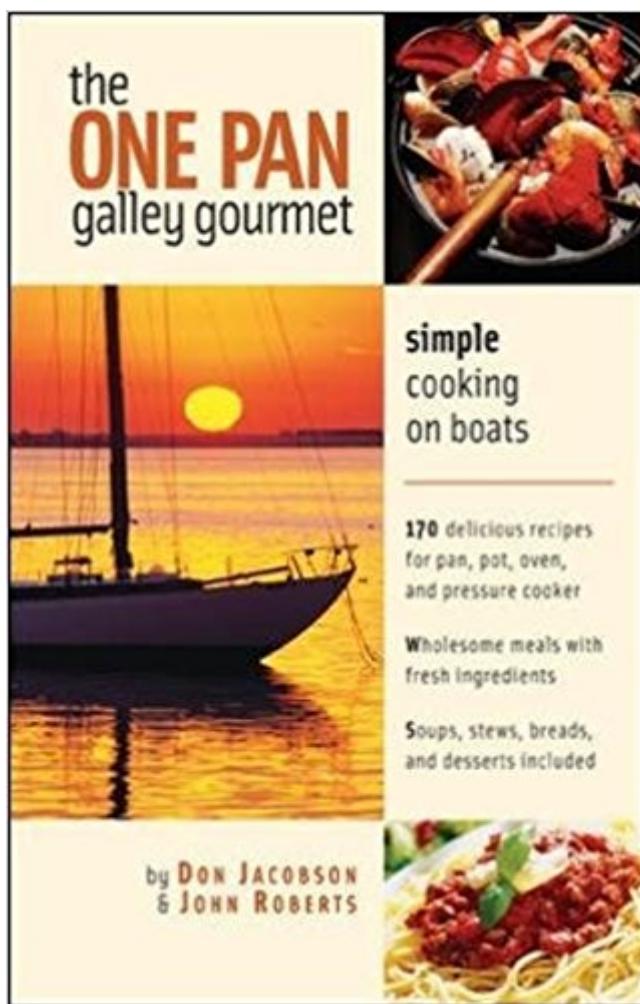


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# The One-Pan Galley Gourmet : Simple Cooking On Boats



## **Synopsis**

A paperback original The One-Pan Galley Gourmet has it all: one-pan simplicity; delicious recipes using fresh ingredients; advice for provisioning anywhere in the world; and plenty of spice and personality. Special features include: 200 boat-tested meat, fish, and vegetarian recipes Soups, stews, breads, and desserts Menu plans for cruises of three-day, seven-day, and longer duration Provisioning advice emphasizing fresh ingredients with selective canned substitutions

## **Book Information**

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## **Customer Reviews**

How to prepare fast, simple, fabulous meals afloat Now you can turn even a one-burner galley into a gourmet kitchen and enjoy hot, wholesome, delicious meals wherever your boat takes you. Want apple pancakes for breakfast? Quesadillas for lunch? Saucy chicken with noodles and green peppers for dinner? All you need is one pan, the right ingredients, and a little help from The One Pan Galley Gourmet. This practical guide for the seagoing epicure has it all--one-pot simplicity, delicious recipes using fresh ingredients, and plenty of spice and personality. Special features include: \*170 meat, fish, and vegetarian recipes \*Delicious, nutritious, satisfying dishes for breakfast, lunch, dinner, and dessert \*Menu plans for three-day and seven-day cruises

\*Provisioning advice emphasizing fresh ingredients with selective canned substitutions \*Every recipe can be prepared in a single pot, pan, or small oven

How to prepare fast, simple, fabulous meals afloat Now you can turn even a one-burner galley into a gourmet kitchen and enjoy hot, wholesome, delicious meals wherever your boat takes you. Want apple pancakes for breakfast? Quesadillas for lunch? Saucy chicken with noodles and green peppers for dinner? All you need is one pan, the right ingredients, and a little help from The One Pan Galley Gourmet. This practical guide for the seagoing epicure has it all--one-pot simplicity, delicious recipes using fresh ingredients, and plenty of spice and personality. Special features include: 170 meat, fish, and vegetarian recipes Delicious, nutritious, satisfying dishes for breakfast, lunch, dinner, and dessert Menu plans for three-day and seven-day cruises Provisioning advice emphasizing fresh ingredients with selective canned substitutions Every recipe can be prepared in a single pot, pan, or small oven

I'm not cooking on a boat, but take frequent motorcycle trips. we have small room to pack and one burner. I was looking for other recipes that would be easy with my one burner and \*very\* limited cooking gear. This book gave great tips on maximizing limited packing space (I changed my 2 quart pan to a 5 quart); good things to pack and had some great recipes. I'm very happy with this book--and will look at some of the author's other authorings...

If you are looking for a terrific book that will ensure you eat well on camping trips and other day outings, this is the book to reach for since it contains not only "do-able" recipes, but it also includes lots of "how-to's." My husband is an avid Scouter, so he gets lots and lots of use out of this treasure trove of on-the-trail recipes. However, folks, it doesn't stop there! Our daughter, who claims she has never been a good cook (I disagree), can adapt the recipes for the home kitchen and crank out some fine dinners with great taste and minimal fuss for family and friends.

Small book, good clear instructions, tasty meals, handy guide for new idea's for camp meals. Update your menus and give good idea's for future trip meals.

Looks great and the recipes are easy to prepare with normal ingredients. I am going to try them at home and tick off my favourites before I go to sea.

just what I wanted. simple read. Lots of recipes.

this is a great book, even if you don't sail!

I'm off on a 2 week sailing adventure in the Caribbean (my 1st!) and bought this book so I'd be of some use in the galley. The book was originally written for campers/backpackers. The forward has been re-written to include stove types and cooking techniques on a boat. However, other than the forward, I assume none of the recipes have been changed from the original version as there are no fish recipes! There is a cooking chart at the front of the book that gives cooking times for fish and shellfish but among the recipes there is not a single seafood recipe. Several of the recipes could probably be re-worked to use fish instead of poultry or beef but the author offers no suggestions on how to do this. Now, as a newcomer to the sailing world, perhaps I am naïve but I'm expecting fish to be a major food source on this trip. Even near shore I expect we will find it easier to purchase seafood than Cornish game hens. The recipes that are in the book look yummy but I sure won't be taking this book on our trip.

Very useful

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