



T H E G A L L E Y
COOKBOOK



*Hearty Classics for
Feeding a Multi-National Crew at Sea*

40

T R I E D & T R U E R E C I P E S
From Sourdough to Salmon, Borscht to Biryani



T E S T E D , T R U S T E D , A N D
C R E W - A P P R O V E D

Compiled aboard VLGC NILE RIVER, 2026




T A B L E O F
C O N T E N T S

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A NOTE BEFORE YOU BEGIN

This collection is built for the galley cook feeding a multi-national crew across a long rotation — when time is tight, stores are limited, and the dish still has to satisfy everyone at the table. The recipes inside are crew favourites chosen for two reasons: they taste good across cultures, and they are forgiving when conditions get rough. Hearty, dependable, and built to scale up well at the end of a long watch.

Recipes are written at a base yield of four to six servings — easy to scale up for a full crew using the Galley Notes block at the end of each recipe. Ingredients are kept to what a typical ship's stores will carry, with substitution notes for when a key item runs out. Where shortcuts are sensible, we use them. Where tradition matters, we honor it.

FIVE HABITS OF A STEADY GALLEY COOK

1. Read first, cook second.

Read the entire recipe before you start. Surprises are wonderful in life — and inconvenient in cooking.

2. Mise en place.

Measure and prep every ingredient before the heat goes on. Cooking gets easier when chopping is done.

3. Trust your nose, not just the timer.

Ovens lie. Pans run hot. The best signal that something is ready is usually the way it smells, looks, or sounds.

4. Salt as you go.

Season in layers — meat, vegetables, sauce. A dish salted only at the end will never taste as good as one salted along the way.

5. Rest your food.

Bread, meat, lasagne, stew — they all need a few minutes to settle. Cutting too early loses juice and ruins texture.

HOW TO READ THIS BOOK

★ Pro Tip · ⚠ Heads Up · ⚙ Setup

⚓

QUICK REFERENCE BY TIME AVAILABLE

QUICK

Under 30 minutes

- | | |
|---|--|
| <p>04 Chapatis</p> <p>05 Tortilla Wraps</p> <p>06 Yorkshire Pudding</p> <p>08 Shepherd's Pie</p> <p>09 Chicken Pie</p> <p>12 Pan-Fried Meat & Potatoes</p> <p>16 Pizza</p> <p>17 Chicken Shawarma Wrap</p> <p>18 Chilli Con Carne</p> <p>19 Chicken Fajitas</p> | <p>21 Lentil Dahl</p> <p>22 Chana Masala</p> <p>25 Borscht</p> <p>32 Chicken Vermicelli Soup</p> <p>33 Tomato & White Fish Soup</p> <p>34 Cream Soup with Mushrooms</p> <p>37 Boiled & Fried Shrimp</p> <p>38 Steamed Salmon</p> <p>39 Beef Ramen with Eggs</p> <p>40 Chinese Glass Noodle Salad</p> |
|---|--|

STANDARD

30 minutes to 1 hour

- | | |
|---|---|
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|---|---|

ALL-DAY

Long simmer, overnight chill, or fermentation

- | | |
|---|--|
| <p>01 Sourdough Bread</p> <p>03 Cozonac</p> <p>26 Holubtsi</p> | <p>27 Mici</p> <p>29 Pljeskavica</p> <p>31 Irish Stew</p> |
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SECTION ONE

BREADS & FOUNDATIONS

Loaves, flatbreads, and the building blocks of every meal.



RECIPE NO. 01

Sourdough Bread



YIELDS
1 loaf

ACTIVE TIME
30 min

TOTAL
**5 days +
bake**

LEVEL
All-Day

The easiest way to make sourdough is the no-knead method, which lets time do the hard work of developing gluten for you. You simply mix the ingredients, let them sit overnight, and bake the next morning in a covered heavy pot — any tightly-sealing oven-safe pot will do. Before you can bake, however, you need a starter — and the shortcut below gets you there in five days, not five weeks.

PART ONE — THE SOURDOUGH STARTER

If you want a faster, simpler starter than the traditional multi-week methods, use this small-batch shortcut. It reduces waste and speeds up fermentation by using a smaller volume.



✂ *The "Mini" Setup*

- **Jar:** A small glass jar (jelly or pint size).
- **Flour:** Use **rye or whole wheat** for the first two days — it has more wild yeast and acts as a booster.
- **Water:** Filtered or dechlorinated (tap water can kill the yeast).

The 5-Day Fast Track

- **Day 1:** Mix **30g flour** and **30g water**. Let sit for 24 hours.
- **Day 2:** Don't throw anything away. Add **30g flour** and **30g water** to the jar. Stir well.
- **Day 3:** Discard half. Add **30g flour** and **30g water**.
- **Day 4:** Repeat Day 3. You should see tiny bubbles.
- **Day 5:** If it doubles in height within 6 hours of feeding, it's ready. If not, keep repeating Day 3 until it does.

★ **Pro Tips**

- **Less waste** — you aren't throwing away 100g of flour every day.
- **Less mess** — a small jar is easier to stir and clean.
- **Warmth is key** — keep it on top of the fridge or near a toaster to shave days off the process.

⚠ Heads Up

- **The "false rise":** On Day 2 it might look like it's exploding with bubbles. This is usually "bad" bacteria fighting the yeast. Keep feeding — it will go quiet on Day 3 before the good yeast takes over.
- **Smell:** It will smell like gym socks or vinegar at first. This is normal. It will eventually smell like fruity yeast or sourdough bread.

PART TWO — THE BREAD

Ingredients

- **500g** bread flour (or all-purpose)
- **340g** warm water
- **60g** active, bubbly sourdough starter
- **10g** salt

Instructions

- 1. Mix & rest:** Stir the starter and water together until milky, then add flour and salt. Mix into a shaggy dough and let it rest for 30-60 minutes (this is called the "autolyse").
- 2. Bulk ferment:** Cover the bowl with a damp towel and let it sit at room temperature for 8-12 hours (ideally overnight) until it doubles in size and looks puffy.
- 3. Shape & proof:** Gently fold the dough into a ball. Place it in a floured bowl or basket and let it rest for another 1-2 hours. For a better crust, chill it in the fridge during this time.
- 4. Score & bake:** Preheat the oven to 450°F (232°C) with a heavy stainless stockpot and tight-fitting lid inside (a Dutch oven works if you have one). Slash the top of the dough, transfer it carefully into the hot pot, and replace the lid. Bake covered for 30 minutes, then remove the lid and bake another 10-15 minutes until golden brown. The trapped steam in the first half is what gives sourdough its crackling crust — any tightly-sealed pot does the job.

★ Pro Tips

- **Use a scale** — measuring by weight in grams is far more accurate than using cups.
- **Check your starter** — it must be active (fed 4-12 hours prior and bubbly) to make the bread rise.
- **Don't rush the cool down** — wait at least 1 hour before slicing. Cutting hot bread makes the inside gummy.

⚓ GALLEY NOTES

- SCALE** One loaf per recipe; bake **4-5 loaves** for a crew of 24. The starter scales itself once active.
- STORE** Wrapped at room temperature **2-3 days**; slices freeze beautifully for up to **2 months** — toast straight from frozen.
- SUBS** All-purpose flour works in place of bread flour (slightly less rise); warm milk for half the water gives a softer crust.
-

RECIPE NO. 02

Lángos



Hungarian Fried Bread



YIELDS
4-6 pieces

ACTIVE TIME
20 min

TOTAL
1 hr 30 min

LEVEL
Standard

A classic Hungarian street food — fluffy, deep-fried dough traditionally rubbed with garlic and topped with sour cream and cheese. Fast to mix, quick to fry, and satisfying out of all proportion to the effort involved.

INGREDIENTS

- **2 cups** all-purpose flour
- **1¼ tsp** instant dry yeast
- **1 cup** lukewarm milk (or water)
- **½ tsp** sugar and **½ tsp** salt
- Vegetable or sunflower oil for frying

Toppings

- Sour cream
- Grated cheese (Gouda or cheddar)
- Fresh garlic

INSTRUCTIONS

- 1. Mix the dough:** Whisk together the flour, salt, sugar, and instant yeast. Pour in the lukewarm milk and stir until a sticky dough forms.
- 2. Knead:** Knead by hand or mixer for about 5 minutes until smooth and elastic. If too sticky, add a little more flour — keep it soft.
- 3. Proof:** Lightly oil the bowl, place the dough inside, and cover with a towel. Rise in a warm spot for 45–60 minutes until doubled in size.
- 4. Shape:** Divide into 4–6 equal balls. With oiled hands, stretch each into a flat disc about 7 inches wide — thinner centers, slightly thicker edges.
- 5. Fry:** Heat about 2 inches of oil in a heavy skillet to roughly 350°F (175°C). Fry each disc for 1–2 minutes per side until golden brown and crispy.
- 6. Drain:** Place the fried bread on paper towels to remove excess oil.

★ Pro Tips

- **Garlic rub** — while still hot, rub a raw clove of garlic directly onto the surface for an authentic punch of flavor.
- **Garlic water** — alternatively, mix minced garlic with a splash of warm water and salt, then brush onto the fried dough.
- **Crispy texture** — adding a small mashed potato to the dough is a traditional trick for extra crispness.

⚓ GALLEY NOTES

- SCALE** Multiply by **4** for a crew of 24 — fry in batches; the dough scales up cleanly.
- STORE** Best eaten fresh; will go soft within hours. Reheat leftovers in a hot dry pan, **never the microwave**.
- SUBS** Water works in place of milk; bread flour gives a slightly chewier result; for a sweet variation, dust with sugar instead of garlic.

RECIPE NO. 03

Cozonac

*Romanian Sweet Bread***YIELDS**
2 loaves**ACTIVE TIME**
45 min**TOTAL**
4-5 hr**LEVEL**
All-Day

A traditional Romanian sweet bread, similar to brioche or panettone, filled with a rich cocoa-walnut paste. The slow rise pays off with a soft, fragrant crumb — a worthwhile project on a quiet day at sea, and a real morale lift when the smell hits the mess.

INGREDIENTS

For the Dough

- **4 cups** all-purpose or bread flour
- **1 cup** warm whole milk
- **1 tbsp** active dry yeast

- **½ cup** granulated sugar
- **½ cup** unsalted butter, melted
- **3 large** eggs (room temperature)
- **1 tsp** vanilla extract and 1 tsp rum essence
- **½ tsp** salt

For the Filling

- **1 cup** walnuts, finely ground
- **½ cup** granulated sugar
- **¼ cup** unsweetened cocoa powder
- **1** egg white, lightly beaten

INSTRUCTIONS

- 1. Activate the yeast:** Mix the warm milk, 1 tsp of sugar, and yeast in a small bowl. Let it sit for 5-10 minutes until frothy.
- 2. Mix the dough:** In a large bowl, combine the flour, remaining sugar, melted butter, eggs, vanilla, rum essence, and salt. Pour in the yeast mixture.
- 3. Knead:** Knead for about 10 minutes until the dough is smooth and elastic. A mixer with a dough hook on medium-low works well.
- 4. First rise:** Place the dough in a greased bowl, cover, and let rise in a warm spot until doubled — about 1.5-2 hours.
- 5. Make the filling:** Stir together the ground walnuts, sugar, cocoa powder, and egg white until it forms a thick paste.
- 6. Shape:** Punch down the dough and divide it into two equal parts. Roll each into a rectangle, spread filling over each (leaving a small border), then roll up into tight cylinders.
- 7. Braid:** Twist the two cylinders together like a rope. Place in a greased loaf pan.
- 8. Final rise:** Let the braided dough rise in the pan for 30-45 minutes.
- 9. Bake:** Brush with an egg wash (1 egg beaten with a splash of milk). Bake at 350°F (180°C) for 35-45 minutes until golden brown.

