions are tender – at least 2 ½ hours. Stir occasionally to keep soup from sticking.

Serve with toasted croutons (optional). The soup is MUCH better with a meaty ham bone than bacon or a ham slice.

Serves 4 for dinner with a loaf of bread

Picadillo (Whole Grains, Lorna Sass)

1 tbsp olive oil	1/4 tsp cinnamon
1 large onion, diced	1 28-oz can diced tomatoes
1 large green pepper, diced	1/3 cu green olives, sliced
2 tsp minced garlic	1/4 cu raisins
1 tsp cumin seeds	2 tbsp drained capers (optional)
1 lb lean ground beef	3 cu cooked quinoa
1/2 tsp salt	pepper to taste
1 tsp dried oregano	lime wedges for garnish
1/2 tsp chilli powder (or more)	

Heat oil over medium high heat. Add onion and green pepper, stirring frequently until onion is translucent (3 minutes) Stir in the garlic and cumin seeds and cook another minute. Add the beef and salt and cook until beef is brown and crumbly, 3 or 4 minutes. Pour off any rendered fat.

Stir in the oregano, chilli powder, cinnamon, tomatoes, olives and raisins and optional capers. Bring to a boil. Reduce heat, cover and simmer until the flavours have mingled, about 15 minutes. Stir in the quinoa and adjust the seasonings, adding pepper to taste. Cook until the mixture is hot, about 1 more minute. Serve in large, shallow bowls with lime wedges.

Pike (Northern) with Artichokes in Tomato Sauce (based on Bon Appétit, October, 1980)

1 can artichoke hearts (not marinated)	1 tbsp minced fresh Italian parsley (optional)
3 tbsp olive oil	1+ tbsp tomato paste
1 large Northern Pike cleaned and cut into 1" thick steaks and a tail filet	1/4 tsp salt
1 medium onion, chopped	1/8 tsp ground pepper
4 cloves garlic, minced	chopped parsley and lemon wedges as garnish (optional)
1 1/2 cu chicken stock	

Heat oil in frying pan and sauté Pike. Set fish aside. Add onion and brown quickly. Add drained artichoke hearts that have been halved or quartered and toss with the onions. Stir in stock (I use liquid from artichoke can plus water and chicken stock powder), 2 tbsp parsley, tomato paste, salt and pepper. Blend well. Add Pike, cover and simmer about 30 minutes. or until the fish flakes. Before serving, if the liquid is not thickened, remove cover and raise heat for a few minutes. Taste and adjust seasonings. Turn out on a platter, sprinkle with chopped parsley and garnish with lemon wedges. Serve with rice. Serves 4

You can substitute Pork Tenderloin cut into rounds for the Northern Pike

Pilgrim House Salad with Balsamic vinaigrette

1 medium or 6 cherry tomatoes	1/3 cu toasted croutons
cucumber (about 3 inches of one)	Dressing:
yellow pepper (about 1/4 of one)	1 tsp sugar
2 tbsp unsalted roasted sunflower seeds	2 tbsp balsamic vinegar
1/4 cu crumbled feta cheese (optional)	1/4 cu extra virgin olive oil
1/2 jar quartered marinated artichoke hearts (optional)	
4-6 Romaine leaves	

Slice tomatoes as thinly as possible. Peel, seed and dice cucumber. Seed and dice pepper. Put these 3 vegetables in a salad bowl. Add sunflower seeds, feta cheese and artichoke hearts(if using). Put dressing ingredients in a jar and shake well. Pour over ingredients in the salad bowl. Tear Romaine leaves and put on top of marinating vegetables in salad bowl. Add croutons. When ready to serve salad, toss. Serves 2

Pita

1 1/2 cu white flour	1/2 cu water
1 tsp instant yeast	1 tbsp olive oil
1 tsp sugar or honey	1 tsp King Arthur Flour Easy-Roll dough improver, optional
3/4 tsp salt	

Combine all ingredients, mixing to form a shaggy/rough dough. Knead 10 minutes until smooth. Place dough in lightly greased bowl and allow to rest for 1 hour; it will become puffy, though may not double in bulk.

