

# Cook and Sail: Adriatic and Mediterranean Way

**Zlatko Gall**

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# About the Book

## Cook and Sail: Adriatic and Mediterranean Way

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## About the Author



Zlatko Gall was born on 1 December 1954 in Split, Croatia. He graduated from the Faculty of Humanities and Social Sciences in Zagreb, Croatia (double-major BA - History of Art and Archaeology). While studying, his articles on visual arts, comics and rock music were published in student magazines (Polet, Omladinska Iskra, etc.) and journals (Vidik, etc.).

He worked as a professional journalist for the Slobodna Dalmacija daily newspaper from 1979 to 1995. He was the editor of the culture section and wrote columns and commentaries for Slobodna Dalmacija and Nedjeljna Dalmacija. He was also writing articles on visual arts, music, social phenomena and politics for other papers, including Start, Svijet, Studio, Naši Dani, Polet, Džuboks, Rock, Intervju, Naš Strip, YU-Strip and others.

In the 1990's he was a political columnist for Vjesnik and Vijenac and a regular columnist for More monthly magazine. From 1995 to 2001 he returned to Slobodna Dalmacija as a music critic and wrote commentaries, while also publishing articles in Tjednik and Feral Tribune. At the same time he was the

editor-in-chief of Feral Music monthly magazine, for which he was awarded the 1977 Crni Mačak (Black Cat) annual rock award.

His essays and comprehensive reviews were published by Quorum, Cicero, Oris, Lettre International and other magazines. Gall is a member of the Croatian Composers Society (Musicologists and Music Writers Section), Croatian PEN, the Croatian section of AICA (International Association of Art Critics) and Croatian Writers' Association.

He was awarded the 1991 Zlatno Pero (Golden Pen) by the Croatian Journalists' Association and the 2013 Annual Journalism Award by Slobodna Dalmacija. He is the author of numerous monographic texts for discography publications, art exhibition catalogues, and Prst u More (Finger in the Sea) and Čovjek od Soli (Man of Salt) music projects for which he received the 2005 and 2006 Porin Discography Awards.

Zlatko Gall has published several books on popular culture, music and gastronomy, including:

Enciklopedijski CD vodič (Encyclopaedic CD Guide) (Mozaik Knjiga, 2000); Pojmovnik popularne glazbe (Glossary of Popular Music) (Šareni Dućan, 2001 and Ljevak, 2011); Glazbeni leksikon (Music Lexicon) (Marjan Tisak, 2004); Rock enciklopedija (Rock Encyclopaedia) (VBZ, 2004); Velika svjetska rock enciklopedija (Big Encyclopaedia of World Rock) (Slobodna Dalmacija, 2005 and Profil, 2009); Kušaj i slušaj Dalmaciju 1 i 2 (Savour the Flavour and Sound of Dalmatia 1 & 2) (Profil, 2005 and 2006); Oliver – južnjačka utjeha (Oliver – Southern Comfort) (Profil, 2006); Tajna vještina – Gibonni biografija (A Secret Skill - Gibonni, Biography) (Profil, 2007); Monografija 40 godina Coca Cole (40 Years of Coca Cola Monograph) (Coca Cola Croatia, 2008); Dijeta za bonkuloviće – mediteranska kuhinja (A Diet for Gourmets – Mediterranean Cuisine) (Profil, 2009); Kako Iggyju reći Pop a Dylanu Bob – ogleđi o pop kulturi (Calling a Spade a Spade and Rhyming Iggy Pop and Dylan Bob - Essays on Pop Culture) (Profil, 2009); Vodič kroz hrvatske restorane (A Guide To Croatian Restaurants) (co-author with Davor Butković, Profil 2010); Što smo jeli u istom loncu (What We Tasted on In the Same Pot) (co-author with Željko Šatović Gula, EPH Media 2011); Fino i jeftino (Tasty and Affordable) (Večernji List, 2011); Brodska kuharica (Seaman's Cookbook) (Ljevak, 2011); Jesen, zima (Autumn, Winter) (Profil, 2012); and Priča o splitskoj gastronomiji (The Story of the Gastronomy of Split) (TZS, 2013).

He is a regular contributor to the Dobra hrana (Good Food) gourmet section of the Jutarnji List daily newspaper and to other publications by EPH. He also serves as an author and consultant to gourmet projects. Zlatko Gall was a regular participant and the head juror of Croatian Television's gourmet show U istom loncu (In the Same Pot) for three seasons (2008-2011).

## **To Cook is Necessary**

Cooking in a galley or a cambouse is much more demanding than everyday cooking and quite different compared to sophisticated gourmet projects in lavishly equipped kitchens with well-stuffed pantries. With its mostly Spartan conditions, scarce provisions, and the limited choice of kitchenware, it still provides even those with almost no fishing experience with the world's best pantry - the sea!

Coping with the urge to write a galley cookbook, I have spent years jotting down my experiences (and those of my friends) collected during regattas and sailing trips. This gourmet archive forms the mainstay of this cookbook.

Perhaps I was trying to achieve the unachievable - to share my sailing experiences in a single edition with seafarers on small boats and/or family-made single-cabin crafts, as well as with those sailing on 40+ feet yachts. What kept me afloat - regardless of whether you cook on a camper's stove or in a fully-equipped kitchen with four gas flames, regardless of whether you are a regular weekend-sailor or a dreamer who sets sail from his land-based kitchen - the one thing that melts us all in the same boat pot is nautical passion. And, of course, the gusto from the sea.

You only need so much on a boat - a few dishes and several ingredients - but let's see what is considered mandatory! My personal choice includes salt, dried pepperoncini or hot pepper or chili powder (rather than black pepper), olive oil, high-quality red wine vinegar, garlic, onion, some parsley and celery and - if in any case possible - a pot (or a plastic yoghurt cup) with growing basil and rosemary. Add some potatoes, canned peeled tomatoes, flour, rice, pasta, pâté, fresh tomatoes (when in season), piquant dry cheese - and you can set sail for a trip around the world. How can that be? Because every cove offers everything you need for a decent meal - from the annular sea breams and bait fish you will surely "snatch", you can cook a delicious soup. Limpets are the perfect ingredient for a first-class goulash or risotto, mussels depend on your imagination (try deep-frying them dipped in beer batter with pine nuts), while making soup from a stone from the seabed is not a joke, but rather an established gourmet practice.

If you have any experience with a spear gun or a trident, with angling or

longline fishing, your boat's basic kitchenware (combined with a simple grilling grid) and the recommended ingredients will suffice for preparing out-worldly delicacies. You can search rocks for mussels and limpets, harvest warty venus from the sandy seabed or grooved carpet shells during low tide, or find mussels (simply chargrill them immediately on a grid or a tin plate) or murex which can be prepared in a zillion ways. Use gauze or a potato sack to make your own landing net for harvesting prawns (most easily found in brackish waters, along a grassy seabed).

As I already mentioned on an earlier (gourmet) occasion (and still believe in) - my fellow seafarers (afloat and ashore), to sail is necessary, but - frankly - to enjoy (cooking) seaman's dishes is equally necessary!

P.S. Throughout the years, I have used most of these (and many other) recipes to prepare dishes during regattas and sailing trips aboard Balena, a motorsailer belonging to my fellow seaman and gourmand Željko Jerkov. I owe the very existence of this cookbook to both Žele and Balena.

**Zlatko Gall**

## **While Still Ashore**

### **What you need to take with you ?**

Which pan, skillet, or pot? Shallow or deep? Teflon-coated or aluminium? How about knives, ladles, sieves, a cheese knife, a large salad bowl (for vegetables and shellfish), a crab cracker, a corkscrew, a can opener, a whisk...? This is a tough choice because there is never enough space on a boat, even if it is a large yacht.

The most important advice says: Don't panic! Cooking aboard a vessel falls under the axiom of minimalism - less is more. My experience has taught me that there is always a way, you can always manage, improvise, or adjust what you have on hand to any new (desired) purpose. This applies to ingredients as well - scarce provisions, poverty and need often result in brilliant gourmet ideas.

## **Basic Kitchenware**

I believe that the one and only universal and versatile cooking, frying, or stirring vessel that one should take with him to his vessel is - a wok. Take an inexpensive one, made from thin tin, with two loop handles, a sieve and a lid. This popular cooking vessel, commonly associated with the cuisine of the Far East, will serve you perfectly, regardless of the size of your galley or stove. A wok heats up quickly and is an excellent conductor of heat. Thanks to its conical shape, it fits any boat's storage space.

A wok is truly an ideal frying vessel (its high sides prevent the splattering of oil drops, while the sieve makes it easy to drain excess grease from fried ingredients). Its capacity allows for the quick opening of shellfish, or making fish soups, fish stews, brodetto or risotto. Bringing water to a boil in a wok is much faster than in a pot, and your savoury boiled dishes will be done sooner.

Aside from a wok, it would be practical (if possible) to have a deep frying pan and a pot for boiling vegetables, spaghetti, soups..., provided that you have two gas rings.

Pots with folding handles that come in three sizes may also prove useful, while in larger-vessel kitchens with two gas rings you will find a heavy base oval dish (with a drainer rack and a lid) handy for cooking a fish stew or brodetto.

A coffee or tea pot, and a coffee maker are essential for glorious sunrises and other silent moments. You will also need a large sieve, a cheese grater, several wooden spoons and a large ladle.

## **Knives**

Knives, worth an encyclopaedia of their own, are of crucial importance; however, there is one knife that can be utilized in almost any occasion onboard a yacht. This is the *usuba bōchō* Japanese-style vegetable knife with a straight blade edge which makes it ideal for chopping, slicing and cutting fish fillets. Should you rather prefer chef knives, get a *deba bōchō* wood handle knife (even if produced by anonymous European producers), which, as a rule, are suited for cutting fish fillets and anything else for that matter.

Alongside this one master knife, several smaller knives for vegetables and a short, robust knife for fish and shellfish will always prove useful.

## Essential Ingredients



The ingredients that you bring to your boat's pantry depend on your taste, but also on the size of your boat, fridge, ice box, galley cabinets, side pockets....

Foodstuff with a long shelf-life that should always find a place on-board a boat includes pasta (spaghetti, penne, fusilli...), couscous (a preferred rice substitute), risotto rice, smooth white flour for frying, and instant polenta. Canned food is easily stored on a boat, which makes it a good investment. Always keep some canned peeled tomatoes, tomato purée or pasta, canned peas, beans and chickpeas, luncheon meat, several packages of pâté, and canned tuna.

Small jars with pickled or salted capers, pickled rock samphire (in red wine vinegar) and salt-cured anchovies or pilchards preserved in oil can always be stashed somewhere. There is almost no Italian yacht that sets sail without basil growing in a small pot, so maybe we should all learn from them. Fresh basil is irreplaceable, as is the case with other herbs (thyme, oregano, sage, bay leaf, rosemary...) which you can pick in almost any Adriatic cove. Still, take some salt, peppercorns, saffron (or turmeric/curcuma), dried chili (or chili powder), sugar and honey, and, for Justin-Case's sake, some dried herbs (I recommend Nadalina's mixed Dalmatian herbs).



As for basic fruits and vegetables, there are red onions, garlic, parsley, potatoes, lemons (and mandarins), leeks, zucchini, red peppers... When speaking of cured meat, pancetta is definitely one of the most convenient ship ingredients, along with prosciutto and mortadella cut into finger-thick slices that can later be diced and served with a hard cow milk cheese and an inevitable beer. Meat (preferably chicken fillets) and fish (frozen cod), fresh eggs, milk and soft cheeses that take up space which is not already filled with beer complete the list of galley ingredients.

Olive oil, but also sunflower oil for frying, home-made red wine vinegar or aceto balsamico, red and white wine, Prošek dessert wine and home-made grappa (or brandy or cognac) - and you have basically dotted your i's and crossed your t's.

## **Equivalents and measures**

All recipes serve 4

### **Measures**

## **Liquids**

1 cup = 250 ml

1/2 cup = 125 ml

1/4 cup = 60 ml

1/3 cup = 80 ml

1 teaspoon (tsp) = 5 ml

1 tablespoon (tbsp) = 20 ml = 4 teaspoons (tsp)

**250-ml cup**

Flour - 150 g

Sugar - 220 g

Icing sugar - 150 g

Butter - 240 g

Breadcrumbs - 90 g

Rice - 200 g

Grated cheese - 80 g

Cream - 230 g

**Small cup**

Rice - 15 g

## **Equivalents**

1 pinch -  $<1/8$  teaspoon (tsp)

1 teaspoon (tsp) - 5 g

1 tablespoon (tbsp):

- 12 g flour, breadcrumbs, oil

- 15 g rice, semolina, salt, sugar

7 g dry yeast (1 pouch) or  $1/2$  cube of fresh yeast for 500 g flour

14 g fresh yeast (1 cube) for 1 kg flour

1 butter - 250 g

Rice, polenta - 75 g per person

Couscous - 60 g per person

Dried pasta - 75-100 g per person

Fresh pasta - 130 g per person

Potatoes - 170 g per person

Meat (boneless) - 225 g per person

Tuna steak - 120 g per person

## **SALT**

Pork - 2-2.2 % per kg

Lamb - 1.8-2 % per kg

Poultry - 1.5-2 % per kg

Beef - 1.8-2 % per kg

Pasta - 10 g per litre of liquid

Vegetables - 15-20 g per litre of liquid

Fish - depending on the species, 0.8-1.2 % per kg (do not season raw molluscs and shellfish with salt - cook them first and taste before seasoning)

## Quick Meals for Any Part of the Day, That Hardly Require Any Cooking



Regardless of whether you participate in a high-tension regatta, or just set sail for fun, the no-cooking-required food will make you smile. Rusks and crackers can replace freshly baked bread and taste great with a pâté or a thick bacon rasher and cheese. However, the “hard and dry” is more than a necessity. Such bites are undoubtedly the life savers when proper cooking is out of the question - moreover, they are part of seamen’s rituals and combined with a cold beer or a glass of wine they make the perfect snack prior to setting sail or in between meals.

Gourmet sailors are happy to consider the quick meals (like omelets, pasta dishes, risotto, couscous salads and the like) part of the category. These meals go well with beer or wine.

## Diced Mortadella



### Method:

Grab some mortadella and bread - would you call it a meal or a dish? Well, there is much more to it. The true seaman's mortadella, according to my experienced sailor friend Skela, comes in 2 cm thick slices cut into perfectly shaped cubes. And not without reason - only if diced in this particular manner does it make the perfect "bite" with an equal amount of bread.

Seamen have long known the ancient Italian secret: thinly sliced mortadella tastes completely different than diced mortadella. Diced mortadella is a true seaman's snack, a bite, a quick meal easily prepared and consumed while sailing (or during the long hours of waiting for a favourable - or any - wind). It is a top-notch specialty to be served afloat, with some cheese, refrigerated tomatoes with a grain of salt, and the indivertible beer.

Diced mortadella, spiced with a pinch of chili powder, can be pan-fried briefly in some olive oil, or with an omelet or sunny-side-up eggs, thus becoming a full-bodied meal.

## **Pâté With Tomatoes**



### **Method:**

There is a unique experience of enjoying a high-class seaman's specialty prepared by opening a Sun-warmed, foamy pâté and scooping it out with a piece of bread, munching on it with tomatoes, and washing it down with a glass of beer or chilled wine. No other pâté, including goose and Belgian terrines, has ever tasted better than Gavrilović's pork liver pâté. Most seadogs and weekend-sailors, fishermen and seasonal sea-lovers know and appreciate the taste. Therefore, this experience is not only recommended, but a must.

## Quick Salsa



### Ingredients:

- 8 ripe (or canned) tomatoes
- 4 cloves garlic
- 1 large red onion
- 2 tbsp finely chopped fresh parsley
- 6 basil leaves (if available)
- some white wine
- ½ dl olive oil
- salt and a pinch of ground chili (or black pepper)

### Method:

Sauté the finely chopped onion in olive oil over low heat until translucent. Add the crushed garlic, salt, chili, and chopped tomatoes, stir well, and sauté for 5-6 minutes over low heat, with a lid on.

Add the parsley and basil and sauté for another 10 minutes without a lid, stirring occasionally. Pour in some water and white wine, if needed, and add a

teaspoon of vinegar (optional). Reduce excess acidity (if any) by adding sugar.

**Note:**

*A quick salsa can be combined with many quick dishes, or may be served with pasta, rice, fish or meat.*

## Chickpea Pâté



### Ingredients:

- 20 dag boiled chickpeas
- 4 salt-cured anchovy fillets
- 1 tbsp pickled rock samphire
- salt
- 2-3 tbsp olive oil

### Method:

Cook the dried chickpeas (soaked over night) in salted water, drain and crush with a fork. (Using pre-cooked canned chickpeas is easier onboard a vessel.) Add the chopped anchovy fillets and rock samphire, season with salt and olive oil, and serve as a bread spread.

### Note:

*You can also prepare this pâté beforehand, at home, pureeing it in a blender or food processor.*

## **Fresh Tuna Fritaja (Omelet)**



### **Ingredients:**

- 1 fresh tuna steak
- 8 eggs
- 4 spring onions
- 1 cup finely chopped fresh wild rocket
- 2 red peppers
- ½ tsp thyme
- ½ dl olive oil
- 2 Dalmatian pancetta rashers
- salt and a pinch of pepperoncini or chili powder
- several cherry tomatoes and grated cheese (optional)

### **Method:**

Fry the finely chopped tuna steak, pancetta, peppers, and spring onions in oil, in a large pan over low heat, until tender. Add well beaten eggs seasoned with

pepperoncini and salt. Add freshly grated cheese (optional, to taste).

When the eggs are firm on the bottom, top them with wild rocket, gently fold the omelet in half and then flip it until the other side is done. Serve on a bed of unseasoned wild rocket, or with a wild rocket salad and cherry tomatoes (optional, if available).

## Fish Fillet Omelet



### Ingredients:

- 50 dag fish fillet (white or oily fish, fresh or frozen)
- 4 eggs
- 1 small zucchini
- 1 small red pepper
- 2 spring onions
- 2 cloves garlic
- 1 tbsp parsley, finely chopped
- 1-2 pinches of thyme
- 1 tbsp olive oil
- frying oil
- sea salt and freshly ground green peppercorns

### Method:

Slice the fish fillets into finger-wide strips.

Wash and finely chop garlic, pepper, spring onions and zucchini, and sauté them in olive oil, in a large pan. Add thyme, parsley and fish seasoned with salt; sauté until the fish is done. Set aside keeping warm. Pour some frying oil into the pan and pour in well beaten eggs in two batches.

