



# Galley Guru Recipes

Delicious dishes for cooking onboard

Whitsunday  
RENT  YACHT

Cooking for a hungry crew aboard your WRAY charter vessel is all part of the adventure of a Whitsundays sailing holiday. Be inspired by these delicious culinary creations submitted by entrants in the Galley Guru Recipe Competition 2016. These bareboating enthusiasts are experts at whipping up quick and easy meals in our galleys and barbecues, leaving plenty of time for the cook to soak up the tropical surrounds.

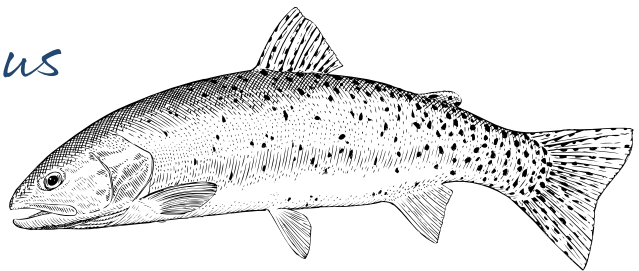
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## Salmon and Asparagus

(by Judy James-Hulm)

**Ingredients:** Fresh or frozen salmon, oil, fresh rosemary, fresh lemon juice, baby capers, asparagus.

**Method:** Cook salmon in a little oil over a medium heat in a pan until just undercooked and put in a warm place. Take pan off the heat and add juice, rosemary and capers. Serve on mash with steamed asparagus.

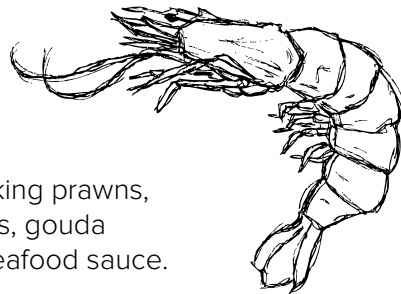


## Mixed Seafood

(by Bradley Gardner)

**Ingredients:** Lobster tail, king prawns, cuttlefish, baby octopus, lemon, gouda cheese, salad of choice.

**Method:** On a platter, arrange grilled lobster tail, garlic king prawns, crumbed cuttlefish and baby octopus, seasoned wedges, gouda cheese, salad and a selection of sweet chilli, aioli and seafood sauce.

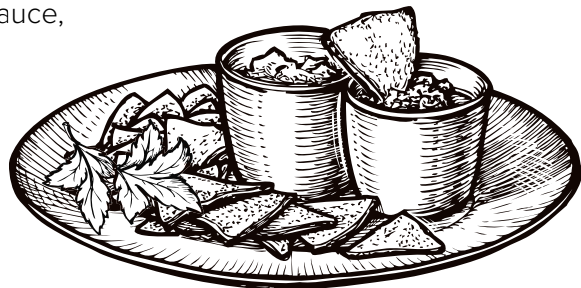


## Nachos

(by Carolyn Newbold)

**Ingredients:** Corn chips, nachos sauce, grated mozzarella cheese, avocado, sweet chilli sauce, kewpie mayonnaise, sour cream.

**Method:** My nachos are the best nachos cooked onboard, but not in the galley – on the marine barbecue on a pizza stone. Assemble corn chips, nachos sauce, grated mozzarella cheese and the best guacamole (avocado mashed, sweet chilli sauce and kewpie mayonnaise) – according to the skipper – topped with sour cream.





# Thai Chicken Chowder

(by Brett Douglas)

**Ingredients:** Splash olive oil, 1 tbsp butter, 1 brown onion (chopped), garlic and chilli to taste, wine to taste, 500g chicken thigh fillets, Gourmet Garden tube of Thai herbs, brown mushrooms to taste, chicken stock, vegetable stock, 2 large carrots (grated), 1 tin creamed corn, coriander.

