



THE CLASSIC YACHT ASSOCIATION  
OF NEW ZEALAND

COOKING AFLOAT





from the galley of **MV Trinidad**

## ***Peanut Butter Meat Balls***

450g mince meat	1/2 cup finely chopped onion
can tomato soup	1 egg
1 tblsp chilli sauce	2tblsp worcester sauce
1/2 cup water	1tsp salt, some oil
freshly ground pepper	115g smooth peanut butter

Mix mince, peanut butter, onion, chilli sauce, egg and salt and pepper together until well blended. Roll into walnut sized balls. Place a plug of oil in solid based pan and brown meat balls. This may have to be done in batches as meat balls should not touch. (steams rather than browns) When done remove all but 1tblsp of the oil from pan. Into the pan add tomato soup, worcester sauce, water and meat balls. Simmer gently for 1/2 hour. More water may need to be added. Adjust seasoning. Sprinkle with freshly grated Parmesan cheese and roughly chopped coriander. Serve with fresh pasta and or salad.

## ***Cooking Afloat***

On November 5th 2010, a hardy group of CYA Launch people assembled in far off Riverhead to produce and document their recipes for the coming summer season. There were some photographs taken, much wine and beer was consumed and everyone had a jolly time. ... see the pictures in the centre page of the night.

*Edited, Assembled, Food / Social Photographs by Chris Miller*

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more fine recipes from **Trinidad**

This is a bought pav and for boating that's the way it should be! Quick and easy to prepare and regardless of diets, health issues or any other reasons I have yet to meet a person who can resist at least one slice of the good old pav.

## Barb's Boat Pavlova

one large pav	bottle of cream
two or three kiwi fruit	3tsp vanilla essence
two bananas	passionfruit pulp

Ensure bananas are just ripe and kiwi fruit is firmish. Add vanilla to the cream.

The secret with the cream is to whip until it's just holding its own. It should slowly dribble down the sides of the pav...this makes it look all the more wicked and tempting.

Peel and slice the fruit and place over the pav and then drizzle over a couple or so tblsp of passionfruit pulp.  
Serve immediately.

## More From Trinidad...

6 cups assorted vegetables..	1 tblsp finely chopped fresh ginger
cauliflower and broccoli florets,	2 tblsp oil
wedges of capsicum	2 tblsp honey
2 tblsp white wine vinegar	

## Gingered Greens

Stir fry the veg and ginger in oil for 8-10 mins or until tender but still slightly crisp.

Add the honey and wine vinegar. Toss well to ensure the veg are well coated and the honey has melted.  
Serve immediately. .

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3 large potatoes, washed and skin on	1 cup sour cream
1 1/4 cups pouring cream	1 cup grated cheddar
1/2 cup grated parmesan	handful roughly chopped chives
sea salt and cracked pepper	

## Sour Cream and Chive Potato Bake

Boil spuds for 15 mins until just tender. Drain and cut in halves and place in baking dish cut sides up.

Mix together the remainder of the ingredients along with the chives and pour over the spuds. Cooke for approx 30-40 mins until golden. serves 4-6

Really tasty if cooked a day ahead.





from the galley of **MV Raindance**

## *BBQ Asian Sticky Pork*

8 boneless pork fingers

Marinate pork in mix (below) for 1 hour+ & then BBQ on low / medium hot grill or wok for 5 minutes each side, turning once. Excess marinade can be used to baste while cooking. Served on Ozro pasta, asparagus, red pepper salad dressed with a light lime infused olive oil dressing & sprinkled with sesame seeds. Serves 4  
(note: as with all meat, bring to room temp before cooking)

### **Marinade Mix**

1 cup of olive oil  
1 table spoon sweet chilli sauce  
1 dessert spoon of soy sauce  
1 dessert spoon honey  
1 tea spoon sesame oil  
splash of balsamic vinegar  
1 glove of garlic  
juice of 1/2 lemon  
season with chilli flakes, salt & pepper  
**note: marinade can be made in advance & works equally well with chicken**







from the galley of **MV Kumi**

### *Fresh bread in the Engine Room*

- 1 teaspoon granular yeast
- 1 teaspoon sugar/brown sugar or honey
- 1 small teaspoon salt
- 1 cup water (Blood heat/lukewarm)

Mix this together in a pot (We use an enamelled cast iron casserole) and place in the engine room or somewhere on top of the motor.