★ Pro Tips

- **Room temperature matters** — eggs and butter at room temp help the dough rise properly.
- **Filling variations** — Turkish delight or raisins are traditional add-ins; poppy seed paste is another classic option.
- **No-knead version** — the dough can be mixed and left overnight in the fridge for a slower, deeper-flavored rise.

⚓ GALLEY NOTES

- SCALE** Multiply by **4-6** for a crew of 24 — bakes in standard loaf pans, four to a rack.
- STORE** Keeps **4 days** wrapped at room temperature; slices freeze well for **2 months**. Toasted with butter is excellent.
- SUBS** Pecans or hazelnuts in place of walnuts; skim milk works in place of whole if needed; rum essence can be omitted (vanilla alone is fine).
-

RECIPE NO. 04

Chapatis

*Indian Flatbread***YIELDS**
8-10 pieces**ACTIVE TIME**
20 min**TOTAL**
1 hr**LEVEL**
Quick

Chapatis (also known as roti) need only a few pantry staples and pair with almost any saucy dish in the spiced section. The secret to a soft, pliable result lies in using warm water and giving the dough time to rest before rolling. Best served alongside the Lentil Dahl, Chana Masala, or Chicken Biryani.

INGREDIENTS

- **2 cups** whole wheat flour (atta)
- **¾ to 1 cup** warm water (adjust as needed)
- **1 tsp** salt (optional)
- **1 tsp** oil or ghee (plus extra for cooking)

INSTRUCTIONS

- 1. Mix dry ingredients:** Whisk the flour and salt together in a large bowl.
- 2. Form the dough:** Gradually add warm water while stirring with your hand or a spoon until a shaggy ball forms.
- 3. Knead:** Knead on a lightly floured surface for 5–8 minutes until smooth, elastic, and springy when poked.
- 4. Rest:** Cover with a damp cloth and let the dough rest for at least 30 minutes to relax the gluten.
- 5. Roll:** Divide into golf-ball-sized portions. Roll each into a thin, even circle about 6–8 inches wide on a floured surface.
- 6. Cook:** Heat a heavy pan or tawa over medium-high heat. Place a chapati on the dry pan and cook for 20–30 seconds until small bubbles appear.
- 7. Flip and puff:** Flip and cook for another 30 seconds. Press the edges gently with a clean towel or spatula to encourage it to puff up.
- 8. Finish:** Brush with ghee or butter and store in an insulated container or wrapped towel to keep soft.

★ Pro Tips

- **Water temperature** — always use warm or hot water (not boiling); cold water gives a tough, hard bread.
- **Don't skip the rest** — the gluten needs time to relax or rolling becomes a fight.
- **Pan must be hot** — make sure it's fully preheated before the first chapati lands, or they dry out instead of puffing.

⚓ GALLEY NOTES

SCALE Multiply by **3** for a crew of 24; cook in batches and stack wrapped in a clean towel to keep them warm and pliable until service.

STORE Best fresh — soften within hours. Cooked chapatis can be frozen with parchment between each, then reheated dry on a hot pan.

SUBS All-purpose flour works (less nutty, slightly puffier); ghee can be replaced by neutral oil; in a pinch, plain flour tortillas are a passable stand-in for service.

RECIPE NO. 05

Tortilla Wraps

*Soft Flour Flatbread***YIELDS**
8 wraps**ACTIVE TIME**
25 min**TOTAL**
50 min**LEVEL**
Quick

Homemade flour tortillas are simple to make from a few pantry staples and produce soft, flexible wraps that hold up far better than the supermarket version. Pair these with the [Chicken Fajitas](#) (page 53) or the [Chicken Shawarma Wraps](#) (page 48) — they make either dish noticeably better.

INGREDIENTS

- **2 cups** all-purpose flour
- **3 tbsp** vegetable or olive oil
- **½ tsp** salt
- **¾ cup** warm water

- **Optional:** ½ tsp baking powder for fluffier, thicker wraps

INSTRUCTIONS

- 1. Mix and knead:** Mix ingredients to form a shaggy dough. Knead on a floured surface for 3-5 minutes until smooth.
- 2. Rest:** Divide into 8 portions, roll into balls, and let them rest covered for 15-30 minutes to relax the gluten.
- 3. Roll and cook:** Roll each ball into a thin 6-8 inch circle. Cook in a dry, medium-high skillet for 30-60 seconds, flip when bubbles form, and cook another 30 seconds.
- 4. Steam:** Keep cooked tortillas stacked under a clean towel to maintain softness.

★ Pro Tips

- **Warm water** — use warm or hot water for pliable, soft tortillas. Cold water makes them stiff.
- **Let them rest** — if the dough shrinks back while rolling, let it rest another 10 minutes; the gluten is too tight.
- **Stretch before service** — wrap them in foil and warm in a low oven just before serving.

⚓ GALLEY NOTES

- SCALE** Multiply by **3** for a crew of 24 — about 24 wraps. Cooked tortillas hold well stacked in foil in a low oven.
- STORE** Keep in an airtight bag or wrapped in foil for up to **5 days**. Reheat dry on a hot pan or briefly in the microwave wrapped in a damp cloth.
- SUBS** Lard or butter in place of oil for a richer wrap; whole wheat flour for half the white flour adds nuttiness.
-

RECIPE NO. 06

Yorkshire Pudding

*Risen Batter Puddings***YIELDS**
12 puddings**ACTIVE TIME**
10 min**TOTAL**
45 min**LEVEL**
Quick

The simplest way to make perfect Yorkshire puddings is the equal-volume method: use the same amount of eggs, flour, and milk by measuring them all in the same cup or glass. Essential alongside a Sunday roast, and the foundation for the Toad in the Hole on page 31.

INGREDIENTS

- **3 large** eggs
- **Plain flour** — roughly 1 cup or 125g
- **Milk** — roughly 1 cup or 200ml (whole or semi-skimmed)
- Pinch of salt

- Vegetable oil or beef dripping for the tin

INSTRUCTIONS

- 1. Prep the tin:** Put 1 teaspoon of oil into each hole of a 12-hole muffin tin.
- 2. Preheat:** Set your oven to 425°F (220°C). Place the tin inside for 10–15 minutes until the oil is smoking hot.
- 3. Make the batter:** Whisk the eggs, flour, milk, and salt in a bowl until smooth and lump-free.
- 4. Rest (optional):** If you have time, let the batter sit for 30 minutes to help them rise higher.
- 5. Pour and bake:** Carefully pull out the hot tin. Quickly pour the batter into the holes until they are about half full.
- 6. The golden rule:** Return to the oven and bake for 20–25 minutes. Do not open the oven door during this time, or they will collapse.

★ Pro Tips

- **Smoking hot oil** — the oil must be sizzling when the batter hits it to get a good rise.
- **Use a jug** — pouring the batter from a jug is much faster and cleaner than using a spoon.
- **Room temp** — for best results, have your eggs and milk at room temperature before mixing.

⚓ GALLEY NOTES

- SCALE** Multiply by **2** for a crew of 24; bake two trays at once on the same rack for even rise.
- STORE** Best straight from the oven — they deflate within minutes. Reheat any leftovers briefly in a hot oven to crisp back up.
- SUBS** Beef dripping for a richer, more traditional flavor; the recipe scales 1:1:1 by volume — eggs to flour to milk — so any cup measure works.
-

RECIPE NO. 07

Lepinja

*Balkan Flatbread***YIELDS**
4-6 pieces**ACTIVE TIME**
20 min**TOTAL**
1 hr 45 min**LEVEL**
Standard

A soft, airy, and pocketed flatbread that is a staple for Ćevapi, sandwiches, and pljeskavica across the Balkans. The diamond-mesh score on top gives it its signature look — and pairs perfectly with the Pljeskavica on page 79.

INGREDIENTS

- **500g (4 cups)** all-purpose or bread flour
- **300ml (1¼ cups)** warm water
- **1 packet (7g)** active dry yeast
- **1 tsp** sugar (to feed the yeast)
- **1 tsp** salt

- **1-2 tbsp** olive or vegetable oil

INSTRUCTIONS

- 1. Activate yeast:** Stir the yeast and sugar into warm water. Let it sit for 5–10 minutes until it becomes frothy.
- 2. Mix and knead:** Combine the flour and salt in a large bowl. Add the yeast mixture and oil. Knead for 8–10 minutes until the dough is smooth and slightly sticky.
- 3. First rise:** Place the dough in an oiled bowl, cover, and let rise in a warm spot for 1 hour or until doubled in size.
- 4. Shape:** Divide the dough into 4–6 equal balls. On a floured surface, flatten each ball into a disc about 6 inches wide. Let them rest on a baking sheet for 15 minutes.
- 5. Score and bake:** Preheat your oven to 480°F (250°C). Use the back of a knife to press a diamond/mesh pattern into the tops. Bake for 8–10 minutes until they puff up and turn golden brown.
- 6. Soft finish:** Immediately after baking, lightly sprinkle or spray the hot bread with water and wrap them in a clean kitchen towel for 10 minutes to soften the crust.

★ Pro Tips

- **High oven temperature** — a screaming-hot oven is what gives lepinja its puff. Don't be tempted to bake cooler.
- **The towel trick** — wrapping in a towel after baking is what creates the soft, pliable texture they're known for.

⚓ GALLEY NOTES

- SCALE** Multiply by **4** for a crew of 24; bake on two trays in rotation if your oven space is tight.
- STORE** Best fresh from the oven; reheat wrapped in foil. Freezes well — slice partway through, freeze, then warm straight from frozen.
- SUBS** Whole milk in place of half the water gives a richer crumb; bread flour produces extra chew.
-



SECTION TWO

HEARTY COMFORT CLASSICS

Plates that warm a tired crew at the end of a long watch.



RECIPE NO. 08

Shepherd's Pie

**SERVES**
4-6**ACTIVE TIME**
15 min**TOTAL**
30 min**LEVEL**
Quick

A galley workhorse that uses frozen vegetables and pre-made mashed potatoes to keep prep tight when service is close. Hearty, fast, and the kind of dish a hungry crew will come back for seconds on.

INGREDIENTS

- **1 lb** ground beef (or lamb for traditional)
- **1 can (10 oz)** beef gravy (or 2 cups prepared gravy)
- **2 cups** frozen mixed peas and carrots
- **24 oz** pre-made refrigerated mashed potatoes (like Bob Evans)
- **½ cup** shredded cheddar cheese (optional)

INSTRUCTIONS

- 1. Brown the meat:** In a large skillet over medium-high heat, cook the beef until browned. Drain the grease.
- 2. Make the filling:** Stir in the gravy and frozen vegetables. Simmer for 5 minutes until the veggies are tender. Pour into an 8×8 baking dish.
- 3. Top and bake:** Spread the mashed potatoes over the top in an even layer. Sprinkle with cheese. Bake at 400°F (200°C) for 15–20 minutes until the edges are bubbly and the top is golden.

★ Pro Tips

- **Worcestershire sauce** — add 1 tablespoon to the meat for a deeper, savory taste.
- **Garlic** — toss in 1 teaspoon of garlic powder or minced garlic while browning the meat.
- **The fork trick** — drag a fork across the top of the potatoes to create ridges; they get extra crispy in the oven.

📝 Note on "Shepherd's" vs "Cottage"

- **Shepherd's pie** is traditionally made with **lamb**.
- **Cottage pie** is traditionally made with **beef**.
- Most people use the terms interchangeably, but beef is usually the easier pantry staple.