**Method:** This makes enough to feed 4-6 – if you add more vegetable stock or water, depending on taste. Take a soup pan and add to a medium to high heat a generous splash of olive oil and add butter. Add to this onion and sauté to a golden brown, then add as much garlic and chilli as you can handle and cook that down for about a minute. At this point you will need some wine – a glass for yourself and some to splash into the pan to take up the flavour from the base.

Add 500g of chicken thigh (or more if you want a really hearty soup) and cook that into the paste in the pan. Once that has cooked, add (and this is where I cheat) a tube of Gourmet Garden Thai herbs (available at your friendly local supermarket).

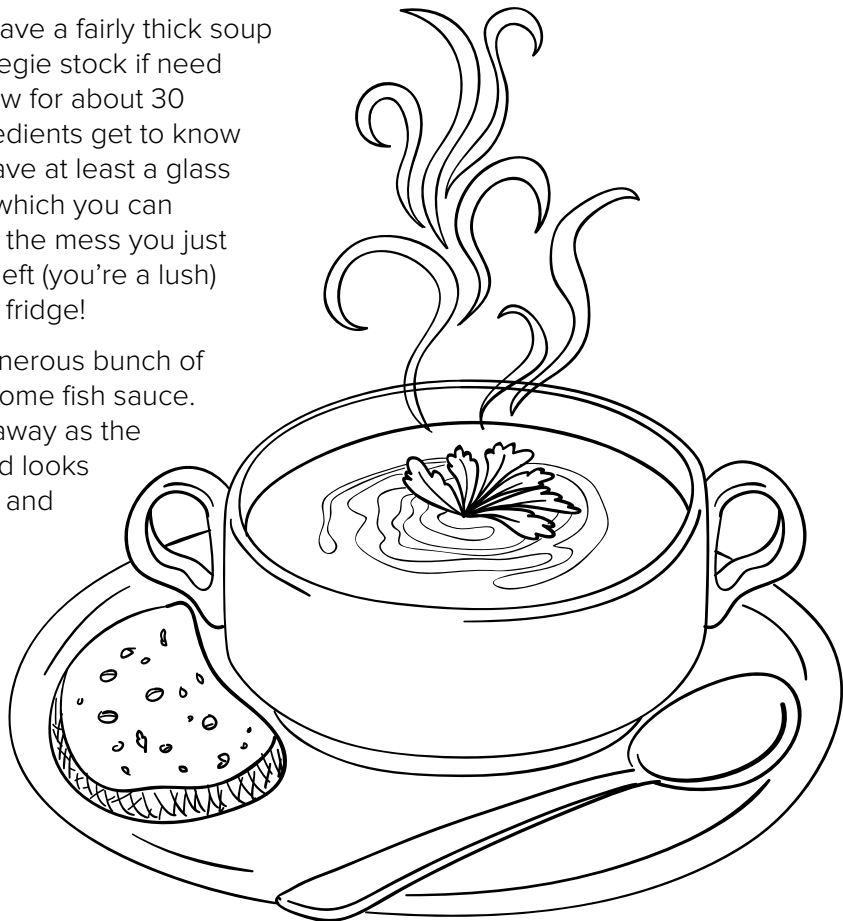
Have some more wine. Add some brown mushrooms – as many as you like as it won't ruin it. Cook them down. Add some liquid chicken stock, about half of one of those in a carton. Keep on medium to high heat and add two large grated carrots. Keep reducing and add the rest of the carton of chicken stock.

Another glass of wine. Add a 440g tin of creamed corn and stir it in. Bring down to a medium heat and add 250 ml of vegetable stock.

At this point you should have a fairly thick soup but not stew. Add more vegie stock if need be. Cover with a lid on low for about 30 minutes to let all the ingredients get to know each other. You should have at least a glass of wine left at this stage, which you can enjoy whilst you clean up the mess you just made. If there's no wine left (you're a lush) get a back-up bottle from fridge!

Prior to serving, add a generous bunch of chopped coriander and some fish sauce. Stir in and serve straight away as the coriander is still green and looks fabulous against the reds and yellows.