Top the first batch of scrambled eggs with the fish and vegetable filling, cover it with the second half and wrap.

Serve warm, halved, and sprinkled with chopped spring onion and seasoned with freshly ground green peppercorns.

## Sailor's Meatless Omelet



### Ingredients:

- 8 eggs
- 4 slices of toast or thin slices of slightly stale bread without crust
- 4 cloves garlic
- 2-3 small zucchini
- 20 pitted olives
- 1 tsp pickled capers
- 1-2 tbsp olive oil
- salt and pepper
- 1 tbsp freshly chopped parsley
- canned tuna or several salt-cured pilchards (optional)

### Method:

Stir-fry the zucchini over medium heat in a hot dry pan, stirring constantly. Add diced toast slices. When toasted, add crushed garlic, capers and chopped

olives.

Add finely chopped salt-cured pilchards, canned tuna or luncheon meat slices (optional, if available). Add some olive oil, season with salt and pepper, increase heat and add well beaten eggs.

Serve the omelet topped with some freshly chopped parsley leaves and sprinkled with olive oil (optional).

## **Prawn Fritaja (Omelet)**



### **Ingredients:**

- 20 dag prawn tails
- 8 eggs
- 1 tbsp finely chopped wild rocket
- 1 large red pepper
- 15 pitted green olives
- 1-2 tbsp vegetable oil (and some olive oil)
- salt and pepper

### **Method:**

Shell prawn tails (optionally, dice them to your liking). Slice a red pepper into short thin strips.

Pour some frying oil and olive oil into a large pan, add the red pepper and sauté over medium heat until softened. Add wild rocket, chopped olives and prawns.

Sauté the prawns briefly, until all sides turn pink. Increase heat and add well

beaten or whisked eggs seasoned with salt and pepper.

**Note:**

*Fritaja (egg omelet) is best fried by gently moving the outer, fried portions towards the middle using a wooden spoon so as to let the rest of the mixture cook evenly.*

## **Prawn Spaghetti**



### **Ingredients:**

- 25 dag prawn tails
- 30 dag spaghetti
- 1 large zucchini
- 1 tbsp finely chopped parsley
- 5 cloves garlic
- 1 onion
- 1 dl dry white wine
- a pinch of thyme or mixed Dalmatian herbs
- ½ dl olive oil
- salt and pepper

### **Method:**

Cook the spaghetti in boiling salted water, in a spaghetti pot or wok. Drain well and sprinkle with oil to prevent sticking.

Sauté the sliced onion and finely chopped garlic, zucchini and parsley in olive oil.

As soon as the garlic starts turning brown, pour in wine and add thyme and the prawn tails (shelled and diced). Season with salt and black pepper and simmer until reduced by half.

Pour over the cooked spaghetti. Sprinkle with chopped parsley leaves (optional).

## Chicken and Clam Risotto



### Ingredients:

- 4 small cups rice (6 dag)
- 4 chicken fillets
- 30 vongole or grooved carpet shells
- 4 cloves garlic
- 1 dl dry white wine
- 4 tbsp olive oil
- 2 dl fish or chicken stock
- 1 tsp grated turmeric (or 1-2 pinches of saffron)
- 1 tbsp chopped parsley
- salt and pepper
- 2-3 tbsp chopped fresh wild rocket and some freshly grated Parmesan (optional)

### Method:

Clean the shellfish well and cook them in a wok over high heat until their shells open. Remove the muscles from the shells and set them aside.

Sauté the sliced chicken fillets in olive oil, with crushed garlic and chopped parsley.

Pour in wine and stock and simmer over low heat. Increase heat, bring to a boil and add rice.

Cook over medium heat until the rice is almost cooked, add turmeric or saffron, olive oil and clams, and season with salt and pepper to taste.

Cook stirring constantly until the rice is done. Add chopped wild rocket, some oil and Parmesan (optional).

## **Black Cuttlefish Risotto**



### **Ingredients:**

- 1 kg cuttlefish
- 3-4 cloves garlic
- 1 tbsp finely chopped parsley
- 1 red onion
- 2 dl fish stock
- 5-6 small cups rice (8-9 dag)
- 2 dl dry white wine
- 1 dl olive oil
- salt and pepper

### **Method:**

Rinse the cuttlefish well under cold running water. Skin them, remove the

cuttlebone and carefully remove and save the ink sacs.

Sauté finely chopped onion, crushed garlic and chopped parsley in olive oil, in a wok until golden. Add fish stock (or lukewarm water with herbs) and simmer until the onion has softened.

Add the cuttlefish and simmer until tender. Add the ink, wine and rice, season carefully with salt and pepper, and cook until the rice is al dente.

If the rice has absorbed all the liquid before it is done, pour in some more stock. Prior to serving, pour in a little red wine vinegar (optional).

**Note:**

*Use this basic recipe to cook calamari, or add shellfish to your risotto (preferably warty venus and grooved carpet shells).*

## Cuttlefish (Or Calamari) And Scampi Risotto



### Ingredients:

- 1 kg cuttlefish or calamari
- 4 cloves garlic
- 2 red onions
- 2 tbsp freshly chopped parsley
- 2 dl fish stock (preferably made with scampi heads)
- 10 medium scampi (or 20 prawns)
- 40 dag rice
- 2 dl dry white wine
- some oil

### Method:

Rinse the cuttlefish (or calamari) well under cold running water, remove the cuttlebone and carefully remove the ink sac. Calamari taste best when cooked

whole (uncleaned), but if you opt for risotto bianco, remove the innards and the ink sac.

Use scampi heads to make fish stock.

Sauté crushed garlic, finely chopped onion and parsley in oil, in a wok or deep pan, until golden.

Pour in wine, simmer briefly, reduce heat, and add cuttlefish pieces (or calamari without ink sacs). Cook until tender, then increase heat and bring to a boil.

Add the shelled scampi tails, stock and rice and cook over medium heat until the rice is al dente.

## **Prawn Risotto**



### **Ingredients:**

- 25 dag prawn tails
- 4 small cups rice (6 dag)
- 1 large zucchini
- 1 large carrot
- 6 cloves garlic
- 1 tbsp finely chopped fresh parsley
- 4 tbsp olive oil
- 1 dl dry white wine
- ½ tsp thyme
- salt and pepper

### **Method:**

Sauté parsley, crushed garlic, and finely chopped carrot and zucchini in oil, over low heat, in a wok or deep pan for a minute or two.

Add the shelled and halved prawn tails, season with salt, pepper and thyme.

As soon as the garlic starts turning brown, pour in some warm water and wine and simmer over low heat for about 10 minutes.

Add more hot water if needed, increase heat and add rice.

Cook over medium heat until the rice is done (adding fish stock or lukewarm water if needed).

Serve the risotto sprinkled with olive oil.

## Spaghetti and Prawns With a Red Sauce



### Ingredients:

- 25 dag prawn tails
- 30 dag spaghetti
- 1 large red onion
- 1 tsp pickled capers
- 10 pitted green olives
- 1 tbsp chopped wild rocket (or parsley)
- 1 dl dry white wine
- 1 large ripe tomato (or 2 canned tomatoes)
- ½ dl olive oil
- salt and pepper

### Method:

Cook spaghetti in boiling salted water, in a spaghetti pot or wok. Drain well and sprinkle with oil to prevent sticking.

Sauté thinly sliced onion in olive oil briefly, until golden.

Add capers, chopped wild rocket, olives and diced tomatoes and sauté for a minute or two.

Add the shelled and diced prawn tails. Stir well, pour in wine and cook until reduced by half. Pour over spaghetti.

## **Penne/Spaghetti With Salt-Cured Pilchards, Olives and Capers**



### **Ingredients:**

- 35 dag penne or spaghetti
- 1 tbsp pickled capers
- 8 salt-cured anchovy fillets
- 20 pitted green olives
- 4 cloves garlic
- 2 ripe (or canned) tomatoes
- 1 ½ dl dry white wine
- 2-3 tbsp olive oil
- 1 tbsp chopped basil or parsley
- salt and pepper

### **Method:**

Cook pasta in boiling salted water, drain well, sprinkle with oil and set aside. Sauté crushed garlic, chopped olives, capers, anchovy fillets, and tomatoes

briefly in olive oil, in a wok or deep pan. Season with salt and pepper, pour in wine and cook over medium heat until the wine is reduced by half.

Add pasta and stir well over low heat for a few minutes, until well combined.

Serve warm, topped with fresh basil or chopped parsley.

Add some grated Parmesan or Grana Padano (optional).

## Pasta With Olives and Rock Samphire



### Ingredients:

- 30 dag penne/spaghetti/fusilli...
- 15 dag black olives
- 15 dag green olives
- 2 cloves garlic
- 2 tbsp olive oil
- 1 ripe (or canned) tomato, or 1 tbsp salsa
- 1 dl dry white wine
- salt and pepper
- 1 tbsp pickled rock samphire or capers, finely chopped

- 1 tsp fresh herbs

- several salt-cured anchovies, chopped (optional)

**Method:**

Cook pasta in boiling salted water. Drain well, sprinkle with oil to prevent sticking and set aside.

Simmer finely chopped pitted olives with garlic, peeled chopped tomatoes and herbs in some oil, until garlic starts turning golden.

Pour in wine and simmer over low heat, stirring occasionally until the sauce thickens.

Season with salt and pepper. Toss in pasta and chopped rock samphire. Add some salt-cured anchovies (optional).

## Penne or Spaghetti With Cod and Pancetta



### Ingredients:

- 40 dag penne or spaghetti
- 40 dag frozen cod (or fresh hake)
- 6 pancetta rashers
- 1 tbsp pickled capers
- 1 ½ dl dry white wine
- 4 tbsp olive oil
- 1 tbsp finely chopped fresh parsley
- salt and a pinch of pepperoncini

### Method:

Cook pasta in boiling salted water, drain well, sprinkle with oil and set aside. Sauté finely chopped cod (defrosted in the clean sea) and diced pancetta in

olive oil, in a wok or deep pan until the pancetta starts turning brown. Add capers and pour in wine.

Season carefully with salt and pepperoncini to taste. When reduced by half, add pasta.

Stir over low heat for a minute or two, until well combined, and serve warm, sprinkled with parsley.

## Spaghetti, Cod and Pancetta With a Mandarin Sauce



### Ingredients:

- 35 dag spaghetti
- 1 large frozen cod fillet
- 6 pancetta rashers
- juice of 1 mandarin or orange
- 1 ½ dl dry white wine
- 3 tbsp olive oil
- 1 tbsp finely chopped fresh parsley
- salt and a pinch of pepperoncini

### Method:

Cook spaghetti in boiling salted water, in a spaghetti pot or wok. Drain well, sprinkle with oil and set aside.

Sauté finely chopped cod and diced pancetta in oil, in a deep pan (or the same wok) until the pancetta starts turning brown. Pour in mandarin or orange juice and wine.

Season with salt and pepperoncini to taste. When reduced by half, add spaghetti.

Stir for a few minutes over low heat, until combined. Serve warm, topped with chopped parsley leaves. Sprinkle with olive oil (optional).

In case you run out of fresh mandarins, use Prošek dessert wine or any home-made aromatic brandy: from herb to mistletoe and honey brandy.

**Note: Frozen Cod**

*Allegedly a no-no, considered a second-class ingredient in a situation where there is presumably an abundance of fresh fish... Incorrect - frozen cod fillets (preferably Ledo's) should find their place in ice boxes or freezers.*

*Cod, defrosted in the clean sea, can be prepared in a zillion ways or added to a bait fish soup, risottos, fish stews or a brodetto... My observations, made during numerous regattas and sailing trips, testify that, once tasted, defrosted cod dishes changed everyone's minds!*

## Prosciutto in Wine



### Ingredients:

- 15-20 dag sliced prosciutto (or thinly sliced pancetta)
- 2 dl saba (reduced grape must) from the island of Brač, or dry red wine (preferably Plavac)
- 1 red onion, sliced
- 1 tbsp red wine vinegar or 1 tsp aceto balsamico
- ½ tbsp olive oil
- 30 dag penne/spaghetti/fusilli...
- 2 bay leaves

### Method:

Stir-fry chopped onion in a dry wok or large pan until golden. Add thinly sliced prosciutto cut into wide strips, stir well and as soon as the white fat parts become translucent, pour in saba (reduced must - unfermented grape juice) or red wine and red wine vinegar (or aceto balsamico), and add the bay leaves.

Increase heat and when the wine is reduced to one third, remove the bay leaves and add olive oil. Serve with toasted bread, pasta (penne), boiled potatoes, or polenta.

**Note:**

*This is a favourite, easily prepared dish that takes little time, which makes it perfect for regattas. Should you have a few extra minutes, serve it with pasta (penne, fusilli...) or polenta (cooked in advance and just briefly fried or poured over with the warm sauce). When every second counts, prosciutto in wine is a great dip for any bread.*

## Quick Rice and Peas (Risi e Bisi)



### Ingredients:

- 4 small cups risotto rice (about 6 dag)
- 25 dag (fresh or frozen) peas
- 2 medium carrots
- 40-50 dag chicken fillets
- 2 cloves garlic
- 2 tbsp olive oil
- 1 tbsp finely chopped fresh parsley
- salt and pepper
- 1 dl fish stock (optional)

### Method:

Sauté diced chicken fillets, sliced garlic and carrots over low heat in olive

oil, in a deep pan or wok.

Pour in half a litre of water or (preferably) fish stock, season with salt and pepper, increase heat, bring to a boil and then reduce heat and simmer until almost softened.

Add rice, stir for five minutes, and add peas.

If the liquid is absorbed before the rice is done, add water, but make sure that the rice is not overcooked.

Serve sprinkled with freshly chopped parsley.

## **Leek and Salt-Cured Anchovy Risotto**

### **Ingredients:**

- 4 small cups rice (6 dag)
- 2 spring onions
- 1 large zucchini
- 2 medium leeks (or red or purple onion)
- 4 cloves garlic
- 6 salt-cured anchovy fillets
- 1 dl white wine (Malvasia)
- 2 tbsp olive oil
- coarse salt and black pepper

### **Method:**

Wash both leek and zucchini in the sea. Slice and stir-fry with crushed garlic in a dry hot wok or large pan.

Pour in olive oil and sauté for 5-6 minutes. Add chopped anchovy fillets, pour in some lukewarm water (or fish stock), add rice and cook (adding boiling water if necessary) until the rice has slightly softened.

Pour in wine, season with salt and pepper to taste, and cook until the rice is done.

Season with oil and serve warm, topped with chopped spring onions or finely chopped (and briefly stir-fried) onions.

### **Note:**

*Leeks taste better than onions and are better used for any traditional seafood*

*dish, including a brodetto. However, they are not in season during the “sailing” summer months, when red onions can be used instead.*

## Cod Risotto



### Ingredients:

- 60 dag frozen cod
- 2 dl fish stock
- 8 cloves garlic
- 2 tbsp finely chopped fresh parsley
- 1 dl olive oil
- sea salt and black pepper
- 4 small cups rice (6 dag)
- 2 dl white wine
- 1 tbsp freshly grated Parmesan

### Method:

Finely chop the cod, defrosted in the clean sea and drained.

Sauté chopped parsley and thinly sliced garlic in olive oil, in a wok or deep pan. Stir constantly over medium heat for several minutes.

Pour in stock (or lukewarm water) and wine, season with salt and pepper and simmer stirring constantly for another 4-5 minutes. Add rice and cook stirring over medium heat until the rice is done (pour in additional stock or water if needed). Sprinkle with freshly grated Parmesan and additional parsley leaves.

## Chicken and Limpet Paella



### Ingredients:

- 5 small cups rice (about 8 dag)
- 4 handfuls of limpet feet (brief warming in a dry pan helps the muscular foot fall from the shell)
- 4 chicken fillets
- a pinch of red (Egyptian) saffron, or yellow saffron, or turmeric
- 4 cloves garlic
- 1 tbsp finely chopped fresh parsley
- 1 tbsp pickled capers
- 2 dl white wine
- 2 tbsp olive oil
- sea salt and white pepper
- 3 dl fish stock (or lukewarm water)

**Method:**

Sauté cleaned limpets, diced chicken fillets, crushed garlic and chopped parsley in olive oil, in a pan until the garlic and the meat turn golden.

Pour in stock or water and add rice.

Cook over medium heat until reduced by half. Add saffron, salt and pepper, wine and capers.

Cook until the rice is done (adding some stock if needed). Serve sprinkled with additional oil and parsley (optional).

## Seaman's Red Paella



### Ingredients:

- 2 sausages (preferably lean meat, e.g. turkey sausages)
- 20 dag prawns
- 2 chicken fillets
- 5 small cups rice (8 dag)
- 1 red onion
- 5 cloves garlic
- 2 red peppers
- 1 tbsp finely chopped fresh parsley
- 2 dl prawn stock
- a pinch of thyme or mixed Dalmatian herbs
- 1 dl white wine
- ½ dl olive oil
- salt and pepper

- a pinch of red or yellow saffron or turmeric (optional, if available)

**Method:**

Stir-fry prawns briefly in a dry pan, shell the tails and set aside. Boil the heads and shells in 2-3 dl water, smash them, drain and keep the stock.

Sauté sliced red peppers, chopped onion and crushed garlic in olive oil, over medium heat, in (the same) pan or wok, stirring until softened.

Add sliced sausages and chicken, half the amount of parsley and herbs. Sauté until the meat turns golden.

Pour in stock, season with salt and pepper, and add rice.

Cook over medium heat until reduced. Pour in wine (and add saffron, if available) and cook until the rice is almost done.

Add the prawn tails and pour in additional stock if needed. Serve sprinkled with additional olive oil and chopped parsley leaves (optional).

## Chicken With Asparagus, Chickpeas and Spring Onions



### Ingredients:

- 4 chicken fillets
- 2 bunches of wild asparagus (pick them yourself on the islands or along the coast to make the dish even more delicious)
- 2 dl white wine
- 1 bunch of spring onions
- 40 dag canned chickpeas
- sea salt and black pepper
- ½ dl olive oil
- a pinch of thyme and 1 teaspoon of turmeric or saffron (optional, if available)

### Method:

Sauté the green parts of spring onions in olive oil, in a pan. Season with salt and pepper, add drained canned chickpeas and sauté over low heat.

Pour in wine and add turmeric or saffron (optional). Take out half the

quantity of chickpeas, mash them and return to the pan. Increase heat and simmer until thickened. Place on a plate and set aside.

Add olive oil to the pan and fry chicken fillets (both sides), season with salt and pepper, and add the soft tips of wild asparagus.

Add more oil, simmer and serve on the chickpea purée (or with it).

