



Captain Dick Hansen's compact galley produced this feast aboard the 33-foot Endeavor sailboat he piloted. There's steamed lobster with honey-mustard sauce, roast chicken, a brown rice dish called risi bial, shrimp cocktail (behind the chicken, in photo), along with broccoli and fresh fruit.

By Larry Jones
special writer

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You have to understand that my idea of boating is putting \$7 worth of gas in my 15-foot runabout, picking up a six-pack of light beer and heading for the nearest boat launch with boat in tow and two fishing rods.

So, needless to say, I was quite excited when offered the opportunity to go sailing with Captain Dick Hansen on a 33-foot Endeavor sailboat compliments of the folks from Barr Charters in Mt. Clemens.

That's right, a 33 footer. It's longer than my house. The galley (kitchen) with the accompanying dinette is bigger than my entire kitchen.

I hate these rough assignments but someone has to do it. And if the adventure of sailing alone wasn't worth it, Captain Dick brought along a well-stocked galley complete with champagne, lobster with a honey-mustard sauce, shrimp cocktail, gazpacho, roast chicken, risi bial and fresh fruit.

NOT ONLY WAS I awed by the size of the ship, I was surprised as to how today's sailors stock their refrigerators. We sat sail on one of those scorching 100-degree-plus days that had the sweat dripping from my bald pate just from loading everything on board. Ah, but once the sails were unfurled and I could feel the breeze whispering over my earlobes, I was hooked.

The starling playboy was resurrected from the basement and I began saving my pennies, hoping someday to afford a summer on the lake.

The Endeavor 33 reads for about \$1,950 per week, sans crew. Most sailing and boating people, including Captain Dick, would probably agree that good food is of prime importance, both for pleasure aboard and when the going gets rough for morale.

That's why Captain Dick stresses the importance of selecting the right food and the right equipment for the sail. One of the few drawbacks I could not easily see on the boat was the lack of cabinet space. That's why our captain chose food that could be easily stored in the small fridge and, even more important, serve double duty.

We opened champagne from plastic cups and started chowing down on the gazpacho. Good gazpacho is really

GALLEY GOURMETS

Small space, big flavor

Captain goes for gazpacho

Try these great recipes, compliments of Captain Dick Hansen on your next pleasure boat outing:

GAZPACHO

1 32-ounce can V-8 juice
2 beef bouillon cubes, crushed
1 green pepper - chopped
1 bunch green onions - chopped
2 stalks celery - chopped
1 large tomato - chopped
1/4 cup parsley - chopped
1 clove garlic - smashed
dash tabasco

1/2 teaspoon onion powder

Combine all ingredients and mix well. Chill before serving or simmer and serve warm.

SHRIMP COCKTAILS

24 large shrimp, pre-cooked
1/4 cup ketchup
1/4 cup chili sauce
1 1/2 teaspoon horseradish

Shell the shrimp and chill. Combine remaining ingredients and mix well. Serve as a dip for the shrimp.

STEAMED LOBSTER

WITH HONEY-MUSTARD SAUCE

2 large lobsters
large pot boiling, salted water
1/2 cup mayonnaise or salad dressing
1 tablespoon dijon-style mustard
1 tablespoon honey

Throw lobsters in the large pot of boiling water. Boil for 7-8 minutes, remove, drain. Meanwhile, combine mayo, mustard and honey and mix well. Serve as a sauce with the lobster.

This sauce is also great with chicken.

RISI BIAL

1 cup raw rice (white or brown)
2 1/2 cup chicken broth
1 cup peas
1 bunch green onions, chopped
salt and pepper to taste

Place rice in a saucepan and cover with chicken broth. Bring to a boil, cover and reduce heat to a simmer. Cook, simmering for 40 minutes or until rice is cooked and fluffy. Add green onions, peas, and salt and pepper to taste. Can be eaten hot or chilled.

served chilled but Captain Dick responded that should the weather turn bad or, god forbid, cold, the soup could do double duty by being easily heated, offering cold, wet bodies a warm and hearty supplement to the weather.

