

Onboard Recipes Booklet

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#45 - VEGETABLE LASAGNE RECIPE

#1 - BIG WARMING SOUP

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BIG WARMING SOUP.

3 cups of yellow dried split peas
2 cups of red dried lentils
2 large onions finely chopped
2 leeks chopped
2 large carrots coarsely chopped
1 handful green beans finely chopped
1 teaspoon powdered white pepper
1 teaspoon of salt
1 handful of dried mix herbs or a pot puree of fresh herbs
1 pint of strong chicken or vegetable stock
1 can of beer (optional)

Heat a large pan and dry fry the onions until they begin to brown. Add the carrots and stir in for five minutes. Add the leeks and beans. Stir well together for three minutes. Add the stock and bring to the boil. Allow the soup to simmer for five minutes. Add the herbs and pepper and top up with hot water. Add the dried peas and lentils and cover. Leave to simmer for thirty minutes. Uncover and simmer until the soup begins to reduce and thicken. Add the can of beer (or pint of water) and salt. Simmer for another fifteen minutes. Can be served immediately or left and reheated when needed for a warming snack. Serve with lots of tasty bread and butter.

#2 - BRAISED CHICKEN RECIPE

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Rock n Roll Braised Chicken

2 chicken legs per person
2 large onions
4 medium tomatoes
2lbs new potatoes (depending on number of diners)
2 cups of fresh or frozen peas.
2 cloves garlic
Large sprig fresh rosemary
2 glasses dry white wine
salt and black pepper
olive oil

Chop the onions roughly and fry gently in olive oil in a casserole dish. Chop garlic and add to the onions. Put chicken legs into the casserole dish and stir. Cut the tomatoes into quarters and add to casserole. Grind plenty of black pepper over everything and stir. Add white wine and rosemary and a little salt. Cover and simmer for twenty minutes. Add potatoes and peas. Place in medium oven and remove lid after twenty minutes. Cook for a further 15 minutes. Remove rosemary sprig before serving.

#3 - CHEESE AND MUSHROOM SOUP RECIPE

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HEAVENLY CHEESE, BROCCOLLI AND MUSHROOM SOUP

100g Stilton or creamy mature cheese grated
100g dark green broccoli florets chopped
100g closed cup mushrooms quartered
200g new potatoes – boiled, peeled and mashed up
1 or two large onions chopped
1 red chilli chopped
2 pints strong chicken or vegetable stock
1 cup dried yellow split peas
1 cup dried red lentils
Ground black pepper and salt to season.
A bowl of cherry tomatoes – a variety if possible.
Tablespoon grated Parmesan
Crackers – corn or wheat preferably seedy.
Olive oil

If God was a soup this would be it! And it is simplicity itself. Just takes a little time. As always the amounts are a guide. It's up to you. Adjust the recipe to suit your taste.

First you need to start boiling a couple of pints of water in a large pan. Add half the onion, chilli, split peas and lentils and simmer for about half an hour (stir regularly) until it starts to become creamy. At this stage you can use a hand blender. Add the chicken stock, the new potatoes, the rest of the onion and the broccoli and simmer for a further half hour, stirring regularly. Add the mushrooms and season with black pepper. Simmer for fifteen minutes. Add the cheese and stir in well. Simmer for ten minutes stirring continuously. Do not let the soup solidify at the base of the pan. Turn off heat and cover.

Chop the tomatoes and season with black pepper and salt. Drizzle with olive oil sprinkle the Parmesan and stir. Stand for ten minutes.

Re heat the soup quickly beating it with spoon until nearing boiling point. Taste regularly. The soup should become thick and creamy. Serve straight way letting your guests add chopped tomatoes as garnish and sprinkling broken crackers on top. Believe me you won't need a main course after this.

#4 - CHICKEN ENCHALADAS RECIPE

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CHICKEN OR BEEF ENCHALADAS

Sauce

1 large onion finely chopped
2 garlic cloves crushed and finely chopped
1 medium red chili pepper finely chopped
1 desert spoon dried oregano
1 desert spoon dried coriander
2 tins chopped tomatoes
1 small tin tomato puree
2 tablespoons brown sugar
Olive oil

Filling

2lbs Beef Steak or Chicken Breast cut into strips
2 garlic cloves crushed and chopped
1 red onion sliced
1 red pepper cut into strips
1 green pepper cut into strips
1 tablespoon paprika
Black pepper
½ lb grated cheddar cheese
Oil

8 flour tortillas

First you need to make the sauce. So heat a frying pan and add olive oil to cover the base. Throw in the onion and garlic and fry rapidly avoiding any burning. Add the chili and stir in for a minute. Add the coriander and oregano and stir for another minute. Add the tomatoes and tomato puree and mix well. Simmer for five minutes. Add sugar and simmer for a further fifteen minutes adding water (or Mexican beer) to keep the sauce liquid.

Heat another pan and add oil to cover the base. Throw in onion, peppers and garlic and stir vigorously for three minutes. Add the meat and stir till brown. Sprinkle with paprika and black pepper and stir until everything is coated. Cook for a further 5 minutes and remove from heat.

Lay out a tortilla and place some filling in a thick strip just off centre. Sprinkle some cheese onto the filling and roll up. Place the tortilla into an oven dish. Repeat until all the tortillas are filled. Pour the sauce over the enchiladas and sprinkle the remaining cheese on top. Place in a medium oven for ten minutes.

Serve with guacamole, salad and Mexican beer.

#5 - CHICKEN LEEK AND APPLE BAKE RECIPE

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CHICKEN, LEEK AND APPLE BAKE

3 chicken breasts. Boned and sliced
3 leeks sliced
2 granny smiths cored and sliced
1 onion diced
2 cloves garlic chopped
½ pint dry cider
Black pepper
Salt
Sage
½ pint chicken stock
3 waxy potatoes sliced finely
½ lb strong cheddar grated
1 carton double cream
Olive oil

In a large frying pan sauté leeks, garlic and onion in a little olive oil for five minutes. Add chicken breast and continue to fry until the meat is sealed. Add 2 teaspoons of sage. Add the cider and simmer gently until it reduces. Season with black pepper and salt. Add chicken stock and simmer until reduced. Add the apples and stir in. Add the cream and simmer for two minutes then remove from heat.

Pour the mixture into a large baking dish and spread evenly. Cover with overlapping sliced potatoes and dust with black pepper. Sprinkle with cheese and place in a medium high oven for 30 minutes.

Serve with crunchy salad or lightly steamed green vegetables.

#6 - COMMONERS ROYAL BANQUET

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COMMONERS ROYAL BANQUET

1lb braising steak diced.

1lb pork belly diced.

2lb chicken drumsticks.

1lb lamb shoulder diced.

1 turkey leg boned and diced.

4 large onions 2 slice, 2 chopped into chunkks

6 large unpeeled carrots topped and tailed and cut in half

4 large unpeeled baking potatoes cut lengthways into chips

6 broad beans cut into quarters

2 cups of frozen peas

1 cauliflower cut into florets and the core diced

1 tin or pack of peeled chestnuts

1 pint of ale.

2 tablespoons of English honey.

1 teaspoon of cayenne pepper.

2 cups of barley.

4 twigs of fresh rosemary.

2 tablespoons of dried basil.

Salt and pepper.

Lard

Butter

Put all the meat in a roasting tray with the barley and sprinkle with salt and pepper. Stir together well before placing in a hot oven for ten minutes. Remove from the oven and turn down the heat. Add the dried basil, sliced onions, cayenne pepper, and rosemary and stir together. Warm the honey so you can drizzle it over the meat then add half the ale cover with foil and place back in the oven for an hour.

In the meantime heat a baking tray on the hob with a good chunk of lard and butter. When it begins to sizzle put all the vegetables, including the chunky onions and chestnuts in and stir well until reasonably coated. Cover with salt and pepper and leave to stand.