Enrich by serving with a tomato salad and the remaining white parts of the spring onions.

## Chicken With Couscous



### Ingredients:

- 25 dag couscous
- 2-3 chicken fillets
- 1 large red pepper
- 1 large carrot
- 1 large red onion
- 4 pancetta rashers
- 4 tbsp olive oil
- salt and pepper
- 1 dl white wine

### For garnish:

- 4-5 radishes
- 5 tbsp finely chopped fresh wild rocket

**Method:**

Sauté finely chopped red pepper, onion and carrot in olive oil, in a wok or deep pan, over medium heat for five minutes.

Add pancetta and diced chicken fillets, season with salt and black pepper to taste, sauté for a few minutes. Pour in wine and cook until reduced by half.

Add 2 ½ dl warm water and increase heat.

Bring to a boil, set aside and add 25 dag couscous and the remaining olive oil.

Stir well for 3-4 minutes, return to the stove and simmer over low heat for a few minutes, until couscous is done.

Serve warm with wild rocket and sliced radishes, sprinkled with additional olive oil (optional).

**Note:**

When I go sailing, I prefer couscous to rice. It is easily cooked, in all circumstances - you only need to bring water to a boil, which can be done even over the smallest gas ring, and season it with salt and oil. And it tastes great with any fish and shellfish buzzara that can be quickly cooked in a wok or pan.

## Beer Battered Luncheon Meat



### Ingredients:

- 2-3 cans luncheon meat
- frying oil
- 15 dag white flour
- 1 dl beer
- 2 eggs
- a pinch of salt
- sesame seeds (always useful due to their long shelf life) and a tablespoon of pickled rock samphire or capers (optional, if available)

### Method:

Whisk flour, eggs, some salt and beer until smooth. Add chopped pickled rock samphire or capers.

Dip luncheon meat slices in beer batter, coat them with sesame seeds and fry (both sides) in heated frying oil, in a pan or wok.

“Spice up” beer batter by adding some chili powder (optional).

Batter-fried luncheon meat can be served on bread slices (or between them) or with salads, and it tastes great with beer.

# Ready Meals - What You Can Cook at Home and Take With You

**(cheese scones, cod croquettes...)**

Ready meals can always save the day. Depending on the size of your vessel (and fridge), plan and pack stuffed peppers, tripe, tomato salsa or a meat sauce to be served with freshly boiled pasta.

Though... finger food that keeps well for days may also replace (or enrich) any meal.

Planning your sailing trip means long discussions, day-dreaming and making lists of the ingredients and equipment you think you need to take with you - though experience has taught us that you actually don't need to take everything. Take advantage of these team gatherings to prepare tasty finger food that the whole crew can enjoy.

The advantages are pretty obvious - especially when hunger sneaks up on you on the open seas.

## Savoury Pancetta (or Anchovy) and Cheese Scones



### Ingredients:

- 20 dag soft, rubbery cheese
- 15-20 dag fresh soft cheese (or cheese spread)
- 10 dag pancetta (or 10 salt-cured anchovies)
- ½ kg white flour
- 2 eggs
- 1 pouch baking powder
- 2 dl frying oil
- salt
- lettuce or wild rocket
- 20 pickled capers

### Method:

Mix diced pancetta and grated cheese with fresh cheese, flour and baking powder.

Season with salt, add eggs (and finely chopped pickled capers or fresh rock

samphire to taste) and lukewarm water, and knead into dough (adding more flour if needed, until the dough is no longer sticking to your fingers).

Roll out with a pin (or a bottle) to the thickness of one finger and cut out circles using the top of a small glass (the one you would use for serving shots). Knead the remaining dough and repeat the procedure until all the dough has been used.

Fry the scones in frying oil, in a deep pan or wok, turning them several times, and drain them on paper towels. Serve warm with lettuce or other leaf salad vegetables.

Cold scones also taste great and keep well in a closed plastic container, so they can replace a meal which can not be prepared due to limited time or weather conditions.

## Savoury Ravioli (Made in Advance)



### **Ingredients:**

*For the dough:*

- 50 dag flour
- 6 egg yolks
- 15 dag butter
- several tbsp beer (as many as is needed to make the dough)
- salt

*For the filling:*

- 10-12 salt-cured pilchard fillets
- 4 tbsp freshly grated Parmesan
- 4 tbsp Emmental
- 2 tbsp pickled capers

- *10 pitted green olives*
- *1 tbsp finely chopped fresh parsley*

**Method:**

Use flour, salt, egg yolks, butter and as much beer as is needed to make a smooth dough.

Let it rest for 15 minutes. Roll the dough out until thin and cut out circles.

Put some filling (finely chopped and mixed) on one half of each circle, fold the circle in half over the filling, making a half-moon shape.

Seal the edges with a fork, and flatten the ravioli a little. Place them on a greased baking tin and bake in a pre-heated oven at 180 °C for 25 minutes.

Ravioli keep well in a closed plastic container and can replace a meal during regattas, when there is no time for cooking.

## Cod Croquettes



### Ingredients:

- 60 dag frozen cod
- 2 medium potatoes
- 4 tbsp olive oil
- 1 small onion
- frying oil
- 3 cloves garlic
- 1 tbsp chopped fresh parsley
- 1-2 pinches of thyme
- 3 dl flour
- 2 egg yolks

### Method:

Defrost the cod and leave it to drain well. Boil unpeeled potatoes, peel when cold, mash them and add 2 tbsp olive oil.

Sauté finely chopped onion, crushed garlic and chopped cod in olive oil, in a deep pan. Season with thyme, to taste.

Pour in water and cook stirring constantly until the ingredients turn white and the cod has become tender.

Mash with a fork and add to the potatoes.

Add parsley, flour and egg yolks, season with salt and pepper. Form patties on a flour dusted surface.

Fry in hot oil (both sides) and drain on paper towels. Have them with you when you set sail - they keep well for days.

**Straight From the Sea Into a Pot, Pan or Wok**



## **Sea Anemone (*Anemonia sulcata*)**

Sea anemone are not as vicious as one might think - as soon as they are taken out of the sea (by hand - with a glove), they are no longer urticant and do not sting.

## **Shellfish**

It is recommended to scrub shellfish with a brush, in the sea, and to heat them in a wok to open. Grooved carpet shells (vongole) and warty venus should best be soaked in clean seawater or freshwater until open and cleaned from sand.

## **Warty Venus (*Venus verrucosa*)**

Just like with grooved carpet shells, warty venus should be rinsed and soaked (in the clean seawater or freshwater) until they open and spit out any sand.

They can be cooked like grooved carpet shells or vongole, and also taste delicious if chargrilled.

## **Purple Dye Murexes (*Bolinus brandaris*)**

Just as is the case with most shellfish, the murex sea snails are best left for several hours in a sack or a net in the sea, or in a deep vessel filled with freshwater or seawater until clean. Cook them in a large vessel filled with water. Use a needle or a small metal skewer to remove the muscles from the shells.

## **Date Mussels (*Lithophaga lithophaga*) And Noble Pen Shells (*Pinna nobilis*)**

All of the good things in life are either illegal, fattening, or prohibited. This applies to pen shells (fan mussels) and date mussels, as their capture or killing is prohibited by law.

However, should you find yourself in places where they are not protected, both deserve any chef's attention.

## **Mussels (*Mytilus galloprovincialis*)**

The simpler the preparation - the better the taste. Scrubbed mussels are best chargrilled or grilled in a dry grill pan. When they start to open and release the liquid (seawater), use their threads (also known as the “beard”) to open them completely. Carefully sup up the steaming-hot liquid from the shell and take the muscle out with a fork or a knife. Enjoy it with a piece of bread. Mussels, just like most shellfish, can also be used to prepare buzzara, but that is just simply... a pity.

## **Limpets (*Patella caerulea*)**

Limpet sea snails are easy to harvest (by sliding a knife blade between the shell and the rock) and even more easy to cook. You can also enjoy fresh limpets sprinkled with lemon juice and olive oil. Remember to clean, scrape and/or scrub their shells before cooking.

## **Turbinate Monodonts (*Monodonta turbinata*)**

These small sea snails living on rocks in shallow waters are easily harvested and cooked. Boil them in freshwater or seawater and remove the feet with a needle. Sprinkle with oil and red wine vinegar to taste, or use them to make risotto. You can combine them with other seafood, preferably limpets.

## **Fish Stock For Any Occasion**

Use the heads of cleaned fish for making fish stock, or - if you only have frozen fish fillets - briefly simmer chopped fillets with garlic and parsley, add some water and soup vegetables (celery, carrot, a piece of red onion, celeriac...) and cook until done.

## **Sea Egg/Violet/Sea Lemon/Sea Fig (*Microcosmus sulcatus*)**

Sea eggs are hard to spot on the seabed, as they are mostly overgrown with seaweed, being a habitat for numerous marine species, thus looking just like common rocks.

Halve them lengthwise and take out the fleshy part. They taste best served fresh and raw, with (toasted) bread, but can also be diced and used for risotto, clam buzzara or brodetto.

## **Sea Urchin (*Arbacia lixula*)**

The sea urchin's only edible part is the fivefold gonad, and the demersal urchins (red or green in colour) taste best. Take them out of the sea carefully and break open with scissors, a clam cracker or a knife starting from under the mouth. The gonad is easily recognized by its deep orange colour. Try it with a teaspoon, just as you would with a soft boiled egg, with a piece of bread and a few drops of lemon juice or olive oil. Should you have several sea urchins, simmer the gonad briefly in olive oil with some garlic, parsley and white wine to make a sensational sauce.

## **Tubular Sea Cucumber/Cotton Spinner (*Holothuria tubulosa*)**

A sea cucumber (having many other not-to-be-mentioned-here names) may not be the prettiest sea creature, or the most pleasant one to hold in your hand, but it is undoubtedly edible. Use a knife to cut their ends (just like you would with a cucumber or zucchini), cut them lengthwise and “open” to remove the entrails (the use of an old spoon here is recommended). Wash the sea cucumber (preferably in the sea) and use a knife to trim the meat from its thick skin.

It is best prepared like any prawn, grooved carpet shell and/or warty venus risotto. Sauté the chopped meat in olive oil, with garlic and parsley. Pour in stock, white wine or lukewarm water - and continue cooking as any other risotto.

Sea cucumber salad is also worth tasting. Boil it briefly (if boiled for too long, it becomes tough), chop, mix with a sliced onion, hard boiled eggs, several capers, sliced boiled potatoes... and season lavishly with salt, pepper, oil and red wine vinegar. If you want it beer-battered and fried like shark and cat shark, boil it first in water to make the meat tender.

## Fried Sea Anemone



### Ingredients:

- 20 sea anemones
- 2 dl white flour
- 1 dl maize flour (or instant polenta)
- 2 dl frying oil
- salt and pepper
- 4-5 potatoes
- 1 tbsp pickled capers
- 1 small red onion

- 1 *tbsp red wine vinegar*

- 3 *tbsp olive oil*

**Method:**

Let the fresh-out-of-the-sea anemones rest in a pot filled with seawater (or salted water).

Rinse well and dry using a cloth or paper towels. Dust with flour (preferably, combined white and maize flour) and fry briefly in hot oil, in a shallow pot or wok.

To make potato salad, peel and slice boiled potatoes, add a thinly sliced onion (or spring onions) and capers, and season to your liking.

## Mussels With a Warm Sauce



### Ingredients:

- 2 kg mussels
- 2 dl white wine
- 8 cloves garlic
- 1 tbsp honey
- 1 tsp red wine vinegar or lemon juice
- 1 tbsp pickled capers
- 2 tbsp chopped fresh parsley
- ½ dl olive oil
- 1 tsp saffron
- 8 slices of slightly stale bread, toasted

### Method:

Stir mussels in a large wok or pot over medium heat until open.

Remove the muscles from the shells and set them aside. Sauté crushed garlic, chopped parsley and capers in olive oil and a teaspoon of red wine vinegar, in

the same wok, until the garlic starts turning golden.

Add half the amount of wine and saffron, simmer for a few minutes and then add honey and the remaining wine.

When reduced by half, add mussels and cook for a few more minutes.

Serve on plates, poured over toasted bread.

## Mussels With Beans and Rice



### Ingredients:

- 2 kg mussels
- 2 large leeks (or red onions)
- 2 carrots
- 8 cloves garlic
- 40-50 dag drained (canned) beans
- 1 tsp turmeric or saffron
- 1 dl white wine
- salt and pepper
- 2 small cups rice (3 dag)
- grated hard cheese (optional)

### Method:

Stir mussels in a large wok or pot over medium heat until open. Remove the muscles from the shells and set them aside.

Finely chop well-washed leeks, cleaned carrots and garlic.

Sauté the vegetables in olive oil, in the same wok, for 4-5 minutes. Pour in wine and 2 dl water.

When reduced by half, add rice and turmeric or saffron, season with salt and pepper, and cook stirring constantly until the rice is almost done.

Add the mussels and drained beans, sprinkle with oil and serve warm (the rice should be al dente), topped with some grated hard cheese (optional).

## Mussels With Olives and Red Peppers



### Ingredients:

- 1 kg mussels
- 2 fleshy red peppers
- 20 pitted green olives
- 2 tbsp olive oil
- 1 tsp chopped fresh herbs (oregano, basil, thyme) or mixed dried Dalmatian herbs
- 2 dl dry white wine

### Method:

Cut red peppers into strips and sprinkle them with herbs and chopped pitted green olives. Sauté the red peppers in olive oil, in a wok or deep pan over low heat. If liquid is required, pour in some wine. Before the peppers are softened, add the remaining wine and well-scrubbed mussels.

Stir well over increased heat until the mussels open.

Serve warm with polenta or with fresh or toasted bread.

## Mussels and Scampi (or Prawn) Tails With Eggplant, Red Pepper and Olives



### Ingredients:

- 1 kg mussels
- ½ kg small scampi or prawns
- 1 large eggplant (aubergine)
- 1 large fleshy red or yellow pepper
- 1 red onion
- 20 pitted green olives
- ½ dl olive oil
- 4 cloves garlic
- 1 tsp mixed dried Dalmatian herbs
- 2 dl Malvasia or any dry white wine

### Method:

Stir-fry the scampi or prawns briefly in a hot dry pan, remove the heads and

shell the tails.

Cook the mussels in a wok or pot over medium heat until open. Remove the muscles.

Simmer the chopped onion, diced eggplant, red pepper cut into thin strips, olives, herbs, and crushed garlic in olive oil, in a wok over low heat, occasionally pouring in fish stock (or soup made from scampi heads or warm water).

When the vegetables are soft, add scampi tails, shellfish muscles and 1-2 tablespoons of the liquid released by the mussels.

Pour in wine (and additional stock if needed), increase heat and cook until the wine has evaporated.

Serve warm.

## Date Mussel Buzzara



### Ingredients:

- 1 kg date mussels
- 4 tbsp olive oil
- 1 dl dry white wine
- 2 tbsp finely chopped garlic
- 2 tbsp finely chopped parsley
- 1 tbsp brandy or cognac (or 2-3 tbsp Prošek dessert wine)
- black pepper

### Method:

Rinse the date mussels well. Sauté garlic in oil, in a wok or deep pan over medium heat, add some breadcrumbs and parsley to taste, date mussels and wine. Season with black pepper.

Cook with a lid on until the mussels open, pour in brandy, and stir until the alcohol evaporates. Serve warm.

Chargrilled date mussels are delicious, too. Remove them from the grilling grid as soon as they open, sprinkle with olive oil and enjoy with a piece of bread.

## **Pen Shell Risotto**

### **Ingredients:**

- 2-3 *pen shells*
- 2 *dl fish stock*
- 4 *small cups rice (6 dag)*
- 5-6 *tbsp olive oil*
- 6 *cloves garlic*
- 2 *tbsp finely chopped parsley*
- 1 *dl dry white wine*
- *black pepper*

### **Method:**

Chargrill pen shells until open, or cook them in a small amount of water in a pot. Remove the muscle and carefully trim and discard the small sac (called *paprenjak* in Croatian).

Dice the muscle and sauté with parsley and garlic in olive oil, in a deep pan or wok.

Pour in wine and stock and bring to a boil. Season with pepper, add rice and cook, pouring in additional stock, until the rice is done.

## Clam Buzzara



### Ingredients:

- 1 kg grooved carpet shells or vongole
- 6 cloves garlic
- 1 tbsp finely chopped parsley
- 3 tbsp olive oil
- ½ dl white wine
- 1 tbsp breadcrumbs and a pinch of black pepper (optional)
- several prawns or scampi

### Method:

Rinse the clams well until no sand is left.

Sauté over medium heat in a wok (shallow pot/deep pan) with finely chopped parsley and freshly crushed garlic in olive oil until open.

Add the prawns/scampi.

Season with pepper, pour in wine and simmer until reduced by half. Use breadcrumbs to thicken the sauce (optional). Serve with boiled potatoes, spaghetti, polenta...

You can remove the shells from the sauce, add 2 dl fish stock (or warm water) and make risotto.

Bring to a boil, reduce heat, add rice, pour in wine and oil, and cook adding stock or water if needed until the rice is done.

**Note:**

*Use this recipe to prepare smooth callista, warty venus, scallops, or (the prohibited) date mussels.*

## Seaman's Murex Salad



### Ingredients:

- 1 kg murexes
- 1 large red onion
- 2-3 large potatoes
- 4 eggs
- ½ tbsp pickled capers
- salt and pepper
- ½ dl olive oil
- 1 tsp red wine vinegar
- fresh tomatoes and wild rocket (optional)

### Method:

Take the muscles out of the shells of cooked murexes and dice them.

Boil the potatoes (unpeeled). Peel and slice the potatoes and hard boiled eggs. Combine them with capers, chopped onion and the murex muscles. Season with salt and pepper, olive oil and red wine vinegar.

Add tomatoes (preferably, cherry and plum tomatoes) and wild rocket (optional, when in season).

## **Murex Rosso**

### **Ingredients:**

- *1 kg murexes*
- *8 cloves garlic*
- *2-3 large fresh or canned tomatoes*
- *1 tbsp finely chopped parsley*
- *salt and pepper*
- *1 dl dry white wine*
- *½ dl olive oil*
- *1 tsp red wine vinegar*

### **Method:**

Take the muscles out of the shells of cooked murexes and dice them.

Sauté over low heat in a wok (shallow pot/deep pan) in olive oil, with crushed garlic and chopped parsley until the garlic turns golden.

Add chopped tomatoes, simmer briefly, pour in wine and vinegar and cook until reduced by half.

Toss the warm sauce with spaghetti, pour it over polenta, or use it as a dipping sauce for bread...