Turn dough out on a work surface and divide into 6 equal pieces. Form each piece into a small round ball with a smooth top, pulling dough from the sides and tucking the ends underneath the bottom. Cover dough balls and let rest for 30 minutes.

Sprinkle a small amount of flour on a work surface and top of a dough ball. Gently pat dough ball flat with your fingers or use a rolling pin to form a flat, round bread about 1/4 inch thick. Let dough round rest for 5 minutes., covered loosely with plastic wrap. Repeat with remaining 5 dough balls.

Brush a cast-iron skillet with a paper towel dipped in olive oil. Heat over medium high heat. Lay pita bread into hot skillet and cook until bread begins to puff up and bottom has brown spots and blisters, about 3 minutes. Flip, cook 2 more minutes and flip back onto original side to cook for about 30 seconds. Cool on a rack.

Pork Chops with a salt marinade (Julia Child)

2 centre-cut pork chops, about 2/3" thick
2 tsp salt
1/4 tsp ground pepper
1/2 tsp thyme, dried
1 bay leaf, crumbled

1 clove garlic, minced
2 tbsp cooking oil
1/2 cu vermouth or dry white wine

Mix salt and spices/herbs together and rub into both sides of the pork chops. Let stand at room temperature for 15 minutes or covered in the refrigerator for up to 1/2 day. When ready to cook, scrape off the marinade and dry chops with paper towels.

Brown chops (both sides) in oil over moderately high heat for 3-4 minutes. Put chops on a platter. Pour off any excess oil in the skillet and discard. Pour vermouth into skillet, scraping up coagulated cooking juices. Put the chops back in the skillet and cover. Lower heat to very low and cook until the chops are cooked through, about 15-20 minutes depending on thickness of the chops. Remove the chops to a serving plate and reduce the sauce over moderate heat for 1-2 minutes. Pour sauce over chops and serve.

Serves 2

Pork Ribs, BBQ (Emeri Lagasse)

2 lbs baby back ribs cut into serving pieces
1+ tbsp creole seasoning
1/2 cu chopped onion
1 tbsp chopped garlic
1 tbsp grated fresh ginger
1/4 tsp crushed red pepper

1/4 tso cayenne pepper
1/4 tsp salt
1 tbsp hot sauce
2 bay leaves
2cu broth (beef or vegetable)

Sprinkle both sides of cut ribs with creole seasoning. Mix remaining ingredients in a 6 qt pressure cooker. Arrange the ribs in the cooker so that none is directly on top of the other. You can lean some ribs against the side of the cooker. Lock the lid in place. Over high heat bring to high pressure. Reduce heat just enough to maintain high pressure and cook for 15 minutes. Turn off heat and let pressure release naturally. Use tongs to remove ribs to a platter if finishing on your BBQ grill or on a foil-lined cookie sheet in finishing in the oven. For BBQ, put ribs on grill with high heat and brush tops of ribs with BBQ Sauce. Turn ribs once when sauce has set and brush the new top side with sauce and continue to grill until the sauce has set. For oven finishing, brush top side of ribs with BBQ sauce and put in 400° F oven for 8-10 minutes. Turn ribs, brush the new top side and return to oven for another 8-10 minutes.

Pork with Artichokes in Tomato Sauce (Bon Appétit, October, 1980)

1 can artichoke hearts (not marinated)
3 tbsp olive oil
1 large pork tenderloin, or any cheaper cut of pork
1 medium onion, chopped
4 cloves garlic, minced
1 1/2 cu chicken stock

1 tbsp minced fresh Italian parsley (optional)
1+ tbsp tomato paste
1/4 tsp salt
1/8 tsp ground pepper
chopped parsley and lemon wedges as garnish (optional)

Cut pork tenderloin into 1/2" "thick coins." If you use another cut of pork, cut it into 1" square pieces. Heat oil in frying pan and brown pork. Set pork aside. Add onion and brown quickly. Add drained artichoke hearts that have been halved or quartered and toss with the onions. Stir in stock (I use liquid from artichoke can plus water and chicken stock powder), 2 tbsp parsley, tomato paste, salt and pepper. Blend well. Add pork, cover and simmer about 30 minutes. Before serving, if the liquid is not thickened, remove cover and raise heat for a few minutes. Taste and adjust seasonings. Turn out on a platter, sprinkle with chopped parsley and garnish with lemon wedges. Serve with rice.

