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## The Boat Cookbook Real Food for Hungry Sailors

By Fiona Sims

Adlard Coles Trade. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 8.6in. x 7.2in. x 0.7in. For anyone with a tiny galley kitchen and an appetite for fresh, gorgeous food, there's good news: no more tins or bland leftovers aboard. These fabulous and easy recipes (all using no more than two pots and taking no longer than 30 minutes) will allow you to spoil yourself in harbour, keep things simple at sea, and make delicious meals and tasty snacks in advance. Featuring baked eggs with salmon, chorizo and chestnut sausage rolls, spicy lamb burgers with tzatziki, herb-stuffed trout, salted caramel and banana crunch, chocolate fruitcake and an amazing rum punch, this is seriously tasty food that's genuinely easy to make. As well as the authors' recipes, there are contributions from top chefs (Chris Galvin, Angela Hartnett, Kevin Mangeolles and Ed Wilson) and sailing legends (Sir Robin Knox-Johnston, Brian Thompson and Dee Caffari). There are handy tips on setting up the galley, an idiot's guide to filleting fish, and how to host the perfect beach barbecue, all illustrated with tempting colour photographs and beautiful hand-drawn illustrations. It's sometimes difficult to come up with new recipes on board, so a book like The...



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