In another bowl mix:

- 2 cups flour
- 1 cup rolled oats
- ½ cup fancy grain or seeds you like

Put this with the motor as well.

Cruise around heading for lunch.

When the watery one is foaming and bubbling (this may only take 10mns if the engine was all warm and cosy to start with) mix all the ingredients together into soft dough.

I put the dry stuff into the watery stuff because I'm going to cook it in the watery container.

Stick it all back in the engine compartment and keep cruising. After a while (20 mns or so) the dough is expanding well (at least twice original size). Mix it all up again and deflate the little beast back on the engine and keep cruising. 15-20mns later the big wadgy dough is ready to cook.

We don't have an oven on Kumi so we put the cast iron pot in a bigger pot of boiling water (lid on) and simmer 30mns or so. The bread is now ready but boiling temperature is not enough to make a crust. Gentle heating of the cast iron pot over the open flame makes a crust on the bottom but very easy to get toast, charcoal, fire, broken cast iron pot! We mainly forget the crust.

## *Fresh Bread in the Engine Room*

If you have an oven, go back to the wadgy dough and carefully, gently scrape into a greased tin and into a hot oven for 30mns (200 C or so). This one is crusty and does not need any further treatment except eating.

Trouble shooting.

Bread did not rise – Something was too hot and killed the little yeasties. Blood heat is the maximum rising temperature and will happen quickly.

If something is too cold, it takes forever (Engine cooling system is too efficient).

Bread mixture bubbled out of the engine compartment and tapped you on the shoulder - need a bigger bowl or did you just forget about it?

You can vary the loaf size by changing the cup size. Just use the same size cup for water and dry stuff. Teaspoon size is OK for all cup sizes.





from the galley of **MV Waimiga**

### *Hot Potato & Frank Salad in Honey Mustard Mayo*

Potato / Kumara Diced  
Frankfurter/Salami/Sausage  
Tomato (or Sun dried Tomato)  
Spring Onion  
Beans/Peas  
Carrot  
Parsley

#### **Honey Mustard Mayo**

4 tablespoons of natural yoghurt  
1 tsp mustard mayonaise  
Salt & Black pepper

Boil potato until just past tender, drain well.  
Combine all other salad ingredients.  
Gently fold through the mayo sauce  
Serve on a bed of lettuce.







more fine recipes from **Raindance**

3-4 snapper fillets size dependant	1/2 cup plain flour
salt and pepper	3 tablespoons butter
2 tablespoons pure olive oil	2 tablespoons salted capers
2cm piece fresh ginger, peeled and finely chopped	
2 tablespoons extra-virgin olive oil	
1 tablespoon chopped chives	

## Zingy Snapper

Trim the snapper fillets, wash well, drain and pat dry with paper towels. Season the flour then dip the fillets into it, shaking off any excess.

Heat one tablespoon of the butter and the pure olive oil in a heavy-bottomed frypan and cook the fillets until they are just cooked through: about a minute on each side should do it. Arrange the fillets on well-warmed plates and keep warm.

Mix in the remaining butter, capers and ginger to a second pan and cook, stirring rapidly, over medium heat for a minute or two. As soon as the butter begins to turn brown, mix in the extra-virgin olive oil and chopped chives, then drizzle over the fish. Serve with small potatoes, boiled whole, or larger ones thinly sliced and pan-fried, plus any green vegetable you fancy.

## More From Raindance

Start with a boned out leg of lamb that you have 'rested' in a dry cool place (not the frig) until the skin is dry to touch. This makes all the difference to the flavor - you should never bbq cold meat.

Trim off any excess fat & make 1/4" cuts all over the meat. Cut lots of garlic into slivers & 6 quartered anchovy fillets (not a must have but adds salt to the mix) & stuff the garlic & anchovies into the cuts. Season with lots of freshly ground pepper, place meat in marinade & cover (in frig) for 4>6 hours or overnight - turn 3 or 4 times.