Serves 4

You can substitute Northern Pike for the pork.

Pork Tenderloin, Stuffed

2 small pork tenderloins (or 1 large, split into two long pieces)
1/2 lb. bacon
Stuffing:
1 cooking apple, cored, seeded and chopped
1 onion, chopped

bread, cubed (about half of a loaf)
fresh parsley, thyme, rosemary and sage, chopped
1/2 cup raisins, washed and drained
1/2 cup applesauce

Split the tenderloin length-wise, (but do not cut all the way through) and flatten slightly with a meat cleaver so that you have 2 pieces of meat about 1/2 as thick as the original tenderloin.

In an oval ovenproof dish, lay strips of bacon across the dish, overhanging the side of the dish. Place one tenderloin on top of bacon. Mix together the stuffing ingredients, or use a stuffing mix jazzed up with additional chopped apple, onion and washed raisins). Lightly press stuffing onto the tenderloin. Place 2nd tenderloin on top. Bring ends of bacon up over the stuffed tenderloins. Use toothpicks to secure. Bake in 325°F oven for 1 hour. Check temperature of the pork with an instant-read thermometer (170°F) If you can control the heat on a BBQ to low, you can also cook the tenderloin on the BBQ.

Serves 6

Pork Tenderloin and Leek Sauté with Fresh Ginger (Nóel Richardson)

1 ½ lbs pork tenderloin
3 tbsp soya sauce
4 tbsp vegetable oil
4 medium leeks, white & light green part, cut in rounds and washed carefully
2 cloves garlic, finely chopped or minced

¼ cu fresh ginger, peeled and sliced very thinly
freshly ground pepper
½ cu chicken stock
splash of dry vermouth
¼ cu chopped parsley

Slice the port tenderloin into thin rounds. Toss in a bowl with soya sauce. Set aside. Heat oil in a large frying pan. When hot, add pork. Keeping heat fairly high, stir and turn the pork as it changes colour, for about 3-4 minutes. Add leeks, garlic, ginger and pepper. Stir and cook for 5 minutes. Add chicken stock and vermouth. Cook an additional 4-5 minutes. The sauce should reduce; if it disappears, add a bit more water or vermouth. Serve on a warm platter over hot cooked noodles sprinkled with the chopped parsley. An herb jelly is a nice accompaniment.

Potatoes and Onions

2 medium to large white potatoes
1 medium to large onion

2 tbsp vegetable oil
salt and pepper

Scrub potatoes and slice thinly. We leave skins on, but you can peel if you do not want the skins. Peel and thinly slice onion. Heat oil over medium heat in frying pay. Sauté onions for 3-4 minutes. Add potatoes and toss to coat with oil. Add salt and pepper to taste. Turn heat as low as possible. Add 1/4 cu water and cover. Cook for about 15-20 minutes, until potatoes are soft.
Serves 2

Quinoa, Cooked

1 cu quinoa, dry
10 cu water
1/2 tsp salt

Bring water to boil over high heat. Rinse the quinoa in a fine-meshed strainer. When the water is boiling add the quinoa. Boil uncovered over medium high heat until there is no white “dot” of starch evident in the centre, 11 - 14 minutes. Taste a few grains. There should be a little crunch. Drain well. Let grains sit in strainer about 5 minutes, then fluff with a fork.