When the hour is up. Remove the meat, uncover and stir well. Add the rest of the ale and turn the oven up to medium hot. Once warmed up place the tray of meat and the tray of vegetables back into the oven for thirty to forty minutes. Drain the meat juices to use as gravy and serve piping hot with beer and crusty brown bread!

#7 - CORNED BEEF HASH RECIPE

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ALL DAY CORNED BEEF HASH

½ lbs good quality corned beef
3lbs waxy potatoes diced
4 carrots peeled and diced
1 large onion finely chopped
1 pint chicken, ham or pork stock
3 eggs
White pepper
Salt
Vegetable oil

Using a large frying pan or wok heat oil and throw in the onions to brown slightly. Add the potatoes and carrots and stir for five minutes until they begin to brown. Fill the pan with water and bring to the boil. Simmer until all the liquid has evaporated.

Add a teaspoon of white pepper and a pinch of salt and stir well. Add the corned beef and mix into the hash. Add the stock and stir well. Simmer gently for twenty minutes until reduced and becoming dry.

Make a well in the middle of the hash and pour in a little oil. Crack the eggs into the well and let them begin to fry. After a minute or two stir the eggs into the hash and mix well.

Cook for a further five minutes stirring often. Serve with red cabbage or beetroot and a decent lager beer.

#8 - EASTER ROAST LAMB DINNER

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EASTER ROAST LAMB DINNER

The Lamb

Leg of lamb

Six garlic cloves, peeled and sliced in half

3 sprigs of fresh rosemary

A handful of fresh mint leaves

Olive oil

Freshly ground black pepper and salt

The Veg

6 redskin potatoes cut into quarters

2 large sweet potatoes cut into large chunks

4 large carrots scraped and cut into chunks

2 large red onions cut into chunks

6 cloves of garlic

1 cup walnuts

Olive oil

Using a sharp knife score the lamb lengthways and rub with salt, pepper and olive oil. Fill the cuts with the garlic and mint. Leave to stand for an hour. Place the meat on a sheet of tin foil lay the rosemary on top and drizzle with oil before wrapping loosely in the foil sealing it as well as possible. Cook on a low heat for two hours.

Put all the prepared veg and nuts into a baking tray and arrange as evenly as possible. Season with salt and pepper and drizzle olive oil over everything. Take the lamb out of the oven and unwrap the foil remove the rosemary, put the meat on a roasting tray and pour any juices over it. Add a cup of water to the stock. Turn the heat up to medium/hot. After ten minutes put everything in the oven and cook for 45 minutes. Baste the regularly.

Remove from the oven leave the meat to stand and thicken the stock with a little cornflour and milk to make gravy. Stir the veg and season again before serving.

#9 - EGG FRIED RICE RECIPE

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SUPER EGG FRIED RICE

3 cups long grain rice
2 chicken breasts cut into strips
2 large eggs
1 red pepper cut into strips
1 green pepper cut into strips
1 chilli pepper finely chopped
1 large onion chunky chopped
2oz button mushrooms quartered
Vegetable oil
Sesame oil
Soy sauce

Using a wok or frying pan heat some oil and add the dry rice. Fry it until it turns golden then remove from heat and empty into a saucepan. Add water and bring gently to the boil then simmer until the rice softens. Drain, rinse and allow it to stand in a large sieve or colander for two hours, stirring occasionally in order to dry the rice out.

After two hours heat some oil in a wok or frying pan and crack one of the eggs into it. Stir until scrambled but still soft. Add the rice and stir in thoroughly. Add a teaspoon of sesame oil and mix well. Crack other egg into the mixture and stir in well. Turn off the heat and leave to one side.

In a wok or large frying pan heat some oil until very hot. Place chicken in and brown. Add onion, peppers and stir well. After two minutes add the mushrooms and stir in. Toss and stir for a further three minutes. Add the egg fried rice to the mixture and stir it all together. Splash liberally with soy sauce and stir one last time before serving straight away.

#10 - FRIED CHICKEN WITH PINE NUTS RECIPE

Provided by Harbour Guides - www.harbourguides.com

FRIED CHICKEN WITH PINE NUTS

3 large chicken breasts (boned skinned and diced)

4oz pine nuts

8oz frozen soya beans

8oz mushrooms sliced

1 large Spanish onion coarsely chopped

1 pint chicken stock

1 chilli finely chopped

Olive oil

Butter

Salt and Black Pepper

Brown rice.

Heat some olive oil in a large frying pan and add the onions. When they begin to brown add the chicken breast and stir continually until the meat is sealed. Add the pine nuts and stir well. Add a little more olive oil and the mushrooms and chilli. Stir well for five minutes. Add the chicken stock and simmer for ten minutes adding the soya beans half way through when the liquid is almost gone turn up the heat and add a very large knob of butter. Season with a little salt and black pepper. Stir well until the beans begin to brown very slightly. Add half a cup of water and stir in until it is steaming and all the residue has been dissolved from bottom of the pan. Serve on a bed of brown rice, salsa or chutney and a good quality European beer

#11 - GAMMON AND POLENTA MASH RECIPE

Provided by Harbour Guides - www.harbourguides.com

SOUTHERN BAKED GAMMON AND POLENTA MASH WITH BEANS AND CHICK PEAS

3lbs Gammon joint
2 cups dried polenta (cornmeal)
8 cups boiling water
1lbs strong cheese grated
1 tin chick peas drained and rinsed
2 cups frozen soya beans
1 onion chopped
1 pint chicken stock
3 shots bourbon
2 tablespoon sweet chilli sauce
Soft brown sugar
Butter
Olive oil

Peirce the gammon right through with a sharp knife creating crosses. Gently coat with chilli sauce spreading it with a spoon until it is absorbed into the crosscuts. Slowly dribble the bourbon over the meat allowing it to be absorbed. Coat with soft brown sugar and leave to stand for 1 hour. Spread the onions even around the meat. Place the joint in a medium hot oven with a little water in the baking dish. Cook for 2 hrs basting regularly and turn over occasionally (add water when necessary).

20 minutes before the joint is ready boil the water. Turn off the heat and add the dried polenta a little at a time stirring continually eventually it will reach the consistency of mashed potato. Add the cheese gradually and stir it well in. Place in oven proof dish and swap places with the meat turning up the heat slightly. Empty the meat juices and onion into a saucepan, add the chicken stock and bring to the boil, then simmer. Cover the meat with foil to trap the heat.

Put a little olive oil and a large knob of butter in a frying pan fry beans and chick peas quickly adding a little salt and black pepper. When the beans begin to brown slightly turn off the heat. Thicken the gravy with corn flour.

Carve the meat and remove mash from the oven reheat the beans and peas and serve with dry white wine.

#12 - HAGGIS RECIPE

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BURNS NIGHT HOMEMADE HAGGIS

2lbs minced lamb (or pork)
8oz suet finely chopped
8oz pinhead oatmeal
2 large onions finely chopped
ground black pepper
ground white pepper
2 teaspoons cayenne pepper
salt
2 pints lamb and chicken stock
A bag of spuds
A swede or turnip
Butter

Boil the lamb in the water until browned and drain. Save the stock and allow the meat to cool in a large mixing bowl. Put half the onions on the meat stock and bring to the boil adding good quality stock cubes to enrich. When the onions soften leave to cool.

Add the suet, desert spoon of black pepper, desert spoon of salt, cayenne pepper and onion to the mince and stir until completely combined. Add a cup full of stock. Put the mixture into a bread tray or something similar... a roasting bag will do. Or you can use a cleaned sheep's stomach and boil it for an hour. Make sure there is enough room in the vessel for the oats to expand. If you are baking, it will take about an hour and a half on medium heat. Make sure that it doesn't dry out by using the stock.