## BBQ Butterfly Drunken Lamb

### Marinade

1/2 bottle of red wine ( we freeze any red we have left over at dinner parties to use) the juice of 1 large lemon  
3 tablespoons of olive oil, a splash of sesame oil, a big splash of Worcestershire sauce, splash of balsamic vinegar, a bunch of fresh coriander & basil (ripped up - stalks & all), as much fresh rosemary as you can get (the must have ingredient).

You shread the leaves of the rosemary but also throw the stalks into the mix. Bring the meat back to room temp. Heat the bbq to high & quickly lightly brown the meat all over then drop the heat to low & cook for 1 1/2 hrs - keep marinade mix & baste over meat as it cooks.

Do not panic that it looks very dark / black on the out side, it will be superb on the inside. To speed up the cooking you can cut the meat in two, 1 hour into the cooking time. ..Enjoy





from the galley of **MV Falcon**

### *BBQ Crayfish (The Captains version)*

This requires a Magma stile bbq with a lid. Large household versions don't cook them as well.

Cray must be caught not brought

Preheat bbq for a few minutes

With the cray up side down, from the head split into two halves without separating them.

Grab each half and crack so the flesh is exposed. DO NOT remove any guts or liquid, this is what makes them such good eating.

Cover flesh with a reasonably generous amount of butter (not marg) and season with what ever you want (lemon salt and pepper or Cajin is best).

With shell down, cook on a low heat with the lid on. For a small fish 5 mins or 8mins for larger. The legs may burn but that's the way it is... Eat!







### How it was done..

Above: David Cooke (Host) with Matthew Gavin, Matthew's mum Kathy. Alan Houghton and Mark Robinson.

Below: The tasting department!



Top left: Dick Fisher with James Mobberley.  
Above: Kathy Gavin, Sheryl Pawson and Barb Cooke.

Left: Sheryl Pawson, Barb Cooke and Alan Good.  
Below: Colleen Fisher, Colin Pawson, Alan and Robyn Houghton.







from the galley of **MV Rorqual**

### *Mussel Penne*

- 1 Packet of marinated Mussels
- 1 Bag of Farmyard Coleslaw with dressing(Ex New World)
- 1 packet of Budget Penne 500G
- 1 Tin 310g of Watties Tomato Paste
- Small packet of NZ Fresh chopped mushroom

Boil the Penne for approximately 10 minutes and then drain water. Serve into bowl and add chopped mushrooms. Add tomato paste and mussels

Mix well and add coleslaw around the outside. Add dressing.

Serves 4 - 6 people.

*Prepared for the picture by Mark Robinson*





another fine recipe from **Monterey**

This is so tasty everyone will want the recipe.

25g butter  
 1-½ onions  
 2 cloves garlic  
 2 large boneless chicken breasts  
 1 teaspoon each of ginger, chilli, turmeric, cinnamon, salt  
 ¾ cup fresh cream  
 1 tablespoon tomato paste  
 ½ teaspoon garam masala

## Butter Chicken

Gently fry onion and garlic.  
 Slice each chicken breast into 4 pieces.  
 Combine spices in plastic bag and toss in chicken.  
 Sauté till golden. Add cream and tomato paste.  
 Sprinkle over garam masala.  
 Garnish with fresh basil/coriander leaves.

Serves 2



another fine recipe from **Rorqual**

3 Eggs  
 10g Butter  
 1 Tomato sliced  
 Black Pepper

Salt  
 2 Spring Onions (if available)  
 2 Slices of Cheese

Put the salt and eggs into a bowl with roughly 2 tablespoons of water and beat lightly until just mixed.

## Omelette with Tomato & Cheese

Melt the butter in a small frying pan and pour in the egg mixture.  
 As the eggs start to cook, put the chopped spring onions on top  
 along with the sliced cheese and tomato. Cook for 3-4 minutes.

Place the pan under the grill to finish cooking the eggs and to  
 melt the cheese.