Rice, Basmati

1 tbsp butter
½ medium onion, finely chopped
1/3 cu basmati rice
2/3 cu water
1 package of powdered stock (chicken, beef, vegetable)

¼ cu pine nuts
¼ tsp salt (optional ... depends on saltiness of stock)
¼ tsp ground pepper
¼ tsp saffron threads (optional)

Melt the butter in a medium-sized saucepan. Add the onion and sauté for about 2 minutes. Add the rice and toss with the onion. Cook for 1 minute. Dissolve the stock powder in water. If you are using saffron, the water must be boiling; let the stock powder and saffron steep for 5 minutes, then strain the liquid before pouring over the rice. OR put both water and stock powder in the rice pan and stir. Stir in the pine nuts, salt and pepper. Cover and simmer over very low heat for 15-20 minutes until the stock is absorbed. Fluff with a fork.
Serves 2

Rice, Brown in Casserole (Great Vegetarian Cooking under Pressure, Lorna Sass)

1/2 cu brown rice, rinsed and drained
2/3 cu water

1 crushed garlic clove OR 1/2 bay leaf OR 1//2 tsp dried herb OR
1/4 tsp sweet paprika
1/4 tsp salt, optional

Combine all ingredients in a pyrex dish that will fit in your pressure cooker on a rack on the bottom of the cooker. Place the rack and 2 cups of water in the cooker. Lower the uncovered casserole onto the rack with the aid of a foil strip. Lock the lid. Over high heat bring to high pressure. Lower the heat just enough to maintain high pressure and cook for 20 (long grained) or 25 (short grained) minutes. Allow pressure to come down naturally. Remove lid and lift casserole from the cooker. Fluff up the rice before serving. Add any of the following flavourings: Toasted pine nuts or chopped nuts, 1/2 tsp poppy seeds, 1 tbsp finely chopped fresh herbs.

Cups Brown Rice, cu	Cups Liquid, cu	Tsp. Salt, optional, tsp	Approximate Yield, cu	Minimum casserole size, in quarts
1	1 1/2	1/2	2 1/2	1
1 1/2	1 3/4	3/4	3 1/2	1 1/2
2	2 1/4	1	5	2

Rice, Spanish

1 medium to large onion, chopped
3 cloves of garlic, minced
3 tbsp. Oil (olive, vegetable or butter)
1 cu rice
1 28 fl. oz. can tomatoes, chopped
1 15 fl. oz can whole kernel corn (or equivalent frozen corn), drained

1 15 fl oz can of kidney beans (or ¾ cup cooked dried beans), drained and rinsed
1 ½ tsp. salt
½ tsp. cayenne pepper (optional)
1 hot pepper, seeded and finely chopped
½ tsp. pepper
2 tbsp. chilli powder (or less, to taste)

Sauté the onion and garlic in oil in a large saucepan until translucent. Add rice, beans, corn tomatoes and one cup of water. Bring to a gentle boil. Add the chopped pepper and spices and stir well. Cover and simmer until the rice is cooked and the liquid is absorbed. Serve with grated cheese (optional). This keeps 2 of us going for 2-3 days at sea.

Rice and Bean Casserole, Mexican (The Lighthearted Cookbook)

1 tsp vegetable oil
½ cu water
1 onion, chopped
2 cloves garlic, minced
1 ½ cu mushrooms, sliced (1/4 lb.)
2 sweet green peppers, chopped
¾ cu long-grained rice

1 can (28 oz., 796 ml.) red kidney beans, drained and rinsed
1 can (19 oz., 540 ml.) tomatoes
1 tbsp. Chill powder
2 tsp. Cumin (ground)
¼ tsp. Cayenne pepper
1 cu shredded low-fat mozzarella cheese

In a large skillet, Dutch oven or pressure cooker, heat oil with water over medium heat. Add onion, garlic, mushrooms, and green peppers; simmer, stirring often, until onion is tender, about 10 minutes.

Add rice, beans, tomatoes, chilli powder, cumin and cayenne; cover and simmer for about 25 minutes or until rice is tender and most of the liquid is absorbed or pressure cook for 3 minutes once the pressure has built and the rocker is rocking. Let pressure drop of its own accord.

Transfer to baking dish and sprinkle with cheese. Bake in 350° F for 15 minutes or microwave at high power for 1-2 minutes or until cheese melts. Makes 6 servings.