Make a huge mound of mashed potatoes with lots of butter. Boil and mash a whole swede or turnip with plenty of salt, butter and white pepper. Bring the stock to the boil and thicken using mash to make a rich gravy. Serve with a decent whisky and much laughter.

#13 - LAMB CURRY RECIPE

Provided by Harbour Guides - www.harbourguides.com

SWEAT AND HOT LAMB CURRY

1 ½ lbs lamb diced
2 large onions finely chopped
3 cloves garlic crushed and chopped
1 red pepper cut into strips
1 green pepper cut into strips
3 red or green chillies chopped
2 cans chopped plum tomatoes
3 tablespoons garam massala
2 tablespoons powdered coriander
2 tablespoons powdered cumin
Cup of chopped fresh coriander
Juice of 1 lemon
2 tablespoons sugar
Salt
Vegetable oil, ghee or margarine
Water
Basmati

In a large frying pan quickly brown the lamb and then set to one side. In the same pan pour in 3 tablespoons of oil, ghee or margarine and add onions, chillies and garlic. Sprinkle with a little salt to prevent them browning. Stir for two or three minutes and add the powdered spices. Stir well until the spices begin to give off aroma. Add the peppers and stir in well. Fill the pan with water and bring to the boil slowly then simmer until the sauce reduces. Add the tomatoes and the lamb and top up with water again. Allow to simmer gently for twenty minutes, topping up with water to keep it liquid. Add the lemon juice and sugar and stir. Simmer for ten minutes. Turn off the heat and leave to stand until cold. If possible leave for 24hrs*.

Reheat slowly adding water if necessary. Cook gently for ten to fifteen minutes whilst you boil the rice (add a little saffron or tumeric to the rice for flavour). Add fresh coriander to the curry five minutes before serving. Serve with chutneys, pickles, yoghurt with cucumber and flat breads. Cold beer goes down a treat too.

*allowing the curry to stand brings out the full flavour of the spice combination and also helps mellow the chilli kick slightly.

#14 - LANCASHIRE HOT POT RECIPE

Provided by Harbour Guides - www.harbourguides.com

LANCASHIRE HOT POT

3lbs diced lamb
2 large onions sliced
3 carrots sliced
1lb floury potatoes sliced
1 pint of rich beef or chicken stock
2 bay leaves
1 tablespoon mixed dried herbs
1 teaspoon ground white pepper
1 teaspoon salt
3 tablespoons plain flour
Vegetable oil

Sift the flour and mix in the salt and pepper with a fork. Toss the lamb in the flour until coated thoroughly. Heat a couple of tablespoons of oil on the hob in large sealable saucepan and add the meat. Stir until it begins to brown. Add the onions and stir vigorously for three minutes. Add the carrots and potatoes and stir in well for three minutes. Cover with water and allow it to simmer for twenty minutes. Add the stock, the bay leaves and the mixed herbs and stir well. Put the pan lid on and turn the heat down. Leave to simmer gently for a further hour and a half, stirring occasionally, topping up with water when necessary. Serve with pastry and pickled red cabbage.

#15 - LONG ROAST PORK RECIPE

Provided by Harbour Guides - www.harbourguides.com

LONG ROAST PORK WITH LEMON AND GINGER

Rolled pork joint
4 large or 6 fine spring onions
4 cloves of garlic
1 long green lettuce

The Marinade:

Juice of 2 lemons
2 tablespoons grated ginger
2 tablespoons honey
½ teaspoon sesame oil
Freshly ground black pepper and salt

Easy peasy this one. Takes a while but it's worth it. If you want crackling I suggest you remove the skin and cook it separately.

Prick the pork joint with a sharp knife or fork. Mix all the marinade ingredients together and cover the pork joint and rubbing it into the meat. Leave it for at least an hour, occasionally reapplying and rubbing the marinade and turning the joint (the longer you can do this the better).

Roast the joint in a shallow bowl with a little water on a low heat for an hour and a half, basting and turning regularly,

Meanwhile dress the spring onions cut them in to strips lengthways and half them. Cut into the garlic cloves without splitting them. Strip the leaves of the lettuce and rinse if necessary.

Remove the joint from the oven and allow it to stand for twenty minutes. When it's cool enough to touch, stuff with half the spring onions and use the tie strings to hold the rest of them and the garlic on the outside. Baste well with the cool stock and press the lettuce leaves all over the top until covered then cover with foil, seal as well as possible and put back into a the oven for ten minutes before turning off the heat. Leave the joint to stand in the oven for 24hrs.

Reheat the wrapped joint quickly on a very high heat for fifteen minutes and turn the temperature down to medium. Cook for twenty minutes. Remove the foil, lettuce leaves, garlic and onions and set aside. Drain the stock, turn over the joint, baste it and put it back in the oven on a higher heat for ten to fifteen minutes or until it begins to brown and form a sticky or crispy skin. Remove from the oven cover with the foil and leave to stand for five minutes.

Blend the leaves, garlic and onions with the stock and heat gently in a pan. Thicken with

#15 - LONG ROAST PORK RECIPE

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cornflour mixed with cold water if you want gravy.

The meat can be shredded or sliced and served with noodles, fried rice, stir fry, potatoes, roast veg etc.

#16 - MEATBALLS IN TOMATO SAUCE RECIPE

Provided by Harbour Guides - www.harbourguides.com

SPICY MEATBALLS IN ITALIAN TOMATO SAUCE

2lbs minced beef
3 large onions finely chopped
1 red chili finely chopped
Six fresh basil leaves finely chopped
4 cloves of garlic, crushed and finely chopped
3 cans plum tomatoes
1 cup tomato puree
4 cups of brown rice
Flour for dusting
Freshly ground black pepper
1 glass decent red wine
Parmesan cheese
Olive oil

Mix the beef thoroughly by hand with one of the chopped onions, 1 garlic clove and the chili. Roll into one inch balls and dust with flour. Place in the fridge for an hour to firm. Meanwhile fry the onions and garlic gently in olive oil for ten minutes. Add the tomatoes and basil and simmer for twenty minutes. Add the red wine, tomato puree and plenty of black pepper and continue to simmer for another twenty minutes (add water if the sauce appears to be drying out).

After an hour remove the meatballs from the fridge. Heat olive oil in a baking dish or tin on the hob. Fry the meatballs until browned. Pour over the sauce and place in a medium oven to bake for one hour. Boil the rice for twenty minutes in salted water and drain well. Cover the plates of rice with meatballs and sauce and sprinkle liberally with cheese. Serve with hot crusty bread and a good quality Chianti.

#17 - OCEAN PIE RECIPE

Provided by Harbour Guides - www.harbourguides.com

OCEAN PIE

1 pound skinned, boned cod or white fish
10oz salmon steak skinned and boned
2 cups milk
1 bay leaf
2 pounds waxy potatoes
4oz peeled shrimps
4oz butter
4 tablespoons plain flour
1 glass white wine
1 teaspoon chopped fresh dill or parsley
salt and pepper to season.

Peel potatoes, chop into chunks and boil them until soft enough to mash. Meantime put the fish in a saucepan with 1¼ cups of milk, bay leaf and season. Bring it to the boil, cover and simmer gently for 15mins. Drain fish but keep the liquid. Flake the fish into a shallow ovenproof dish and add the shrimps.

Melt half the butter in a saucepan and add the flour stirring constantly for a minute. Gradually stir in the fish stock and wine. Add dill or parsley and reduce until thick. Pour the sauce over the fish. Drain the potatoes and mash with the remaining butter and milk seasoning to taste. Cover the fish and sauce with the mashed potato and place in a preheated oven at 200 degrees gas mark 6 and bake for 5mins until the potato browns. Serve piping hot.

#18 - OLD SCHOOL SPONGE CAKE - RECIPE

Provided by Harbour Guides - www.harbourguides.com

OLD SCHOOL SPONGE CAKE!

