

Big flavor from small space

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Our boat is equipped with a propane stove with two burners. Larger boats can come complete with up to four burners, available with either propane or electrical burners.

One item I found very interesting was that our boat is equipped with one sink with two drains. The drains are kitty-corner each other so that when the boat was tacking (leaning while under sail) water could drain from either side. (Pretty ingenious, eh?)

A cutting board that serves dual purposes is well laminated and oiled weekly to prevent warping. It covers the stove when not in use and clips onto the small, side counter when needed. Additional equipment is scarce.

No Cuisinart, no microwave (although some boats have them built in) and, again, remembering that everything should serve a dual purpose, I learned that a tall-sided plastic bowl works great as an ice bucket, with large plastic mugs doubling as both drinking vessels and soup/stew bowls.

THE ON-BOARD refrigerator is

Leftovers turned into salad

Continued from Page 1

DURING the winter months, it was not unheard of to pay upward of some \$3 per pound for red peppers. Now that summertime is here, red and green peppers not grown in the garden or bought at roadside stands can be had at the produce store for less than \$1 per pound.

I will suggest you use one of each for each pound of pasta you cook up. When it comes to adding onions, nothing right now can compare with the sweetness of a Vidalia onion from Georgia.

Since they're almost gone from the shelves, try using a bunch of mild green onions or, if desired, one small red onion, diced fine. Stay away from the larger, stronger, green onions or onions that make you cry just by peeling the skins. They will overpower the dish.

FROM HERE on in, you can either hire a chemist to produce the proper amounts of oil and vinegar with the correct blend of seasonings, or experiment yourself.

I have found that for a fail safe blend of oil and vinegar, you just can't beat the "Good Seasons cruet" available in all grocery stores. The lines are etched into the bottle that will give you precise measurements.

OK, I'll admit, when in a hurry, I have resorted to using the packet of dry seasonings, but you just can't beat a homemade mix of garlic powder, onion powder, basil, oregano and parsley.

Even the addition of fresh garlic, onion and herbs is exemplary, but they have a tendency to become stronger as the mixture marinates. Generally, and as a rule of thumb, start with a two-ounce ratio of oil over vinegar.

From then on, it's toss, cover, let stand a few hours in the fridge and enjoy. Dollar for dollar, the cost differential of a homemade pasta salad over the box version results in a savings of more than 50 percent. But then again, what price is time?

Experiment with these favorite pasta salads from my files. You're sure to find one that could beat the nylon off Betty Crocker. Bon Appetit!

DRY HERB MIX FOR PASTA SALADS

- 1 1/2 teaspoon salt
- 1/2 teaspoon dry parsley
- 1/4 teaspoon garlic powder
- 1/4 teaspoon black pepper
- 1/4 teaspoon onion powder
- 1/4 teaspoon M.S.G. (optional)

Measure, cover and mix well. Stir into oil and vinegar.

ITALIAN DRESSING

- (Great on any pasta salad mixture)
- 1 1/2 cup oil
- 1/2 cup vinegar
- 1/4 cup fresh grated romano or parmesan cheese
- 2 teaspoons salt (optional)
- 1 teaspoon onion or celery salt
- 1/2 teaspoon pepper
- 1/4 teaspoon dry mustard
- 1/4 teaspoon paprika
- 1 clove garlic, minced fine

Combine all ingredients and mix well.

LOW-SODIUM ITALIAN DRESSING

- 1/4 cup vinegar or lemon juice
- 1/4 teaspoon dry mustard
- 1/4 teaspoon garlic powder
- 1/4 teaspoon black pepper
- 1/4 teaspoon basil
- 1/4 teaspoon oregano
- 5 tablespoons olive oil

Combine all ingredients and mix well.

loaded with small plastic bowls with light-fitting lids, filled to the brim with condiments. Spices are also kept in these containers, both to ensure freshness and to keep from getting water-logged.

Probably what impressed me most, however, is the swinging barbecue grill that attaches over the side of the boat and remains level no matter how much food is cooked on it.

So where does today's sailor get these nifty pieces of equipment? Captain Dick pointed out that gourmet shops couldn't begin to stock all the culinary needs of a sailor, so upon docking, he escorted me to Tom's Marine Hardware in Mt. Clemens where I couldn't believe my kitchen-glazed eyes.

In addition to a complete range of nautical Melamine, I was enthralled with the availability of for-purchase swinging stoves and barbecues, heavy-gauged cookware and Swiss-Army-type gadgets that are multifunctional. I thought I had died and gone to nautical culinary heaven.

If you're into boating, whether it be powered or sailing, Captain Dick offers these tips for well-fed boaters:

1) Plan on bringing foods that can serve a dual purpose. Soup that's good chilled or served hot, edibles that can be used in salads or sandwiches, in addition to finger foods, are de rigueur.

2) Use collapsible containers whenever possible. The Popell variety that can collapse or expand by the flick of a wrist are a boon for storage, and most good models can be placed in a freezer.

3) As always, keep cold foods cold and hot foods hot. Preheated pizza stones and bricks wrapped in foil with food placed on top, then double wrapped in towels, will keep foods hot, but even more important is

keeping the cold foods cold. If refrigeration is not available on your boat, make sure your cooler is large enough, and use plenty of ice or dry ice for extended cooling needs.

4) Never set up a portable barbecue on board. Use or rent portable swinging grills that hang over the water and off the side. Hot coals, flare-ups and a fire could prove disastrous on board.

5) Large plastic food bags with thumb-seal tops are recommended over twist-tie bags because they seal out moisture better.

6) Keep refreshments in separate coolers. Continual opening of coolers and refrigerators make foods and ice warm and melt quickly.

7) If cooking on board, make sure there is always some form of fire prevention at arm's reach. An extinguisher 15 feet away will be useless in an emergency. Captain Dick recommends a large piece of heavy fiberglass cloth, baking soda or a large jar of oil.

Remember that your prime reason is to enjoy the sun and the surf. But a happy ship has a well-fed crew.

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