Rice & Peas, Bahamian (An Embarrassment of Mangos)

2 tbsp vegetable oil
1 small onion, chopped
1 celery rib, chopped
½ hot pepper, seeded and finely chopped
2 tbsp tomato paste
1 cu cooked pigeon peas or black-eyed peas (1/2 cu dried peas soaked and cooked)

½ tsp thyme, dried
1 tsp salt
¼ tsp pepper
1 ½ cu water
1 cu uncooked rice
Hot sauce

In a heavy pot, heat oil over medium heat. Cook onion, celery and pepper for a few minutes until softened but not browned. Add tomato paste and cook for 2-3 minutes. Stir in peas, thyme, salt and pepper. Add water and bring mixture to a boil. Stir in rice and reduce heat to low. Cook covered until water is absorbed and rice is done, about 20 – 25 minutes.

Remove from heat and allow to stand, covered, for about 10 minutes. Fluff with a fork and serve with hot sauce.

Serves 4-6

Risotto with Sausage and Tomato (adapted from Lorna Sass, Pressure Perfect)

1 tbsp olive oil
1 medium sized chopped onion
1 lb fresh Italian sausage, hot or mild, casings removed
1 ½ cu Arborio rice (or 2 ¼ cu Orzo if you do not have a pressure cooker)

2 ½ cu water
1 tsp salt (or less)
Diced tomatoes, 28 oz can
½ cu grated Parmesan cheese
Freshly ground pepper
3 tbsp chopped fresh parsley (optional)

½ cu dry white wine or dry vermouth

Heat oil in 4-quart or larger pressure cooker. Add onions and cook over high heat for 1 minute, stirring frequently. Stir in sausage, breaking up the meat and brown. Add rice, taking care to coat it with oil.

Stir in the wine. Cook over high heat until the rice has absorbed the wine, usually about 30 seconds. Stir in the water and salt. Take care to scrape up any rice sticking to the bottom of the cooker. Pour the tomatoes on top and do not stir.

Lock the lid in place. Over high heat bring to high pressure. Reduce the heat just enough to maintain high pressure and cook for 4 minutes.

Turn off the heat. Allow pressure to reduce naturally. Remove the lid and allow the steam to escape.

Set the cooker over medium high heat and stir vigorously. The risotto will be fairly soupy at this point. Cook uncovered stirring every minute or so until the mixture thickens and the rice is tender but still chewy, usually 3-5 minutes. Off the heat stir in the cheese, salt and pepper to taste and parsley.

Salmon Burgers

1 can salmon, drained well
1 egg or 2 tbsp egg powder
small onion, finely chopped
about ½ cup dried bread crumbs

1 tbsp cooking oil
lemon wedges for garnish

Mix all ingredients except lemon very well. If you use egg powder instead of an egg you need less bread crumbs, just enough to allow you to shape into patties. Shape into 2 patties. Fry in about 1 tablespoon of oil or butter over low heat, just long enough to set the egg, about 5 minutes. Flip the burgers and fry the other side about 5 minutes until the burger is set. Serve with a slice of lemon. Serves 2

Salmon, Smoked, Paté

1 can salmon
1 8 oz. package cream cheese
about 1 tsp liquid smoke (often on grocery shelf with Worcestershire sauce)

Drain the liquid from the salmon. Put salmon, cheese and liquid smoke in a food processor. Blend thoroughly. Taste for smokiness and add more liquid smoke if desired. You may add a few drops of red food colouring.

Salsa Cheese Dip

Mix equal parts of nacho cheese (Cheese Whiz if you cannot find nacho cheese) and Salsa (we like hot, but you can use medium, mild, extra hot, etc.) Serve with corn chips or raw vegetables

Sandwich Wrap Bread (King Arthur Flour)

Yield: 8 breads. Measurement in parenthesis makes 4 breads

3+ (1.5) cu flour	1 (.5) tsp salt
1.25 (2/3) cu boiling water	2 (1) tbsp vegetable oil
1/4 cu (2 tbsp) potato flour	1 (.5) tsp instant yeast

Place 2 (1) cup of flour into a bowl and pour boiling water over the flour. Stir until smooth. Cover the bowl and set aside about 30 minutes or until the dough has cooled to 120° F.

In a separate bowl whisk together the potato flour and the rest of the flour with salt and yeast. Add this and the vegetable oil to the cooled flour and mix, then knead for at least 5 minutes to form a soft dough. Add additional flour only if necessary. Let the dough rise, covered, for 1 hour.