## Limpet Risotto



### Ingredients:

- 1 kg limpets
- 20 dag rice
- 2 tbsp olive oil
- 1 dl dry white wine
- 1 small onion
- 4 cloves garlic
- 1 tbsp chopped parsley
- 4 dl fish stock

### Method:

Sauté chopped onion in oil over low heat, in a deep pan or wok, add parsley and crushed garlic.

Sauté briefly, add clean limpets, increase heat and cook stirring constantly until muscles fall from the shells.

If you prefer, you can remove the shells. Pour in wine, fish stock (or 3 dl lukewarm water) and add rice.

Reduce heat to medium and cook stirring constantly.

Serve topped with freshly grated Parmesan (optional).

## Sea Egg Risotto

### Ingredients:

- 5-6 sea eggs
- 4 small cups rice (6 dag)
- 3 cloves garlic
- 1 tbsp finely chopped parsley
- 1 dl fish stock (or lukewarm water)
- 1 dl white wine
- ½ dl olive oil
- salt and pepper
- ripe tomatoes, tomato purée or peeled canned tomatoes (optional)

### Method:

Sauté crushed garlic and chopped parsley in olive oil, in a wok. Add rice and sauté briefly.

Pour in wine and stock, season with black pepper and simmer over low heat until the rice is almost done.

Add chopped sea eggs, cook briefly and serve warm.

To prepare risotto rosso, simmer finely chopped tomatoes (or tomato purée) together with garlic and parsley.

## **Spiny Lobster (*Palinurus elephas*) or Large Spinous Spider Crab (*Maja squinado*) Brodetto**



### **Ingredients:**

- 1 kg spiny lobster
- 1 dl olive oil
- 1 onion
- ½ dl red wine vinegar
- 1 can tomatoes or 3 ripe tomatoes and 2 tbsp tomato purée/paste
- 4 cloves garlic
- 1 sprig of parsley
- 4 dl dry white wine
- salt and pepper

### **Method:**

Sauté thinly sliced onion in olive oil, in a large shallow pot, until golden. Add crushed garlic and chopped parsley.

Bring salted water to a boil, add a small amount of vinegar and cook the spiny lobster or lobster (with its claws bound) for 15 minutes.

Drain, cut into large pieces and arrange on top of the onion.

Pour in wine, add tomatoes and tomato paste, and season with salt, pepper and red wine vinegar.

Cook over low heat without a lid for about half an hour, shaking the pot (do not stir!).

**Note:**

*To enhance the taste of this sauce, add small calamari (recommended), or prawns, scampi, and/or shellfish about half an hour before the sauce is done.*

## Warty Crab (*Eriphia spinifrons*) Brodetto



### Ingredients:

- 5-6 warty crabs
- 3 large red onions
- 2 tbsp chopped parsley
- 4 cloves garlic
- 2 bay leaves
- a pinch of paprika (or ground pepperoncini, to taste)
- 1 dl olive oil
- 1 dl white wine
- 1 can tomatoes or 3 ripe tomatoes
- 1 tbsp tomato paste
- juice of half a lemon (or 1 tbsp red wine vinegar)
- 1 tsp mixed Dalmatian herbs
- salt and 4-5 peppercorns

- 1 small rosemary sprig (to be removed when the stew is half done)
- shellfish (mussels, grooved carpet shells, warty venus...) and scampi (optional, if available)

**Method:**

Sauté thinly sliced onion in olive oil, in a large pot or wok, until golden. Add crushed garlic, dried Dalmatian herbs, rosemary sprig, bay leaves, and parsley, and sauté until the garlic turns golden. Pour in wine, add tomatoes and tomato paste, and season with salt, pepper, paprika, and red wine vinegar.

Simmer briefly, and then add the crabs and shellfish. Pour in as much water as is needed to cover them. Cook without a lid for about half an hour over low heat, shaking the pot (do not stir!).

Serve with polenta.

## **Fish and (Just About) Anything From the Sea**



How to cook fish on the sea (or ashore)? There are numerous ways and recipes, but due to the limiting conditions of even the largest galley - forget the long preparation and cooking hours, roasting, baking under a bell, in a salt crust... If you only have a pan or a wok, a pot or a saucepan on hand, even a grilling grid sounds like a luxury. Therefore, all the recipes contained in this cookbook are adjusted for use in a galley or camboose. Furthermore, many fish, shellfish and molluscs are cooked according to similar recipes, and have been omitted here to avoid repetition. Here are some basic instructions for handling your freshly caught ingredients and some helpful advice for the species not listed in the recipes.

## **Bait Fish**

The small schooling fish easily harvested from the bow or stern is simply mouth-watering. If tiny, they are best used for preparing fish soup or stock (see: Bait Fish Soup). If somewhat larger, clean and dry them, season with salt, dust with flour and fry in hot oil. Or, use them to make a brodetto. Of course, there are also more ambitious ways of preparing bait fish. Should you come across pilchards or anchovies (available at any fishmonger's), the possibilities are endless.

## **Sharks (*Selacimorpha*) And Cat Sharks (*Scyliorhinidae*)**

Sharks and cat sharks, also known as game, have a specific bitter/iffy taste that can be removed by soaking them in milk or panna (cream or crème fraîche). Remember to always skin them first.

Shark steaks can be boiled in salted water with soup vegetables (celery, parsley, carrot, onion, garlic) and several bay leaves, and served seasoned with nothing more than olive oil.

If you want the steaks chargrilled, all you need is a small amount of oil, but if you want them fried, you need oil and flour or beer batter. Whether boiled, fried or chargrilled, shark always tastes delicious - as it frankly does if cooked any other way, even on the smallest of boats.

## **Anglerfish/Monkfish (*Lophius piscatorius*)**

Anglerfish has a delicate tail's taste and texture, while the head is ideal for cooking soup, stock or brodetto.

Hake can also be prepared according to anglerfish recipes.

## **Octopus (*Octopus vulgaris*), Cuttlefish (*Sepia officinalis*) And Calamari/Squid (*Loligo vulgaris*)**

Fresh octopus is best when beaten (or smacked) against seaside rocks, or frozen for several days. Both procedures result in tenderizing it. Octopus is easy to clean - just like cuttlefish or musky octopus.

Cut between the eyes (discard them), push the beak (and mouth) from between the arms (in case of cuttlefish, carefully remove the ink sac and save it for risotto) and, when gutted, rinse well under cold running water.

Calamari need not be cleaned as they taste best when cooked whole, without removing the ink sac.

You can clean musky octopus (that have no ink sac) in the same manner.

## **Greater Amberjack (*Seriola dumerili*), Tuna (*Thunnus*) And Atlantic Bonito (*Sarda sarda*)**

Thick greater amberjack, tuna or Atlantic bonito steaks may all be cooked in similar ways. Additionally, tuna and Atlantic bonito steaks may replace meat in beef and game recipes.

## **The catch of the day whether you fish with your rod or your wallet**

**Common pandora** (*Pagellus erythrinus*) - chargrill, fry, boil, cook in a brodetto

**European barracuda** (*Sphyraena sphyraena*) - fry, chargrill, boil

**Damsel fish** (*Chromis chromis*) - fry, cook in a brodetto

**Common two-banded sea bream** (*Diplodus vulgaris*) - boil, cook in soups

**Picarel** (*Spicara smaris*) - fry, cook in a brodetto

**Garfish/Sea needle** (*Belone belone*) - fry, chargrill if large, cook in a brodetto

**Mediterranean spearfish** (*Tetrapterus belone*) and **Swordfish** (*Xiphias gladius*) - chargrill or fry the steaks

**Black sea bream** (*Spondylionoma cantharus*) - fry, chargrill

**Comber** (*Serranus cabrilla*) - fry, cook in a brodetto or soup

**Dusky grouper** (*Epinephelus marginatus*) - chargrill or boil the steaks, cook in a brodetto

**Gurnard/Sea robin** (*scorpaeniform* fish in the family *Triglidae*) - boil, cook in a brodetto

**Gilt-head sea bream** (*Sparus aurata*) - chargrill (preferred), or use any other cooking method

**John Dory** (*Zeus Faber*) - chargrill (preferred), or use any other cooking method

**Common sole** (*Solea vulgaris*) - fry, boil or chargrill if large

**Chub mackerel** (*Scomber japonicus*) and **Atlantic mackerel** (*Scomber scombrus*) - fry, chargrill, boil in vinegar

**European sea bass** (*Dicentrachus labrax*) - chargrill (preferred), or use any other cooking method

**Hake** (*Merluccius merluccius*) - Hake can be prepared just like any other white fish. The large ones taste best if chargrilled, but they are equally tasty boiled, prepared as mullets. You can fry beer battered fillets (similar to those of a shark),

fry it whole (dusted with flour), use it for cooking a brodetto or prepare it in any cod-recipe way.

**Little tunny** (*Euthynnus alletteratus*) - chargrill, fry, or use with recipes for beef and game (the same as with tuna)

**Striped sea bream** (*Lithognathus mormyrus*) - fry, chargrill, boil

**Weewer** (*Trachinus draco*) - beware of its fins with venom glands! - fry, chargrill, boil, cook in a brodetto

**Salema/Porgy** (*Sarpa salpa*) - chargrill

**Mediterranean horse-mackerel** (*Trachurus Mediterraneus*) - fry

**White sea bream/Sargo** (*Diplodus sargus*) - tastes delicious regardless of the cooking method

**Red scorpionfish** (*Scorpaena scrofa*) - the queen of brodetto, tastes delicious simply boiled or chargrilled

**Annular sea bream** (*Diplodus annularis*) - fry, cook to make soup or stock

**Forkbeard** (*Phycis phycis*) - boil, cook in a brodetto

**Red mullet** (*Mullus barbatus*) - fry if small, chargrill if large

**Saddled (sea) bream** (*Oblada melanura*) - chargrill, boil, cook in a brodetto

**Dentex** (*Dentex dentex*) - chargrill (preferred), or use any other cooking method

## Boiled (Cat) Shark



### Ingredients:

- 1 kg cat shark (or shark)
- 1 red onion
- 4 cloves garlic
- 1 medium carrot
- 1 tbsp finely chopped fresh parsley
- 1 dl olive oil
- salt and peppercorns
- 1 tsp aceto balsamico (or high-quality home-made red wine vinegar), 1 tsp honey and a pinch of ground black pepper or chili powder (optional )

### Method:

Cut a skinned, cleaned cat shark (or shark) into pieces and boil in a pot with a chopped onion, carrot, peppercorns, and parsley leaves over medium heat for

20 minutes, until soft.

Drain, sprinkle with crushed garlic and chopped parsley, and season (lavishly) with olive oil (and red wine vinegar to your liking).

The other way to season a boiled (cat) shark is to pour over an emulsion of whisked aceto balsamico, olive oil and honey.

Season with black pepper or chili powder.

## **Shark in Prošek Dessert Wine**



### **Ingredients:**

- 8 cat shark or small shark steaks
- 6 cloves garlic
- 2 tbsp finely chopped fresh parsley
- 1 dl dry white wine
- 2 tbsp olive oil
- 2 tbsp Prošek dessert wine
- salt and pepper

### **Method:**

Dry the shark steaks (preferably belly steaks), rub in salt and pepper, season with oil and fry briefly (both sides) in a grill pan. Set aside, keeping warm.

Sauté parsley and thinly sliced garlic in the same pan, in the remaining oil.

Pour in wine and add Prošek dessert wine and cook stirring constantly until the liquid has somewhat reduced.

Pour warm over the grilled shark steaks.

Serve with potato salad.

## Beer Battered Shark



### Ingredients:

- 8 cat shark or small shark steaks
- several lettuce leaves
- 4-5 medium potatoes
- salt and pepper
- ½ dl frying oil

### For beer batter:

- 15 dag white flour
- 1 dl beer
- 1 egg
- a pinch of salt

### Method:

Whisk flour with an egg, salt and beer into a smooth dough.

Fry peeled potato wedges in hot oil, in a deep pan or wok. Season with salt

and set aside.

Rinse and dry the shark steaks, rub in salt and pepper.

Dip them in beer batter and fry (both sides) in hot oil (the same one you used for frying the potatoes) until golden.

Drain the excess grease on paper towels and serve with fried potatoes on a lettuce leaf.

Wash down with beer.

## Boiled Shark With Chickpeas



### Ingredients:

- 8 cat shark or small shark steaks
- 4 medium potatoes
- 6 cloves garlic
- 1 tbsp pickled capers
- 1 tbsp finely chopped parsley
- 1 can of chickpeas (25 dag net)
- 1 dl dry white wine
- ½ dl olive oil
- salt and pepper

### Method:

Boil unpeeled potatoes in salted water. When cooled, peel and slice.

Place the shark steaks in a large shallow pot or wok, season with salt and pepper, and add oil, thinly sliced garlic, parsley, capers, wine, and water.

Bring to a boil, add potatoes and pre-cooked (canned) chickpeas.

Cook over medium heat, adding water if necessary, for another five minutes, until the shark steaks are done.

Sprinkle with oil and finely chopped fresh parsley leaves. Serve warm.

## Shark With Vegetables



### Ingredients:

- 8 cat shark or small shark steaks
- 2 small zucchini
- 2 small red peppers
- 1 large leek
- ½ dl olive oil
- 1 tsp mixed dried Dalmatian herbs
- 1 dl dry white wine
- salt and pepper

### Method:

Fry the shark steaks (both sides) in olive oil, in a wok (large pan/shallow pot). Set aside.

Add oil to the vessel and sauté thinly sliced red peppers, zucchini and leek

over medium heat.

Season with salt, pepper and herbs, and sauté stirring constantly for 5-6 minutes.

Pour in wine and simmer until reduced by half. Pour warm over the steaks.

## **Shark in Red Wine**

### **Ingredients:**

- 8 cat shark or small shark steaks (preferably belly steaks)
- 3-4 medium potatoes
- 1 large red onion
- 2-3 large ripe tomatoes (or 1 small can of peeled tomatoes)
- 15 green olives
- 1 tbsp pickled capers
- 1 ½ dl dry red wine (Plavac)
- 1 tbsp finely chopped fresh parsley
- ½ dl olive oil
- salt and pepper

### **Method:**

Boil unpeeled potatoes in salted water. When cooled, peel and slice.

Sauté thinly sliced onion, finely chopped capers and olives, and diced tomatoes seasoned with salt and pepper in olive oil, in a shallow cooking vessel or wok over low heat for 5-6 minutes.

Add the shark steaks seasoned with salt, sprinkle additional oil and sauté for a few minutes.

Pour in wine and simmer over medium heat until reduced by half.

Serve with boiled potatoes. Sprinkle with oil and chopped parsley leaves (optional).

## Anglerfish With a Reduced Sauce



### Ingredients:

- 1 anglerfish, skinned and gutted (about 1 kg net weight)
- 3 potatoes
- 2 carrots
- 2 red onions
- 4-5 sprigs of parsley
- 5 cloves garlic
- a pinch of mixed dried Dalmatian herbs
- ½ dl olive oil
- 1 dl wine
- coarse sea salt
- 6-7 peppercorns

**Method:**

Wash and clean all vegetables, chop to bite-size pieces, place in a pot, and season with salt, pepper and chopped parsley leaves.

Cut the head of the anglerfish from its tail and place both parts on top of the vegetables.

Pour over with half of the amount of oil. Pour in just enough water to cover the fish halfway.

Bring to a boil, reduce heat and cook, turning the fish occasionally, until the vegetables are done.

Carefully place the fish on a serving plate, season with salt and pepper to taste, and sprinkle with chopped parsley leaves and oil.

Serve warm, with the boiled vegetables.

Pour a small amount of the soup (reduced to your liking) over the dish. Serve the remaining soup with toasted bread, sprinkled with olive oil and freshly chopped parsley.

## Anglerfish With a Rich Sauce



### Ingredients:

- 1 anglerfish tail, skinned (about 1 kg net weight)
- 6 cloves garlic
- 1 tbsp pickled rock samphire or capers
- 1 ½ dl dry white wine
- ½ dl Prošek dessert wine (or Port)
- 1 tsp dried or fresh thyme
- ½ dl olive oil
- 1 tbsp red wine vinegar
- salt and pepper
- 4 potatoes
- 1 large red onion
- 1 small lettuce

**Method:**

Sauté thinly sliced garlic and chopped rock samphire (or capers) in olive oil, in a large deep pan.

Dry the anglerfish tail, season with salt and add to the pan. Fry briefly (both sides) until the garlic turns golden. Pour in wine and Prošek dessert wine, a small amount of aceto balsamico or red wine vinegar, and season with thyme (or oregano).

Cook over medium heat, turning the fish occasionally, for another 10 minutes, pouring in (preferably fish head) stock (if needed) or tomato paste diluted in lukewarm water.

Season with black pepper to taste and additional oil.

Serve warm with potato salad or boiled potatoes and with lettuce salad.

Instead of Prošek dessert wine, use a tablespoon of honey (which is always good to have around on a vessel) and a bit more red wine vinegar (or aceto balsamico)

## Boiled Anglerfish With Couscous and Vegetables



### Ingredients:

- 1 anglerfish, gutted and skinned (about 1 kg net weight)
- 3-4 potatoes
- 2 carrots
- 2 red onions
- 1 tbsp finely chopped fresh parsley
- 6 cloves garlic
- ½ tsp turmeric or 1-2 pinches of saffron
- ½ dl olive oil
- salt and pepper
- 25 dag couscous

### Method:

Wash and clean all vegetables, cut them into bite-size pieces and place in a large pot. Season with salt, pepper and parsley. Top with the fish head and 1-2

large tail steaks.

Pour over with half of the oil and just enough water to cover the fish halfway.

Bring to a boil, reduce heat and cook turning the fish occasionally, until the vegetables are done.

Take the fish out of the pot, strain the soup and bring to a boil.

Meanwhile, take all the white meat out of the head and arrange it on serving plates together with the tail steaks and the boiled vegetables.

Cook couscous in 2 ½-3 dl of hot soup, with a teaspoon of oil and turmeric or saffron, stirring for several minutes over low heat.

Set aside for 4-5 minutes, then serve with the boiled vegetables and anglerfish.

Season with finely chopped parsley leaves and sprinkle with additional olive oil (optional).

## Anglerfish With Chickpea Purée and Beetroot



### Ingredients:

- 1 kg anglerfish fillets, skinned
- 2-3 large beetroots, boiled or pickled
- 1 clove garlic
- 1 can chickpeas
- ½ dl olive oil
- 1 tsp vinegar (or aceto balsamico)
- 1-2 pinches of chili powder
- salt
- 1 tbsp finely chopped parsley
- 1 tsp mixed dried Dalmatian herbs (thyme, oregano...)