This is for all of you who remember school sponge cake and actually liked it.

4oz butter or margarine
4oz sugar (I use soft brown)
3 large eggs
4 oz self raising flour
1 mug of oats

Using a mixing bowl and fork blend the butter and sugar into a paste. Add the eggs and mix well. Add the oats and stir in. Gradually fold in the flour until the mixture becomes thick.

Transfer to a baking tin and place in the centre of the oven, preheated to 170c for 25 to 30 mins. Try not to check it as this might cause the sponge to drop. When it is ready the cake should spring back instantly when pressed gently in the centre.

Can be served hot with custard or allowed to cool and eaten on its own. You can also add ginger, cocoa powder, nuts or dried fruit to the recipe. It's always hearty!

#19 - PAN FRIED LIVER AND MUSHROOMS

Provided by Harbour Guides - www.harbourguides.com

PAN FRIED LIVER AND MUSHROOMS (quick tasty and nutritional)

1lb fresh chicken livers
40z small button mushrooms
1 small onion
Black pepper
Salt
Olive oil
Whole meal bread and butter (for toasting)

Finely slice half the mushrooms. Pour a little oil into a frying pan and heat quickly. Add the chicken livers to the hot oil and stir until browned. Remove from pan. Add a little more oil and the sliced mushrooms and fry until they begin to turn autumn brown. Add the whole-mushrooms and stir well until they begin to cook. Add the chicken livers and lots of black pepper and a sprinkle of salt. Cook on high heat for three minutes stirring continuously. Serve with buttered whole meal toast and Colombian coffee or European beer.

#20 - PAN FRIED, SPICEY CHICKEN BURGERS RECIPE

Provided by Harbour Guides - www.harbourguides.com

PAN FRIED, SPICEY CHICKEN BURGERS

1lb minced chicken
3 rashers minced bacon
2 cups good quality breadcrumbs
1 finely chopped chilli
1 medium onion grated
Ground black pepper
1 desert spoon finely chopped sage and rosemary

In a large bowl thoroughly mix the bacon and chicken using your hands. Add the onion, mixed herbs and chilli and mix in well. Season with black pepper. Add the bread crumbs and again using your hands mix well together. Leave to stand for at least an hour. Form into patties and shallow or dry fry on a skiddle or in a frying pan, ensuring the burgers are browned before turning over. Press down on the burgers as you cook them to ensure they stay whole. Make sure they are cooked all the way through before serving.

Serve either in a bun with salad or with fries and mayonnaise... Dutch Beer or Dry White Wine

#21 - PEASE PUDDING - RECIPE

Provided by Harbour Guides - www.harbourguides.com

PEASE PUDDING

Soak 8oz of yellow split peas in salty water overnight. Drain and rinse. Put a ham shank or four rashers of bacon or two ham/pork stock cubes into a pan with four pints of water and bring to the boil. Add the peas once it is boiling. Add some white pepper. Simmer for an hour and allow it to thicken. Remove the bone or bacon rashers and pour the peas into an oven dish. Place in the oven at a medium temperature (if you have used bacon cover with the cooked rashers) until the peas pudding sets. Remove from the oven and allow it to cool. Serve as a side dish or in sandwiches with ham. You can also eat it hot with fresh bread and dripping.

#22 - POLENTA BAKE RECIPE

Provided by Harbour Guides - www.harbourguides.com

POLENTA BAKE

2 cups of polenta (corn meal)
2lbs strong mature cheddar grated
1lb lean bacon or gammon diced or cut into strips
4oz of button mushrooms quartered
1 medium red pepper diced
1 large onion chopped
2 cloves of garlic crushed and chopped
1 chilli pepper finely chopped (more to make it hotter) and stir for two minutes
Small bunch of fresh coriander chopped
2 tablespoons paprika
2 cups white wine
2 cups chicken stock
4 cups water
Olive oil

In a large frying pan fry the onion, pepper, garlic, chilli and bacon in olive oil for ten minutes stirring continuously. Add the mushrooms and fry for a further five minutes. Add the coriander and paprika and stir for two minutes. Turn off the heat and add 1 cup of white wine.

In a large saucepan bring the remaining wine, chicken stock and water gently to the boil and simmer. Slowly sprinkle in the polenta whisking vigorously. After one cup has been added empty the contents of the frying pan into the mixture and whisk. Continue to sprinkle in the polenta. Once it is all added stir for 1 to 2 minutes until it begins to thicken. Add all but half a pound of the cheese and stir in thoroughly. Stir for a further minute until the mixture begins to thicken. Remove from heat and pour into an oven dish. Sprinkle the remaining cheese on top and bake in a medium/hot oven for 30mins.

Serve with fresh green beans and peas and a crisp dry white wine.

#23 - PORK LEEK AND SPINACH STEW RECIPE

Provided by Harbour Guides - www.harbourguides.com

PORK, LEEK AND SPINACH STEW

2lbs diced pork
2 large leeks chopped into rings
Large bunch spinach roughly chopped
1 large Spanish onion
2 large quality potatoes diced/or penne pasta if preferred
4 large cloves garlic, crushed and finely chopped
1 tin of plum tomatoes chopped
2 tablespoons dry oregano
1 large glass dry white wine
1 pint rich chicken stock
Olive oil
Butter
Ground black pepper
salt

Pour a generous amount of olive oil into a large saucepan and place on heat. Add a very large knob of butter and allow to melt and combine. Add the leeks onions and garlic and sprinkle lightly with salt to avoid browning. Sweat the ingredients for five minutes. Add the pork and stir well. Keep stirring until the meat is sealed. Add chicken stock and oregano and simmer for 20 minutes (occasionally topping up with water). Add spinach and simmer for ten minutes. The stew should become muddy grey but will taste very creamy. Add tomatoes and potatoes and simmer for a further twenty minutes, again topping up with water. Add white wine and plenty of black pepper. Stir well and continue to simmer for fifteen minutes or until the sauce reduces to desired consistency.

Serve sprinkled with Parmesan, with crusty bread, beer or dry white wine.

#24 - RECIPE CAULIFLOWER CHEESE

Provided by Harbour Guides - www.harbourguides.com

FULL-ON CAULIFLOWER CHEESE

1 Cauliflower cut into florets
4oz mature cheddar cheese (grated)
2oz Parmesan cheese (grated)
4 oz Strong Lancashire cheese (grated)
1small onion (finely chopped)
½ lb smoked bacon
1 cup walnuts
1 pint of milk
2oz butter
2 tablespoons plain flour

Place the cauliflower florets in a pan of slightly salted cold water and gradually bring to the boil. Leave it to simmer for ten minutes. Drain and allow it to stand.

Dry fry the bacon in a frying pan adding the walnuts and onion when it starts to become crispy. Remove from heat and allow them to colon a paper towel.

Put the butter in a heavy pan and melt it slowly on the hob. Gradually stir the plain flour into the melted butter. When the mixture becomes a thick paste add cold milk a little at a time stirring and smoothing it constantly*. When all the milk has been added add the Parmesan 3oz of the cheddar and 3oz of the Lancashire and stir in. Allow the cheese to melt and season with black pepper. When the sauce begins to boil turn of the heat**.

Cut the bacon into small pieces and break the walnuts. Add these and the onions to the sauce and stir well in.

Arrange the cauliflower florets in a fairly deep oven dish and pour the sauce over the top. Leave for a few minutes to let the sauce cover the cauliflower. Sprinkle the remaining cheese over the top. Place in a medium/high oven for twenty minutes or until the cheese begins to brown slightly. Serve with fresh brown bread and butter and fruity white wine.

* If lumps appear and refuse to leave use a hand blender or whisk.

** If the sauce doesn't thicken mix a desert spoon of flour and butter together, drop it into the sauce and stir in. It may need more but the thicker the sauce is the better.