⚓ GALLEY NOTES

- SCALE** Multiply by **4** for a crew of 24 — bake in a full hotel pan at the same temperature.
- STORE** Reheats beautifully; **3-4 days** fridge, **2 months** freezer. Cover with foil so the potato top doesn't dry out.
- SUBS** Any ground meat works; canned peas and carrots stand in for frozen; instant mash whisked with milk and butter is a fine pinch-hitter.
-

RECIPE NO. 09

Chicken Pie

**SERVES**
6**ACTIVE TIME**
15 min**TOTAL**
50 min**LEVEL**
Quick

This classic chicken pie uses store-bought shortcuts — rotisserie chicken and pre-made pastry — to save time while still delivering a comforting, home-cooked meal that tastes like Sunday dinner.

INGREDIENTS

- **2 cups** cooked chicken, shredded (rotisserie chicken works best)
- **1 can (10.5 oz)** condensed cream of chicken soup
- **2 cups** frozen mixed vegetables (peas, carrots, corn), thawed
- **½ cup** milk
- **1 box** refrigerated pie crusts (contains 2 crusts)
- **½ tsp** salt and **¼ tsp** black pepper

INSTRUCTIONS

- 1. Prep the oven:** Preheat your oven to 425°F (220°C).
- 2. Make the filling:** In a large bowl, stir together the chicken, soup, vegetables, milk, salt, and pepper until well combined.
- 3. Line the pan:** Unroll one pie crust and press it into a 9-inch pie plate.
- 4. Fill and cover:** Pour the chicken mixture into the crust. Place the second crust on top and pinch the edges together to seal.
- 5. Vent and bake:** Cut 3 or 4 small slits in the top crust to let steam escape. Bake for 30–35 minutes until the crust is golden brown and the filling is bubbling.
- 6. Cool:** Let the pie stand for 5–10 minutes before slicing to allow the sauce to set.

★ Pro Tips

- **Avoid burnt edges** — cover the edges of the crust with aluminum foil during the last 15 minutes of baking if they are browning too quickly.
- **Extra shine** — brush the top crust with a beaten egg (egg wash) before baking for a glossy, professional finish.
- **Pot pie variation** — swap the top pie crust for thawed puff pastry for an extra-flaky finish.

⚓ GALLEY NOTES

- SCALE** Bake **4-6 pies** for a crew of 24, or use one full hotel pan with a sheet of puff pastry as the lid.
- STORE** Best fresh; reheat covered at **325°F** to keep the crust from going soft. Filling alone freezes well — assemble on the day.
- SUBS** Cream of mushroom soup works in place of cream of chicken; leftover roast turkey or pork in place of chicken.
-

RECIPE NO. 10

Meatloaf

**SERVES**
6**ACTIVE TIME**
15 min**TOTAL**
1 hr 15 min**LEVEL**
Standard

For a classic, easy meatloaf that stays moist, this top-rated recipe is a busy-weeknight champion. The trick is in the milk-soaked breadcrumbs and the gentle hand-mixing — overworking the meat is what makes most meatloaves tough.

INGREDIENTS

- **1½ pounds** ground beef (ideally 80/20 or 90/10)
- **1 large** egg
- **1 cup** dried bread crumbs
- **1 cup** milk (adds moisture)
- **1** onion, finely chopped or grated
- Salt and pepper to taste

- **1/3 cup** ketchup
- **2 tbsp** brown sugar
- **2 tbsp** prepared mustard

INSTRUCTIONS

- 1. Prep:** Preheat your oven to 350°F (175°C) and lightly grease a 9×5-inch loaf pan.
- 2. Mix:** In a large bowl, combine the beef, onion, milk, bread crumbs, and egg. Season with salt and pepper. Mix with your hands until just combined — overmixing makes the meatloaf tough.
- 3. Shape:** Press the mixture evenly into your prepared loaf pan.
- 4. Glaze:** In a small bowl, stir the ketchup, brown sugar, and mustard together until smooth. Spread evenly over the top of the meatloaf.
- 5. Bake:** Bake for about 1 hour, or until the internal temperature reaches 160°F (70°C).
- 6. Rest:** Let the meatloaf rest for 10 minutes before slicing. This helps it reabsorb juices so it doesn't fall apart.

★ Pro Tip

- **Grate the onion** — instead of chopping, grate it on a box grater. The juice melts into the meat for extra moisture and flavor without leaving any crunchy pieces.

⚓ GALLEY NOTES

- SCALE** Bake **4 loaves** for a crew of 24, or one large hotel-pan version (add 15 minutes to the bake time).
- STORE** **4 days** fridge; sliced and reheated, makes excellent next-day sandwiches with mustard and pickled onions.
- SUBS** A 50/50 mix of beef and pork adds richness; rolled oats in place of breadcrumbs; barbecue sauce in place of the ketchup glaze.
-

RECIPE NO. 11

Toad in the Hole



Sausages in Yorkshire Pudding Batter



SERVES
4

ACTIVE TIME
15 min

TOTAL
1 hr

LEVEL
Standard

A classic British dish featuring sausages baked into a large, fluffy Yorkshire pudding batter. Traditionally served with onion gravy and mashed potatoes — and built on the same batter as the Yorkshire Pudding on page 20.

INGREDIENTS

- **8** high-quality pork sausages
- **1 cup (125g)** plain flour (all-purpose)
- **1 cup (250ml)** milk (semi-skimmed or full-fat)
- **3-4** eggs, beaten
- **2 tbsp** vegetable or sunflower oil

- Pinch of salt and pepper

INSTRUCTIONS

- 1. Prep the batter:** Whisk the flour and salt with the eggs to a smooth paste. Gradually add the milk and whisk until the consistency of double cream. Let it rest for at least 30 minutes at room temperature for a better rise.
- 2. Brown the sausages:** Preheat your oven to 425°F (220°C). Place the oil and sausages in a metal roasting tin and bake for 10–15 minutes until lightly browned and the oil is screaming hot.
- 3. Combine and bake:** Working quickly, remove the hot tin from the oven. Pour the batter around the sizzling sausages.
- 4. The golden rule:** Return the tin to the oven immediately. Bake for 25–30 minutes until risen and golden. Do not open the oven door for at least the first 25 minutes, or the batter will collapse.

★ Pro Tips

- **Metal is key** — use a metal roasting tin rather than glass; it conducts heat better and ensures a crispy base.
- **High heat** — the oil must be sizzling before the batter goes in; this shocks the batter into rising immediately.
- **Resting time** — resting the batter for a few hours (or overnight in the fridge) makes it extra fluffy.

⚓ GALLEY NOTES

- SCALE** Multiply by **6** for a crew of 24 — bake in two large roasting tins side by side; rotate halfway for even rise.
- STORE** Best straight from the oven. Will deflate within 10 minutes but still tastes good cold the next day with a smear of mustard.
- SUBS** Any high-quality sausage works; beef dripping in place of oil for a richer base; serve with onion gravy and mashed potatoes for the full classic.
-

RECIPE NO. 12

Pan-Fried Meat & Potatoes



Two Skillet Variations



SERVES

4

ACTIVE TIME

10 min

TOTAL

30 min

LEVEL

Quick

A classic one-pan comfort meal in about 30 minutes. Two reliable variations are given below — a steakhouse-style version with steak bites and baby potatoes, and a budget-friendly ground beef hash topped with cheese.

INGREDIENTS

Garlic Butter Steak & Potatoes

- **1 lb** steak (sirloin or flank), cut into 1-inch cubes
- **1 lb** potatoes (Yukon Gold or red), diced into ½-inch cubes

- **3 tbsp** butter
- **1 tbsp** olive oil
- **4 cloves** garlic, minced
- **1 tsp** dried herbs (rosemary, thyme, or oregano)

One-Pan Ground Beef & Potato Hash

- **1 lb** lean ground beef
- **1 lb** diced potatoes
- **1 small** onion, diced
- **½ cup** beef broth
- Shredded cheddar cheese

INSTRUCTIONS

- 1. Steak version — sear potatoes:** Heat oil and 1 tbsp butter in a large skillet over medium-high heat. Add potatoes and cook until golden and tender, about 8–15 minutes. Remove and set aside.
- 2. Cook the steak:** Turn heat to high, add remaining butter, then sear steak bites in a single layer for 1–2 minutes per side until browned.
- 3. Combine:** Toss potatoes back into the pan with garlic and herbs. Stir for 1 minute to coat everything in the garlic butter.
- 4. Hash version — brown the meat:** Cook ground beef and onion in a skillet over medium-high heat until browned; drain any excess grease.
- 5. Steam the potatoes:** Add potatoes, salt, pepper, and beef broth to the pan. Cover with a lid and simmer over medium-low heat for 15–20 minutes until potatoes are fork-tender.
- 6. Melt the cheese:** Remove the lid, sprinkle with cheese, and cover for 2 minutes until melted.

★ **Pro Tips**

- **The lid trick** — for the hash, keep the lid on while the potatoes fry; the trapped steam softens the inside while the pan browns the outside.
- **Single-layer searing** — for the steak version, never crowd the pan or the meat steams instead of browning.

⚓ **GALLEY NOTES**

- SCALE** Multiply by **6** for a crew of 24; sear in batches in two skillets and combine in a hotel pan to keep warm.
- STORE** **3 days** fridge; reheats well in a hot dry skillet — the potatoes crisp up again rather than going soggy in the microwave.
- SUBS** Pork or chicken thigh in place of beef; sweet potatoes for a sweeter, more vibrant hash.
-



SECTION THREE

MEDITERRANEAN & ITALIAN

Sun-soaked flavors from the southern coast, simplified for the galley.



RECIPE NO. 13

Moussaka



SERVES
6-8

ACTIVE TIME
45 min

TOTAL
1 hr 30 min

LEVEL
Standard

This classic Greek-style moussaka is a simplified version of the traditional casserole, using a Greek yogurt shortcut for the creamy topping and roasting the vegetables instead of frying to save time and oil.

INGREDIENTS

The Base Layers

- **2 large** eggplants, sliced into ½-inch rounds
- **2 medium** potatoes, peeled and sliced into ¼-inch rounds
- Olive oil for brushing and sautéing

Spiced Meat Sauce

- **1 lb (450g)** ground lamb or beef

- 1 onion, chopped
- 3 garlic cloves, minced
- 1 can (14 oz) crushed tomatoes
- 2 tbsp tomato paste
- 1 tsp dried oregano
- ½ tsp ground cinnamon
- Salt and pepper to taste

Simple Topping

- 2 cups (500g) Greek yogurt
- 2 large eggs, lightly beaten
- ½ cup grated Parmesan or Pecorino
- A pinch of nutmeg

INSTRUCTIONS

- 1. Prep the vegetables:** Preheat your oven to 400°F (200°C). Brush eggplant and potato slices with oil and season with salt. Roast on baking sheets for 20 minutes until tender and lightly browned.
- 2. Cook the meat sauce:** In a large skillet, brown the meat with onions and garlic. Stir in the tomato paste, crushed tomatoes, and spices. Simmer for about 10-15 minutes until thickened.
- 3. Mix the topping:** In a bowl, whisk together the Greek yogurt, eggs, half of the cheese, and nutmeg.
- 4. Assemble:** In a greased baking dish, layer the potatoes first, then the meat sauce, followed by the eggplant. Spread the yogurt mixture evenly over the top and sprinkle with the remaining cheese.
- 5. Bake:** Bake at 375°F (190°C) for 30-40 minutes until the top is golden brown and bubbly. Let it rest for 15 minutes before slicing to keep the layers intact.

★ **Pro Tip**

- **Salt the eggplant** — to prevent a soggy moussaka, salt the slices 20 minutes before roasting and pat them dry with a paper towel to draw out excess moisture.