Divide the dough into 8 (4) equal pieces and roll each piece into a smooth ball. Cover and let rest for 15-30 minutes.

Roll each piece into a 7-8 inch circle. Dry fry (without oil) in a cast iron skillet or griddle over medium heat for about 1 minute per side until they puff and are flecked with brown spots. Adjust the heat if they seem to be cooking either too quickly or too slowly. Cooking too quickly means they may be raw in the centre while too slowly will dry them out.

Cool on a rack. Serve immediately and/or store in a plastic bag for up to 4 days. Freeze for up to a month.

Sauerkraut and Smoked Pork

1 small to medium onion thinly sliced	1 small carrot, coarsely grated
1 tbsp olive oil	1/2 apple, peeled, cored and sliced (optional)
1 - 1.5 cu sauerkraut (15 oz can)	2 smoked pork chops

Sauté the onion in oil for about 3 minutes, until translucent but not browned in a large frying pan. Rinse the sauerkraut and squeeze the water out of it. Add the sauerkraut and carrot and apple (if using). Cook for about 5 minutes over low heat to blend flavours. Put smoked pork chops on top of sauerkraut mixture, cover and cook another 5 minutes over low heat until the pork chops are heated through. Serve with boiled potatoes and mustard.

Sauerkraut with Smoked Pork Chops, Sausage, Potatoes (Lorna Sass, [Pressure Perfect](#))

1 - 1.5 cu sauerkraut, drained and rinsed well
1 tbsp butter or oil
1 medium to large onion, thinly sliced
1 cu beer (can be flat)
1/2 lb Kielbasa or other precooked sausage, cut into 2-inch chunks

1 apple, quartered, cored
3/4 lb red-skinned potatoes, scrubbed and cut into 1-inch chunks
2 smoked port chops
2 bratwurst, halved crosswise
Mustard

Heat oil or butter in large pressure cooker. Add onions and cook over medium heat, stirring occasionally until onions are lightly browned, 3-5 minutes. Add beer and stir to scrape up any brown bits stuck to the bottom of the cooker. Stir in the sauerkraut, kielbasa, apples, caraway seeds and potatoes. Lock the lid. Over high heat bring to high pressure. Reduce heat just enough to maintain high pressure and cook for 3 minutes. Turn off the heat. Quick release the pressure under cold running water. Remove lid carefully. Stir the sauerkraut mixture well. Bury the pork chops and bratwurst under the sauerkraut. Let (but do not lock) the lid in place and simmer until the chops and bratwurst are heated and potatoes are tender, 3-5 minutes.

Can be served with Dill-Sour Cream Sauce instead of (or in addition to) mustard. Mix 1/2 tsp dried dill with 1/2 cu sour cream. Thin with a bit of water if too thick.

Smoked Fish Cakes (altered from Bass Pro Shops)

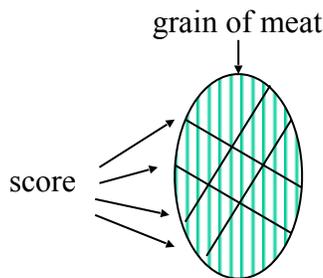
12 oz smoked fish, flaked, boneless and skinless
1/4 cu pickle relish (my sweet and hot relish is perfect)
1/2 cu unseasoned breadcrumbs (less if using egg crystals)
1 medium onion finely minced (alternate to use is a red bell pepper)
1 tsp soy sauce

1/3 cu mayonnaise
2 eggs, slightly beaten, or 3 tbsp egg crystals
1 tsp Italian seasoning or oregano
2 tbsp minced fresh herbs (dill, parsley, basil)
1 tsp freshly ground black pepper
Butter for frying

Catch and smoke a Northern Pike or Bass. Remove all skin and bones and flake. Mix all ingredients, reserving half the breadcrumbs and the butter. Shape the mixture into cakes. If the mixture is too runny, add more breadcrumbs. Once the cakes are shaped, press the top and bottom into the remaining breadcrumbs, and let rest about 10 minutes, or longer in the refrigerator. Melt butter in a skillet over medium heat. Add the cakes and cook about 5 minutes on each side until the egg has set. Garnish with a slice of lemon.