#25 - RECIPE OF THE WEEK

Provided by Harbour Guides - www.harbourguides.com

TANGY BAKED POTATOES AND DREAMBOAT SALAD

1 large baking potato per person
Olive oil
Large red pepper
Large green pepper
Whole lettuce
Half a cucumber
Large red onion
Large avocado
10 seedless, white grapes
10 cherry tomatoes
2oz strong cheese
4oz mixed nuts (broken) or 2oz mixed seeds
Salt and ground black pepper.
Grated cheese and butter

Prick the potato skins with a fork. Mix an egg cup of olive oil with half a teaspoon of salt and half a teaspoon of ground black pepper (per four potatoes). Brush the potatoes with the seasoned oil and place in a fairly hot oven for an hour (or until skins are crispy and the inside is soft).

Meanwhile chop all the salad vegetables coarsely, halving the grapes and tomatoes. Mix them all together in a large salad bowl (obviously if there's ten of you make more salad). Dice the cheese and mix that in.

Put the nuts or seeds on a tray and place them in the oven for about three minutes – or until they begin to brown – then allow to cool down. Once cooled sprinkle them onto the salad and pour liberal amounts of olive oil on top before mixing it all thoroughly and allow it to stand somewhere cool until the potatoes are ready.

Serve the potatoes cut in half and loaded with butter, grated cheese and black pepper. The salad should be piled up next to each potato and you can always indulge in a bit of mayonnaise.

#26 - RECIPE OF THE WEEK CHICKEN KORMA

Provided by Harbour Guides - www.harbourguides.com

THE TWO PAN CHICKEN KORMA (it's easier than it looks)

For the sauce (2 persons approx)

1 large onion

2 cloves of garlic

2 tablespoons coriander powder

1 teaspoon tumeric

2 tablespoons mild curry powder or garam masala

Juice of 1 lime (or enough lime cordial for a drink)

2 tablespoons sugar

1 can coconut milk

1 pint water

½ can evaporated milk or thick plain yoghurt

1 handful of chopped fresh coriander

2 tablespoons oil, ghee, margarine or butter (for frying) do not use olive oil!

also needed

Basmati rice (or any rice you can buy) rule of thumb a cup per person. But it depends on appetite and it can always be used as ground bait.

1lb off the bone chicken breast. (substitute other meat fish or vegetables as preferred)

Again this isn't a science. The ingredients above are a guide. Any kind of coconut is good. Creamed blocks just need to dissolve in the sauce. Desiccated coconut can be used if that's all you can get it will need cooking for longer.

Fill a pan with cold water and put chicken into it. This should be put on a low heat whilst you prepare the sauce.

Whilst the chicken is beginning to heat up, finely chop the onion and garlic. Heat a pan with the oil or ghee and fry the onions and garlic together stirring constantly to avoid burning (if you are using desiccated coconut that should be added at this stage and use plenty). Add the powdered coriander and stir in until you can smell the spice and the curry powder or garam masala. Add the lime and the sugar. It will become a paste very quickly. Add the pint of water (and creamed coconut if you are using it). Stir well then leave to simmer gently until reduced.

At this stage check the chicken. Prick with a knife and see if meat is cooked through (it should be white inside). When cooked remove from hot water cover and leave to stand.

Clean the pan and fill it with cold water. Put rice into the water and rub it thoroughly between your fingers until the water is milky. Drain, rinse and leave to one side. Refill pan and bring to the boil. Add the rice (at this stage you can also add tumeric powder and coriander to add flavour to the rice). During cooking the rice should be watched carefully and not allowed to over cook. If you are using basmati rice it will cook very quickly. Keep trying a grain or two. If you can bite through it easily but there is a hard centre remove the rice from the heat and drain the water. Leave it to stand and cover it as it will continue to cook.

#26 - RECIPE OF THE WEEK CHICKEN KORMA

Provided by Harbour Guides - www.harbourguides.com

Fill the pan with water and put it back on the heat (the warm water is to rinse the rice before serving)

Back to the sauce. Once the sauce becomes a thick paste again add the coconut milk and allow to reduce quickly. Add evaporated milk or yoghurt and finely chopped fresh coriander (or a tablespoon of powdered) and simmer very slowly stirring occasionally until the sauce starts to turn creamy.

Meantime cut the chicken into healthy chunks and throw them in the sauce. When the sauce reaches a rich creamy texture turn off the heat. Rinse the rice in warm water and you're ready to serve.

Chef's notes: OK this looks far more complicated than it actually is. It's basically a throw everything in dish. But when you're limited to hobs and space in general it's better to be organised. It'll take an hour max to make. If you get practice it can be done half the time. But as I always say the longer the sauce takes the better. So you can actually cook the sauce for longer by keep adding a little water before creaming it up. If you make the sauce the day before hold back the evaporated milk yoghurt and fresh coriander until you are reheating it. It will taste amazing.

And again you can add salt and pepper or cream or more coconut or lime or curry powder or whatever. Just keep on tasting it. You can even add some chilli, powdered ginger and chopped tomatoes and turn it into a tikka masala sauce.

#27 - RECIPE OF THE WEEK CHILLI CON CARNE

Provided by Harbour Guides - www.harbourguides.com

CHILLI CON CARNE

1lb minced beef
1 can red kidney beans
2 medium onions - chopped
3 large cloves garlic – crushed and chopped
1 medium red pepper – deseeded and chopped
1 medium green pepper – deseeded and chopped
4oz mushrooms – mixture of thinly sliced and quartered
3 red chilli peppers – deseeded and finely chopped
2 cans chopped plum tomatoes
2 tblsps paprika
1 tblsp coriander
1tblsp oregano
olive oil
1 glass red wine
salt and black pepper to season

also 4 cups rice, 2 large avocados, fresh crusty bread and grated white cheese

Dry fry the mince until brown (you can prepare your vegetables whilst you do this). Drain off excess fat and place mince on a plate. Reheat the pan with plenty of olive oil. Add onions and garlic and stir for one minute. Add peppers and chillies and stir in well. Add the herbs and spices and stir until the vegetables are coated and you can smell the spices cooking. Add mushrooms and stir in for one minute. Add both cans of tomatoes and top up the sauce with a little water. Leave to simmer gently for half an hour. Remove from the heat and pour into casserole dish*. Rinse the kidney beans and add them. Add the minced beef. Pour in the wine and season to taste. Add water or more wine if the sauce looks dry. Stir together thoroughly. Place in a medium/hot oven for 45 minutes stirring occasionally. Serve on bed of boiled rice sprinkle with grated cheese. Serve with side dish of mashed avocado and freshly buttered crusty bread.

* If you don't have a casserole dish large enough of your oven is too small just add all the other ingredients and continue to simmer for 45 minutes... It just means you need to keep more of an eye on it.

#28 - RECIPE OF THE WEEK GREEK STYLE KEBABS

Provided by Harbour Guides - www.harbourguides.com

GREEK STYLE KEBABS WITH SALAD

Kebabs

2lbs lean diced lamb
4 large cloves garlic crushed and chopped finely
1 small pot plain yoghurt
teaspoon fresh ground black pepper
tablespoon lemon juice
wooden skewers

Salad

Assorted salad leaves
2 large tomatoes, sliced
4oz feta cheese
three bacon rashers
cup of walnuts
olive oil

also pita bread

First you have to make your marinade. That's easy just mix together the yoghurt, garlic, pepper and lemon juice (you can also add fresh mint). Then place lamb in the marinade and mix together making sure the meat is coated. Cover with cling-film and leave to infuse for at least three hours (24 is better) somewhere cool. Makes sure that you shake the mixture every hour or so to keep meat coated as the marinade will be absorbed.