Serve with fresh crusty bread and wine to your liking (of course). No need for salt but some cracked pepper is good.



## Guinness Pie

(by Bernie Looby)

**Ingredients:** 1.5kg diced beef, 1 capsicum, 1 onion (diced), 1 cup mushrooms, 3 cloves of garlic, 1/2 cup plain flour, 2 tsp tomato paste, thyme, 1 can of Guinness.

**Method:** Sauté ingredients. Flour beef. Add Guinness. Keep in the pressure cooker for 30 minutes.

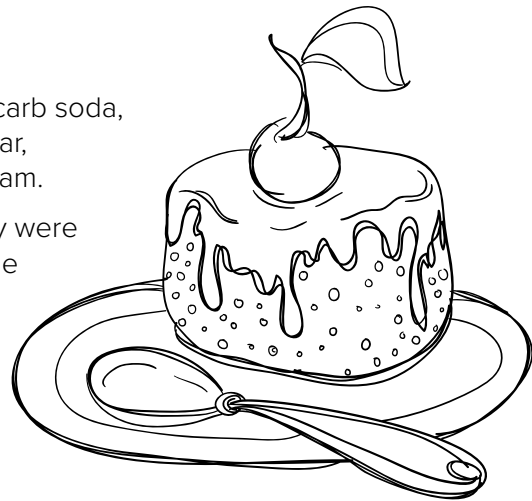


## Sticky Date Pudding

(by Juanita Lawn)

**Ingredients:** Bag of chopped up dates, 1 tsp bi-carb soda, 150g butter, 1 1/2 cups SR flour, 265g brown sugar, 2 eggs (beaten), 2 tbsp golden syrup, 185ml cream.

**Method:** I made these with my 5-year-old – they were that easy – and such a delicious treat that can be enjoyed with cream or ice cream. Preheat oven to 180 degrees Celsius. Grease muffin tin. Put dates and 1 cup water in saucepan and bring to boil. Remove from heat and add bi-carb soda. Add 60g of butter and stir until melted in. Sift flour and add 1/2 cup of sugar. Add date mixture and egg. Divide into muffin tray. Cook until skewer comes out clean when inserted, approximately 20-30 minutes.



For sauce, combine syrup, 185ml cream, remaining butter and sugar and stir over low heat until sugar dissolves. Bring to a boil and then reduce immediately to simmer, stirring for a few more minutes. Skewer holes into sticky date puds and pour the sauce over. Enjoy with cream or ice cream.

## Chicken Fettuccine

(by Kaylene Higgs)

**Ingredients:** Meat off a roasted chicken, 1 punnet strawberries, 1 small onion (chopped), thickened cream, oregano, fettuccine.



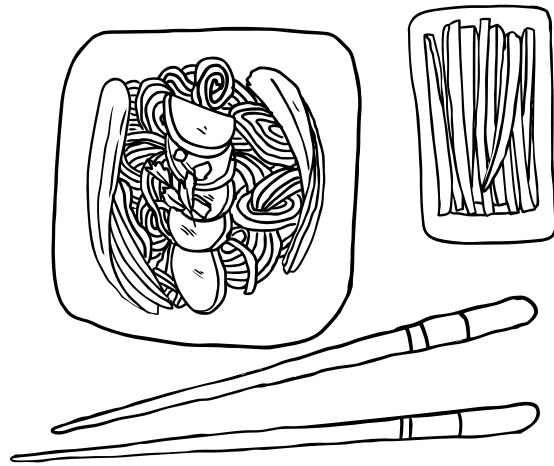
**Method:** This is great for Monday night dinner, using the leftovers of a Sunday roast chook. No-one has time to measure out ingredients when they are enjoying the Whitsundays! Add meat off chicken, strawberries (cut into halves or quarters), a small onion, thickened cream, some oregano – all in one pan. Heat through (you can thicken the sauce with cornflour if you don't like it runny). If you like cooking with wine you can add a splash of white (I prefer to drink mine). Cook up some fettuccine. I like spinach or tri-colour but whatever floats your boat! Top your fettuccine with the chicken and strawberry cream sauce and enjoy with some crusty bread on deck watching yet another amazing Whitsundays sunset.