Serve the omelette onto a plate and top with black pepper.  
 Serves 1





from the galley of **MV Wakatere**

### *Citrus Kumara Bake*

2 medium kumara  
2 tspn oil  
Finely grated rind of ½ lemon  
Finely grated rind of ½ orange  
2tspn brown sugar  
½ tspn grated nutmeg  
2 Tbsp orange juice  
2 Tbsp lemon juice

Cook scrubbed kumara by boiling, steaming or on microwave until just barely tender.

When cool cut into 1-2cm thick slices, and peel if preferred.

Arrange slices in a flat dish coated with non-stick spray.

Mix together remaining ingredients and drizzle over kumara.

Bake uncovered for 30 minutes or until cooked and golden brown.

Cheese can be sprinkled on top, especially good if golden kumara used as it is a little drier than orange variety.

Recipe is easily increased to feed more people.







from the galley of **MV Florence Dawn**

### *Florence Dawn Patties*

500 gram beef mince  
2 weetbix  
1 egg  
Worcestershire sauce  
Tomato sauce

Mix the beef mince with two crushed weetbix, beaten egg and a generous dash of tomato sauce/Worcestershire sauce.

Form the mince into balls and then pat into patties.

Place into a hot fry pan with oil.

Cook until brown on both sides. ..Enjoy







more fine recipes from **Trinidad**

1 can or bottle of beer  
flour

salt  
chopped herbs

## *Gareth's Bread*

Pour beer into bowl and add enough flour to make a good dough consistency.

Tip out onto a board or bench and shape into a round loaf shape. No kneading required.

Place in hard bottomed pot (cast iron is perfect) with the lid off and cook at moderate heat in oven for approx one hour.

Just before removing from oven sprinkle over chopped herbs (parsley, thyme, chives etc) and brush lightly with oil.

Remove from oven after 3 to 4 mins. That's it!

### **More From Trinidad...**

No cooking required, can be prepared well ahead of the meal.

Also a great dish to finish off with coffee and sticky wine.

1 punnet of strawberries, cut lengthwise into halves or quarters

1/4 cup lemoncello

1/4 cup caster sugar

zest of one lemon

150g mascarpone

150g cream

Handful raspberries and or blueberries

## *Marinated Berries*

Place and combine the strawberries, sugar, lemoncello and zest into a non metal dish and marinade for 2 hours if possible.

To finish: fold the raspberries and or blueberries into the marinaded strawberries.

Whisk the creams together until it just starts to thicken.

Serve with a dollop of cream and a sweet bic eg florentine or coffee bic.







from the galley of **MV Monterey**

### *Butternut Risotto*

This tasty dish is bursting with lots of colour.

2 cups orzo (rice size pasta available from supermarket)

2 tbsp olive oil

3 cups peeled and cubed butternut

2 cloves garlic crushed

1 or 2 skinned and sliced red capsicums

2 tbsp fresh coriander/mint or parsley

1 tbsp olive oil

Handful toasted almonds

Handful black olives

Cook orzo 10 minutes in boiling salted water. Drain. Heat first measure of oil in fry pan and add butternut, garlic, capsicum and herbs.

Stir through then cover and leave until butternut is tender, 10-15 minutes. Add extra olive oil, recipe, olives and almonds. Toss well, heat through then serve.

Note: This can be served as a delicious vegetarian meal or if you prefer, add sliced smoked chicken, chorizo or a can of fish (fresh pan-fried would be nice...) towards the end and heat through. This keeps well. Serves 3-4 as a main dish.







from the galley of **MV Trinidad**

### *Mrs Trinny's Cheeseboard*

A variety of cheeses; blue (of course) havarti, brie etc slapped on some lettuce leaves along with one or two dips and snack bics.

The dates are very plump and tasty and are found in a large open box usually somewhere around the salad selections in the super-markets.

Maggie Beers plum or quince paste is good too, lovely with cheese.

Those little snags are called "sausage bites" and are made by Hellers. 3 flavours: honey, spicy and original.

Throw on some olives and smoked mussels etc.

Sometimes I add slivers of salmon with lemon squeezed over. All very simple stuff with minimum fuss.