⚓ GALLEY NOTES

SCALE Multiply by **3** for a crew of 24; one full hotel pan handles it.

STORE Improves overnight; reheat covered at **325°F (165°C)** for about 25 minutes.

SUBS Beef in place of lamb; sliced zucchini can replace half the eggplant; thick yogurt with a beaten egg works if Greek yogurt isn't available.

RECIPE NO. 14

Lasagne



SERVES
8

ACTIVE TIME
20 min

TOTAL
1 hr 15 min

LEVEL
Standard

This easy lasagne recipe streamlines the classic dish with store-bought marinara and oven-ready noodles, cutting prep time without sacrificing the layered, cheesy flavor everyone shows up for.

INGREDIENTS

- **1 lb (450g)** lean ground beef — or a mix of beef and Italian sausage for extra flavor
- **1 jar (24-26 oz)** marinara sauce — your favorite store-bought brand
- **1 box (12 oz)** oven-ready lasagne noodles — no pre-boiling required
- **1 container (15 oz)** ricotta cheese — cottage cheese works for a higher-protein version

- **2 cups** shredded mozzarella — divided for layering and topping
- **½ cup** grated Parmesan — for a salty, nutty depth
- **1 large** egg — to help bind the ricotta mixture
- **1 tsp** dried Italian seasoning
- **½ cup** water — helps the no-boil noodles cook through

INSTRUCTIONS

- 1. Prep the meat sauce:** In a large skillet over medium-high heat, brown the ground beef until no pink remains. Drain the excess grease. Stir in the marinara sauce and water, and simmer for 5-10 minutes.
- 2. Mix the cheese filling:** In a medium bowl, combine the ricotta cheese, 1 cup of mozzarella, the egg, Parmesan, and Italian seasoning. Mix until well blended.
- 3. Layer the lasagne:** Spread a thin layer (about 1 cup) of meat sauce in a 9×13-inch baking dish. Place 3 oven-ready noodles over the sauce. Spread half the ricotta mixture over the noodles, then spoon another layer of meat sauce on top. Repeat with more noodles, the remaining ricotta, and more sauce. Finish with a final layer of noodles, the remaining sauce, and the rest of the mozzarella.
- 4. Bake:** Cover tightly with aluminum foil and bake at 375°F (190°C) for 40-45 minutes. Remove the foil and bake for another 10-15 minutes until the cheese is bubbly and golden brown.
- 5. Rest:** Let the lasagne sit for 15 minutes before cutting. This allows the layers to set so you get a clean slice.

★ Pro Tips

- **No-boil noodles** — ensure the noodles are completely covered by sauce so they cook through properly.
- **Sticking foil** — lightly spray the underside of your foil with non-stick spray to keep the cheese from sticking while baking.
- **Lazy lasagne variation** — use frozen cheese ravioli instead of noodles and ricotta for a faster weeknight version.

⚓ **GALLEY NOTES**

SCALE **Two 9×13 trays** will feed a crew of 24, or one full hotel pan with extra noodles.

STORE **4 days** fridge, **3 months** freezer; reheat covered with a splash of water to keep it from drying.

SUBS Cottage cheese in place of ricotta; any pasta sauce in place of marinara; oven-ready noodles can be swapped for boiled regular noodles.

RECIPE NO. 15

Chicken Parmesan

**SERVES**
4**ACTIVE TIME**
20 min**TOTAL**
35 min**LEVEL**
Standard

This easy, classic Chicken Parmesan is prepped and cooked in about 35 minutes. It features a crispy breaded crust, tangy marinara, and melty mozzarella for a restaurant-quality meal at home.

INGREDIENTS

- **2 large** boneless, skinless chicken breasts (about 1.5 lbs), filleted into 4 cutlets
- **½ cup** all-purpose flour
- **2 large** eggs, beaten
- **1 cup** panko or Italian breadcrumbs
- **½ cup** grated Parmesan cheese
- **1 tsp** salt

- **½ tsp** black pepper
- **1 tsp** garlic powder
- **1 tsp** Italian seasoning
- **1.5-2 cups** marinara sauce (Rao's is recommended)
- **1 cup** shredded mozzarella cheese
- **¼ cup** olive oil for pan-frying

INSTRUCTIONS

- 1. Prep the chicken:** Place chicken cutlets between plastic wrap and pound to an even ⅓ to ½-inch thickness. Season both sides with salt and pepper.
- 2. Bread the cutlets:** Set up three shallow bowls. Dredge each piece in flour (shake off excess), dip in beaten egg (allow excess to drip off), then press firmly into the breadcrumb-Parmesan mixture.
- 3. Pan-fry:** Heat oil in a large skillet over medium-high heat. Once hot, sauté the chicken for 3–4 minutes per side until golden brown. It does not need to be fully cooked through yet.
- 4. Assemble and bake:** Preheat your oven to 425°F (220°C). Pour half the marinara into a 9×13 baking dish and arrange the chicken on top. Spoon the remaining sauce over each piece and cover with mozzarella.
- 5. Finish:** Bake for 15 minutes, or until the cheese is bubbly and the chicken reaches an internal temperature of 165°F (74°C). Garnish with fresh basil or parsley before serving.

★ Pro Tips

- **Pre-breaded route** — start with frozen breaded chicken patties or cutlets, top with marinara and cheese, and bake until the cheese is melted.
- **Even cooking** — pounding the chicken to a uniform thickness is the single biggest factor in whether it cooks through evenly without drying out.
- **Don't overcrowd the pan** — work in batches if needed; too much chicken at once steams instead of crisping.

⚓ GALLEY NOTES

- SCALE** Multiply by **6** for 24; bread cutlets in batches and hold on a sheet pan in the fridge until frying.
- STORE** Best fresh — the crust softens overnight. If reheating, use the **oven, not the microwave**, to keep the texture.
- SUBS** Pork cutlets work the same way; thick eggplant slices for a vegetarian version; mozzarella swaps for any good melting cheese.
-

RECIPE NO. 16

Pizza

*Quick Homemade Crust*

YIELDS
1 large pizza

ACTIVE TIME
15 min

TOTAL
30 min

LEVEL
Quick

Making pizza at home doesn't have to be a long process. This quick-rise dough takes about 30 minutes from start to finish — useful when the crew wants something familiar and you don't have hours to wait for a long ferment.

INGREDIENTS

- **1 cup** warm water (about 110°F/45°C)
- **1 packet (.25 oz)** active dry yeast
- **1 tsp** sugar (helps activate the yeast)
- **2.5 cups** bread flour (all-purpose also works for a softer crust)
- **2 tbsp** olive oil

- **1 tsp** salt
- Pizza sauce, mozzarella cheese, and your choice of meats or veggies

INSTRUCTIONS

- 1. Prep the oven:** Preheat your oven to 450°F (230°C) and lightly grease a sheet pan or pizza pan.
- 2. Activate yeast:** Mix the warm water, yeast, and sugar in a bowl. Let it sit for about 10 minutes until it looks creamy or frothy.
- 3. Mix dough:** Add the flour, olive oil, and salt. Beat by hand or with a stand mixer until the dough is smooth.
- 4. Brief rest:** Let the dough rest for 5 minutes.
- 5. Shape and top:** On a lightly floured surface, pat or roll the dough into a 12-inch circle. Transfer it to your pan. Add your sauce and toppings.
- 6. Bake:** Bake for 15–20 minutes until the crust is golden brown. Let it cool for 5 minutes before slicing.

★ Pro Tips

- **Store-bought dough** — if you want to skip the mixing entirely, fresh dough balls from the deli or bakery section work just as well.
- **No-yeast option** — for an even faster version, use baking powder instead of yeast for an instant pizza dough.
- **Crispier crust** — if you have a pizza stone, preheat it for at least 30 minutes before baking to get a professional, crispy bottom.

⚓ GALLEY NOTES

- SCALE** Multiply by **6-8** for a crew of 24; bake on multiple sheet pans, two pizzas per pan if cut rectangular.
- STORE** Best fresh; reheat slices on a hot dry skillet to crisp the bottom back up — the microwave makes the crust soggy.
- SUBS** All-purpose flour for a softer crust; bread flour for a chewier crust; whole wheat for half the flour adds a nutty edge.
-

RECIPE NO. 17

Chicken Shawarma Wrap

*Stovetop Method***SERVES**
4**ACTIVE TIME**
20 min**TOTAL**
30 min**LEVEL**
Quick

A simple chicken shawarma cooked on the stovetop for a quick, charred finish in under 30 minutes. Wrap in pita or, even better, the homemade Tortillas on page 18 — the fresh wraps elevate the whole dish.

INGREDIENTS

The Chicken & Marinade

- **1 lb** boneless, skinless chicken thighs, cut into thin strips
- **1 tsp each** of cumin, paprika, coriander, and turmeric
- **3 cloves** minced garlic and a pinch of cinnamon
- **2 tbsp** olive oil and 1 tbsp lemon juice

The Garlic Yogurt Sauce

- **½ cup** plain Greek yogurt
- **1 clove** minced garlic, 1 tbsp lemon juice, and a pinch of salt

For Assembly

- **4** large pita breads, flatbreads, or homemade tortillas (page 18)
- Sliced cucumber, tomatoes, red onion, and shredded lettuce

INSTRUCTIONS

- 1. Marinate:** In a large bowl, toss the chicken strips with the oil, lemon juice, garlic, and all spices. For best flavor, let it sit for at least 15–20 minutes.
- 2. Cook:** Heat a large skillet over medium-high heat. Add the chicken in a single layer and cook for 5–7 minutes without moving it to develop a charred crust. Flip and cook for another 3–5 minutes until fully done.
- 3. Mix the sauce:** Whisk the yogurt, garlic, lemon juice, and salt in a small bowl while the chicken rests for 5 minutes.
- 4. Assemble:** Warm the pitas in a dry pan for 20 seconds. Spread a generous layer of sauce, add the chicken, and top with fresh vegetables.
- 5. Toast (optional):** After rolling the wrap tightly, place it back in the pan for 1 minute per side to make the outside crispy.

★ **Pro Tips**

- **Use thighs** — chicken thighs stay juicy at high heat and provide a more authentic texture than breast.
- **Don't move the chicken** — let it sit in the pan to build a real char before flipping.

⚓ **GALLEY NOTES**

- SCALE** Multiply by **6** for a crew of 24; sear chicken in batches in two large skillets and hold warm.
- STORE** Cooked chicken keeps **3 days** fridge; reheat in a hot dry pan. Sauce keeps **5 days** fridge.
- SUBS** Boneless chicken breast in a pinch (cook 1 minute less per side); regular yogurt with a squeeze of lemon for the sauce; ground spice mix replaces the individual spices.



SECTION FOUR

TEX-MEX & SOUTHWEST

Bold spice, smoke, and char — fast service food at its best.



RECIPE NO. 18

Chilli Con Carne



SERVES
4

ACTIVE TIME
10 min

TOTAL
40 min

LEVEL
Quick

This simple one-pot chilli con carne takes about 10 minutes of prep and 30 minutes to cook, making it a perfect weeknight meal. The spice blend is forgiving — adjust the chilli powder to your heat tolerance and let the rest do its work.