Steak Teriyaki

This is a good way to grill cheaper cuts of steaks, such as top or bottom round steak. Score both sides of the steak, as for Flank Steak. To score, use a sharp knife and cut about 1/4 inch into the steak at 1 inch intervals. Put the scored steak into a dish or large zip-loc bag and cover the bottom of the dish with teriyaki sauce. If you marinate in a pan, turn several times. Marinate for an hour or up to several days. If in a zip-loc bag, the steak can be frozen, useful for cruising or camping trips. Drain steak, pat dry and grill for 5 minutes / side or to taste.



Sweet Potato Soup with Chicken, Curried Coconut (Lorna Sass, [Pressure Perfect](#))

4 cu chicken broth
1 can, 13.5 oz coconut milk
2 tbsp curry powder
1 1/2 lbs bone-in chicken, skinned
1 1/2 lbs sweet potatoes, peeled and cut into 1.5" chunks
2 scallions, thinly sliced (white separate from green parts)

1/2 cu peas (frozen or canned and drained)
2-3 tbsp fresh chopped parsley or cilantro
salt
2-3 tbsp lime juice
1-2 tsp ginger, freshly grated (optional)

In 6-quart pressure cooker, blend the broth, coconut milk and curry powder. Taste and add more curry if needed, so the broth has a distinct curry taste. Add chicken, sweet potatoes and the white parts of the scallions. Lock the lid. Over high heat bring to high pressure. Reduce heat just enough to maintain high pressure and cook for 7 (breasts) or 8 (thighs) minutes. Turn off the heat. Allow pressure to come down naturally. Remove the lid.

Transfer chicken to a cutting board. When cool enough to handle, shred or chop the meat.

Stir the soup to partially dissolve the sweet potatoes. Use an immersion blender if they do hold their shape. Blend to the desired consistency. Stir in the scallion greens, peas, cilantro, chicken and salt to taste. Bring to a simmer and cook until all is heated through, about 1 minutes. Stir in lime juice and ginger.

Sweet Potatoes, Sautéed

2 medium to large sweet potatoes or yams
2 tbsp vegetable oil
Dried thyme, salt and pepper

Peel potatoes and slice very thin. Heat oil over medium heat in frying pan. Toss in potatoes and cover with oil. Add salt and pepper to taste and toss again. Cover and lower heat. You may add a little water or a splash of vermouth if the potatoes begin to stick to the pan. Cook for about 20 minutes or until potatoes are soft.

Serves 2

Veal Chops

Loin white veal chops (if you can afford them)
Olive oil in a spray bottle
Thyme
Garlic, 1 medium clove per chop
Salt and pepper

Pat the chops dry with a paper towel. Spray one side with oil (just a light “dusting”). Mince or crush garlic and spread ½ of it on the chop. Sprinkle liberally with thyme. Sprinkle with salt and pepper to your taste. Turn over chops and repeat the oil spray and thyme, salt and pepper sprinkling. Grill on a medium hot BBQ for 3 minutes (for thin chops, less than ½ inch) or 5 minutes (for chops ½ inch thick and thicker) per side. If you do not have a BBQ, you can either broil on a greased broiler pan about 4 inches from the heat source for the same amount of time OR you can fry in a tablespoon of oil in a frying pan over medium high heat for the same amount of time.

Vegetable Stew with Ethiopian Spices (Lorna Sass, The Pressured Cook)

1 tbsp olive oil	1 lb. Red-skinned potatoes, scrubbed and cut into 1-inch chunks
1 ½ tsp cumin seeds	5 large carrots, peeled and cut into 1-inch pieces
1 ½ cu onions, coarsely chopped	1 ½ lbs green or Savoy cabbage, cored and coarsely chopped
4 tbsp. Tomato paste	6 tbsp crunchy peanut butter at room temperature
3 cu broth (chicken or vegetable)	½ cu hot water
1 tsp salt	1 ½ tbsp minced fresh ginger
½ tsp cinnamon	1 cu frozen green peas, thawed
½ tsp cardamom	½ cu roasted peanuts, chopped, for garnish
¼ tsp each cayenne, cloves, pepper	
1 ½ lbs winter squash, peeled, seeded and cut into ½ inch dice	

Heat oil in pressure cooker. Add cumin seeds and cook until they turn a shade darker, about 30 seconds. Stir in onions and tomato paste and continue cooking for 2 minutes.