1 hour before you intend to eat grill the bacon until crispy but not burnt. Also toast the walnuts for two minutes making sure they don't burn. Set aside both to cool. Rip up your leaves, dice the feta and place in a bowl with the tomatoes mixing thoroughly. Chop the bacon into small pieces and break up the walnuts. Add both to the salad and stir in. Drizzle over plenty of olive oil and set to one side for half an hour, tossing occasionally.

Drain off as much excess marinade from the lamb as possible (you may even want to rinse it but it's better a bit rough). Put meat onto skewers near to the blunt end, being careful not to over fill each one. Place kebabs under a warm grill and cook slowly, turning constantly until they begin to brown. Remove from grill. And allow to stand for two or three minutes. Meantime warm the pita bread under the grill so it soften and becomes easy to split wrap it all in a clean dry dishcloth to keep warm and soft. Turn grill right down and reheat the kebabs for a minute or two (or until they begin to blacken slightly). Remove from grill. Serve everything together with chilled white wine.

#28 - RECIPE OF THE WEEK GREEK STYLE KEBABS

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Top tip... always soak wooden skewers in water before using them. That way they won't burn.

#29 - RECIPE SAUSAGE CASSEROLE

Provided by Harbour Guides - www.harbourguides.com

HEARTY SAUSAGE CASSEROLE

1lb good quality pork or beef sausages
2 medium onions
½ lb carrots
1lb waxy potatoes
½ lb broad beans or soya beans (fresh or frozen)
1 red pepper
1 tin of sweet corn or cup of frozen sweet corn
1 red chilli
1 desert spoon paprika
1 tablespoon basil
1 pint of strong chicken stock
1 can of decent beer
cornflour
Ground black pepper and salt

Place a large casserole dish on the hob and heat it slowly. Meantime cut the sausages into small pieces. Add sausages to pan and dry fry stirring occasionally. Roughly chop the onions and peel and dice the carrots. When the sausages begin to brown add the carrots and onions and stir in well. Dice the potatoes in their skins. When the onions are cooking (you'll smell them) add the potatoes and stir in. Cover the pan and leave for ten minutes stirring occasionally.

Remove the seeds from the red pepper and chop roughly. Remove seeds from chilli and finely chop. Add both to the pan and stir in well. Add paprika and basil and stir in. Cover and allow it to cook for five minutes. Stir occasionally. Set oven to medium/high.

Add the beans and sweetcorn and the chicken stock and simmer for ten minutes. Add the beer and season. Place in the oven uncovered for fifteen minutes or until the top of the casserole forms a dark skin. Stir and cover and cook for 45 minutes. Remove from oven and uncover. Mix two heaped teaspoons of cornflour with a little cold water and add to the casserole stir well until it begins to thicken. If it doesn't thicken add another teaspoon of cornflour mixed with water. Serve with fresh tasty bread and beer.

#30 - RECIPE SHEPHERDS OR COTTAGE PIE

Provided by Harbour Guides - www.harbourguides.com

COMFORTING SHEPHERDS/COTTAGE PIE

1-2lbs minced beef or lamb (depending whether its shepherds or cottage pie)
4 large baking potatoes
1 large onion
3 carrots
2 cups of peas
½ lbs strong cheddar
1oz butter
1 cup of milk
1 cup beef stock
1 cup ale
corn flour
salt & pepper

Peel the potatoes, chop them into roasting size and set them to boil in a pan of slightly salted water. Dry fry the mince. Meanwhile chop the onion and add it to the meat when browned. Fry until the onion begins to brown slightly and cover with water. Peel and chop the carrots and add to the pan. Leave to simmer for fifteen minutes or until carrots soften. Add peas, stock and ale and simmer for another ten minutes.

Mix a desert spoon of cornflour with a little cold water until dissolved and add to the meat and veg. Season to taste. Stir well in until the gravy begins to thicken. Take off the heat, transfer to an oven dish and allow it to stand for ten minutes. Using large spoon gradually spread the mashed potato onto the mince working from the edge of the dish inwards in a circular motion. Run a fork through the mash and sprinkle the cheese on top. Place in a medium hot oven for fifteen minutes or until the cheese begins to turn brown. Serve piping hot.

#31 - RECIPE WHITE FISH AND SALTY POTATOES

Provided by Harbour Guides - www.harbourguides.com

BAKED WHITE FISH AND SALTY POTATOES

1 fillet or whole white fish (cod if possible) per person
3/4 new potatoes per person
1 pan of seawater
butter
lemon juice
mixture of green beans to serve with
black pepper
tin foil

This is simplicity itself. Put the potatoes in the pan of seawater and bring to the boil. Meanwhile wrap each piece of fish separately in foil, sprinkle with lemon juice and add a large knob of butter to each. Place them on tray in a medium oven for twenty minutes to half an hour (depending on how many portions). Make sure the potato water stays topped up as this concentrates the salt. Boil your mixed bean for the final five minutes. Drain then grind plenty of black pepper onto them and toss. Remove fish from the oven and take off foil. Serve on hot plates with a refreshing white wine to balance out the salt.

#32 - RISOTTO RECIPE

Provided by Harbour Guides - www.harbourguides.com

KING RICHARD'S RISOTTO

To serve four

400g risotto rice

6 top quality sausages sliced

3 rashers thick smoked bacon chopped

8 medium sized mushrooms sliced

1 very large Spanish onion finely chopped

100g frozen peas

1 red chilli finely chopped

100g strong cheese grated

3 tablespoons Parmesan cheese grated

2 litres of chicken stock

Olive oil

White wine (optional)

Butter

Ground black pepper

In a large pan heat a couple of tablespoons of olive oil and a large knob of butter, add the bacon and sausages and fry until they begin to brown. Add the onion and fry gently for five minutes. Add the chilli and stir in. Turn up the heat and add the rice. Stir until everything is mixed and the rice is coated with oil and butter. At this point add the white wine and continue cooking and stirring until it has evaporated. Add the half the stock allowing the rice to absorb most of the liquid before adding the rest. This should take about twenty minutes. In the meantime add the frozen peas and some black pepper (after about fifteen minutes). Turn the heat up and cook until rice is soft. You may need to add a little water along the way. When the rice is cooked turn off the heat and let it stand for a couple of minutes before stirring in a large knob of butter and the cheese. Eat with tomato and leaf salad and very cold fruity but dry white wine.

#33 - ROAST CHICKEN RECIPE

Provided by Harbour Guides - www.harbourguides.com

ULTIMATE ROAST CHICKEN

1 medium sized chicken
1 large sweet potato
3 medium onions
1 red onion
2 sprigs fresh rosemary
Butter
Olive oil
Ground black pepper
Salt
1 pint chicken stock
8oz formed polenta
Potatoes for mashing
Beans and peas

I'm not going to tell you how to mash potatoes as everyone has their own favourite way, so I'll cut to the chase.

Cut the sweet potato in half and finely chop one half, place in a mixing bowl. Finely chop the red onion and the ends of half a sprig of rosemary and mix in with the sweet potato. Add plenty of black pepper and a little salt. Stuff the mixture into the chicken breast cavity.

Peel an onion whole and push that into the other cavity. With a sharp knife loosen the skin on the chicken breast and pack with butter before pushing in a sprig of rosemary. Chop the remaining onions and spread onto the base of a roasting tray adding half a pint of water. Put a grill on top, place the chicken in the centre and cover in foil. Place in a medium hot oven to cook slowly for an hour.

Chop the remaining sweet potato in large chunks and do the same with the polenta. Place in a bowl with the remaining rosemary and drizzle over olive oil and a little salt. Stir together regularly over the following hour. After one hour turn the heat up in the oven for half an hour.

Remove the chicken from the oven, take it off the tray and put to one side, removing and discarding the foil. Drain onions and any juices into a saucepan. Put the chicken back in the tray on the bottom and surround with sweet potato and polenta place it all back in the oven for another 30 minutes.