INGREDIENTS

- **500g (1 lb)** lean minced beef
- **1 large** onion, chopped
- **1** red bell pepper, diced
- **2 cloves** garlic, minced
- **1 tin (400g)** chopped tomatoes
- **1 tin (400g)** red kidney beans, drained

- **2 tbsp** tomato purée
- **1 tsp** chilli powder (adjust for heat)
- **1 tsp** ground cumin
- **1 tsp** smoked paprika
- **300ml** beef stock

INSTRUCTIONS

- 1. Sauté:** Heat 1 tbsp oil in a large pan. Cook the onion, pepper, and garlic over medium heat for 5 minutes until soft.
- 2. Brown:** Turn up the heat and add the beef. Break it up with a spoon and fry until browned with no pink bits remaining.
- 3. Spice:** Stir in the chilli powder, cumin, and paprika. Cook for 1-2 minutes to let the spices become fragrant (this is called "blooming").
- 4. Simmer:** Add the tomato purée, chopped tomatoes, and beef stock. Bring to a boil, then lower the heat and simmer with a lid on for 20 minutes.
- 5. Finish:** Stir in the drained kidney beans and cook for a final 10 minutes without the lid to thicken the sauce.

★ Pro Tips

- **The secret ingredient** — add one square of dark chocolate or 1 tsp of sugar at the end to balance the acidity of the tomatoes.
- **Low and slow** — if you have extra time, simmering for 60-90 minutes will make the beef much more tender.
- **Serving** — pair with long-grain rice, a dollop of sour cream, grated cheddar, and fresh coriander.

⚓ GALLEY NOTES

- SCALE** Multiply by **4**; doubles easily in a 12-quart stockpot. Flavour deepens the longer it simmers.
- STORE** Even better next day; **5 days** fridge, **3 months** freezer. Freezes flat in zip bags for fast service.
- SUBS** Black or pinto beans for kidney; ground turkey or pork for beef; tinned tomato soup in a pinch instead of chopped tomatoes.
-

RECIPE NO. 19

Chicken Fajitas

**SERVES**
4**ACTIVE TIME**
15 min**TOTAL**
30 min**LEVEL**
Quick

A simple one-pan dish that turns chicken, peppers, and onions into something far better than the sum of its parts. Quick enough for a busy watch turnover, with the kind of bold, charred flavor that wakes up a tired crew. Pairs especially well with the homemade Tortilla Wraps on page 18.

INGREDIENTS

- **1 lb** boneless, skinless chicken breasts, sliced into thin strips
- **3** bell peppers (any color), thinly sliced
- **1 medium** onion, thinly sliced
- **1 tbsp** chili powder
- **1 tsp** cumin

- **1 tsp** garlic powder
- **½ tsp** paprika
- Salt and pepper to taste
- **3 tbsp** olive oil
- **Juice of 1** lime
- **Flour tortillas to serve** (page 18), with sour cream, avocado, or salsa

INSTRUCTIONS

- 1. Season the chicken:** Toss the chicken strips in a bowl with 1 tbsp oil, lime juice, and all the dry spices until evenly coated.
- 2. Sear the meat:** Heat 1 tbsp oil in a large skillet over medium-high heat. Cook the chicken in batches until browned and cooked through (about 4-5 minutes per side). Remove and set aside.
- 3. Sauté the veggies:** Add the remaining oil to the same pan. Cook the peppers and onions for 5-7 minutes until tender-crisp with some charred spots.
- 4. Combine:** Return the chicken to the skillet with the vegetables. Toss for 1 minute to reheat everything.
- 5. Serve:** Squeeze fresh lime over the mixture and serve immediately in warm tortillas.

★ Pro Tips

- **Don't overcrowd** — cook the chicken in two batches so it sears properly rather than steaming in its own juices.
- **High heat is key** — cast iron, if you have it, gives those authentic restaurant-style charred edges.
- **Char the tortillas** — a few seconds directly over a gas flame transforms a tortilla.

⚓ GALLEY NOTES

- SCALE** Multiply by **6** for a crew of 24 — sear chicken in three batches; finish all the vegetables in one wide pan.
- STORE** **3 days** fridge; reheat in a dry skillet. Rolled into burritos with rice they freeze well for **2 months**.
- SUBS** Pork strips, beef strips, or large prawns all work in place of chicken; tinned peppers in oil are a fine pinch-hitter when fresh aren't available.



SECTION FIVE

INDIAN KITCHEN

Where ginger, garlic, and patience meet — the most forgiving dishes in the book.



RECIPE NO. 20

Chicken Biryani

**SERVES**
2-3**ACTIVE TIME**
15 min**TOTAL**
45 min**LEVEL**
Standard

A one-pot, beginner-friendly biryani that skips the traditional layering technique while keeping the rich, aromatic flavors. Perfect for a galley with limited burner space — everything happens in a single heavy pot.

INGREDIENTS

- **1 lb (500g)** boneless, skinless chicken thighs, cut into bite-sized pieces
- **1½ cups** Basmati rice, rinsed until water runs clear
- **2 tbsp** store-bought biryani masala or garam masala
- **1 large** onion, thinly sliced
- **1 tbsp** ginger-garlic paste
- **1** tomato, chopped

- **½ cup** plain yogurt
- **2-3 cups** chicken stock or water
- **2 tbsp** ghee or oil

INSTRUCTIONS

- 1. Marinate (optional but recommended):** Mix chicken with yogurt, half the biryani masala, and a pinch of salt. Let sit for at least 15 minutes.
- 2. Sauté aromatics:** Heat ghee or oil in a large heavy pot. Fry the sliced onions until golden brown (8-10 minutes). Add the ginger-garlic paste and sauté for another minute.
- 3. Cook chicken:** Add the tomatoes and marinated chicken. Stir-fry for 5-8 minutes until the chicken is sealed and slightly browned.
- 4. Add rice and liquid:** Stir in the rinsed rice and remaining biryani masala. Pour in the stock or water — about 1.5 to 2 cups of liquid per cup of rice.
- 5. Simmer and steam:** Bring to a boil, then drop heat to the lowest setting. Cover with a tight-fitting lid and cook for 15-20 minutes until the liquid is absorbed and the rice is tender.
- 6. Rest:** Turn off the heat and let the pot sit undisturbed for 5-10 minutes. Fluff gently with a fork before serving.

★ Pro Tips

- **Rinse the rice well** — wash Basmati several times until the water runs clear; this prevents the biryani from going mushy.
- **Seal the pot** — if your lid isn't tight, lay a piece of foil over the pot before clamping the lid down to trap the steam properly.
- **Garnish** — top with fresh cilantro, mint leaves, or a squeeze of lemon just before serving for a fresh lift.

⚓ GALLEY NOTES

- SCALE** Multiply by **8-10** for a crew of 24; needs a 12-quart heavy stockpot or two pots split. Layer flavours in batches if your pot won't hold everything at once.
- STORE** Reheats beautifully; **3-4 days** fridge, **2 months** freezer. Add a splash of water and reheat covered to keep the rice from drying.
- SUBS** Boneless thighs can be swapped for chicken breast (cook 5 minutes less); long-grain rice works if Basmati isn't aboard; ginger-garlic paste can be made fresh from equal parts minced ginger and garlic.
-

RECIPE NO. 21

Lentil Dahl



SERVES
4

ACTIVE TIME
10 min

TOTAL
30 min

LEVEL
Quick

A simple, creamy red lentil dahl made in a single pot in about 30 minutes. Red lentils are the workhorse here — they don't need soaking and break down naturally into a velvety base. An excellent vegetarian option for a multi-national crew, and a forgiving recipe to keep in the rotation. Best served with the Chapatis on page 16.

INGREDIENTS

- **1 cup** dried red split lentils, rinsed
- **2 cups** vegetable broth
- **1 can (13.5 oz)** coconut milk
- **1** onion, diced

- **3 cloves** garlic, minced
- **1 tbsp** fresh ginger, grated
- **1 tbsp** curry powder (or garam masala)
- **1 tsp** turmeric
- **½ tsp** salt
- **1 tbsp** oil (coconut or olive)
- **Juice of ½** lemon
- **A handful of** fresh cilantro

INSTRUCTIONS

- 1. Sauté aromatics:** Heat the oil in a large pot over medium heat. Cook the onion until soft (about 5 minutes), then stir in the garlic and ginger for 1 minute until fragrant.
- 2. Bloom spices:** Add the curry powder, turmeric, and salt. Stir for 30 seconds to wake the flavors up.
- 3. Simmer:** Stir in the rinsed lentils, vegetable broth, and coconut milk. Bring to a boil, then reduce heat to low. Cover and simmer for 15–20 minutes until the lentils are soft and the mixture has thickened.
- 4. Finish:** Remove from heat. Stir in the lemon juice and cilantro. If it's too thick, add a splash of water or broth to loosen.

★ Pro Tips

- **The tadka** — for extra depth, add a traditional tempering at the end. Fry a few cumin seeds and sliced garlic in a little oil until golden, then pour the sizzling oil directly over the finished dahl.
- **Heat to taste** — a pinch of red chili flakes or fresh sliced chili added to the tadka turns this into a much spicier dish for the heat-lovers in the crew.

⚓ GALLEY NOTES

- SCALE** Multiply by **6** for a crew of 24; needs a 12-quart pot. Cooks fast even at scale — the lentils break down on their own.
- STORE** Better next day; **5 days** fridge, **3 months** freezer. Thickens in the fridge — loosen with broth when reheating.
- SUBS** Yellow split peas or green lentils work but need 30+ minutes longer; full-fat coconut milk gives the richest result, but light coconut milk or even regular milk is fine in a pinch.

RECIPE NO. 22

Chana Masala

*Spiced Chickpea Curry***SERVES**
4**ACTIVE TIME**
10 min**TOTAL**
30 min**LEVEL**
Quick

A simple, restaurant-quality chickpea curry on the table in 30 minutes by leaning on canned chickpeas and a tight spice list. Pairs especially well with the Chapatis on page 16 — together they make a complete vegetarian meal that travels well.

INGREDIENTS

- **2 cans (15 oz each)** chickpeas, rinsed and drained
- **1 medium** yellow onion, finely diced
- **3 cloves** garlic, minced
- **1 inch** fresh ginger, grated
- **1 can (14.5 oz)** diced tomatoes

- **1 tbsp** tomato paste
- **1 tsp** cumin seeds
- **1 tsp** garam masala
- **1 tsp** ground coriander
- **½ tsp** turmeric
- **½ tsp** red chili powder (or paprika for less heat)
- **1 cup** water or vegetable stock
- **1 tbsp** lemon juice
- **¼ cup** fresh cilantro, chopped

INSTRUCTIONS

- 1. Sauté aromatics:** Heat 2 tbsp oil in a large pot over medium heat. Add the cumin seeds; once they sizzle, add the onion and cook for 5–7 minutes until golden brown.
- 2. Add paste:** Stir in the minced garlic and grated ginger. Cook for 1 minute until fragrant.
- 3. Bloom spices:** Add the tomato paste, garam masala, coriander, turmeric, and chili powder. Stir constantly for 1–2 minutes to toast the spices and deepen the tomato color.
- 4. Simmer:** Pour in the diced tomatoes (with juices), chickpeas, and water. Bring to a gentle boil, then reduce heat to low. Cover and simmer for 15–20 minutes to let the flavors meld.
- 5. Finish:** Turn off the heat. Stir in the lemon juice and fresh cilantro. Mash a few chickpeas with the back of your spoon for a thicker, creamier sauce.

★ Pro Tips

- **Spice shortcut** — for an even faster version, use a store-bought chana masala spice blend (like MDH or Everest) in place of the individual dry spices. Tastes nearly identical and saves measuring time.
- **For a heartier dish** — stir in a handful of fresh spinach in the last 2 minutes of cooking. Wilts perfectly into the sauce.