# Sesame and Honey Crispy Chicken on Asian Noodle Salad

(by Lizzie Hook)

**Ingredients:** 3 tbsp sweet chilli sauce, 2 tbsp soy sauce, 1 tsp fish sauce, 5 tbsp lime juice, drizzle of sesame oil, 1/4 cup sesame seeds, 2 tbsp honey, 1 red onion, 1 capsicum (red or yellow), 1 large carrot, 2 large or 2 small zucchini, 5-6 chicken thighs, bean thread noodles.

**Method:** Soak noodles in cold water for 15 minutes, leave to one side. Grate carrots and zucchini, place in bowl. Finely slice onion and capsicum, add to grated vegetables. Heat barbecue. Remove any fat from chicken thighs and bash with rolling pin until flattened. When noodles are ready, drain and add to vegies. Mix sweet chilli, soy, fish sauce, sesame oil and lime juice together until blended. Pour over noodle and vegie mix. Toss until coated. Pour small amount of sesame oil on barbecue, char-grill chicken both sides until cooked through. Drizzle honey over 1 side of chicken and sprinkle sesame seeds on top. Turn and cook for 1 minute, repeat on other side. Remove chicken and finely slice, then lay on top of noodles. Serve with a glass of chilled sauvignon blanc.

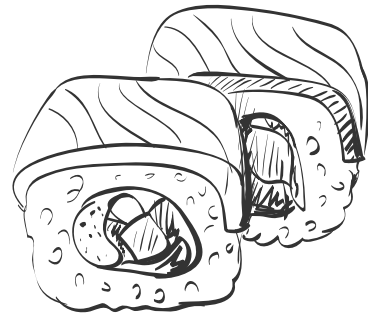


# Sensational Sushi

(by Michael Newcombe)

**Ingredients:** Rice, sushi seasoning, tuna, salmon, prawns, soy sauce, wasabi, chicken fillets, seaweed, sweet chilli sauce.

**Method:** Cook rice and let it cool. Put on sushi seasoning. Slice chicken into strips and cook in soy sauce and sweet chilli sauce. Let chicken cool. Peel prawns. Slice tuna and salmon. Roll rice into logs the size of tuna and salmon. Put a little wasabi on rice and place fish on top. Lay rice on seaweed and put chicken and sauce on and then roll. Design your plate and enjoy!

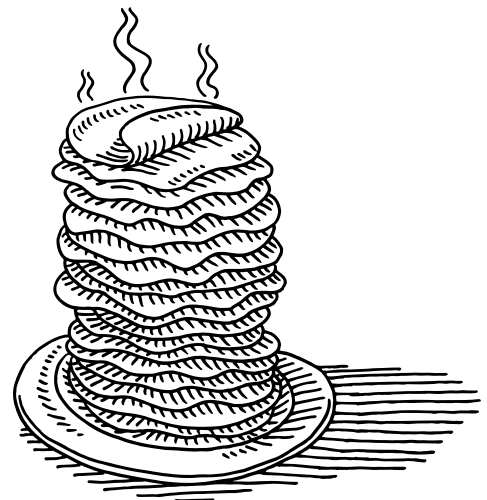


# Pancake Cake

(by Rebecca Reuben)

**Ingredients:** Pancake Shaker Mix.

**Method:** The easiest dessert ever. Prepare as per usual with the Pancake Shaker Mix, grease the cake tin and bake until firm. Both kiddies and adults will enjoy!

