

# Galley Essentials with Amanda

Galley article of me? That's a good one! My friends in Mammoth will crack up since I was completely clueless in the kitchen. I guess this is just one more step in my personal evolution. I've only been sailing three years, having owned *Tenya*, our Hallberg-Rassy 40 for two years.

When choosing our boat the galley was not my biggest consideration but now my galley priorities are: good organization with easy access, especially when sailing. We have a walk-through galley along the starboard side below the companionway. The deep double sink is athwart ships with stowage lockers to port. This creates a secure spot behind the stove while underway. We have a fridge and freezer, microwave, and a square in the counter slides back and down to reveal the propane stove. I can look out the three galley windows which let in light and open for ventilation.

As my best, and most frequent dish, is stir-fry, my two "must have" galley items are a rice cooker and wok.

## Duck with Oyster Sauce

This is also great with beef substituted for duck, but increase oyster sauce and sherry. More onion can be added if you need to stretch it a little.

1 lb duck breast - sliced  
3 tablespoons peanut oil  
4 garlic cloves - chopped  
2 cups sliced onion  
3 tablespoon oyster sauce  
1 tablespoon dry sherry or rice wine  
1 teaspoon sugar  
handful fresh coriander sprigs

## Marinade

2 teaspoons soy sauce  
2 teaspoons rice wine or dry sherry  
2 teaspoons sesame oil  
salt and pepper  
2 teaspoons cornflour

Combine duck with marinade and let sit 15 minutes, drain, discarding



## Clueless in the Galley?

An Interview with Katie Thomsen

by Amanda Swan Neal

marinade. Heat wok over high heat and when hot, add oil. When oil smokes add duck, stirring 2 minutes until cooked and slightly pink. Remove and drain in colander. Pour off all but 1 tablespoon of oil and reheat wok. Add garlic and onion, stir 3 minutes. Reduce heat, add oyster sauce, rice wine, and sugar, stir 2 minutes. Mix in duck and coriander. Serve with rice.

As to rice, I prefer Japanese extra fancy rice and try to buy the nearest thing. I store leftover rice in individual bowls with tight lids, unrefrigerated for a day or two. It gets too hard and dry in the fridge. It can be warmed in the microwave or, most often, eaten at room temperature for lunch or snack. We either sprinkle a little soy sauce with wasabi on top or shake on some Natures Seasons. It's quick, easy and bland for rough days.

Before passages we provision with 6 weeks worth of non-perishable food and a full freezer of fish, chicken, meat,

veggies and fresh ginger. Just before leaving I buy plenty of apples, oranges, carrots, cabbage, potatoes, yams and snacks. Early on we bought too much food and didn't take note of expiration dates. Now we're better at not wasting food. As a treat I make sugared bananas but when we don't get around to eating all our fresh fruit I freeze and make smoothies.

## Hot Sugared Banana's

1 banana per person - cut in half and then lengthwise  
1 tablespoon brown sugar per banana

Heat frying pan with a generous dab of butter. Sauté banana until soft, turning carefully. Add sugar and stir until melted. Serve with crème fraîche and chopped roasted hazelnuts.

## Smoothie

frozen bananas  
frozen strawberries  
1 cup orange juice  
fresh fruit

Put juice and frozen fruit in blender and blend until smooth. Add more juice to make thinner, less for thicker smoothie. Kiwi, pineapple, peaches, berries all work well and other fruit juices can be substituted especially passion fruit which makes it delicious.

I don't get seasick any more and before going to sea we eat healthy, non greasy food. To ease cooking on passages I make big pots of rice and porridge, keeping it in double serving microwavable containers. Porridge with raisins and brown sugar is my comfort food. I cut up the chicken and freeze it in 2-serving portions. I have fruit, tea and soup mix easily available along with snacks. When in the U.S., I buy nuts and dried fruit at Costco to take to the boat as they are expensive in Europe. I vacuum-seal these into small bags to save space, keep them fresh, and as the bags are waterproof I can store them in the

bilge. A favorite snack is mixing equal parts of almond and peanuts with 1/2 as much Craisins or raisins.

Jim and I share the galley chores, though I maintain the provisioning lists. Since we've been cruising we're eating lighter and enjoy salads like Wasabi Tuna.