*Simple Cocktails*  
from the bar of **MV Raintance**

### *Summer in a Glass*

Tall Glass  
2 Havana Club Anejo Especial  
4 Lime Wedges  
Schweppes Classic Dry Lemonade  
Muddle lime in glass. Add Ice then Rum  
Top with Lemonade.  
Garnish with lime wedge.

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### *Daiquiri*

Cocktail glass. Chilled  
2 Havana Club Anejo Especial  
1 Fresh lime juice  
2 teaspoons of Sugar  
Shake & strain into chilled glass.  
Garnish with sugar coated lime wedge.

### *Cuban Mojito*

Tall glass  
2 Havana Club Anejo Especial  
4 Lime wedges  
6 Mint leaves  
1 tablespoon of sugar.  
Muddle limes, sugar & mint in glass.  
Add crushed ice. Pour rum then mix with spoon.  
Top with soda. Garnish with a sprig of mint.

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### *Pina Colada*

Hurricane glass  
2 Havana Club Anejo Especial  
4 Pineapple Juice  
2 Coconut Puree  
1 Double Cream  
Blend all ingredients with plenty of ice.  
Garnish with pineapple.

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### *Light and Stormy*

Tall glass.  
2 Havana Club Anejo Especial  
Ginger Beer  
4 Lime Wedges  
Muddle lime with bitters in glass.  
Add plenty of ice then top up with ginger beer.



### *Fresh fruit Daiquiri*

Chilled cocktail glass  
1 ½ Havana Club Anejo Especial  
Fresh fruit  
2 teaspoons of Sugar  
½ Lime Juice

Blend and serve in a sugar rimmed glass. Garnish with fruit.

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### *Gin Flurry*

2 Rose's Lime Juice  
2 Tanqueray Gin

Blend Gin, Rose's Lime juice and 15 ice cubes until it is slurry and pour into a cocktail glass.

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### *Gin Strawberry Crush*

1 1/4 Lemon Lime Soda  
1 1/4 Tanqueray Gin

Prepare strawberries in a highball glass.  
Add crushed ice and Gin. Top with lemon-lime soda

## *VHF Marine Channels*

*(the commonly used channels in Akld are bold for your convenience)*

<b>CHL 16</b>	<b>International distress, urgency, safety frequency</b>
<b>CHL 03</b>	<b>Talk through repeater – ship to ship at Kawau Island</b>
CHL 04	Talk through repeater – ship to ship at Raglan/Kawhia
<b>CHL 06</b>	<b>Ship to ship short range (simplex)</b>
<b>CHL 08</b>	<b>Ship to ship short range (simplex)</b>
<b>CHL 13</b>	<b>Westhaven Marina</b>
<b>CHL 20</b>	<b>Coastguard weather – Outer Gulf</b>
<b>CHL 21</b>	<b>Coastguard weather – Inner Gulf and Waitemata</b>
CHL 22	Coastguard continuous weather – Port Waikato to Raglan
CHL 23	Coastguard continuous weather – Kaipara Harbour
CHL 60, 61, 83	Far North Coastguard Radio
<b>CHL 62</b>	<b>Talk through repeater – ship to ship at Waiheke</b>
<b>CHL 63</b>	<b>Talk through repeater – ship to ship at Manukau</b>
CHL 64	Whangarei Coastguard
<b>CHL 65</b>	<b>Talk through repeater – ship to ship at Coromandel</b>
CHL 66	North Kaipara Coastguard
<b>CHL 73</b>	<b>All marinas except Westhaven (CHL 13)</b>
<b>CHL 80, 82</b>	<b>Coastguard Radio – Waitemata Hbr &amp; Hauraki Gulf</b>
CHL 81	Manukau Coastguard
CHL 82	Hokianga Coastguard
CHL 84	Kaipara Coastguard
CHL 85	Tutukaka Coastguard
CHL 86	Whitianga and Bay of Islands Coastguard, Raglan

*Just in case you want to tell someone about your meal :-)*





**Another quality publication from  
The Classic Yacht Association  
Launch Division**

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