Add broth, taking care to scrape up any browned bits sticking to the cooker. Add salt, spices, squash, potatoes and carrots. Pile cabbage on top.

Lock lid. Over high heat bring to high pressure. Reduce heat just enough to maintain high pressure and cook for 4 minutes. Quick release the pressure under cold running water. Remove the lid. Blend peanut butter with hot water. Stir in ginger. Add this to the stew. Stir in additional broth and spices to your taste. Once the seasonings are OK, add the peas and cook until just tender, about 1 minute. Garnish individual portions with roasted peanuts.

Wheat Bread,

Wheat Bread, Harvest Grains (King Arthur Flour)

2 ½ cu unbleached bread flour	2 tsp instant yeast (1 packet)
1 cu whole wheat flour	¼ cu Baker’s Special dry milk
1 tbsp whole-grain bread improver (extra gluten)	1 ¼ cu warm water (115-120°F)
¼ cu Harvest Grains Blend	3 tbsp vegetable oil
2 ½ tbsp. sugar	
1 ½ tsp salt	

In a large bowl combine all of the dry ingredients and mix well, then add the water and oil and stir until a rough dough forms, then knead until the dough is smooth and satiny. Cover the bowl with plastic wrap and a towel and allow the dough to rise for 1 hour until it is puffy, but not double in bulk.

Shape dough into a loaf and place in a bread pan. Cover loosely with plastic wrap and allow the bread to rise about 1 to 1 ½ hours. Bake in preheated 350°F oven for 35 minutes or until the interior of the loaf registers 190°F on an instant-read thermometer. Remove from oven and pan and place on a wire rack to cook. Yield: 1 loaf

Whitefish, Broiled (John Cross Fisheries, Charlevoix, MI)

Wash the filleted fish under cold water. Remove floater bones, if desired, with pliers.

Let fish drain.

Line a jelly roll pan with aluminum foil and lightly butter or oil it. Put the fish on the foil with skin down. Sprinkle with a little salt and paprika. Melt about ¼ cu margarine or butter.

Preheat broiler. Broil close to heat source for 5 minutes. Pour melted margarine over fish. Broil for another 5 minutes.

Serve with lemon wedges and parsley sprigs.

Yoghurt, Plain (This is not foolproof. Sometimes it works, sometimes not, but if you cannot find yoghurt while cruising, you can give this a try if you keep the special ingredients onboard)

3 cu milk (whole or 2%, can be UHT milk for longer storage life)

3 tbs whole milk powder (not the same as used in baking bread, available from Baker's Catalog)

1/2 - 1 packet (2.5 - 5 g) yoghurt starter (available from Bakers' Catalog)

Insulated carrier to incubate yoghurt

Hot water bottle or some other method of keeping the carrier warm during incubation

Preheat the insulated carrier to 115°F.

Whisk milk powder into milk in a saucepan while heating slowly and stirring to prevent scalding to 180°F. Cool milk mixture to 111 - 113°F.

Put about 1/2 cup of the warm milk in a bowl and whisk in the yoghurt starter. Then thoroughly whisk the starter mixture into the saucepan of warm milk. Pour into 3 1-cup containers that have water-tight lids and have been warmed in the insulated carrier. Put the filled containers into the insulated carrier and keep the temperature at about 115°F. Re-fill the hot water bottle during incubation as required to maintain temperature. Let the containers incubate for 3 hour, then refrigerate.

You can incubate at cooler temperatures for longer periods, i.e. at 110°F for 4-8 hours. The longer the incubation period, the tangier the flavour and the fuller the digestion of lactose. You can incubate for up to 24 hours at cooler temperatures, but yoghurt will be less thick.

If you heat the milk too fast, you get a grainier product. Heating alters the milk protein, producing casein, a key to thick, firm yoghurt and whey.