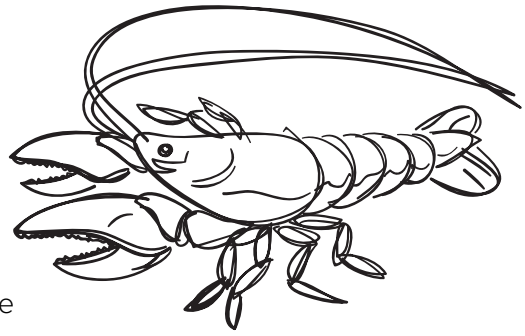


## Classic Lobster Roll

(by Robert Pepper)

**Ingredients:** Butter, fresh garlic, seasoning to taste, lobsters (halved), whole egg mayonnaise, fresh limes, lemongrass (finely chopped), garlic chives (finely chopped), hot dog rolls, mint leaves.

**Method:** This is a quick, easy seafood recipe. Make a garlic butter sauce (fresh garlic seared in quality butter with a pinch of seasoning). Halve your lobsters and brush them with some of your garlic butter. Oil your barbecue also with the garlic butter. Place lobsters flesh side-down and pour any butter left over the top. Close lid and cook on a moderate heat for 10 minutes. Make a dressing using whole egg mayonnaise, fresh lime juice, lemongrass and garlic chives, and a pinch of seasoning. Make dressing to taste – measurements aren't critical. Cut some fresh hot dogs rolls. Remove meat from shell, place in rolls, dress with a generous amount of your dressing. Garnish with a mint leaf for aroma and voila! Also works great with crabs or bugs.

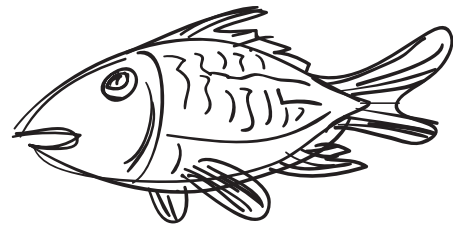


## Seafood Basket

(by Veronica Dench)

**Ingredients:** Fish, prawns, potatoes, beer, lemon, tartare sauce.

**Method:** Being from the bush, I love the opportunity to have fresh seafood. Serve fish cooked in a lovely beer batter and chips twice cooked, with some fresh prawns on the side and various sauces including tartare and homemade seafood sauce with wedges of lemons.

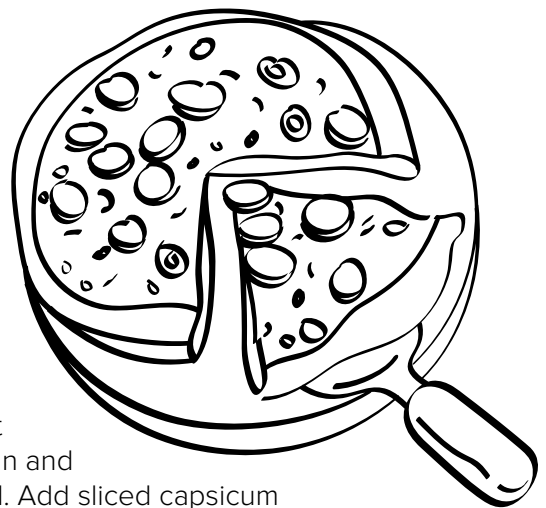


## Fuss Free Frittata

(by Sue Comley)

**Ingredients:** Meat of choice (optional), 350g potato (sweet or regular), 1 large onion (cooked or raw), 1 large capsicum, 7-8 free range eggs, 1/2 pack feta cheese, 1/2 punnet cherry tomatoes, grated cheese, 100g ham (chopped), tin tuna, salmon (or cooked chicken if preferred).

**Method:** This can be vegetarian or you can add meat of your choice. Serves 4. Heat some oil in a frying pan and add chopped potato and onion, stirring until softened. Add sliced capsicum and cook for 5 minutes, stirring occasionally. Add chosen meat here if desired. Beat eggs, season with salt and pepper and pour over vegetables, turning heat to low. Chop feta and sprinkle over, cut tomatoes in half and place on top. Cook until it bubbles a bit around the edges, then either sprinkle cheddar over and place under a grill to brown for 5-10 minutes or if there isn't a grill, slide the frittata onto a plate and flip the other side into the pan to cook. Sprinkle the cheddar over to melt and serve with bread. French sticks or rolls are very convenient onboard!



