

Liner Chef Provides Fine Food

By ELLY

The era of leisurely crossing the Atlantic by ship has just about ended. The mighty Queens, Mary and Elizabeth, and the Empresses out of Montreal sail no more. And with their passing, goes a gracious mode of travel, shipboard camaraderie and dining, that the jetliner cannot replace.

Ever wonder what became of the chefs and cooks who planned and prepared those wonderful meals on the great ocean liners?

We discovered one of them this summer. His name is Hugh Dawes, formerly of the Empress of Britain, now chef on the MV St. Ninian.

The St. Ninian once plied the waters north of Scotland, visiting the Hebrides and the Orkney Islands. Now she sails out of North Sydney, Nova Scotia, under the Scottish flag. She's registered in Aberdeen.

She carries 160 passengers on three and four-day cruises from North Sydney, down through the beautiful Bras D'or Lakes of Cape Breton Island then east to the French islands of Miquelon and St. Pierre. The four-day cruise includes a stop at Port Aux Basques, Newfoundland.

EVEN WHILE in port, the ship is the passengers' floating hotel. Although the French restaurants are interesting in St. Pierre, no one wants to miss one of Mr. Dawes' meals aboard the St. Ninian.

Breakfasts include fresh fruits, juices, bacon, eggs, ham, sausages, stacks of wheat cakes, currant scones and muffins.

The other meals are a blend of Canadian, English and American fare. Curried beef is served with a chutney sauce and rice. There are several varieties of fish, roast beef, chicken, pork chops and lamb chops with mint sauce.

Mr. Dawes complains about the cramped galley facilities aboard the St. Ninian but his efforts inspire a lot of deck or island walking to be ready for the next sitting.

BEUF CURRY

- 1 1/2 lb. boneless beef chuck
- Salt and pepper
- Flour
- 2 T. butter or margarine
- 2 large onions sliced
- 1 c. boiling water
- 2 t. curry powder
- 1/2 c. tomato juice
- Hot cooked rice
- Condiments

Cut meat in one-inch cubes and roll in seasoned flour. Brown on all sides in butter in kettle. Remove meat and cook onions in the drippings remaining in the kettle, until golden. Add meat, water and curry. Bring to boil, cover, and simmer for about two hours, or until meat is tender. Stir in tomato juice. Serve on hot rice. Condiments may include chutney, raisins, coconut, and peanuts.

MANGO CHUTNEY

- 2 c. cider vinegar
 - 2 1/2 c. sugar
 - 2 large, firm, mangoes
 - 3/4 c. preserved ginger root
 - 2 garlic cloves
 - 1 t. mustard seeds
 - 1/2 t. salt
 - 1/2 c. white raisins
 - 1/2 c. seedless raisins
- Combine vinegar and sugar in heavy saucepan, bring to boil. Peel and slice mangoes and add with remaining ingredients to syrup. Cook until mango slices are almost tender, eight to 10 minutes. Strain and reserve fruit. Bring syrup to boil and cook until reduced to half the original volume and quite thick. Return fruit to syrup and bring to boil. Pour into hot, sterilized jars and seal. Makes about six cups.

TOMATO CHUTNEY

- 2 lb. ripe tomatoes
 - 1 1/2 c. sugar
 - 1 c. cider vinegar
 - 1 t. instant minced garlic
 - 1 t. salt
 - 1/4 t. crushed red pepper
 - 1 t. ground ginger
- Wash and peel tomatoes and cut into eighths. Combine with remaining ingredients except the ginger. Cook uncovered until syrup thickens and tomatoes are soft, about 45 minutes. Add ginger and cook for five minutes. Makes about one pint.

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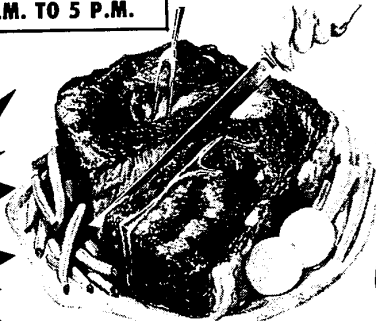


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