In the meantime add the stock to the liquid from the tray and bring to the boil then simmer rapidly so it reduces quickly. Boil and mash the potatoes using the water to top up the gravy mixture. Take chicken out of the oven after half an hour, turn it over and replace it for ten minutes. Then turn it back over and bake for ten minutes on high.

Turn everything off remove the chicken and let it stand for a few minutes keeping everything warm in the oven. If the gravy isn't thickened add some mashed potato. Beans and peas can be boiled during this period.

Serve with white wine and traditional stuffing of choice.

#34 - SEAFOOD PAELLA RECIPE

Provided by Harbour Guides - www.harbourguides.com

SEAFOOD PAELLA

1 ½ lbs mixture of clams and mussels

75ml dry sherry

2 cloves chopped garlic

1 chopped onion

1 chopped red pepper

2 medium tomatoes, chopped

8oz paella rice

1pt hot fish stock

4oz frozen petit pois

Pinch of saffron

1 tbsp olive oil

1 tbsp sherry vinegar

Salt and freshly ground pepper

Clean shellfish and place in saucepan with sherry and half the garlic cover and bring to the boil gently then simmer for 4 minutes until the shellfish are open. Discard those that don't open. Sieve the stock into a jug or bowl. Heat the olive oil gently in a frying pan and add the onion and pepper cooking for about 10 minutes until soft. Add the rest of the garlic and after 1 minute stir in the tomatoes and cook for 3 minutes. Add the rice and stir well. Add the stock and shellfish liquid. Stir. Add saffron and salt and simmer gently for 30 minutes stirring occasionally. After 25 minutes add the petit pois. Serve on a warm plate topped with the shellfish and season with pepper and vinegar.

#35 - SPAG BOL RECIPE

Provided by Harbour Guides - www.harbourguides.com

ON BOARD RECIPE OF THE WEEK

Cooking on board a yacht or cruiser can be tricky. There ain't much room and with only two rings on the hob you're pretty limited. So we've decided to feature recipes that can be cooked under such duress. It's all easy stuff with little preparation needed. First up is a personal favourite and is described by my own children as the best spaghetti Bolognese in the world. By the way this is a rough guide. I'm not a weights and measures cook and most of the recipes I'll be giving you are pretty much adaptable to suit your own taste. I like to encourage experimentation.

TWO PAN BOLOGNESE

The Sauce

1lb minced beef
1 very large onion
4 cloves of garlic
2 tins plum tomatoes
1 tube concentrated tomato puree
4oz mushrooms
2 tablespoons dried or finely chopped fresh oregano (or basil)
1 glass of red wine (optional)
black pepper and salt to season

also needed

half a pack of dried spaghetti
1/2lbs grated mature cheese or Parmesan as required.

Fry the minced beef until brown and drain the fat. (Don't use beef that's too lean it will dissolve in the sauce). Meanwhile chop the onion and crush and chop the garlic. Add this to drained mince and stir well in. Chop mushrooms and add to the pan. Add oregano (you can use basil to be more traditional but I prefer oregano). Grind black pepper liberally over the top and mix well. Allow the herbs to become aromatic then add the tinned tomatoes and stir well. Fill both tins with hot water and add to the sauce. Allow the sauce to simmer for half an hour.

Add the tomato puree and stir well. Add salt and pepper to taste. Allow the sauce to reduce until thick. Add half a can of water and the glass of wine (or a full can of water) and leave again to reduce. At this stage most of the work is done. You can even turn off the pan and warm it up later. Or leave it until the next day, which will improve the flavour incredibly. The sauce should be deep red when it's at its best.

Cook the pasta fifteen minutes before serving in plenty of boiling water. Grate the cheese

#35 - SPAG BOL RECIPE

Provided by Harbour Guides - www.harbourguides.com

and use as a topping. Best served with decent Chianti and crusty bread and butter.

#36 - SPICY BAKED BEAN RECIPE

Provided by Harbour Guides - www.harbourguides.com

SPICY BAKED BEAN SPECIAL

3 cans baked beans
1lb smoked bacon diced
1 large red pepper diced
1 green pepper died
1 chilli pepper chopped (more if you want it really hot)
1 onion chopped
2 glasses dry white wine
Soy sauce
Olive oil

Spread the bacon on a baking tray and place in a medium hot oven for twenty minutes or until the bacon is cooked but not crispy. Meanwhile in a large frying pan fry the onion and peppers in a little olive oil until the start to brown. Add the chilli and stir in. Add one glass of white wine and reduce. Add a tablespoon of soy sauce and stir in. Add the beans and stir well for two minutes. Turn off the heat. When the bacon is ready remove from the oven and spread the beans over the top. Add a glass of white wine and stir everything in ensuring everything is evenly spread out. Put the tray back into the oven and turn the heat up. Cook for thirty minutes, checking and stirring occasionally.

Serve with crusty bread or jacket potatoes and cold beer.

#37 - SPICY PORK SAUSAGE PASTA RECIPE

Provided by Harbour Guides - www.harbourguides.com

SPICY PORK SAUSAGE PASTA

4 thick pork sausages cut into small pieces
1 medium onion roughly chopped
2 garlic cloves crushed
2 red chillies chopped
Glass medium white wine
Glass dry white wine
2 tbsp tomato purée
Can chopped tomatoes
Six chopped basil leaves
Penne
Olive oil
Ground black pepper

Fry the sausages in olive oil in a heavy pan until golden brown and cooked through. Add onions and fry for further two minutes. Add garlic and fry for 1 minute. Add chillies and white wine and reduce by half. Add tomatoes and basil and simmer for five minutes stirring occasionally. Add white wine, tomato puree and black pepper and simmer until reduced to a creamy texture.

Meantime cook four cups of penne until almost soft and drain. Stir penne into the sauce. Cook for another minute or two then serve with grated parmesan or strong cheddar, crusty bread and white wine.

#38 - SPICY SWEET POTATO AND BACON - RECIPE

Provided by Harbour Guides - www.harbourguides.com

SPICY SWEET POTATO AND BACON BAKE

Ingredients

3 large sweet potatoes
6 rashers of smoked bacon
4oz creamy Lancashire cheese
2 red chilli peppers
1 green pepper
Tin foil

Cook the smoked bacon until almost crispy. In the meantime slice the green pepper into strips and put that under the grill. Remove and leave to cool.

Halve the sweet potatoes lengthways and cut grooves into the flesh. Grate the cheese. Finely chop the chilli's and mix with the cheese.

Using scissors cut up the bacon into small pieces. Push the bacon and green pepper into the grooves you have cut into the sweet potatoes. Top with the cheese and chilli mix and put the sweet potato halves back together. Wrap them in tin foil and bake in a medium/hot oven for an hour.

Serve with salad and dry white wine.

#39 - SPICY TURKEY SOUP RECIPE

Provided by Harbour Guides - www.harbourguides.com

SPICY TURKEY SOUP

1lb cooked turkey
2 carrots peeled and diced
2 potatoes peeled and diced
1 large green pepper chopped
2 cups yellow split peas rinsed and soaked overnight
2 large onions chopped
2 chopped chillies
Bunch of fresh coriander chopped
2 pints chicken stock
1 tube tomato puree
1 heaped tablespoon paprika
Black pepper
Salt

This is a great way of using up left over turkey and making something different. Dry fry the onion, pepper and chillies for a few minutes until the onion starts to colour. Add a pint of water and bring to the boil. Simmer gently adding the split peas, potatoes and carrots and cover for ten minutes. Add the turkey and tomato puree and simmer until the soup reduces considerably. Add the chicken stock, paprika and seasoning. Simmer for thirty minutes. Add the coriander and simmer for ten minutes. Serve with warm pita bread and a wine of your choice.