## Breakfast Wraps

(by Sue Comley)

**Ingredients:** 3-4 rashers of rindless middle bacon, 1/2 punnet of mushrooms, 4 eggs, 4 soft wraps, packet of haloumi.

**Method:** Chop bacon and mushrooms into bite-size pieces, fry until golden. Soft scramble the eggs. Divide it all between the wraps and roll up. Put on a baking tray and heat in the oven while you fry the sliced haloumi. Delicious with your favourite sauce – we like HP!



## Mexican Meatballs

(by Vanessa Irvine)

**Ingredients (meatballs):** 500g mix of beef and pork mince, 2 eggs, 1/4 cup breadcrumbs, 2 chicken stock cubes, salt and pepper.

**Ingredients (sauce):** Oil, 1/2 white onion, 1 garlic clove, 500ml tomato purée, 1/2 cup chicken stock, 1/2 cup jalapeno sauce.

**Method:** By far the easiest, tastiest, holiday fodder! Mix together - that's your meatballs! Cook till brown, remove and set aside. Cook sauce, add over meatballs.



## Stove Top Pizza

(by Bronwyn Looby)

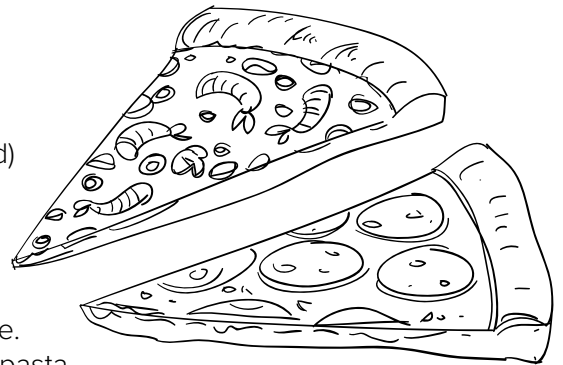
**Ingredients:** 1 cup SR flour, 1 cup plain flour, pinch salt, 1 tsp dried yeast, 1 tsp honey, 1 cup water, pasta sauce, toppings of choice.

**Method:** I go for the KISS method (keep it simple stupid) because I am no chef and don't particularly enjoy cooking, especially when on holidays! Combine SR flour, plain flour, salt, dried yeast, honey and water. Spread the dough over the base of the pan.

You can use your fingertips and press dough into shape.

I split the dough to make two thin base pizzas. Spread pasta sauce onto the dough and add other toppings of your choice.

(I use precooked chicken to keep it simple.) Place pan over medium heat and cover, making sure the lid is sealed for about 10-15 minutes. Open vents or tilt the lid a little and turn to low heat for another 5 minutes. You can use an egg flip to lift it from the pan and onto a board to serve.



# Lamb Roast

(by Carmen Walker)

**Ingredients:** 1-2kg lamb leg, oil, parsley flakes, herbs, spices, seasoning, garlic to taste, potatoes, pumpkin, green beans or corn, cornflour.

**Method:** You can't go past a good old-fashioned roast while cruising. It is sure to impress your guests. It's simple to make and cooked all in one large oven pan. Take a 1-2 kg lamb leg, coat with oil, sprinkle with parsley flakes, herbs and spices, salt and pepper, and cut and stuff a few cloves of garlic inside the meat as well. Cook in moderate oven 160-170 degrees Celsius for 2 1/2-3 hours, basting every 30 minutes. Meanwhile, peel and slice potatoes into large chunks, boil for 2 minutes. Take off heat and add to roast about 1 1/2 hours before meat is cooked. Don't forget to add some pumpkin as well. Rest the meat in alfoil for about 15 minutes while you make a gravy with the juices from the meat, adding a little cornflour to thicken. Serve with cooked green beans or corn.