### Method:

Finely chop boiled beetroot (or, which is even more practical on a boat, beetroot purchased in a jar) and add finely chopped garlic and chili. Season with

salt, oil and vinegar, and set aside.

Drain canned chickpeas, mash them to make a purée, and pan-fry briefly in olive oil, seasoned with salt and herbs. Set aside.

Season the anglerfish fillets with salt; chargrill or grill in olive oil in a grill pan. Serve with beetroot and chickpea purée, sprinkled with olive oil and freshly chopped parsley leaves.

## **Boiled Mullet (and Fish Soup)**



### **Ingredients:**

- 2-3 large mullets (1 kg total weight)
- 4 cloves garlic
- 1 tbsp finely chopped parsley
- ½ dl olive oil
- soup vegetables (1 carrot, a piece of celery, 1 small red onion...)
- salt and 3 peppercorns

### **Method:**

Boil the cleaned mullets and soup vegetables in a small amount of water, with a lid on, over low heat, until tender.

Take out the mullets, season lavishly with olive oil and sprinkle with chopped garlic and parsley leaves to taste.

Strain the soup, finely chop the carrot and bring the soup to a boil. Add a tablespoon of polenta or rice and cook until done. Serve seasoned with additional oil and parsley leaves.

**Note:**

*This is the basic recipe for any boiled white fish.*

## Mullet With Wild Asparagus



### Ingredients:

- 2 large mullets (1 kg total weight)
- 1 bunch of wild asparagus
- 1 medium leek
- ½ dl olive oil
- salt and pepper
- several cloves garlic
- 1 tbsp finely chopped parsley
- a piece of celeriac

### Method:

Clean the mullets and set the fillets aside. Boil the fish heads, a piece of celeriac, some parsley and crushed garlic in salted water; strain the soup.

Clean the leek, set aside the white part, slice the green part lengthwise and separate the leaves.

Cook the leek leaves and asparagus tips briefly in the fish stock (which you can later serve as a fish soup tasting of asparagus).

Place the blanched and drained leek and asparagus between two fillets, season with salt, pepper and oil, wrap with cooking foil and cook in boiling water for 5 minutes.

Serve cut into pieces, seasoned with additional olive oil.

**Alternative:**

If the asparagus is not in season or available, you can replace it with the green parts of leeks, thinly sliced lengthwise and sautéed in olive oil with some parsley and crushed garlic.

As soon as the garlic starts turning brown, add some fish stock, lukewarm water or white wine and cook until the green parts of the leek are soft.

Drain, season with salt and use as a convenient substitute for asparagus.

## **Fish Fillet With Wild Rocket and Garlic**



### **Ingredients:**

- 4 mullet fillets (or any white fish, e.g. farmed sea bass, gilt-head sea bream...)
- 1 small cup chopped fresh wild rocket
- 5 cloves garlic
- 1 tsp butter
- 4 tbsp olive oil
- 1 tsp fresh or dried Mediterranean herbs (thyme, oregano...)
- 1 dl white wine
- sea salt and freshly ground black peppercorns

### **Method:**

Clean the fish and use the heads and bones for making stock that will surely be useful for any other recipe. Dry the fish fillets, season them with salt and pepper and fry in butter and olive oil, in a frying pan.

Set aside, keeping warm. Add thinly sliced garlic to the pan, Mediterranean

herbs and chopped wild rocket, and sauté briefly. Pour in wine (and some stock) and simmer until reduced.

Pour over fried fillets. Sprinkle with additional oil (optional).

## Greater Amberjack With a Colourful Fiery Sauce



### Ingredients:

- 4 greater amberjack steaks
- 1 red pepper
- 1 small chili pepper (dried)
- 2-3 stems of parsley
- a piece of celeriac
- 3 cloves garlic
- several peppercorns
- ½ dl olive oil
- 4 spring onions

- *sea salt and freshly ground white peppercorns*
- *½ dl white wine*
- *1 tbsp Prošek dessert wine (optional)*

**Method:**

Season skinned and boned greater amberjack steaks with salt and pepper and let them rest in an oil marinade.

Use the skin and bones to cook stock, adding a garlic clove, green parts of a spring onion, peppercorns, salt, a tablespoon of olive oil, a dried chili pepper and a piece of celeriac.

Add 6 dl of water and bring to a boil. Remove the chili pepper, reduce heat and cook for 20 more minutes. Strain the stock.

Dice the red pepper, chop parsley, and thinly slice garlic and spring onion.

Sauté the red pepper in olive oil, in a pan. Add all of the remaining ingredients, pour in wine (and Prošek dessert wine) and 1 dl stock and simmer until reduced.

Fry the marinated greater amberjack steaks (all sides) briefly in a hot grill pan (or chargrill them). Serve on plates, poured over with the warm sauce made from the stock and red pepper.

Sprinkle with oil and serve with rice, polenta or bread (optional).

## Greater Amberjack and Vegetable Skewers



### Ingredients:

- 2 large greater amberjack (or tuna or Atlantic bonito) steaks
- 2 red peppers
- 2-3 small zucchini
- 1 small red onion
- 1 small lettuce
- salt and pepper
- 1 dl olive oil

### Method:

Marinate the skinned and boned greater amberjack steaks for 10 minutes in olive oil.

Season with salt and pepper, cut to your liking and fix with skewers.

Thread your vegetables (alternate diced red peppers, zucchini and onions) on additional skewers, season with oil, and chargrill (or use a grill pan) together with fish skewers.

Serve with lettuce or potato salad.

## Tuna With Olives in Prošek Dessert Wine



### Ingredients:

- $\frac{1}{2}$  kg fresh tuna steaks
- 3-4 spring onions
- 20 dag white beans (dried or canned)
- $\frac{1}{2}$  dl olive oil
- 1 tsp aceto balsamico or red wine vinegar
- coarse salt and freshly ground green peppercorns
- 1 tbsp pickled capers, chopped
- 20 pitted green olives
- $\frac{1}{2}$  dl Prošek dessert wine (or Port, or Sauvignon, or any white dessert wine)

### Method:

Slice the tuna steak into strips and marinate shortly in olive oil.

Cook and drain the beans (soaked over night, or use pre-cooked canned

beans), season with olive oil and aceto balsamico and combine with chopped spring onions to make the salad. Season with salt and pepper.

Fry tuna briefly in olive oil, add chopped capers and olives, sauté briefly and then pour in Prošek dessert wine. Season with salt and pepper.

Stir over low heat for a few minutes and serve with toasted bread or rice and bean salad.

## Tuna, Greater Amberjack or White Fish Fillet With Polenta



### Ingredients:

- 1 kg tuna, greater amberjack or white fish fillets
- 25 dag instant polenta
- 1 small cup of chopped wild rocket
- 4 spring onions (or 1 red onion)
- 1 dl olive oil
- coarse sea salt and freshly ground green peppercorns

### Method:

Cut a skinned and boned fish steak into 4 fillets, season with olive oil, salt and pepper, and leave to rest for at least half an hour in a glass jar.

Bring salted water to a boil, add chopped wild rocket and spring onion, and polenta. When polenta is cooked, place it in a greased vessel and leave to cool.

Stir-fry the fish fillets in a hot pan, season with oil from the marinade and

serve with polenta.

You can use any available white fish fillets for frying or chargrilling.

## Octopus With Potatoes À La Tripe



### Ingredients:

- 2 kg octopus
- 2 large potatoes
- 2 large red onions
- 8 cloves garlic
- 1 tbsp finely chopped parsley
- 4 ripe (or canned) tomatoes
- 10 dag pancetta (or prosciutto), diced
- several bay leaves
- 1 tsp mixed Dalmatian herbs (thyme, oregano...)
- 2-3 cloves
- salt and pepper
- 1 dl olive oil
- 3 dl dry white wine

**Method:**

Place the octopus in a pot filled with cold water and cook until tender (recommendation: bring to a boil and cook for another 15 minutes). Well-drained and skinned, slice it into tripe-like strips.

Sauté thinly sliced onion in olive oil, in a large shallow dish or wok, until translucent. Add diced pancetta, crushed garlic, herbs and bay leaves.

Reduce heat, add chopped tomatoes, parsley, wine and cloves, and season with salt and pepper.

Stir well and add diced octopus and sliced potatoes. Simmer for 5-6 minutes, until the wine evaporates. Pour in as much water (or, preferably, stock) as is needed to cover the ingredients.

Cook over low heat until the potatoes and octopus are quite tender.

**Alternative:**

You can use the same recipe for preparing large calamari or squid. Diced pancetta may be replaced by diced prosciutto. Try adding pickled capers, rock samphire or shallots.

## Octopus With Chickpeas or Beans



### Ingredients:

- 2 kg octopus
- 40 dag (net weight) chickpeas, boiled and drained (or brown or white beans)
- 2 large red onions
- 2 tbsp finely chopped fresh parsley
- 4 ripe (or canned) tomatoes
- 1 tbsp tomato purée
- 10 dag Dalmatian pancetta (or prosciutto), diced
- several bay leaves
- 1 tsp dried thyme
- a pinch of crushed dried pepperoncini and coarse sea salt
- 1 dl olive oil
- 4 dl white wine

### Method:

Use pre-cooked canned chickpeas (or beans), or fresh chickpeas/beans soaked over night. Cook until softened, drain and set aside.

Place a cleaned octopus in a pot filled with cold water and cook until tender.

Let it drain and cool, remove the skin and dice it.

Sauté thinly sliced salted onion in olive oil, in a large pan or wok until golden. Add diced pancetta, bay leaf and thyme (and some sweet paprika to taste) and sauté for a few minutes over medium heat.

Add chopped tomatoes, crushed garlic, wine, parsley and a pinch of crushed dried pepperoncini (preferred over black pepper), and combine them well.

Add the octopus and cook over medium heat.

Pour in tomato purée or paste diluted in 2 dl fish stock or warm water, add the chickpeas, season with salt to taste, and cook for another 10 minutes over medium heat, until the sauce thickens.

## Octopus With Pasta



### Ingredients:

- 60 dag octopus
- 40 dag penne/fusilli/tagliatelle...
- 1 dl dry white wine
- 4 cloves garlic
- 1 tbsp chopped parsley
- 2 bay leaves
- 1 dl olive oil
- salt and pepper (or a pinch of crushed dried pepperoncini)
- 1 egg (optional)

### Method:

Place the cleaned octopus and bay leaves in cold water and bring to a boil.

Cook for another 20 minutes, until tender.

Dice the drained, skinned octopus.

Stir-fry crushed garlic, chopped parsley and octopus in olive oil, in a wok (shallow pot/deep pan). Pour in wine and reduce heat.

Cook pasta in salted water, drain it and add to the vessel with the octopus. Stir well and cook over low heat until combined.

Serve sprinkled with oil and parsley to taste, or combined with an egg.

Pour a well-beaten egg over pasta and toss well until thickened.

Adding an egg makes pasta as succulent as if you were using cream (panna or crème fraîche).

## Baby Cuttlefish With Spinach



### Ingredients:

- 1 kg baby cuttlefish (or sliced large cuttlefish)
- 1 kg baby spinach
- 12 cherry tomatoes (or 2 canned tomatoes)
- 8 spring onions
- ½ dl olive oil
- salt and pepper
- 1 tsp aceto balsamico or red wine vinegar

### Method:

Remove the cuttlebones from the cuttlefish. If large, slice cuttlefish into strips like tripe.

Simmer chopped spring onion and tomatoes briefly in olive oil.

Add the cuttlefish and simmer, stirring constantly until completely tender (about 10 minutes).

Season with aceto balsamico or red wine vinegar, salt and pepper, stir well and set aside.

Add the remaining oil into the same vessel. When heated, add baby spinach, fry briefly and arrange on a plate as a bed for the cuttlefish. Garnish with fresh tomatoes and spring onions (optional). Serve warm with toasted slightly stale bread or polenta.

## Cuttlefish “Uncleaned”



### Ingredients:

- 60 dag fresh cuttlefish
- 1 large red onion
- 5 cloves garlic
- ½ dl olive oil
- 2 dl white wine
- 1 tbsp aceto balsamico (or home-made red wine vinegar)
- 2 tbsp finely chopped fresh parsley
- sea salt and freshly ground black peppercorns

### Method:

Carefully cut the cuttlefish lengthwise with a sharp knife, remove the cuttlebone, guts, mouth and eyes.

Should you accidentally pierce the ink sac - do not worry - the flesh will soak up enough ink to make the dish, well, inky. Cut into strips. Sauté chopped onion and garlic in olive oil, in a deep pan until translucent.

Add the cuttlefish and ink, stir well, season with salt and pepper, pour in some oil, wine and red wine vinegar, and sprinkle with chopped parsley leaves.

Simmer for 20 minutes over medium heat, until the cuttlefish is tender. If you wish to make more sauce, add more fish stock or warm water.

Serve the cuttlefish on a bed of cooked polenta. Sprinkle with additional oil and the remaining parsley (optional).

## Cuttlefish With Baby Broad Beans and Shallots



### Ingredients:

- 8 medium cuttlefish
- ½ kg baby broad bean pods
- 3 cloves garlic
- 1 bunch of spring shallots
- frying oil
- flour
- olive oil
- 10 dag prosciutto or pancetta (or 4 salt-cured anchovy fillets)
- salt and pepper

### Method:

Rinse the cuttlefish well, remove the cuttlebone, mouth and eyes. Dry well, dust with flour and fry in hot oil.

Set aside on a paper towel to drain excess grease.

Simmer crushed garlic, broad bean pods and spring shallots in olive oil, seasoned with salt and pepper, over low heat, pouring in stock or lukewarm water occasionally. When almost done (before the broad beans are tender), add finely chopped prosciutto or pancetta to taste. Sprinkle with additional olive oil, to taste.

## Calamari With Onions and Olives



### Ingredients:

- 4 fresh Adriatic calamari, 20 dag each
- 10 pitted green olives
- ½ tsp oregano
- 1 tbsp pickled capers
- 2 medium red onions
- ½ dl olive oil
- sea salt and white pepper
- ½ dl Prošek dessert wine
- ½ dl white wine

### Method:

Rinse and dry the calamari (do not clean them, but remove the eyes lest they should burst).

Stir-fry briefly with thinly sliced onion in olive oil, in a dry deep pan or,

preferably, a wok, over medium heat until the onion is translucent and the calamari turn red in colour. Pour in some hot water, add capers, oregano and chopped green olives.

When the liquid evaporates, pour in wine and Prošek dessert wine and simmer over low heat until the calamari are tender. Pour in some more warm water or wine if needed.

When the calamari are tender, add additional olive oil, season with salt and pepper and serve warm with polenta, penne, boiled potatoes, rice or bread.

## Calamari With Prošek Dessert Wine and Garlic



### Ingredients:

- 4 fresh (or frozen) Adriatic calamari, 20 dag each
- 4 medium potatoes
- 8 cloves garlic
- 1 tbsp pickled rock samphire or capers
- ½ tsp saffron
- 1 dl Prošek dessert wine
- ½ dl white wine
- 1 tbsp finely chopped fresh parsley
- 4-5 tbsp olive oil
- salt and pepper

### Method:

Rinse and dry the calamari (do not clean them, just remove the eyes lest they should burst). Fry in olive oil (both sides), in a deep pan or wok until the

calamari have turned red. Add parsley and thinly sliced garlic and fry briefly.

Pour in wine, 1 ½ dl warm water, saffron and chopped pickled rock samphire or capers.

Cook over medium heat, shaking (do not stir!) until the calamari are tender. Add Prošek dessert wine, increase heat and cook until reduced.

Season with salt, pepper and oil to taste, sprinkle with chopped parsley leaves and serve with boiled potatoes.

## Calamari in Wine With Shallots



### Ingredients:

- 4 fresh Adriatic calamari (20 dag each)
- 6 cloves garlic
- 8 pickled shallots
- 2 dl red wine
- 1 tbsp finely chopped fresh parsley
- ½ dl olive oil
- 2 bay leaves
- 2 large red onions
- 2 large ripe (or canned peeled) tomatoes
- 4 medium potatoes
- salt and pepper
- dried herbs (marjoram, thyme, oregano...) to taste

**Method:**

Rinse and dry the calamari (do not clean them, just remove the eyes lest they should burst), fry them (both sides) in olive oil, in a deep pan or wok. Pour in only as much lukewarm water as is needed to cover the calamari and cook until they start to become tender and the water has evaporated.

Take the calamari out of the cooking vessel, set aside. Sauté thinly sliced onion, peeled and chopped pickled shallots, crushed garlic and chopped parsley in olive oil, in a pan or wok, until golden, adding herbs (marjoram, thyme, oregano...) to taste.

Add chopped tomatoes, season with salt and pepper and keep cooking. Add the calamari and bay leaves, pour in wine and simmer over medium heat until the calamari are completely tender.

Serve with boiled potatoes.

## **Tortilla-Wrapped Fritaja (Omelet) With Asparagus and Prawns**



### **Ingredients:**

- 20-30 dag prawns (or 50 dag scampi)
- ½ kg baby spinach (or mesclun-like mixed wild greens, wild cabbage...)
- 4 spring onions
- 2 bunches of asparagus
- 4 tortillas
- 5-6 eggs
- ½ dl olive oil
- salt and pepper

### **Method:**

Shell the prawns (or scampi), and reserve the tail meat. Cook the heads and shells in a small amount of water to make stock, strain and set aside.

Sauté thinly sliced spring onion in olive oil, in a shallow pot or deep pan, until golden.

Add the prawn tails, soft wild asparagus tips and well-washed vegetables (baby spinach, mesclun-like mixed wild greens, wild cabbage...). Cook stirring constantly until well combined and the vegetables release water.

Add well beaten eggs seasoned with salt. Fry stirring constantly. Season the scrambled eggs with salt and black pepper to taste. Divide into four equal parts and spoon over tortillas.

Wrap each of them firmly (tie them with twine or fix with a skewer or toothpicks) and let them rest for five minutes.

Cut the tortillas into pieces and serve warm.

If they get cold, you can pan-fry them briefly to get a nice crust.

## **Prawns or Scampi, Asparagus, and Spinach - Al Cartoccio**



### **Ingredients:**

- 20-30 dag prawns (or 50 dag scampi)
- 1 kg baby spinach (or mesclun-like mixed wild greens, wild cabbage...)
- 4 cloves garlic
- 2 bunches of asparagus
- 4 tortillas
- ½ dl olive oil
- salt and pepper
- 25 dag boiled chickpeas or beans (canned)

### **Method:**

Shell the prawns (or scampi), and reserve the tail meat. Cook the heads and shells in a small amount of water to make stock, strain and set aside.