#40 - SPRING CHICKEN SALAD RECIPE

Provided by Harbour Guides - www.harbourguides.com

SPRING CHICKEN SALAD

3 chicken breasts boned
Juice of 3 limes
Tablespoon of chopped fresh ginger
Tablespoon chopped fresh coriander
Baby spinach
Rocket
1 medium red onion sliced
2 large firm tomatoes finely sliced
Half cup pine nuts lightly toasted
Small ball mozzarella cheese cut into strips.
Olive oil
Lemon juice
Salt and black pepper

The Chicken

Mix the ginger, lime juice and coriander together to form a marinade. Place the chicken breasts skin side down in a shallow dish and prick several times with a fork. Coat the chicken breasts with the marinade and cover. Leave in the fridge for 6 hours. Remove chicken from fridge turn over, dry the skin with a paper towel and brush with a mixture of salt, black pepper and olive oil. Cover loosely with foil and place in a medium oven and cook for half an hour, possibly finishing off without the foil to ensure the skin becomes crispy. Allow to stand for two minutes.

The Salad

Whilst the chicken bakes place the spinach and rocket leaves into a large salad bowl and cover with the onion and tomatoes. Lay the strips of mozzarella on top and sprinkle with pine nuts. Mix a 2 tablespoons of olive oil and 2 tablespoons of lemon juice together and drizzle over the salad, ensuring the nuts and cheese are coated.

To Serve

Slice the chicken breasts into medallions. Toss the salad thoroughly so all the ingredients are well mixed, arrange on a plate and top up with slices of chicken.

Serve with crusty bread and a dry sparkling wine.

#41 - STICKY LAMB WITH CORRIANDER RECIPE

Provided by Harbour Guides - www.harbourguides.com

STICKY LAMB WITH CORRIANDER

2lbs lean diced lamb
3 chilies chopped
1 large onion grated
Powdered coriander
3 finely chopped cloves of garlic
Small bunch of fresh coriander
Juice of two limes
Three tablespoons of soft brown sugar
Ground black pepper
Salt
Olive oil
1 glass dry white wine at least

Add three heaped teaspoons of powdered coriander, 1 teaspoon of black pepper and the garlic to the lime juice and mix well. Place lamb in a bowl and using your hands massage the lime marinade into the meat vigorously. Cover and leave for 24 hours stirring or shaking occasionally.

Drain the marinade into a bowl and put to one side. Brown the lamb in a large pan using olive oil and add the onions stir until the onions begin to brown. When the lamb is coated with onion remove from the pan. Pour marinade into the pan and heat gently. Add the chilies, white wine. Meantime chop the fresh coriander and place in the bowl with the sugar and add the lamb. Mix well with your hands. Place the lamb mixture into an oven dish and spread evenly.

Pour hot marinade and wine into the bowl and stir in remainder of the fresh coriander and sugar. Add more wine if necessary. Pour over the meat carefully. Place the dish in medium oven and cook for an hour and a quarter stirring occasionally and ensuring it doesn't get too dry.

Serve with rice, minted yoghurt and green salad

#42 - STIR FRIED VEGETABLES RECIPE

Provided by Harbour Guides - www.harbourguides.com

STIR FRIED VEGETABLES

1 green pepper sliced
1 red pepper sliced
1 onion chopped chunky
3 cloves garlic sliced
2oz button mushrooms quartered
1 tin water chestnuts sliced
1 tin bamboo shoots
2 red chillies chopped
Vegetable oil
Sesame oil
Dark soy sauce
Five spice
Rice wine or dry sherry

Heat enough oil in a wok to cover the base when it is rotated. Add a desert spoon of sesame oil and the onions, garlic and peppers. Stir rapidly for two minutes. Add a teaspoon of five spice and stir in well. Add the water chestnuts, bamboo shoots and chillies. Continue stirring for three minutes. Add two tablespoons of dark soy and a glass of rice wine or Dry sherry. Stir for another two minutes until the liquid begins to congeal.

Serve on a bed of your preferred rice or noodles with fruity but dry white wine.

#43 - THAI FISH CURRY RECIPE

Provided by Harbour Guides - www.harbourguides.com

EASY THAI FISH CURRY

3-4 fillets of fish diced
1 red pepper de-seeded and chopped roughly
1 tomato peeled de-seeded and cut into wedges
boiled rice

The Sauce

Juice of 1 fresh lime or lemon
1½ teaspoons ground coriander
1½ teaspoons ground cumin
2 stems lemon grass
3 tablespoons chopped coriander leaves
1 large onion chopped
2 cloves of garlic crushed
1 thumb sized piece of fresh ginger
1 green or red chilli pepper
1 tin coconut milk
2 tablespoons fish sauce
sugar (for possible seasoning whilst cooking only)

First put all the sauce ingredients in a food processor or bowl and blend into a smooth paste. If you have no processor or hand blender you can grate the onion garlic and ginger and finely chop anything else, although this will increase the initial cooking time slightly. Pour the sauce into a wok or large frying pan and slowly bring to the boil. Add the fish and pepper and mix well. Cover and simmer gently for 6-8 minutes. Check the sauce for taste and sweeten with sugar if it is too sour or add a little more fish sauce if it's too sweet. Add tomato, cover again and simmer for another 2-3 minutes. Serve straight from wok with hot boiled rice.

#44 - TOAD IN THE HOLE RECIPE

Provided by Harbour Guides - www.harbourguides.com

TOAD IN THE HOLE

100g plain flour
1 egg
150ml milk
150ml water
12 good quality pork sausages
1 onion sliced thinly
Black pepper

Preheat the oven to around 200C or Gas mark 7. Evenly space sausages in a baking tray and scatter the onions over them before drizzling oil over everything. Place in the oven for 20 minutes. To make the batter, first sift the flour into a mixing bowl and make a well in the centre. Crack an egg into the hole. Beat the mixture gently whilst adding equal measures of water and milk gradually. After half the liquid is added beat the batter for 2 minutes before adding the rest. Season well with black pepper. At the 20 minute mark remove the tray from the oven stir the batter and quickly pour it over the sausages and onions. Place the tray back in the oven and bake for 35-40 minutes or until the batter is risen and golden brown.

Serve with gravy, peas and mashed potato.

#45 - VEGETABLE LASAGNE RECIPE

Provided by Harbour Guides - www.harbourguides.com

VEGETABLE LASAGNE

6 sheets spinach lasagna
2 cans tinned tomatoes chopped
2 medium courgettes sliced
8 button mushrooms sliced
1 aubergine sliced
1 handful fresh spinach roughly chopped
1lbs strong cheese grated
2 tablespoons plain white flour sifted
1 tablespoons butter
 $\frac{3}{4}$ pint full milk
4 cloves garlic crushed and chopped
2 onions finely chopped
Dried oregano
Dried basil
Ground black pepper
1 glass red wine
Olive oil

In a large pan fry the onion and garlic in olive oil until they begin to soften. Add the courgettes, mushrooms and aubergine and stir together. Add a tablespoon of basil and the same of oregano stir well. Add the tomatoes and stir in the spinach. Finally add the wine and leave to simmer for 30minutes, stirring occasionally.

In a saucepan slowly melt the butter and then stir in the flour to make a paste. Keep stirring to prevent burning but allow the flour to soften and lose its flavour. This should take about five minutes. Gradually add the milk stirring constantly until a sauce is created. Add three quarters of the cheese and stir in until it thickens.

In an oven dish spread a little of the vegetable sauce on the bottom and lay two sheets of lasagna on top. Then pour a layer of the vegetable sauce on top of that. Add another two sheets of the pasta and top that with cheese sauce, then two more sheets and the rest of the vegetable sauce topped with the rest of the cheese sauce. Sprinkle with the remaining grated cheese and place in a fairly hot oven for 40 minutes.

Serve with salad, crusty bread and a decent Italian red wine

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