### Wasabi Tuna Salad

- 1 can tuna
- 1 tablespoon mayonnaise
- 1/2 cup toasted walnuts
- 1 apple - chunked
- 1/2 teaspoon wasabi or horseradish

Mix together tuna, mayonnaise and wasabi. When mixing wasabi from powder, make a little runny. Mix in walnuts and apple chunks. Serve on bread, wrapped in cabbage leaves, or on a bed of greens.

We both work around with what is available fresh locally so our standard menus are always being tweaked. Often we'll try to copy something yummy we've eaten in a local restaurant and we've had success with smoked eel sandwiches, mussels, squid, and fried peppers.

There's always a cabbage in the fridge. It lasts, always having plenty of flavor, crunch, substance and goes great in Mexican dishes. These are a hit with European friends. We usually start with a margarita and serve the ingredients in bowls letting everyone make their own tacos, burritos or salads. In addition to different salsas, tomato, and tomatillo with yogurt, we make spicy and mild guacamole plus serve bowls of black olives and red chilies. It's great fun.

### Mexican Salad

- tortilla chips
- 1 can beans
- 1 cup hard cheese - grated
- 2 tomatoes - chopped
- 2 avocados - diced
- 2 onions - chopped
- 1/2 cabbage - shredded
- chili powder
- paprika or cayenne
- salsa
- cilantro

Heat beans in saucepan. Add some chili powder, tomato chunks and shredded cheese. Stir until cheese melts. In a large serving dish or individual bowls, layer ingredients starting with

tortilla chips followed by bean mixture, grated cheese, salsa, cabbage, tomatoes, avocados, onions. Top with salsa and cilantro.

A layer of grilled chicken, meat, or shrimp can be added above cabbage.

### Shrimp Tortillas with Lime Yogurt Dressing

Sauté shrimp in olive oil, lime juice, and cayenne. Heat tortillas on non-stick frying pan then fill with shredded cabbage, shrimp, avocado chunks, onions. Drizzle with yogurt dressing, sprinkle with cilantro and serve with a lime slice.

### Lime Yogurt Dressing

- 1/4 cup each plain yogurt
- 1/4 cup mayonnaise
- 1 tomato - chopped
- 1 garlic clove - crushed
- lime juice to taste
- cayenne

Mix ingredients together and refrigerate for as long as possible, up to 2 days.



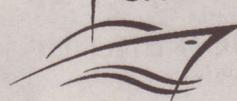
Dessert after Mexican dishes is generally chilled fruit, like pineapple, mango chunks, oranges, peaches, or cherries, and some dark chocolate.

My best piece of galley advice is to record your food, spices and condiments; when and where you store them. Also record expiration dates and mark them off once consumed. I have a plastic folder that holds 4x6 cards which I use to record recipes and provisions. It's an easy system for us both.

If you're interested in more of my cruising life, both in and out of the galley visit: "Katie's View" online at [www.tenyatravels.com](http://www.tenyatravels.com)

Serving Northwest Boaters since 1983

**GALLERY MARINE**



We offer complete engine room service:

- Haul outs
- Shaft and Prop repair
- Repower or rebuild
- Our dock or yours

Northwest Distributor for:

- Westerbeke Engines & Parts
- Universal Engines & Parts

Dealers for:

- Crusader Engines & Parts
- Yanmar Engines & Parts

Visit our parts department  
Monday - Friday 8 am - 5 pm

We are located on Seattle's Lake Union at  
717 NE Northlake Way, Seattle, WA

**206-547-2477**

Discover your Northwest here...



### THE RESORT AT PORT LUDLOW

The Resort At Port Ludlow, located on the west shore of Admiralty Inlet at the mouth of the Hood Canal, is a boater's paradise.

With a 27-hole golf course, full-service marina, waterside Inn, restaurants, trails and the last great waterfront resort community, let Port Ludlow be your paradise.

### 2-YEAR BUY-BACK PROGRAM\*

The 2-year Buy-Back program is an exclusive feature provided by Port Ludlow Associates available on a limited number of new, move-in ready homes. For details contact John L. Scott Port Ludlow.

Golf 888.793.1195 Marina 800.308.7991  
The Inn 877.269.1870 Real Estate 888.694.4763

[www.portludlowresort.com](http://www.portludlowresort.com)



PORT LUDLOW