Sauté finely chopped garlic in olive oil, in a pot or deep pan, until golden.

Add the prawn tails, soft asparagus tips, pour in a small amount of stock and

cook until the prawns turn golden.

Add well-washed vegetables (baby spinach, mesclun-like mixed wild greens, wild cabbage...) and chickpeas or beans (pre-cooked and drained).

Cook stirring constantly until well combined and the vegetables release water.

Pour out excess liquid and season with oil, salt and pepper. Spoon over tortillas and wrap them “al cartoccio”.

**Note:**

*Industrial tortillas are practical to have on a boat, thanks to their long shelf life and a variety of uses - wrap using any type of risotto, omelet or fish fillet.*

## Quick Prawns With Honey and Sesame Seeds

### Ingredients:

- 20 large prawns
- 1 tbsp honey
- half a lemon
- 4 tbsp olive oil
- 1 tbsp chopped parsley
- 4 spring onions
- a pinch of chili powder
- 1 tbsp sesame seeds
- coarse sea salt

### Method:

Dry well-rinsed prawns using a cotton towel. Stir-fry in a dry hot wok or deep pan until golden.

Pour in a well combined mixture of honey, oil, lemon juice, chili and salt.

Cook stirring constantly for a few minutes.

Serve topped with sunflower seeds, toasted in a dry pan. Sprinkle with chopped parsley leaves and finely chopped spring onions (optional).

## Scampi or Prawn Buzzara



### Ingredients:

- 1 kg medium scampi (or prawns)
- 2 large red onions
- 4 cloves garlic
- 2 tbsp tomato purée / paste
- 4 dl dry white wine
- 1 dl olive oil
- 2 tbsp finely chopped parsley
- 1 tsp thyme or mixed dried Dalmatian herbs
- salt and pepper
- 2-3 tbsp Prošek dessert wine (or a small glass of brandy or cognac)
- 1-2 tbsp breadcrumbs or 20 dag slightly stale bread, finely cubed

**Method:**

Sauté grated (or finely chopped) onion and crushed garlic in olive oil, in a wok or deep pan, until golden. Add tomato purée diluted in a small amount of wine, parsley, and scampi. Season with herbs, salt and pepper.

Pour in the remaining wine and simmer for 15 minutes over low heat. Add 2 tablespoons of Prošek dessert wine (and some warm water or stock if needed) and some breadcrumbs or finely cubed stale bread.

Cook for another 5-10 minutes shaking the pan occasionally.

Tomato paste may be replaced by canned tomatoes or two peeled and chopped ripe tomatoes.

Instead of Prošek dessert wine, pour in a small glass of brandy or cognac. Should you prefer a more piquant buzzara, replace black pepper with dried pepperoncini which you can take out of your buzzara after a few minutes of cooking.

## Boiled Scampi



### Ingredients:

- 1 kg large scampi
- soup vegetables (carrot, parsley, celery, onion and garlic)
- a pinch of mixed Dalmatian herbs (thyme, oregano...)
- 2-3 bay leaves
- several peppercorns
- 1 tbsp finely chopped parsley
- 1 tbsp grated Parmesan
- salt and pepper

### Method:

Cook the vegetables, herbs and bay leaves, seasoned with salt and pepper, in boiling water.

Add well-rinsed scampi and continue cooking for up to 5 minutes. Serve with a mild sauce, boiled potatoes, chard or tomato salsa.

Use the liquid to make stock. Scampi can be served simply sprinkled with olive oil, grated Parmesan and chopped parsley leaves.

## Pilchards or Anchovies With an Olive and Caper Sauce



### Ingredients:

- 50 dag fresh pilchards or large anchovies
- 4-5 cloves garlic
- 10 pitted green olives (and/or stuffed with red peppers)
- ½ tbsp pickled capers or rock samphire
- ½ dl olive oil
- 1 dl dry white wine
- 2-3 tbsp Prošek dessert wine or 1 tsp honey
- 1 tbsp aceto balsamico or red wine vinegar
- salt and pepper

### Method:

Clean the pilchards (anchovies) - cut off their heads, remove the entrails and scale them (wipe the scales off with a paper towel, from the tail towards the head, rinsing them under running water). Place them in a deep pan or wok filled with cold salted water and bring to a boil.

Remove immediately (and carefully) and place on a deep plate or in a heat resistant vessel. Season with salt and pepper and sprinkle with olive oil.

Sauté thinly sliced garlic, finely chopped olives and capers in the remaining oil, in a pan over low heat, until the garlic turns golden.

Pour in wine, Prošek dessert wine (or honey) and aceto balsamico (or vinegar) and simmer until reduced by half.

Pour warm over the pilchards. Serve warm or enjoy them cold.

**Note:**

*Other small fish and fresh fish fillets can be cooked in the same manner.*

## Marinated Pilchards



### Ingredients:

- 1 kg pilchards
- 20-25 dag red onion
- 3-4 cloves garlic
- 1-2 bay leaves
- 3-4 sage leaves
- some rosemary
- salt
- 1 lemon
- ½ dl olive oil
- 1 dl frying oil

### Method:

Clean the pilchards, remove the entrails and wipe well with a kitchen towel. Season with salt and fry in hot oil.

Arrange in a glass or ceramic vessel, with their heads and tails alternating.

Sauté crushed garlic and chopped onion in olive oil, in a pan over low heat, until golden. Add rosemary leaves, bay leaves, sage, and lemon juice, and bring to a boil.

Pour over the pilchards. Set aside with a lid on.

Marinated pilchards taste best the next day and keep well for days, making them perfect to have on board.

## Pilchards With Salsa and Olives



### Ingredients:

- 50 dag pilchards
- 4 large ripe (or peeled canned) tomatoes
- 4 spring onions
- 1 large red onion
- 20 pitted green olives
- ½ dl Prošek dessert wine
- ½ dl olive oil
- 1 tbsp vinegar (red wine vinegar)
- 20 capers
- salt and pepper (or chili powder)

### Method:

Clean the pilchards (cut off the heads, remove the entrails and wipe off the scales with fingers or paper towels). Season with salt carefully. Wash and finely chop tomatoes, an onion and spring onions (chop the green part of the spring

onions as well).

Sauté the chopped vegetables, capers and olives in olive oil, in a deep pan or wok. Season with salt and pepper and sauté for several more minutes.

Pour in 1 dl warm water and simmer stirring constantly for 5 minutes. Stir in Prošek dessert wine and red wine vinegar.

Top the salsa with pilchards and pour in just enough water to cover the fish halfway.

Simmer for 5-6 minutes, turn pilchards over and cook until the liquid is reduced by half.

Sprinkle with the remaining oil and serve warm.

## Pilchard Fillets in Lemon Juice



### Ingredients:

- 12 large pilchards
- 1 dl freshly squeezed lemon juice
- 20 dag fresh (or pickled) rock samphire
- 2 large ripe tomatoes
- 1 tbsp olive oil
- sea salt

### Method:

Wash fresh rock samphire in the sea, chop coarsely and pour over with red wine vinegar. Refrigerate over night.

Arrange (cleaned) pilchard fillets in a shallow dish, pour over with lemon juice and refrigerate for 24 hours.

Season with salt and olive oil and serve with toasted bread, chopped

tomatoes and pickled rock samphire.

## Savoury Pilchard and Eggplant Pâté



### Ingredients:

- 12 large pilchards
- 1 small red onion
- 2 cloves garlic
- 1 tbsp olive oil
- a pinch of dried pepperoncini (chili)
- 20 dag tomatoes
- 2 medium eggplants (aubergines)
- sea salt

### Method:

Slice the eggplants, season with salt and leave to rest for at least half an hour until their bitter liquid is released.

Clean the pilchards and vegetables, rinse and dry the eggplants, chop them all finely and fry briefly in olive oil.

Season and serve as a pâté with toasted bread.

## Pilchard Orzotto With Purslane



### Ingredients:

- 12 large pilchards
- 25 dag barley
- 20 dag ripe (or canned) tomatoes
- 1 dag fennel
- 3-4 salt-cured anchovy fillets
- 1 dl fish stock
- 2 tbsp olive oil
- 10 dag purslane (blanched in salted water and drained)
- sea salt

### Method:

Cook barley in salted water until half done; drain.

Sauté chopped (cleaned) pilchards, anchovy fillets and tomatoes in oil, add stock and spices. Add barley and cook over low heat until thickened.

Sprinkle with oil and serve with purslane.

## Polenta With Rock Samphire and Pilchard Fillets



### Ingredients:

- 12 large pilchards
- 1 dl freshly squeezed lemon juice
- 15 dag polenta
- 1 tsp chopped rosemary leaves
- 1 tbsp chopped wild rocket
- 1 tbsp pickled rock samphire
- several tbsp olive oil
- sea salt

### Method:

Arrange (cleaned) pilchard fillets in a shallow dish, pour over with lemon juice and refrigerate for 24 hours.

Cook polenta in 3 dl salted water with olive oil, rosemary, wild rocket and rock samphire.

Leave to cool, cut into strips to be wrapped by marinated pilchard fillets.  
Sprinkle with oil, season with salt and serve on skewers.

## Chargrilled Pilchards



### Ingredients:

- 1 kg large pilchards
- rosemary sprig
- salt
- 1 dl olive oil
- 4-5 cloves garlic
- 2 tbsp finely chopped fresh parsley

### Method:

Clean the pilchards by removing the entrails (optionally, cut the heads) and scale them with a clean cloth or paper towels.

Arrange them in a shallow dish and season with salt. Grill on a hot chargrill grid or in a hot grill pan.

Baste with a rosemary sprig (or a brush) dipped in olive oil.

Arrange in a serving dish, sprinkle with the remaining oil, crushed garlic and finely chopped parsley to taste.

### Note:

*Prior to grilling, you can marinate pilchards for half an hour in a mixture of olive oil, crushed garlic, and finely chopped rosemary and parsley. You can also pour the marinade (cold or lightly heated) over the grilled pilchards.*

## **Pan-Fried Smelt (or Anchovies or Small Pilchards) With Salad**



### **Ingredients:**

- 25 dag smelt
- 5 tbsp flour
- coarse sea salt (use mortar and pestle for grinding it with peppercorns)
- frying oil
- 10 dag wild rocket
- 4 large potatoes
- 10 pitted black olives (preferably Kalamata olives)
- 4-5 tbsp olive oil
- 1 tbsp red wine vinegar
- 1 tbsp pickled capers
- 4 spring onions

### **Method:**

Dust well-wiped smelt with flour, season with salt, pan-fry in hot oil and leave to drain on paper towels.

Make a salad from boiled potatoes, capers, wild rocket and olives, season with salt, pepper, oil and red wine vinegar. Serve the smelt and salad with spring onions, as a typical seaman's snack.

## **Bogue in Wine**

### **Ingredients:**

- 1 kg bogue
- 6 cloves garlic
- 1 small cup white flour
- 1 dl frying oil
- 1 dl olive oil
- 4-5 tbsp red wine vinegar
- 1 dl white wine
- 1 tbsp pickled capers or rock samphire
- 1 tbsp finely chopped parsley
- salt and pepper

### **Method:**

Clean the bogue - cut off the heads and remove the entrails. Dust with flour and pan-fry in frying oil.

Sauté crushed garlic and chopped parsley in olive oil, in a wok or deep pan until golden. Pour in wine and red wine vinegar, add capers (or rock samphire), and season with salt and pepper.

Simmer until reduced by half (add some honey to reduce the acidity, if necessary).

Add the fried bogue into the warm sauce, cook briefly over low heat, shaking the pan. Serve warm, sprinkled with olive oil.

### **Note:**

*This basic recipe applies to any small white fish or fish fillets.*

## Red Mullet Fillets With a Sparkling Wine Sauce

### Ingredients:

- 1 kg small red mullets
- 1 ripe tomato or 6 cherry tomatoes
- 4 cloves garlic
- 1 tbsp finely chopped fresh parsley
- a pinch of thyme leaves
- a pinch of chili
- 1 dl sparkling wine (or white wine, preferably Istrian Malvasia)
- 1 tbsp Prošek dessert wine
- 3 tbsp olive oil
- sea salt

### Method:

Clean the red mullets, set fillets aside and cook the heads in half a litre of water to prepare stock.

Sauté parsley and thinly sliced garlic in olive oil, in a deep pan over medium heat, until golden. Add peeled, finely chopped tomatoes and the fillets seasoned with salt. Stir gently and fry briefly.

Pour in 1 dl stock, add all the remaining ingredients, pour in Prošek dessert wine and sparkling wine, increase heat and cook until reduced to one third.

Serve with polenta or toasted bread.

## **Pan-Fried Red Mullet With Baby Chard**



### **Ingredients:**

- 1 kg small red mullets
- 1 kg baby chard
- 4 medium potatoes
- 4 cloves garlic
- 1 dl frying oil
- 4-5 tbsp flour (preferably maize flour or instant polenta)
- ½ dl olive oil
- salt

### **Method:**

Clean the red mullets - remove the entrails and scale them with the back of a knife (or wipe them well with a cloth), rinse and dry with paper towels.

Boil unpeeled potatoes in salted water.

Cook well washed chard in a hot dry wok with a lid on (it takes less than 5 min). Combine with peeled boiled potatoes, season with salt, olive oil and

crushed garlic.

Dust the fish with flour and fry in hot frying oil.

Season with salt and serve warm with chard and potatoes. Sprinkle with home-made red wine vinegar or aceto balsamico (optional).

# **From the Fridge**

**(A Few Ways to Use Poultry, Frozen Tripe)**

## **Chicken**

Chicken - chicken fillets in particular - are an ideal ingredient in any yacht's fridge/ice box. It is easy to prepare even in the (culinary) harshest of maritime conditions. Fry chopped fillets in olive oil, in a wok, and you already have a "first aid" quick meal, or combine them with the basic pantry ingredients (e.g. onion, garlic, parsley, oil, wine, several pickled capers or shellfish...) and you can easily prepare an elaborate dish. Here are some "seaman's chicken" suggestions.

## Chicken À La Paštica (Dalmatian Beef Stew)



### Ingredients:

- 4 chicken fillets
- 4 cloves garlic
- 1 tbsp finely chopped fresh parsley or wild rocket
- 1 dl olive oil
- 4 spring onions (or 1 small red onion)
- 2 dl white wine
- 1 tsp aceto balsamico or 1 tbsp red wine vinegar
- 1 tsp pickled capers
- 3 salt-cured pilchards, cleaned
- 2 prunes
- 2 dried figs
- 8 cherry tomatoes

### Method:

Soak finely chopped salt-cured pilchards, prunes, dried figs, capers and

spring onions in wine and aceto balsamico.

Fry the sliced chicken fillets in olive oil, in a wok or deep pan, over low heat, remove and set aside.

Sauté garlic and parsley (or wild rocket) in the remaining oil in the wok, add drained capers, figs, onion, pilchards and prunes.

Sauté briefly, add the marinade (wine and vinegar), increase heat and bring to a boil.

Return the chicken and cook over low heat for another 10 minutes, until combined.

Serve warm with cherry tomatoes. The warm à la pašticada sauce may also be served as a side-dish.

**Note:**

*This fake beef stew (prunes, figs, onions, capers, salt-cured pilchards or anchovies marinated in wine and red wine vinegar, fried in oil) is a quick-and-easy sauce which you can serve with meat or fish, as a spread (with toasted bread), with rice, couscous, boiled potatoes... You can also cook it a day ahead, refrigerate and use for several dishes.*

## Chicken Wings With a Savoury Sauce



### Ingredients:

- 12 chicken wings
- 8 thin slices of slightly stale bread
- 1 tsp turmeric, or curry, or sweet paprika
- 1 tbsp olive oil
- 4 tbsp frying oil
- 1 tsp honey
- 1 tbsp red wine vinegar (or, preferably, aceto balsamico)
- 1 tsp mixed Dalmatian or Provençal herbs
- a pinch of chili or some black pepper
- ½ dl white wine
- salt
- lettuce or wild rocket (optional)

### Method:

Halve the chicken wings, rub in salt and pepper and season with turmeric.

Fry them well (both sides) in frying oil, over medium heat in a wok or pan, place on a plate and set aside.

Add olive oil, honey, vinegar, herbs, salt and chili to the remaining oil in the pan, and cook over medium heat until the honey dissolves.

Pour in wine, add the chicken wings, and simmer stirring constantly until the liquid is somewhat reduced.

Arrange lettuce or wild rocket on a serving plate (optional). Place two slices of toasted stale bread, arrange the chicken wings and pour them over with the warm sauce.

Instead of bread, serve with rice or boiled potatoes.

## **Chicken With a Wild Rocket Sauce**

### **Ingredients:**

- 3 chicken fillets (40-50 dag)
- 1 tea cup of chopped fresh wild rocket
- 4 cloves garlic
- pickled capers or rock samphire
- ½ dl olive oil
- 1 dl white wine
- salt and pepper

### **Method:**

Dice chicken fillets, season with salt and pepper, and fry briefly (both sides) in olive oil over medium heat, in a pan or wok.

Add finely chopped garlic, capers (or rock samphire) and a few tablespoons of wine and simmer briefly.

Add chopped wild rocket, season with additional salt and pepper to taste and pour in the remaining wine.

When reduced by half, add the remaining olive oil and serve warm, with toasted bread or boiled rice.

## Chicken With Carrots, Salt-Cured Pilchards and Capers



### Ingredients:

- 4 chicken fillets
- 2 medium carrots
- 1 small red onion
- 20 pickled capers
- 2-3 tbsp olive oil
- 4 salt-cured pilchard fillets
- ½ dl dry white wine
- 2 tbsp chopped wild rocket (or parsley)
- 10 cherry tomatoes

### Method:

Sauté carrots julienne (use a peeler or a sharp knife), capers and a sliced onion in olive oil over low heat, in a pan or wok, until the carrot is softened and the onion turns golden.

Add chicken fillets cut into strips and additional oil, and sauté for a few minutes, until the chicken turns white.

Add chopped salt-cured pilchards and wine, and simmer over low heat until the meat is done.

Sprinkle with chopped wild rocket and serve warm with cherry tomatoes

## Seaman's Tripe



### Ingredients:

- *½ kg tripe, boiled and frozen*
- *1 large red onion*
- *4 cloves garlic*
- *1 tsp mixed Dalmatian herbs*
- *several bay leaves*
- *½ dl olive oil*
- *½ dl tomato juice / passata or salsa*
- *1 tbsp tomato purée*
- *1 tbsp finely chopped fresh parsley*
- *3 pancetta rashers*
- *1 large potato*
- *a pinch of hot paprika*
- *coarse sea salt*

**Method:**

Defrost tripe. Sauté the chopped onion, garlic and diced potatoes seasoned with herbs, salt and parsley in olive oil, in a large pot or wok, until the onion is translucent.