⚓ **GALLEY NOTES**

- SCALE** Multiply by **6** for a crew of 24; needs a 12-quart pot. Naturally vegetarian and freezes well, making it an excellent prep-ahead for busy service days.
- STORE** Better next day; **5 days** fridge, **3 months** freezer. Reheat with a splash of water if it's tightened up.
- SUBS** Dried chickpeas (soaked overnight, then cooked) replace canned 1-for-1 by weight; canned tomatoes can be substituted with passata; a packet of curry powder works in place of the individual spices in a pinch.
-

RECIPE NO. 23

Moong Dal Pakoda



Crispy Indian Lentil Fritters



YIELDS
20-24
fritters

ACTIVE TIME
20 min

TOTAL
3 hr (mostly
soaking)

LEVEL
Standard

A street-food classic perfect for tea time or an appetizer ahead of a curry. The key is a coarse batter and whisking it well to incorporate air — that's what gives the fritters their light, crispy texture.

INGREDIENTS

- **1 cup** yellow split moong dal (soaked for 2-3 hours)
- **1** finely chopped onion
- **1 inch** grated ginger
- **2-3** green chilies

- **1 tsp** cumin seeds
- A pinch of hing (asafoetida)
- Salt to taste
- **½ cup** freshly chopped coriander leaves
- Oil for deep frying

INSTRUCTIONS

- 1. Soak and drain:** Soak the dal for 2-3 hours. Drain all water thoroughly; too much water makes the batter runny.
- 2. Grind coarsely:** Pulse the dal in a blender with the ginger and chilies. Keep it coarse and thick, not a smooth paste.
- 3. Whisk:** Transfer to a bowl and whisk the batter for 3-5 minutes. This incorporates air, making the pakodas light and fluffy.
- 4. Mix:** Add the chopped onions, cumin, hing, salt, and coriander. Mix well.
- 5. Fry:** Heat oil on medium flame. Drop small portions of batter into the oil and fry until golden brown and crispy on all sides.

★ Pro Tips

- **Extra crunch** — add 1-2 tbsp of rice flour if the batter feels too soft.
- **Spice boost** — add crushed coriander seeds or black pepper for a street-style flavor.
- **Testing oil** — drop a tiny bit of batter; if it rises immediately without browning too fast, the oil is ready.

⚓ GALLEY NOTES

- SCALE** Multiply by **3-4** for a crew of 24; fry in batches and hold warm in a low oven on a wire rack to keep them crisp.
- STORE** Best straight from the fryer; will go soft within an hour. Reheat in a hot oven, **never the microwave**, to bring crispness back.
- SUBS** Other lentils (urad, chana) work but soak times differ; a handful of grated potato added to the batter makes them more substantial.
-



SECTION SIX

EASTERN EUROPEAN

Slow-cooked, sour, and deeply satisfying — recipes that travel well at sea.



RECIPE NO. 24

Varenyky

*Ukrainian Dumplings***SERVES**
4-6**ACTIVE TIME**
1 hr**TOTAL**
1 hr 30 min**LEVEL**
Standard

Varenyky are classic Ukrainian dumplings typically filled with savory mashed potatoes and onions. This recipe uses a simple dough that is easy to handle and produces soft, pillowy results — best made with a friend or two for the assembly line.

INGREDIENTS

The Dough

- **2 cups** all-purpose flour
- **1** large egg
- **½ cup** warm water

- **½ tsp** salt
- **1 tbsp** vegetable oil (optional, for extra elasticity)

The Filling

- **3-4** medium potatoes, peeled and cubed
- **1** yellow onion, finely diced
- **2 tbsp** butter
- Salt and pepper to taste

INSTRUCTIONS

- 1. Make the dough:** Mix flour and salt in a bowl. Create a well in the center and add the egg, water, and oil. Stir with a spoon until clumpy, then knead by hand on a floured surface for about 5 minutes until smooth. Cover the dough and let it rest for 30 minutes to relax the gluten.
- 2. Prepare the filling:** Boil the potatoes in salted water until soft (about 15-20 minutes). While they boil, sauté the diced onion in butter until golden brown. Drain the potatoes and mash them thoroughly. Mix in the fried onions, salt, and pepper.
- 3. Assemble the varenyky:** Roll the rested dough out on a floured surface until it is very thin, about 1-2 mm. Use a glass or circular cutter to stamp out circles about 3 inches wide. Place a teaspoon of filling in the center of each circle. Fold the dough over to create a half-moon shape and pinch the edges tightly to seal.
- 4. Boil and serve:** Bring a large pot of salted water to a boil. Drop the dumplings in and wait for them to float to the top. Once floating, boil for another 2-3 minutes. Remove with a slotted spoon and toss in a bowl with a little butter to prevent sticking.

★ **Pro Tips**

- **The classic finish** — serve hot with a large dollop of sour cream and extra fried onions on top.
- **Make-ahead** — uncooked varenyky freeze beautifully on a tray, then bag once solid. Drop frozen straight into boiling water; they take just 1-2 minutes longer.
- **Group activity** — making varenyky goes much faster with a few people on an assembly line: one rolls, one cuts, one fills, one seals.

⚓ GALLEY NOTES

- SCALE** Labour-intensive at scale — **make a double batch ahead** on a quiet day and freeze raw on trays.
- STORE** Freeze raw on a tray, then bag once solid; cook from frozen straight into boiling water (add 2 minutes).
- SUBS** Sweet farmer cheese, sauerkraut and onion, or cherry are all traditional alternative fillings.
-

RECIPE NO. 25

Borscht

*Ukrainian Beet Soup***SERVES**
6**ACTIVE TIME**
15 min**TOTAL**
55 min**LEVEL**
Quick

This simple vegetarian borscht focuses on a few key ingredients to create the classic sweet-and-sour flavor profile in under an hour. The trick is grating — not dicing — the beets, which dissolves them into the broth for that signature ruby color.

INGREDIENTS

- **3 medium beets** — peeled and grated (approx. 2 cups)
- **1 medium potato** — peeled and diced
- **1 onion** — finely chopped
- **1 carrot** — shredded or thinly sliced

- **2 cups cabbage** — thinly shredded
- **5-6 cups broth** — vegetable or chicken broth
- **1 tbsp lemon juice** (or vinegar) — to balance sweetness
- **1-2 tsp sugar** — optional, to enhance flavor
- **Seasonings:** 1 bay leaf, salt, and black pepper
- **Garnish:** sour cream and fresh dill

INSTRUCTIONS

- 1. Sauté the base:** Heat oil in a large pot. Add the onion and carrot, sautéing for about 5 minutes until soft.
- 2. Add beets and potatoes:** Stir in the grated beets and diced potatoes. Cook for another 5 minutes to let the colors bleed.
- 3. Simmer:** Pour in the broth and add the bay leaf. Bring to a boil, then reduce heat and simmer for 15-20 minutes until potatoes are tender.
- 4. Add cabbage:** Stir in the shredded cabbage. Simmer for an additional 10 minutes until the cabbage is wilted but not mushy.
- 5. Season:** Stir in the lemon juice, sugar (if using), salt, and pepper. Let the soup sit for 5-10 minutes to allow the flavors to "marry."
- 6. Serve:** Ladle into bowls and top with a dollop of sour cream and a generous sprinkle of fresh dill.

★ Pro Tips

- **Grate, don't dice** — grating beets allows them to cook much faster and gives the soup its rich, uniform color.
- **Heartier version** — add cubes of beef shank or pork and simmer 1.5 hours before adding the vegetables.
- **Creamy variation** — purée half the soup with an immersion blender and stir back in for a velvety texture.

⚓ GALLEY NOTES

- SCALE** Multiply by **4** in a 10-quart stockpot. The grated beets can be prepped a day ahead.
- STORE** **5 days** fridge; flavour deepens overnight, making this an ideal prep-ahead for service.
- SUBS** Add a beef shank or shin and simmer 1.5 hours before adding vegetables for a heartier version; tinned beets work if fresh aren't available.

RECIPE NO. 26

Holubtsi

*Ukrainian Cabbage Rolls***SERVES**
6-8**ACTIVE TIME**
45 min**TOTAL**
2 hr 30 min**LEVEL**
All-Day

Holubtsi are a staple comfort food featuring tender cabbage leaves wrapped around a savory filling of rice and meat, then slow-cooked in a tangy tomato sauce. They take patience to roll, but a single batch feeds a crowd and reheats beautifully.

INGREDIENTS

Cabbage

- 1 large head of green cabbage

Filling

- **1 lb** ground pork or beef (or a 50/50 mix)

- **2 cups** cooked white rice (under-cooked or sticky rice works well)
- **1 medium onion** — finely chopped and sautéed in butter
- **1 large carrot** — finely grated (optional but traditional)
- **1 egg** — helps bind the filling
- **1 tsp salt** and ½ tsp black pepper

Sauce

- **1 can (10.75 oz)** condensed tomato soup mixed with 1 cup water — OR — 2 cups tomato juice
- **Optional:** 1 tbsp vinegar or sugar to adjust the tanginess

INSTRUCTIONS

- 1. Prep the cabbage:** Core the cabbage and place it in a large pot of boiling water. As the outer leaves soften (about 2-3 minutes), peel them off with tongs and set aside to cool. Trim the thick center rib of each leaf so it rolls easily.
- 2. Make the filling:** In a large bowl, mix the ground meat, cooked rice, sautéed onions, grated carrots, egg, and seasoning. Mix by hand until well combined.
- 3. Roll the holubtsi:** Place 1-2 tablespoons of filling near the stem end of a leaf. Fold the sides inward and roll tightly like a burrito.
- 4. Assemble:** Line the bottom of a greased casserole dish or heavy pot with any torn or extra cabbage leaves to prevent sticking. Layer the rolls seam-side down.
- 5. Bake or simmer:** Pour the tomato sauce over the rolls until they are mostly covered. Cover tightly with a lid or foil. Oven: bake at 325°F (165°C) for 1.5 to 2 hours. Stovetop: simmer on low heat for about 1 hour.

★ Pro Tip

- **Sour cream and dill** — serve with a generous dollop of each for the most authentic experience. Leftovers are arguably better the next day; the flavors have time to meld in the fridge.

⚓ GALLEY NOTES

- SCALE** Multiply by **3-4**; bake in two deep hotel pans, layered tight to keep the rolls from unfurling.
- STORE** Better next day; **4 days** fridge, **3 months** freezer. Reheat covered with a splash of extra sauce.
- SUBS** **50/50 pork and beef** is the traditional mix; cooked barley can replace rice for a different texture.

RECIPE NO. 27

Mici



Romanian Skinless Sausages



SERVES
4-6

ACTIVE TIME
25 min

TOTAL
6 hr (mostly
chilling)

LEVEL
All-Day

Mici (also called Mititei) are flavorful, skinless Romanian sausages traditionally grilled and served with simple yellow mustard, fresh bread, and a cold beer. The signature springy, bouncy texture comes from one secret ingredient — and the patience to let them chill overnight.

INGREDIENTS

- **1 lb** ground beef
- **1 lb** ground pork (ideally high fat content)
- **4-6 cloves** garlic, minced into a fine paste

- **1 tsp** salt
- **1 tsp** black pepper
- **1 tsp** dried thyme
- **1 tsp** sweet paprika
- **½ cup** cold beef broth or sparkling water
- **1 tsp** baking soda — the secret ingredient that gives mici their signature springy, bouncy texture

INSTRUCTIONS

- 1. Mix the paste:** In a large bowl, combine the meats, garlic, and dry spices. Gradually add the cold broth or sparkling water while kneading the meat by hand for about 5-10 minutes until it forms a sticky, homogeneous paste.
- 2. Chill (crucial):** Cover and refrigerate the mixture for at least 6 hours, or ideally overnight. This allows the fibers to break down and the flavors to fully meld.
- 3. Shape:** With wet hands, take a small portion of the meat and roll it into a cylinder roughly 4 inches (10 cm) long and 1 inch (2.5 cm) thick.
- 4. Grill:** Preheat your grill to medium-high heat. Grill the mici for about 3-5 minutes per side, turning them frequently so they char evenly but stay juicy on the inside.
- 5. Serve:** Enjoy them hot with a side of plain yellow mustard, crusty bread, and a cold beer.

