

COOKING AFLOAT



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We all know how stressful we can get after a day's sailing crossing the channel or across to the Isle of Man, but imagine this:

You set off from Caernarfon at six in the morning. Hoist up the sails and turn the engine off, at around twelve o'clock, everyone becomes a bit peckish so you pop down to the galley, and whip up a nice refreshing lunch. Bad weather is forecast so you need to prepare; coats, gloves, hats, the lot but when you arrive in Dublin some fourteen hours later, all the restaurants or chip shops are closed. Exhausted you crawl down to the galley hoping that there are some easy meals waiting for you to cook in your cookbook.

That is where you are in luck! This book is full of easy recipes to put together that are certain to get praise! No matter where you are; sailing, camping or even after a stressful day at work...these meals are right for you!

**For David, Jakki, Margaret and Bill
and all others, stuck at sea**



**Please note that because this book is on
the Amazon Kindle, some recipes may not
be entirely on one page.**

Have a flick through this book to decide what you want! The order of the recipes are as follows:

- **Brilliant Breakfast**
- **Superb Snacks**
- **Amazing Mains**
- **Delicious Deserts**
- **Tips**

Once you've found recipes that you like, make a note so you know where to find it if you want to try it again! I can certainly say that each time that I've cooked these meals; they have gone down a storm. In this book I've listed some recipes that I have collected over the years. So stop listening to me and grab that apron!

Brilliant Breakfasts

Here are some breakfasts that are certain to be extremely popular!



Big Breakfast Butty

Serves 1, double everything for two, etc.

You will need:

- * 1 Egg**
- * 2 Rashers of bacon**
- * 1 Sausage**
- * 2 Slices of thick white bread**
- * Olive Oil**
- * Butter**

The title gives a hint of what you are eating!

- 1) Cook the bacon and eggs in a dribble of olive oil and when fully cooked, place on a plate to cool slightly. Must remain warm!**
- 2) You now need to be quick. Fry the egg until the underside of the white is turning brown but the yolk is still runny. Ensure it is properly cooked then place onto the plate.**
- 3) Thinly spread the butter onto the bread and place the bacon onto the bread first, then the sausage followed by the egg. Seal off the butty with the other slice of bread and serve with love (and lots of tomato sauce)!**

The Fruit Bowl

Serves 4.

You will need:

*** 2 Apples**

*** 2 Oranges**

*** 2 Handfuls of raisins**

*** 1 Grapefruit**

*** 2 Bananas**

*** A generous dollop of natural yogurt (x4)**

1) Chop apples and bananas into small chunks and place evenly into 4 bowls.

2) Peel the oranges and grapefruits and then evenly split between 4 bowls.

3) Sprinkle the raisins over the 4 bowls and then add a dollop of yogurt!

N/B Remember you can always add extra fruit!



Classic Scrambled Egg

Serves 2.

You will need:

- * A spoonful of butter**
- * 2 Eggs (preferably free range)**
- * A splash of milk**
- * 2 Slices of white bread**

- 1) Put a spoonful of butter into the frying pan and cook until it has nearly melted.**
- 2) Crack in 2 eggs and immediately use a wooden spoon to mix up the eggs.**
- 3) After about 30 seconds, add a splash of milk. If the mix continues to stick to the pan after constant mixing with the spoon, add some more butter.**
- 4) As soon as the egg is cooked throughout and is turning brown, remove from pan and serve with some buttered bread. Enjoy!**

Good Ol' Bacon Sandwich

Serves 1.

You will need:

*** 2 rashers of high quality bacon**

*** Butter**

*** 2 slices of white bread**

1) Fry the bacon until perfectly done to suit you.

2) Spread a thin layer of butter on each slice of bread.

3) Put the bacon in the sandwich and maybe add a bit of sauce! Tastes delicious after a long night sailing!



Superb Snacks

**Some snacks that will go down a treat if
cooked at the right moment!**



Remember to look at more recipes at:

www.21stcenturypup.co.uk

Egg Mayonnaise Wrap

Serves 1.

You will need:

- * 1 Wrap of your choice**
- * Salt and black pepper**
 - * 2 eggs**
- * Dollop of mayonnaise**

1) Prepare the egg as seen in the recipe “*Classic Scrambled Egg*” in the Brilliant Breakfast section. After done place in a bowl.

2) Using a fork, mix the dollop of mayonnaise into the now cooled egg.

3) Once the mayonnaise and egg have been completely mixed together, sprinkle on some salt and black pepper then continue to mix. Now place into a wrap!

Roll the wrap and serve! Perfect as part of your lunch!

Stuffed Baked Potato

An amazing meal that can served with almost anything of your choice. For example; tuna mayonnaise or baked beans. Serves 2.

You will need:

*** Butter**

*** Salt and pepper**

*** 1 Potato**

*** 2 Slices of ham**

*** Gratings of 60g of cheese**

1) Preheat the oven to 200°C and wash the potato. Prick it with a fork 3 or 4 times and place in the oven for 1 hour.

2) Take out and allow it to cool. Cut it in half and spoon out the inside. Mash the potato, butter and a sprinkling of salt and pepper. Cut up the ham into small pieces and mash into the mix.

3) Place the mash back in the skins, and add the grated cheese on top. Voila!

Cake tray Pizza

This happened when we ran out of pastry and we couldn't find the pizza tray, so out came the cake tray and the packet pastry... It was perfection! Serves 4.

You will need:

- * 1 packet of salami**
- * 150g of cheese (grated)**
- * 1 tube of tomato puree**
- * 375g Packet puff pastry**

Preheat oven to 200°C.

1) Lay the pastry over the cake tray ensuring each fairy cake indent is covered.

2) Spread the tomato puree over the pastry and ensure all the pastry is coated.

3) Lay the salami over the tray and coat in grated cheese. Cook in the oven and check after 20 minutes. Serve warm with sauce!

Dorito Surprise

Recently did a 24 hour radio show raising money for the RNLI. This is the stuff that kept me going all night. Serves 4.

You will need:

- * 1 Large pack of Dorito crisps**
- * 200g of grated cheese**
- * Tomato Puree**

1) Preheat the oven to 180°C and empty the contents of the Doritos onto a baking tray.

2) Cover each Dorito in a small amount of tomato puree. Then sprinkle grated cheese evenly over the top. Place in oven.

3) Cook for 15 minutes or until looking cooked. Do NOT burn! Serve warm. Give them a try. They taste delicious.

Amazing Mains

Yes. Just yes. These meals are the way forward.



Macaroni Cheese

Easy and very tasty, enough said?

Serves 4.

You will need:

- * 4 handfuls of macaroni**
- * 50g butter**
- * 50g plain flour**
- * 600ml/1pt milk**
- * 150g cheese (grated)**
- * Salt and black pepper**
- * Carrots, broccoli, peas (or vegetables of your choice)**
- * 2 chicken Oxo cubes**

- 1) Preheat oven to highest temperature.**
- 2) Place all macaroni into saucepan with salted water and cook for 12 minutes.**
- 3) Melt the butter into a saucepan and allow it to melt. Once melted, slowly add in the flour and stir. After mixed take off heat.**
- 4) Add milk very slowly and whisk mix**

together, getting rid of any lumps. Add Oxo cubes and stir. Place back on heat and stir every 30 seconds.

5) Chop vegetables into small pieces and add to the macaroni, allow it to continue cooking.

6) After vegetables are cooked, drain away all water and mix the sauce with the macaroni and vegetables into one pan. Place into baking bowl and place grated cheese on top.

7) Remove from oven after 30 minutes and serve. Best meal that there is around.



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