Add the drained tripe, stir well, add pancetta (or salt-cured anchovies!) and sauté over low heat for 3-4 minutes, stirring constantly.

Add a pinch of hot paprika, pour in some warm water (or, preferably, vegetable stock) and tomato paste mixed with tomato juice/passata.

Add bay leaves and cook without a lid over low heat until the potatoes are done.

Serve with additional parsley (optional) and grated hard cheese (recommended).

## Canned Goods and Sausages



Fresh ingredients and all the goods offered by the world's richest pantry - the sea - should always be your first choice.

However, canned vegetables (beans, chickpeas and peas), luncheon meat and pâté should definitely find their way into your galley as they compliment and combine well with fresh ingredients, but also prove useful in harsh weather conditions that limit your cooking time and options.

Sausages and pancetta are irreplaceable in any boat's pantry.

They can briefly be fried with scrambled eggs or omelets, or used for sauces to be served with pasta or rice dishes.

## Pasta With Grill Sausages



### Ingredients:

- 330 dag spaghetti or penne
- 4 grill sausages
- 4 tbsp tomatoes, peeled, finely chopped and mixed with olive oil
- 4 cloves garlic
- 1 dl white wine
- salt and pepper
- 4 tbsp olive oil
- 1 egg
- 1 tbsp finely chopped parsley

### Method:

Boil pasta in hot salted water, drain, sprinkle with oil and set aside.

Fry thinly sliced sausages in olive oil, in a wok or deep pan. Add finely

chopped garlic and tomatoes sprinkled with oil, stir well and pour in wine. Season with salt and pepper.

When well combined, add penne, stir well and cook over low heat to combine.

Remove from the stove, add a beaten egg, stir well and serve sprinkled with chopped parsley leaves.

## Tagliatelle With Canned Tuna



### Ingredients:

- 2 cans (25 dag total net weight) of tuna in brine or fresh tuna belly (toro)
- 25 dag tagliatelle/penne/spaghetti...
- 2 medium red onions
- 2 cloves garlic
- 1 tbsp finely chopped parsley
- ½ dl olive oil
- 1 dl white wine
- 5 large ripe tomatoes, or 1 can peeled tomatoes and 1 can tomato juice
- a pinch of thyme or basil (to taste)
- salt and pepper
- 1 egg

### Method:

Cook pasta in boiling salted water. Sauté finely chopped onion, garlic and parsley in olive oil, in a shallow pot (deep pan/wok), until golden.

Pour in wine, add chopped tomatoes and tomato juice, and increase heat.

After a few minutes, reduce heat to medium and cook for another 10 minutes.

Add chopped tuna, season with thyme, salt and pepper, and cook over low heat for 5 more minutes, pouring in some wine or water if needed.

Add drained pasta to the sauce, remove from the stove and add a beaten egg, stirring well until thickened.

Sprinkle with additional oil and grated Parmesan (optional).

**Note:**

*Instead of canned fish, use boned and chopped fish leftovers (fried or boiled).*

## **Penne With White Sausages**

### **Ingredients:**

- 440 dag penne
- 3 white sausages (or the white sausage spread sold at Lidl stores)
- 2 dl white wine
- 1 large red onion or 4-5 spring onions
- ½ dl olive oil
- 1 tbsp butter
- 1 egg
- salt and pepper
- 2 tbsp freshly grated Parmesan

### **Method:**

Boil penne in salted water.

Simmer finely chopped onion and skinned white sausages in butter and olive oil, pouring in white wine.

When the sauce is done, season with salt and pepper to taste. Add drained penne and stir well.

Stir in a beaten egg and freshly grated Parmesan (optional)

## **Penne With Blood Sausages (Black Pudding)**



### **Ingredients:**

- 40 dag penne
- 2 large blood sausages (or the blood sausage spread sold at Lidl stores)
- 4 cloves garlic
- 1 tbsp chopped parsley
- 2 dl red wine
- 1 tbsp red wine vinegar (or juice of half a lemon)
- ½ dl olive oil
- salt and pepper
- 1 egg

### **Method:**

Cook penne in salted water. Sauté finely chopped garlic and skinned blood sausages in olive oil.

Pour in wine and vinegar, add a few parsley leaves, and season with salt and pepper. Simmer briefly, until the sauce is done, pouring in some more wine and warm water if needed.

Add the drained penne and stir well.

Stir in a beaten egg and sprinkle with the remaining parsley leaves.

Alternative:

Instead of sausages, use canned luncheon meat (beef, pork or turkey).

## Pasta With Canned Tuna



### Ingredients:

- 2 cans of tuna (20 dag)
- 30 dag spaghetti or penne
- 4 cloves garlic
- 1 dl white wine
- 1 tbsp finely chopped parsley
- ½ dl olive oil
- 1 tbsp grated Parmesan
- salt and pepper

### Method:

Cook pasta (preferably, spaghetti) in boiling salted water, drain, sprinkle with oil (or stir in some butter) and set aside.

Sauté garlic and parsley in olive oil, in a wok or deep pan.

Add canned tuna (mashed with a fork), pour in wine, season with salt and pepper, and simmer stirring constantly until the wine evaporates.

Add the pasta, top with grated Parmesan and parsley leaves, and stir well over low heat until combined.

## Broth, Brodetto, Soup, and Fish Stew



Cooking on a boat need not be limited to brief pan-frying or grilling. How about boiling? The bait fish you “snatch” or large fish (pieces) and a little effort may transform a fish soup into a great seamen’s meal. A wok is an ideal cooking vessel as it heats up quickly, even if you only have the smallest of gas rings.

Naturally, brodetto, soup or fish stew are not to be cooked while sailing, but rather during smooth sailing on calm seas or while anchored.

Even then such cooking requires constant attention as - mind you - cooking afloat IS actually different from cooking at home.

## Moray Brodetto



### Ingredients:

- 2 kg moray
- several crustaceans (scampi, crabs...)
- bait fish
- 2-3 handfuls of shellfish and sea snails (mussels, limpets, grooved carpet shells), well rinsed
- half a package of instant polenta
- 4 large red onions
- 1 ½ dl red wine vinegar
- 2 dl olive oil
- 7 dl dry red wine
- 6 cloves garlic
- 2 sprigs of parsley
- 1 tsp mixed dried Dalmatian herbs
- 5 large ripe (or canned) tomatoes
- salt and pepper

- 2 tbsp paprika (optional)

**Method:**

Cut the cleaned moray into large pieces and marinate in wine and red wine vinegar for at least half an hour.

Boil the bait fish in a small amount of water, strain and add to the brodetto.

Simmer thinly sliced onions, finely chopped garlic and parsley, chopped tomatoes and herbs briefly in oil, in a large shallow pot or wok.

Arrange drained moray pieces and add shellfish (and any large fish pieces on hand).

Pour in the bait fish stock and cook over low heat, shaking occasionally. Add half the amount of marinade (wine and vinegar), season with black pepper, and add as much water as is needed to cover the ingredients.

Cook without a lid over medium heat, pouring in the remaining wine and adding salt and spices to taste. When the alcohol evaporates and the fish is tender, serve warm with polenta.

Cook polenta in boiling salted water stirring constantly, pouring in some brodetto sauce occasionally.

**Note:**

*Should you prefer, you can degrease the dish by adding a pinch of hot paprika - it will thus taste similar to those prepared on the banks of the Neretva river.*

## Conger Eel Brodetto



### Ingredients:

- 1-1 ½ kg conger eel
- 3 large red onions
- 4 large ripe (or canned) tomatoes
- 2-3 tbsp red wine vinegar
- 1 dl olive oil
- 2-3 dl dry white wine
- 4 cloves garlic
- 2 sprigs of parsley
- salt and pepper
- 2-3 handfuls of shellfish and sea snails (mussels, limpets, grooved carpet shells), well rinsed (optional, if available)

### Method:

Clean the conger eel and cut it into large pieces.

Simmer thinly sliced onion, crushed garlic, chopped tomatoes and parsley briefly in olive oil, in a large shallow pot or wok.

Arrange the conger eel, add shellfish (if available) and pour in as much water as is needed to cover them.

Cook over low heat, shaking occasionally, season with black pepper, and add

red wine vinegar and half the amount of wine.

Cook without a lid over medium heat, pouring in the remaining wine until the wine evaporates and the fish is tender. Season with salt and herbs to taste.

Serve warm, (preferably) with polenta.

Cook polenta in boiling salted water, stirring constantly, and occasionally pouring in some brodetto sauce.

## Seaman's Calamari Brodetto With Beans



### Ingredients:

- 1 kg calamari
- 2 large red onions
- 4 cloves garlic
- 2 tbsp finely chopped parsley
- 3 ripe (or canned) tomatoes
- 1 dl olive oil
- 30 dag pre-cooked (canned) beans
- rosemary sprigs
- 2 dl dry white wine
- 1 cup fish stock
- 1 tbsp red wine vinegar
- salt and pepper

### Method:

Sauté chopped onion, garlic and parsley in olive oil, in a wok or any other cooking vessel.

Add whole calamari (uncleaned, just rinsed), rosemary (remove the sprigs when the sauce is done) and coarsely chopped tomatoes. Simmer over low heat until the sauce thickens.

Pour in wine, vinegar and a small amount of fish stock (or lukewarm water) and simmer over low heat until the calamari are tender.

Add drained pre-cooked (or canned) beans and cook for 5-6 minutes.

When the brodetto is done, thicken (if needed) by adding several teaspoons of boiled rice or a tablespoon of instant polenta which you need to stir into the brodetto over increased heat.

## Fish Stew (Gregada)



### Ingredients:

- 1-2 kg white fish (*demersal - John Dory, anglerfish, forkbeard...*)
- 1 kg potatoes
- 2 red onions
- 5 cloves garlic
- 1 dl olive oil
- 1 sprig of parsley
- salt and peppercorns

### Method:

Clean the fish, cut the large ones into smaller pieces. Peel and cut potatoes into thick slices.

Place sliced onions in a large pot, top with a layer of potato slices, arrange the fish, garlic and chopped parsley (and a pinch of oregano, to taste), and season with salt and olive oil.

Pour in as much water as is needed to cover the fish.

Bring to a boil, reduce heat and cook over medium and low heat until the potatoes are soft.

Fish stews are easy to make on a boat as they only require a single large pot.

## Cod, Clam and Vegetable Soup



### Ingredients:

- 50 dag cod or hake fillet
- 30 dag grooved carpet shells or vongole
- 2 red peppers
- 1 small celeriac
- 1 tsp ground cardamom (or grated organic lemon zest)
- 1 red onion
- 1 tsp basil
- 4 cloves garlic
- 1 tbsp finely chopped fresh parsley
- ½ dl olive oil
- 1 leek
- 1 large cup peas (fresh or frozen, 10 dag)
- 1 dl fish stock
- 4-5 tbsp instant polenta

- *coarse sea salt and freshly ground black peppercorns*

**Method:**

Rinse grooved carpet shells or vongole well. Stir-fry in a dry pan over low heat until open. Remove the muscles from the shells and set them aside. Reserve the liquid.

Slice the fish (cod or hake; defrost if frozen) into strips. Sauté in oil over low heat with chopped onion, basil, garlic, peas, chopped leek, diced red peppers and thinly sliced celeriac.

Add stock and simmer until the carrot is soft. Season with salt, pepper, cardamom, and parsley leaves. Pour in as much boiling water as is needed to cover the ingredients and cook until almost done.

Add shellfish muscles and polenta, and stir over low heat until thickened.

Sprinkle with additional oil and fresh, finely chopped parsley or basil (optional).

## Bait Fish Soup



### Ingredients:

- 1 kg bait fish (*small, tiny annular sea breams, hakes, mullets, combers...*) or larger fish (*mullet, white sea bream, common pandora...*)
- 1 large onion
- 4-5 cloves garlic
- 1-2 potatoes, peeled
- 1 bunch of parsley
- salt and pepper or pepperoncini
- 1 dl olive oil
- 1 sea stone or a handful of limpets and turbinate monodonts
- 1 carrot (if available)

### Method:

Arrange cleaned fish, harvested turbinate monodonts and limpets (or any shellfish), vegetables found aboard (preferably garlic, onion, parsley and some potatoes) in a pot filled with cold water. Season with salt and pepper.

Bring to a boil, reduce heat and cook for about 20 minutes.

Strain the soup, bone the fish and return the pieces to the soup. Cook over

low heat.

Place the vegetables and fish leftovers into a small dish, pour in a small amount of soup and bring to a boil. Strain well and add the strained soup to the main pot.

Bring to a boil once again and add several tablespoons of olive oil and finely chopped parsley prior to serving.

Large fish soup can be prepared in the same manner.

Once cooked, take out the “representative” pieces and serve them as boiled fish, and use the small pieces to thicken the soup.

## Seaman's Chargrill



The tradition of charcoal grilling on grids on a boat has been around as long as the boats themselves. No changes have been observed since the Phoenician times when galleys had long-lasting charcoal “stoves” (clay pots), or since the first “hearths” on the Falkuša gajetas. A modern boat grill, mounted to the stern rail, uses gas, or charcoal in a cone-shaped vessel with a lid.

Anything you do is quite similar to what you do when barbequing ashore. A fish seasoned with oil is placed on a hot chargrill grid - the only difference being that the boat-grilled fish has just been taken out of the sea minutes before.

There are several ground rules for chargrilling both fish and meat.

Marinades are worth gold, but if you have large chunks of meat or fish, instead of bathing them in a marinade, use the marinade to baste the fish or meat (with a rosemary sprig or a brush) before they are done (after turning them for the last time). This will ensure the absorption of a sufficient amount of “marinade taste”.

To prevent the fish from sticking to the grid, pat-dry with a cloth (a cotton kitchen towel, rather than with paper towels which will stick to the skin) and “wipe” the grid with the fish by sliding it up and down the grid when first placing it. While being grilled, cephalopods (cuttlefish, calamari, octopus) release a significant amount of water which can affect your charcoal fire - thus

create a strong burning fire and grill your cephalopods first, and your fish in the second batch.

## Chargrilled Red Scorpionfish (or Other Large Fish) With Chard



### Ingredients:

- 1 kg red scorpionfish (2-4 fish) or any other large fish (dentex, red mullet, gilt-head sea bream...)
- 4 cloves garlic
- 1 tbsp finely chopped parsley
- 1 kg chard
- 4 medium potatoes
- 1 dl olive oil
- salt and pepper

### Method:

Boil peeled potatoes in salted water. Cook well-washed chard in a wok with a lid on, in a small amount of water. If you have baby chard, stir-fry it in a dry wok. Combine with boiled potatoes and season with salt, pepper, half the amount of olive oil and two thirds of crushed garlic.

Clean the fish (scale and remove the entrails), rinse and dry well, season with salt, and chargrill (or use a grill pan), turning several times, basting each time with olive oil.

Sprinkle the grilled fish with the remaining olive oil, garlic and parsley (optional). Serve with the boiled chard and potatoes.

## Grilled Tuna, Greater Amberjack or Atlantic Bonito Steaks



### Ingredients:

- 2 kg tuna/greater amberjack/Atlantic bonito belly steaks, or a small Atlantic bonito halved lengthwise

- 2 dl olive oil

- 1 rosemary sprig

- salt and pepper

*For the marinade:*

- 1 ½ dl olive oil

- ½ dl red wine vinegar

- 1 dl dry red wine

- a pinch of mixed Dalmatian herbs (thyme...)

- some lemon juice

- ½ dl olive oil

**Method:**

Marinate the fish steaks (at least 1-finger-thick) for at least one hour.

If you place them flat in a plastic bag (recommended), the marinade will be absorbed equally.

Grill on a hot chargrill grid or in a cast iron grill pan, turning occasionally. Tuna steaks should be cooked just like a beefsteak: fried briefly over high heat (all sides), lest it should become dry.

**Note:**

*Bone the left-over fish, pour it over with the remaining warm marinade and serve it at the next meal with polenta or rice.*

## Seaman's Grilled Marinated Octopus or Calamari



### Ingredients:

- 1 kg octopus or 3-4 large calamari
- 1 tbsp dried herbs (oregano, basil, rosemary...)
- 1 lemon
- 1 red onion
- 2 tbsp chopped parsley
- 3 dl olive oil

### Method:

#### Method A:

Clean the octopus, cut it into several large pieces and freeze over night. Half-defrost it the next day, wash it and marinate for at least two hours in half the amount of olive oil with an onion, herbs and the juice of 1/4 of a lemon.

Grill the octopus (or calamari) in a hot grill pan, basting it with a rosemary sprig dipped in olive oil, turning it on each side at least twice.

Serve warm, straight from the pan, sprinkled with the remaining oil and chopped parsley.

Use the marinade to make a sauce - cook it over increased heat until reduced to one quarter and pour over the fried octopus.

#### Method B:

A marinade for octopus or calamari can be prepared by combining 1 dl olive oil, 2 crushed garlic cloves, a pinch of chili powder, several cloves (if available), 2 tablespoons of lemon juice and a bay leaf. Marinate for at least one hour in a non-metal dish. Grill in a cast iron grill pan.

Method C:

A marinade can also be prepared by combining 1 dl olive oil, 1 tablespoon of lemon juice, 5-6 chopped capers, 1 tablespoon of chopped parsley, 2 crushed garlic cloves and 1 tablespoon of sweet paprika.

## Seaman's Dishes for Special Occasions



Whether afloat or at home, there are special occasions that require a more ambitious approach to cooking - regardless of the need to adapt to the vessel's limited space and biowealth.

Yet, be it a well-sailed regatta, a fellow-seaman's birthday, or simply a perfect summer day spent anchored safely in an idyllic Adriatic cove, each is worth investing extra effort and more demanding cooking procedures.

## Žele's Beefsteak in Oil And Mustard



### Ingredients:

- 1-1 ½ kg *beefsteak*
- ½ l *olive oil*
- 10 *tbsp Dijon mustard*
- *salt*

### Method:

Trim the steak, rub in salt and mustard and place in a glass dish (or in the pan in which you intend to cook it), submerged in olive oil (half a litre at least).

Refrigerate with a lid on for several days. Chargrill or grill in a grill pan, whole or sliced, and season with the oil and mustard marinade.

This simple dish (brought to perfection by Željko Jerkov) is frequently prepared during regattas and short sailing trips, when the beefsteak is placed in a marinade on the very first day to be served on the way home. It tastes even better if the regatta results call for a celebration.