★ Pro Tips

- **Use tongs, not a fork** — turning with a fork punctures the sausages and lets the juices escape; tongs keep them intact and juicy.
- **Don't skip the chill** — the overnight rest is what separates great mici from a regular sausage patty. The baking soda needs time to work.

⚓ GALLEY NOTES

- SCALE** Multiply by **4** for around 50 sausages; the meat mix can be made up to 2 days ahead and held cold.
- STORE** Cooked mici keep **3 days** in the fridge; reheat on a hot pan, **not the microwave**, to preserve the crust.
- SUBS** All-beef works but loses some richness; if out of baking soda, a pinch of bicarb gives the same springy bounce.
-

RECIPE NO. 28

Ardei Umpluți

*Romanian Stuffed Peppers***SERVES**
6-8**ACTIVE TIME**
30 min**TOTAL**
1 hr 45 min**LEVEL**
Standard

A classic Romanian comfort dish — peppers stuffed with a savory meat-and-rice filling, simmered in tomato sauce until tender. Reheats beautifully, stretches a small amount of meat across many servings, and feels like home cooking even when home is a long way off.

INGREDIENTS

The Peppers

- **6-8** medium yellow Hungarian wax or bell peppers

The Filling

- **1 lb** ground meat (pork is traditional; a beef-pork mix is common)

- **½ cup** uncooked white rice
- **1 large** onion, finely diced
- **1** egg (helps bind the filling)
- **¼ cup** chopped dill and **¼ cup** chopped parsley
- Salt, pepper, and 1 tsp paprika

The Sauce

- **2 cups** tomato sauce (passata)
- **2 cups** water
- **1** bay leaf

INSTRUCTIONS

- 1. Prep the peppers:** Cut the tops off and remove the seeds. Save the lids — or use tomato slices to cover them later.
- 2. Make the filling:** In a large bowl, mix the raw meat, uncooked rice, onion, egg, herbs, and seasonings until well combined.
- 3. Stuff:** Pack the mixture into the peppers, leaving about ½ inch of space at the top — the rice expands while cooking.
- 4. Simmer:** Stand the peppers upright in a deep pot. Pour the tomato sauce, water, and bay leaf over them until they are about halfway covered.
- 5. Cook:** Bring to a boil, then cover and simmer on low-medium heat for 60–90 minutes.
- 6. Check:** They are ready when the peppers are tender and the rice is fully cooked through.

★ Pro Tips

- **Don't overpack** — tight filling can split peppers as the rice expands.
- **Flavor hack** — sauté the onion in a little oil before adding it to the meat for a deeper, sweeter base.
- **Traditional serve** — always with a generous dollop of sour cream on top.

⚓ **GALLEY NOTES**

- SCALE** Multiply by **4** for a crew of 24 — stand the peppers tightly in a deep stockpot or hotel pan and cover with foil.
- STORE** Better the next day; **4 days** fridge, **3 months** freezer. Reheat covered with a splash of extra sauce.
- SUBS** All-pork or a beef-pork mix is most traditional; turkey works for a leaner version. Hollowed cabbage cores or large tomatoes can stand in if peppers are scarce.
-

RECIPE NO. 29

Pljeskavica



Serbian Grilled Patty



SERVES
4

ACTIVE TIME
20 min

TOTAL
4 hr (mostly
chilling)

LEVEL
All-Day

An authentic Serbian grilled patty with a thin, wide profile and a signature airy texture. The secret to that texture is sparkling water added to the meat — and a long chill in the fridge before shaping. Best served inside the warm Lepinja on page 22.

INGREDIENTS

- **1 lb** mixed ground beef and pork (fatty cuts like chuck or shoulder are best)
- **1 tsp** salt
- **1 tsp** paprika

- **½ tsp** black pepper
- **1 small** onion, finely chopped
- **1 clove** garlic, minced
- **2 oz (¼ cup)** cold sparkling water — the secret to the airy texture

INSTRUCTIONS

- 1. Mix and chill:** Combine meat, seasonings, aromatics, and sparkling water in a bowl. Knead with your hands for a few minutes until smooth. Cover and refrigerate for at least 4 hours, or ideally overnight.
- 2. Shape thin:** Divide into 4 balls. Use your hands to flatten them into very thin patties, about 6-7 inches wide. They should be much thinner and wider than a standard burger.
- 3. Grill or fry:** Cook in a hot oiled skillet or on a grill for 3-4 minutes per side until well-browned and cooked through.
- 4. Assemble:** Serve inside warm Lepinja (page 22) or pita.

★ Pro Tips

- **The toppings** — essential sides include Ajvar (roasted red pepper spread), Kajmak (clotted cream), and raw diced onions.
- **Gurmanska style** — for a gourmet version, mix cubes of bacon and bits of hard cheese directly into the meat before cooking.
- **Springy texture** — for a more bouncy texture similar to ćevapi, add ½ tsp of baking soda to the meat mixture.

⚓ GALLEY NOTES

SCALE Multiply by **6** for a crew of 24; the meat mix can be made the day before and chilled overnight, ready to shape and grill.

STORE Cooked patties keep **3 days** in the fridge; reheat on a hot pan, **never the microwave**, to keep them juicy.

SUBS All-beef works but is less rich; ground lamb mixed in adds depth; pork shoulder ground at home gives the best texture.

RECIPE NO. 30

Beef Stroganoff with Buckwheat

*Russian Comfort***SERVES**
4**ACTIVE TIME**
20 min**TOTAL**
40 min**LEVEL**
Standard

A simple, traditional Russian-style meal: tender beef strips in a creamy mushroom sauce served over buttery buckwheat kasha. The nutty, earthy buckwheat balances the rich, savory sauce perfectly — and is far more forgiving than rice when timing slips.

INGREDIENTS

For the Buckwheat

- **1 cup** buckwheat groats (toasted "kasha" is best)

- **2 cups** water or beef broth
- **1 tbsp** butter
- Pinch of salt

For the Stroganoff

- **1 lb** beef sirloin or ribeye, cut into thin strips
- **8 oz** cremini mushrooms, sliced
- **1 medium** yellow onion, diced
- **1 cup** sour cream
- **1 cup** beef broth
- **2 tbsp** all-purpose flour
- **1 tbsp** Worcestershire sauce
- **2 tbsp** unsalted butter
- Salt and pepper to taste

INSTRUCTIONS

- 1. Cook the buckwheat:** Add dry buckwheat to a pot over medium heat for 2 minutes until it smells nutty. Add water and salt. Bring to a boil, then cover and simmer on low for 15 minutes. Remove from heat, stir in butter, and keep covered until serving.
- 2. Brown the beef:** Melt 1 tbsp butter in a large skillet over high heat. Add beef strips in a single layer. Brown quickly (about 1 minute per side) and remove from pan to keep them tender.
- 3. Sauté aromatics:** In the same pan, melt the remaining butter. Add onions and mushrooms. Cook until the onions are translucent and mushrooms are golden. Stir in flour and cook for 1 minute to remove the raw flour taste.
- 4. Simmer the sauce:** Slowly whisk in the beef broth and Worcestershire sauce. Simmer for 5 minutes until the sauce thickens slightly.
- 5. Final assembly:** Lower the heat. Stir in the beef (and any juices) and the sour cream. Warm through gently for 1-2 minutes, but do not boil once the sour cream is added to prevent curdling. Serve over the fluffy buckwheat.

★ Pro Tips

- **Toast your own kasha** — if you can't find pre-toasted buckwheat, toast raw groats in a dry pan yourself for a deeper flavor.
- **Don't boil the sauce** — once the sour cream goes in, gentle warmth only. Boiling will split it.

⚓ **GALLEY NOTES**

- SCALE** Multiply by **6** for a crew of 24 — sear beef in batches; the buckwheat scales 1:2 (groats to liquid) cleanly in a large pot.
- STORE** **3 days** fridge; reheat gently with a splash of broth to loosen the sauce. Buckwheat can be cooked ahead and reheated separately.
- SUBS** Egg noodles or mashed potatoes in place of buckwheat; chicken thighs work as a lighter version; Greek yogurt thinned with milk replaces sour cream.
-



SECTION SEVEN

SOUPS & STEWS

One pot, one ladle, and steady weather. Comfort by the bowl.



RECIPE NO. 31

Irish Stew

**SERVES**
6**ACTIVE TIME**
20 min**TOTAL**
2 hr 30 min**LEVEL**
All-Day

Traditional Irish stew is a simple, hearty dish that relies on just a few basic ingredients — lamb or beef, potatoes, and onions — to create a rich flavor. This one-pot version follows the classic method of layering ingredients and slow-cooking until everything is tender.

INGREDIENTS

- **2 lbs** lamb shoulder or beef chuck, cut into 1.5-inch cubes
- **2 lbs** potatoes, peeled and cut into large chunks
- **1 lb** carrots, peeled and sliced thickly
- **2 large** onions, sliced
- **3 cups** beef or lamb stock (or water)

- Salt and pepper to taste
- **Optional:** 2 tablespoons fresh parsley, chopped

INSTRUCTIONS

- 1. Prep the meat:** Season the meat cubes generously with salt and pepper.
- 2. Layer the pot:** In a large heavy pot or Dutch oven, place a layer of onions and carrots at the bottom. Add the meat in the middle, then top everything with a thick layer of potatoes.
- 3. Add liquid:** Pour the stock or water over the ingredients until they are just covered.
- 4. Simmer:** Bring the liquid to a boil, then immediately reduce to the lowest heat.
- 5. Slow cook:** Cover with a tight-fitting lid and simmer for 2 to 2.5 hours. The stew is ready when the meat is fork-tender and the potatoes have begun to break down slightly to thicken the sauce.
- 6. Garnish:** Stir gently, adjust seasoning with salt and pepper, and sprinkle with fresh parsley before serving.

★ Pro Tip

- **The thickening trick** — Irish stew isn't thickened with flour; the starch from the potatoes breaking down creates a naturally thick gravy. For a richer broth, replace 1 cup of stock with **Guinness** stout.

⚓ GALLEY NOTES

- SCALE** Multiply by **4**; needs a 12-quart stockpot or larger. Layering still matters at scale.
- STORE** Better on day two; **4 days** fridge, **3 months** freezer. Add a splash of stock when reheating to loosen.
- SUBS** Beef chuck if no lamb; swap 1 cup of stock for stout (Guinness) for a richer, darker broth.
-

RECIPE NO. 32

Chicken Vermicelli Soup

*Classic One-Pot Soup***SERVES**
4-6**ACTIVE TIME**
10 min**TOTAL**
30 min**LEVEL**
Quick

A classic one-pot meal that uses simple pantry staples — chicken, broth, vegetables, and quick-cooking vermicelli. Comforting, fast, and the kind of soup that's a quiet crew favorite when the weather turns.