THE SHRIMP cocktails, if not eaten chilled with the appropriate horseradish-based sauce, could be chopped and mixed with fruit, vegetables and a splash of mayo, making a great stuffed pita sandwich that would put a smile on any landlubber's face.

Even the roast chicken was ready to serve double duty, with the parts easily being held by the captain while steering, or sliced with alternating slices of cheese.

The perfect finger food!

Should we have been lucky enough to spend the night, any leftover risi-bial (a brown rice dish with peas and seasoned with chicken soup base) could be reheated in the morning with a few scrambled eggs for a noteworthy egg too young loaded with good carbohydrates and flavor.

Rich desserts couldn't be seen on this cruise, mainly because the crew and female guests were all on board with midlife exposed. Beer-bellies bulging on 15 footers, but when laying on deck soaking up the sun and the surf, hard bellies were the norm.

In all honesty though, I couldn't complain about the great flavors being offered from a galley loaded with ripe pineapple, sweet cherries, grapes and plums.

Even on a 33 footer, a compact galley is a necessity, not just because of limited space but also for efficiency and safety. The working surfaces are stainless steel. Wood veneer, for instance, can't be used because it's a rolling target for food and seafood fresh slicing when taking (turning).

THE CUPBOARD drawers and few cupboards all have positive latches to keep them securely fastened in any kind of weather. With the suspension of a few pieces of cutlery and the cutlery, plastic and stainless steel are the norm.

Because all boats are cramped, you never know how and when they will move, so the interesting looking stove is decorated with plastic every time to keep the burners level and pot clips that securely attach the pots or other cookware to the burner top to keep it from being blown out of boiling water from reaching bare legs and other.

Photo by Dan Dean

Photo by Dan Dean

Momma turned leftovers into 'pasta salad'

I can remember when Momma used to take all the leftover spaghetti noodles, rinse and drain them well, then toss them into a big bowl with some green pepper and onion and pour in a bottle of Wish-Bone Italian salad dressing.

The quasi-Italian concoction would end up in cottage cheese containers, crammed into our lunchboxes. Then, we'd eat it again at dinner, instead of potatoes, with some meatloaf.

Ab, those were the days.

Having just opened my first box of "pasta salad" and thrown the pouch of multi-colored noodles into boiling water for six minutes, I proceeded to add the "secret spice blend."

Following package directions precisely, what now fills up a soup bowl and is supposed to serve four-six must have come from a kitchen employed by elves who could find satisfaction in a half-cup serving.

Initial taste tests by the Jones gang seem to indicate that the serving would even be disdainful by elves.

Of course, in all honesty, these are the same folks who were raised on real spaghetti tossed with real peppers and onions and covered with real Wish-Bone dressing. Hardly a compromise.

taste buds

chef Larry
Jones



WHAT'S THIS I hear from the ranks of the baby boomers? Can someone actually make a homemade pasta salad better than Betty Crocker?

Contrary to popular belief, you don't need a pasta machine and a last name like DeLeco to make a good pasta salad.

Any good cook will tell you that the secret is in the pasta itself. Boiled, enriched store-bought brands of macaroni and other noodles should be cooked to perfection.

MANY OF us have heard the term "al dente" when referring to cooked pasta. That is, when bitten, the pasta should not "mush" but

should tear between the teeth. (That's kind of hard for Grandpa Jones, especially when he forgets to put his teeth in.)

You need a large pot of rapidly boiling water to begin. The bigger the pot, the better the pasta.

Most cookbooks suggest that for every pound of pasta, you use one gallon of water. They even go so far as to say that one tablespoon of salt be added to each gallon of water, but yours truly decreases that amount by half.

When the pasta is added to the water it will stop boiling, but a few rapid swishes with the slotted spoon should have the water boiling again within two minutes.

Depending on what you consider "al dente," regular pasta should cook for no more than six-seven minutes. Drain immediately in a colander, and to stop the cooking process and to avoid a sticky, pasty mess, rinse immediately in cool water. Drain well. Now, the only thing that will separate you from the rest will be your taste buds.

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