## Tuna With Pineapple and Fried Polenta



### Ingredients:

- 70 dag tuna (2 steaks)
- 4-6 pineapple slices (fresh or canned)
- 3 small cups rice (5 dag)
- 4 spring onions
- 15 dag instant polenta
- 1 small cup finely chopped wild rocket
- ½ dl olive oil
- 1 tsp aceto balsamico
- 1 tsp finely chopped basil
- coarse sea salt and a pinch of chili powder

### Method:

Marinate thickly sliced tuna steaks briefly in olive oil.

Bring salted water to a boil, add chopped wild rocket and spring onions

(reserve one tablespoon of chopped onion for later) and polenta. When done, add a small amount of oil and pour into a greased dish to cool. Once cooled, slice the polenta into thick strips.

Cook rice in salted water, sprinkle with oil and set aside.

Sprinkle peeled pineapple slices (fresh or canned) with aceto balsamico and oil, season with salt, chili powder and basil, and fry (both sides) in olive oil.

Arrange on a serving plate with briefly fried polenta strips.

Fry tuna steaks in a hot pan over increased heat (as if you were frying meat) and arrange them on the bed of pineapple, polenta and rice, season with salt and sprinkle with the marinade oil.

Serve immediately.

**Note:**

*It is easier to prepare this dish in a larger galley or at home, upon returning from a well-sailed trip.*

## **Adriatic Vegetables and Herbs: How to Use Them Best**



There is an abundance of herbs, fruits and vegetables growing on the Adriatic islands and along the shore. They will contribute significantly to your yacht's pantry and to the joy of cooking in a galley, in particular the wild herbs you pick yourselves.

Here is a guide to fruits, vegetables and herbs - use it depending on your taste and the size of the pantry.

## **Vegetables**

### **Cabbage**

(*Brassica oleracea*) - white, green, red

Culinary Use:

- any type of cabbage may be consumed raw, boiled or pickled
- raw cabbage (grated or sliced) most oftenly makes a delicious salad with an olive oil and red wine vinegar dressing
- boil with other vegetables, meat, rice or pasta; sauté; or use as a soup ingredient
- pickled/sour cabbage leaves (sauerkraut) - whole and/or sliced - are used to prepare some of the pillars of Dalmatian cuisine, e.g. arambašići, kapulari or rambašići morsels

### **Borecole**

(*Brassica oleracea var. acephala*), collard greens, wild cabbage

Culinary Use:

- boil with potatoes and other types of cabbage, serve sprinkled with olive oil
- simmer with broad beans, chickpeas and pancetta
- simmer with cured mutton

### **Cauliflower**

(*Brassica oleracea var. botrytis*) - from the Trogir/Seget area

Culinary Use:

- boil the leaves and the head (the white curd/floret clusters) and serve with potatoes and olive oil
- roast, fry or breadcrumb the floret clusters
- it is a common ingredient in corn and vegetable stews as well as in vegetable and dry-cured meat (prosciutto/pancetta) broths

## **Garlic**

(*Allium sativum*), winter garlic

Culinary Use:

- universal
- it is one of the main ingredients (along with parsley leaves and olive oil) of any buzzara, boiled fish, shellfish à la date mussels, seafood risotto...
- marinate
- use as a spread
- use as a pesto with bacon
- roast (unpeeled)

## **Onion**

(*Allium cepa*), bulb onion

Culinary Use:

- universal
- raw onion is commonly added to meat salads (Sailor's steak and egg salad), seafood (octopus) salads and to various vegetable salads - with tomatoes, chicory, beans, broad beans, chickpeas...
- it is one of the essential ingredients (with tomatoes and olive oil) of any salsa, brodetto, dishes baked under a bell...
- chargrill
- fresh spring onions are the best accompaniment to spit-roasted lamb, but can also be grilled, baked, fried, simmered...

## **Shallot**

(*Allium ascalonicum*), eshalot, pickling onion

Culinary Use:

- sauté instead of red onion, roast, chargrill or pan-fry with other vegetables

- pickle

## **Globe Artichoke**

(*Cynara scolymus*), Venetian artichoke

Culinary Use:

- the edible part is its budding flower-head. The peak season is spring (beginning in March). Artichoke hearts are best preserved in oil or pickled.

- it is most commonly boiled with spring peas and broad beans, stuffed with breadcrumbs, pancetta and herbs

- commonly served in spring with baby lamb, broad beans and peas

## **Broad Bean**

(*Vicia faba*)

Culinary Use:

- baby broad beans or baby broad bean pods: baby broad beans with cuttlefish, baby broad beans with lamb and artichoke, chargrilled baby broad bean pods, braised baby broad beans, baby broad beans goulash

- dried broad beans may replace beans in beans and tripe, beans and dry-cured meat, pasta and beans, or beans and octopus recipes

## **Bean**

(*Phaseolus vulgaris*)

Culinary Use:

- dried beans are the most commonly used leguminous crop, used in various sauces, soups and salads. Combined with broad beans, barley or rice they can be used to stuff vegetables (tomatoes, red peppers...) or meat (veal chest)

- pasta and beans with dry-cured meat, and pasta and beans brodetto are among the pillars of Dalmatian cuisine

- use in salads with spring onions or red onions, olive oil and red wine vinegar

- combined with sauerkraut and dry-cured meat they make Jota, a typical

Mediterranean dish

## **Pea**

(*Pisum sativum*)

Culinary Use:

- spring peas are commonly sautéed in butter or olive oil, or cooked in a stew with baby potatoes
- essential in rice-and-peas (Risi e Bisi)
- commonly served with lamb, alongside artichokes and broad beans

## **Grass Pea**

(*Lathyrus sativus*), cicerchia

Culinary Use:

- cook like any other leguminous crop: boil, sprinkle with olive oil, add to vegetable soups...

## **Chickpea**

(*Cicer arietinum*)

Culinary Use:

- cook like any other leguminous crop: boil, sprinkle with olive oil, add to vegetable soups...
- cook according to any autochthonous broad bean or bean recipe (with dry-cured meat, with boiled fish, a fish brodetto or a fish soup, with octopus, calamari, cuttlefish or tripe, braised...)

## **Caper**

(*Capparis spinosa*)

Culinary Use:

- breadcrumb the flower buds
- pickle the buds and early spring leaves

- serve salted buds

## **Lettuce**

(*Lactuca sativa*)

Culinary Use:

- similar to any other leafy salad vegetable

## **Endive**

(*Cichorium endivia*)

Culinary Use:

- winter salads

## **Lamb's Lettuce**

(*Valerianella locusta*)

Culinary Use:

- salads

## **Carrot**

(*Daucus carota*)

Culinary Use:

- grated raw root salad
- cook in soups, or sauté with garlic and onion in olive oil as a side-dish

## **Pepper**

(*Capsicum annuum*), bell pepper; green/red

Culinary Use:

- raw in salads
- cook stuffed, or pickle
- chargrill, roast or bake under a bell with other vegetables...

- roast and serve with garlic and parsley
- dried and ground, sweet paprika is a dry-cured meat (esp. sausages) condiment and an essential ingredient of Neretva-region specialties (e.g. eel or frog brodetto)

## **Eggplant**

(*Solanum melongena*), aubergine, melongene

Culinary Use:

- savoury and bitter, skinned slices require salting, rinsing and draining
- chargrill, batter-fry, cook stuffed, pickle, or preserve in oil
- finely chopped roasted skinned eggplants, combined with herbs and olive oil, make a typical Mediterranean spread

## **Zucchini**

(*Cucurbita pepo var. cylindrica*), courgette

Culinary Use:

- most commonly boiled with potatoes and sprinkled with olive oil
- commonly used for stews, or served sautéed as a side-dish
- stuff with minced meat and/or rice (similar to stuffed red peppers)
- a risotto ingredient
- chargrill

## **Rye**

(*Secale cereale*)

Culinary Use:

- rye pogachas, home-made rye bread (bake in a bread oven or on a hearth, under a baking bell; use rye flour ground in a water-powered mill)

## **Olive**

(*Olea europaea*)

Culinary Use:

- pickle in vinegar, preserve in salt (brine), or dry with herbs (most commonly fennel)
- roast and preserve in oil or salt
- raw green and black olives are commonly served with prosciutto and cheese, or used as an ingredient of several Mediterranean dishes (brodetto, salads...)

### **Maize**

(*Zea mays*), corn - ground kernels

Culinary Use:

- home-made bread (bake in a bread oven or under a baking bell)
- polenta (use maize meal or cornmeal flour ground in a water-powered mill)
- use for dusting various ingredients before frying

### **Rock Samphire**

(*Crithmum maritimum*), Dalmatian samphire, sea fennel

Culinary Use:

- pickle (in red wine vinegar)
- preserve in olive oil
- fresh - combine with other salad vegetables
- add to any fish soup or brodetto

### **Wild rocket**

(*Eruca sativa*), salad roquette, rucola, arugula

Culinary Use:

- a wild, pungent-flavoured Mediterranean plant
- serve in salads or as a bed for fish or meat, seasoned with lemon

- boil with other mixed wild greens
- sauté with garlic in olive oil
- chopped instead of parsley for salads and cooked dishes

## **Carob**

(*Ceratonia siliqua*), St. John's bread

Culinary Use:

- an evergreen tree native to the Mediterranean region with edible pods rich in sugars, enjoyed as nibbles
- use dried and powdered carob as an ingredient in cakes and cookies
- coat pilchard fillets or meat (chicken) with carob prior to frying; or coat cooked fish or meat with carob seasoned with salt and pepper

## **Strawberry Tree Fruit**

(*Arbutus unedo*), cane apple

Culinary Use:

- serve fresh with other fruit
- make jam
- dry

## **Wild Asparagus**

(*Asparagus acutifolius*)

Culinary Use:

- boil and combine with hard boiled eggs
- fry with pancetta and eggs
- make risotto or serve with pasta, meat, fish, shellfish...

## **Chard**

(*Beta vulgaris var. cicla*)

Culinary Use:

- most commonly served with (boiled) fish, preferably blanched
- make a salad with garlic, parsley, black pepper, lemon (juice), vinegar and olive oil. Yet, most commonly boiled with potatoes
- ripe chard is THE ingredient of Poljički Soparnik, inscribed on UNESCO's Representative List of the Intangible Cultural Heritage of Humanity

## **Broccoli**

(*Brassica oleracea var. italica*)

Culinary Use:

- boil (preferably blanch) and serve as a salad with olive oil and garlic; or roast *au gratin* with butter, breadcrumbs and cheese

## **Beetroot**

(*Beta vulgaris*)

Culinary Use:

- use raw, boiled or pickled, most commonly as a salad ingredient
- fry in olive oil or roast with other vegetables

## **Potato**

(*Solanum tuberosum*)

Culinary Use:

- one of the most common vegetables
- baby potatoes (with a low starch content) are best roasted or baked under a bell and boiled (for salads and ratatouille-type stews)
- late ripening, starchy, white- and creamy-skinned potatoes are best boiled, mashed, or used to make dough (e.g. gnocchi)
- boiled potatoes (sometimes with chard) are regularly served with fish

## **Cucumber**

(*Cucumis sativus*)

Culinary Use:

- slice for a salad, sprinkle with olive oil and red wine vinegar

**Tomato** (*Solanum lycopersicum*); **Beefsteak tomato/Plum tomato/Cherry tomato**

Culinary Use:

- serve raw (in salads), make a salsa or brodetto, use dried, canned (whole and peeled) or processed into a purée, sauce, paste...
- it is an essential ingredient of numerous Dalmatian dishes and the main ingredient of various sauces

**Radish**

(*Raphanus sativus*)

Culinary Use:

- the intense taste of a round red radish root makes it ideal for spring/summer salads served with cold starters and grilled dishes, fish in particular

**Spinach**

(*Spinacia oleracea*)

Culinary Use:

- prepare like chard

**Mesclun-Like Mixed Wild Greens**

Culinary Use:

- various Mediterranean wild greens (rocket, chard, garlic...) cooked as chard or spinach

**Fig**

(*Ficus carica*)

### Culinary Use:

- this fruit ripens in late summer and early autumn, and has various culinary roles
- tasty if freshly picked, or dried, dusted with icing sugar (last throughout winter)
- fresh figs: grill with pancetta, tomatoes and onions, or serve with piquant cheeses; dried figs: simmer with prunes and salt-cured anchovies for a fake paštica beef stew...

## **Herbs**

### **Winter Savoury and Summer Savoury, Dalmatian Savoury**

(*Satureja montana* and *Satureja hortensis*)

Culinary Use:

- similar to other aromatic herb plants - with cheese, meat, fish and seafood, in dough...

### **Rosemary**

(*Rosmarinus officinalis*)

Culinary Use:

- similar to other aromatic herb plants - with cheese, meat, fish and seafood, in dough...

- in Dalmatian desserts (floating island/crème caramel, biscuits...)

### **Anise**

(*Pimpinella anisum*), aniseed

Culinary Use:

- similar to other aromatic herb plants

### **Pine Nut**

(*Pinus pinea*), pine seeds

Culinary Use:

- the edible seeds of pines smell slightly of resin

- add raw or toasted to meat dishes (game in particular)

- it is one of the main ingredients (with basil, garlic and olive oil) of the favourite “green pesto” (Pesto Genovese)

### **Basil**

(*Ocimum basilicum*), sweet basil/spicy globe bush basil (*O. b. var. minimum*)

Culinary Use:

- it is a culinary and healing herb, widely used with meat, sausages, fish, seafood, mushroom or vegetable dishes, in soups and omelets, with leafy salad vegetables, soft and fresh cheeses, tomato dishes and sauces... Freshly picked leaves can be preserved in olive oil

### **Tarragon, Calamint, Horehound**

(*Artemisia dracunculus*), (*Calamintha officinalis*), (*Marrubium vulgare*)

Culinary Use:

- similar to other aromatic herb plants - with meat, fish and seafood, in dough... and deserts

### **Sage, Clary Sage**

(*Salvia officinalis minor*), (*Salvia sclarea*)

Culinary Use:

- similar to other aromatic herb plants - with cheese, meat, fish and seafood, in dough, soups, vegetable and pasta dishes

- dry for aromatic teas and other beverages

- use fresh with various dishes, fry or breadcrumb

### **Caraway**

(*Carum carvi*), cumin

Culinary Use:

- dry for beverages

- use fresh with various salads, meat sauce dishes, dough, home-made deserts, scones and bread

### **Coriander**

(*Coriandrum sativum microcarpum*), cilantro

Culinary Use:

- use fresh for salads, spreads, sauces, rice dishes and marinades, and with cabbage, savoy cabbage, kale, beetroot, mushrooms...

- add the seed to vegetable and mushroom dishes, desserts and liqueurs

## **Marjoram**

(*Majorana hortensis*, *Origanum majorana*)

Culinary Use:

- its mild flavour resembling that of oregano make it a favourable spice added to baked meat and game and to vegetable dishes

## **Lavender**

(*Lavandula angustifolia*)

Culinary Use:

- interchangeable with rosemary

## **Bay Leaf**

(*Laurus nobilis*), laurel

Culinary Use:

- add as a spice (remove from dish once it has released its essential oils) to paštica beef stew, brodetto, soups, simmered dishes, sauces, marinades...

## **Thyme, wild thyme, broad-leaved thyme, narrow-leaved thyme**

(*Thymus pulegioides*), (*Thymus serpyllum*), (*Thymus longicaulis*)

Culinary Use:

- its aromatic flavour resembling that of smoke, camphor and cloves, makes it a vital culinary ingredient - meat (especially lamb, game, hare, and poultry) dishes, stews and pâtés, liver and fish dishes, and goes well with tomatoes, eggplants, red peppers, zucchini and onions. It is one of the main ingredients of mixed Dalmatian, Mediterranean or Provançal herbs

## **Lemon Balm**

(*Melissa officinalis*), balm mint

Culinary Use:

- its aromatic leaves are used for preserving meat, while its gentle lemon scent makes it perfect for flavouring salads, soups, and fish and game marinades
- gives a specific flavour to desserts and jams, mushroom and/or fresh vegetable dishes, potato or fruit salads... interchangeable with lemon

## **Oregano**

(*Origanum vulgare*)

Culinary Use:

- one of Dalmatia's favourite herbs, best combined with tomatoes and chili peppers, but also used with zucchini, broccoli, cauliflower, eggplant, garlic, onion, thyme, basil, parsley and olive oil. Fresh oregano is added to salads, fresh cheeses, grilled meat, poultry and game, and to potato, seafood or leguminous crop dishes
- use fresh or preserve dried or frozen

## **Marigold**

(*Calendula officinalis*)

Culinary Use:

- its florets are used to add colour to dishes in lieu of saffron - to salads, soups, sauces or risottos

## **Dill**

(*Anethum graveolens*)

Culinary Use:

- its aromatic leaves resembling anise and caraway are used to flavour cucumber (and other) salads, sauces, rice or fish dishes and soups

## **Mint**

(*Mentha*)

Culinary Use:

- fresh mint is used to flavour desserts, beverages, cocktails, fruit (and other) salads, meat, fish and vegetable (especially bean and carrot) dishes. Its pale green baby leaves taste better than older leaves that may be somewhat bitter

### **Parsley**

(*Petroselinum crispum*), green parsley

Culinary Use:

- parsley leaves are the most commonly used culinary ingredient, added to soups, stews, and sauces, and to vegetable, fish or meat dishes. Fresh, chopped parsley leaves are sprinkled on top of a dish prior to serving, but they can also be cooked, preferably sautéed with garlic in olive oil.

### **Chives**

(*Allium schoenoprasum*)

Culinary Use:

- the leaves of the smallest of edible onion species are milder than those of other species. They are used in all recipes with raw onions, in particular to spice spreads, vegetable and mushroom soups, egg dishes, fish, salads...

### **Celery**

(*Apium*)

Culinary Use:

- celeriac (the root) is cooked in soups, stews and sauces
- fresh leaves are added to salads, soups, stews, and sauces

### **Clove**

(*Syzygium aromaticum*)

Culinary Use:

- its characteristic aromatic taste and smell make it perfect for flavouring meat dishes

- it is one of the basic ingredients of Dalmatian pašticada beef stew and of sautéed red cabbage

## **Myrtle**

(*Myrtus communis*)

Culinary Use:

- sprigs, leaves and flowers (with olive oil) enhance the aroma of baked and grilled dishes

## **Nutmeg**

(*Myristica fragrans*)

Culinary Use:

- freshly grated, it flavours (tomato) sauces

- it is one of the basic ingredients of Dalmatian pašticada (beef stew), and of game and minced meat dishes (with pasta)

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