INGREDIENTS

- **10 oz** cooked chicken, diced
- **2 oz** vermicelli noodles (dry)
- **6 cups** chicken stock
- **2** carrots, diced
- **2** celery stalks, diced

- ½ onion, diced
- **2 tbsp** butter
- Salt, pepper, and fresh parsley or thyme

INSTRUCTIONS

- 1. Sauté:** Melt butter in a large pot over medium heat. Add onion, carrots, and celery. Sauté for 5 minutes until soft.
- 2. Boil:** Pour in the chicken stock. Bring the mixture to a boil.
- 3. Simmer:** Reduce heat and simmer for about 10 minutes until the vegetables are almost tender.
- 4. Add noodles:** Stir in the vermicelli noodles. Cook for 2–3 minutes (or according to package directions) until tender.
- 5. Finish:** Stir in the cooked chicken and fresh herbs. Heat through for 1 minute, season with salt and pepper, and serve hot.

★ Pro Tips

- **Don't overcook noodles** — add vermicelli at the very end; they cook much faster than traditional pasta.
- **Flavor boost** — sauté a clove of minced garlic or a teaspoon of ginger with the vegetables for extra depth.
- **Acid touch** — a squeeze of fresh lemon juice right before serving brightens the broth significantly.

⚓ GALLEY NOTES

- SCALE** Multiply by **5** for a crew of 24; cook noodles separately if holding for service so they don't bloat.
- STORE** Store noodles separately from broth — they soak up all the liquid otherwise. **4 days** fridge for the broth, noodles best fresh.
- SUBS** Egg noodles, orzo, or small pasta shapes all work; rotisserie chicken makes this nearly instant.
-

RECIPE NO. 33

Tomato & White Fish Soup

*Mediterranean Style*

SERVES

4

ACTIVE TIME

5 min

TOTAL

20 min

LEVEL

Quick

A 20-minute tomato-based fish soup, perfect for a quick, healthy weeknight dinner. Uses firm white fish that won't fall apart, requires only one pot, and works equally well with fresh or frozen fillets.

INGREDIENTS

- **1 lb** white fish fillets — cod, halibut, or tilapia (fresh or frozen)
- **2 cups** vegetable broth (or water)
- **28 oz** canned diced tomatoes (keep the juices)

- **1 medium** yellow onion, chopped
- **3 cloves** garlic, minced
- **1 cup** celery, chopped
- **1 tbsp** Italian seasoning (or a mix of dried oregano and thyme)
- Salt and black pepper to taste

INSTRUCTIONS

- 1. Sauté aromatics:** Heat a bit of oil in a large pot over medium-high heat. Add the onion and garlic, cooking until translucent (about 2 minutes).
- 2. Build the broth:** Stir in the broth, diced tomatoes (with juice), celery, and Italian seasoning. Bring to a simmer for 5 minutes.
- 3. Cook the fish:** Add the whole fish fillets directly into the pot. Simmer for 5 minutes if fresh, or 10 minutes if frozen, until the fish is opaque and flakes easily.
- 4. Finish and serve:** Gently break the fish into chunks with a spatula. Season with salt and pepper, then serve hot, ideally with crusty bread.

★ Pro Tips

- **Creamier version** — stir in ½ cup heavy cream or plain yogurt at the very end just before serving.
- **Don't overcook the fish** — five minutes is plenty for fresh; the residual heat finishes the cooking.

⚓ GALLEY NOTES

- SCALE** Multiply by **6** for a crew of 24; cook the broth in a stockpot and add fish in batches near service to avoid overcooking.
- STORE** **2 days** fridge; reheat gently to avoid breaking up the fish further. Best made fresh.
- SUBS** Salmon or trout for a richer soup; saffron and a pinch of chili for a Mediterranean twist; a splash of cream lifts it into a bisque.
-

RECIPE NO. 34

Cream Soup with Mushrooms



Three Protein Variations



SERVES
4

ACTIVE TIME
15 min

TOTAL
30 min

LEVEL
Quick

A creamy, classic soup that adapts cleanly to whatever protein is in the stores — chicken, beef, or white fish. The base recipe uses chicken; adaptation notes for the other two are below. The trick is matching cooking time to the protein: beef needs more, fish needs almost none.

INGREDIENTS

- **1 lb** boneless, skinless chicken breast, cut into 1-inch chunks
- **8 oz** cremini or baby bella mushrooms, sliced

- **1 medium** onion, diced
- **3 cloves** garlic, minced
- **4 cups** chicken broth
- **2 tbsp** all-purpose flour
- **1 cup** heavy cream or half-and-half
- **2 tbsp** butter and 1 tbsp olive oil
- **1 tsp** dried thyme, salt, and black pepper to taste

INSTRUCTIONS

- 1. Sear the protein:** Heat oil in a large pot over medium heat. Season chicken with salt and pepper, then cook until golden (about 3 minutes). Remove and set aside.
- 2. Sauté vegetables:** Melt butter in the same pot. Add mushrooms and onions; cook until soft and mushrooms are browned (about 5–8 minutes).
- 3. Create the base:** Stir in garlic and thyme for 1 minute. Sprinkle in flour and whisk for another minute to cook out the raw flour taste.
- 4. Simmer:** Gradually pour in the broth while whisking. Add the chicken back in. Bring to a boil, then reduce heat and simmer for 10–15 minutes until thickened.
- 5. Finish:** Stir in the cream and heat through for 1–2 minutes. Adjust seasoning and serve hot.

★ Pro Tip

- **Don't boil after the cream** — gentle warmth only, or the soup can split.

📝 Beef & Fish Adaptations

- **Beef** — use thin sirloin or flank strips; swap to **beef broth**; sear over high heat 1–2 min/side; simmer 15–20 minutes for tenderness; add a splash of Worcestershire.
- **Fish** — use cod, halibut, or tilapia in 1-inch cubes; swap to **seafood stock**; **skip** the searing step; simmer base 10 minutes **without** fish, then add raw fish with the cream and simmer 3–5 minutes; finish with dill or lemon.
- Quick rule: beef needs more time to tenderize; fish needs almost none.

⚓ **GALLEY NOTES**

- SCALE** Multiply by **6** for a crew of 24; sear protein in batches in a separate pan and finish in the soup pot.
- STORE** **3 days** fridge; reheat very gently. Add a splash of broth or milk if it's tightened up.
- SUBS** Wild mushrooms (porcini, shiitake) for a deeper flavor; coconut milk in place of cream for a lighter, dairy-free version.
-

RECIPE NO. 35

Frikadeller Soup

*Russian Meatball Soup***SERVES**
6**ACTIVE TIME**
20 min**TOTAL**
45 min**LEVEL**
Standard

A classic Northern and Eastern European comfort dish — tender meatballs simmered in a clear, savory broth with hearty vegetables. The kind of soup that quietly becomes a go-to once it's in the rotation.

INGREDIENTS

For the Meatballs (Frikadeller)

- **1 lb (450g)** ground meat (beef, pork, or 50/50 mix)
- **1** egg
- **¼ cup** breadcrumbs
- **½** onion, grated or very finely minced

- **1 tsp salt** and ½ tsp black pepper

For the Soup Base

- **8 cups (2L)** broth (beef, chicken, or vegetable)
- **3 medium** potatoes, peeled and cubed
- **2 medium** carrots, peeled and sliced into thin rounds
- **1** bay leaf
- Fresh dill or parsley for garnish

INSTRUCTIONS

- 1. Prep the base:** In a large pot, bring the broth to a boil with the bay leaf. Add the potatoes and carrots. Reduce heat and simmer for about 10 minutes until the vegetables begin to soften.
- 2. Form meatballs:** While the soup simmers, mix the meat, egg, breadcrumbs, onion, salt, and pepper in a bowl. Roll the mixture into small, walnut-sized balls (about 1 inch).
- 3. Simmer together:** Carefully drop the raw meatballs into the simmering broth. Cook for another 15–20 minutes until the meatballs float and the potatoes are fork-tender. Stir in fresh herbs and serve.

★ Pro Tips

- **Skim the foam** — to keep the broth clear, use a spoon to skim off any foam that rises after the meatballs go in.
- **Don't crowd the pot** — drop meatballs in one at a time; they need room to cook through evenly.

⚓ GALLEY NOTES

- SCALE** Multiply by **4** for a crew of 24; needs a 12-quart stockpot. Roll meatballs ahead and chill on a tray to speed service.
- STORE** **4 days** fridge, **3 months** freezer; flavour deepens overnight.
- SUBS** Ground turkey or chicken for a lighter version; rice or barley in place of potatoes for a heartier, grain-based soup.

RECIPE NO. 36

Okroshka

*Russian Cold Summer Soup***SERVES**
4**ACTIVE TIME**
30 min**TOTAL**
45 min (plus
chill)**LEVEL**
Standard

A refreshing cold soup from Eastern Europe, traditionally made with finely diced vegetables and a tangy fermented liquid base. Perfect for hot summer days at sea — minimal cooking, served ice-cold, and a real morale lift when the galley is sweltering.

INGREDIENTS

- **4 cups** chilled plain kefir (or 2 cups kefir mixed with 2 cups cold mineral water)
- **1 large** English cucumber

- **1 bunch** radishes
- **2-3 medium** waxy potatoes, boiled and cooled
- **3-4** hard-boiled eggs
- **½ lb** diced ham or bologna
- **½ cup** chopped green onions
- **¼ cup** fresh dill
- Salt and black pepper to taste
- **Optional kick:** 1 tsp Dijon mustard or a squeeze of lemon juice

INSTRUCTIONS

- 1. Boil and cool:** Boil potatoes in their skins until tender (about 20–25 mins). Hard-boil the eggs (about 10 mins). Let both cool completely, then peel.
- 2. Dice everything:** Cut the potatoes, eggs, cucumbers, radishes, and ham into small, uniform cubes (about ¼ inch).
- 3. Mix herbs:** Finely chop the dill and green onions.
- 4. Assemble:** In a large bowl or individual serving bowls, combine the chopped solids.
- 5. Add liquid:** Pour the chilled kefir (and mineral water if using) over the mixture.
- 6. Season and chill:** Stir in salt, pepper, mustard, or lemon juice to taste. Refrigerate for at least 1 hour before serving. Add a few ice cubes to each bowl for extra chill.

★ Pro Tips

- **Keep it crunchy** — dice your vegetables very small and keep them separate from the liquid if you aren't eating it all at once, to maintain their crunch.
- **Traditional liquid** — the most authentic version uses Kvass, a fermented rye bread drink. Kefir is the most accessible substitute.
- **Quick cool** — to cool potatoes and eggs faster, rinse them under cold water or use an ice bath.

⚓ **GALLEY NOTES**

- SCALE** Multiply by **6** for a crew of 24; prep the dice the day before and assemble bowl-by-bowl at service to keep the texture.
- STORE** Best within 1 day; the vegetables soften in the kefir over time. Store dice and liquid separately if making ahead.
- SUBS** Buttermilk or thinned plain yogurt in place of kefir; smoked sausage or boiled chicken in place of ham; cooked beets traditionally added in some regions.
-



SECTION EIGHT

FROM THE SEA

Quick lessons in not overcooking fish — trust the timer, watch the texture.



RECIPE NO. 37

Boiled & Fried Shrimp

*Two Methods***SERVES**
4**ACTIVE TIME**
10 min**TOTAL**
15 min**LEVEL**
Quick

Two reliable shrimp methods, both under 15 minutes: a classic Old Bay boil for a peel-and-eat appetizer, and a crispy three-step fry for something more substantial. Choose the boil for warm-weather service, the fry when you want texture.

INGREDIENTS

Old Bay Boiled Shrimp

- **1-2 lbs** raw shrimp (shell on for best flavor)
- **1** lemon (halved), **1** small onion, **2** garlic cloves
- **3 tbsp** Old Bay or Zatarain's Crab Boil seasoning

Three-Step Fried Shrimp

- Peeled, dry shrimp
- All-purpose flour for dredging
- Beaten eggs for the wash
- Fine cornmeal or breadcrumbs mixed with salt and garlic powder
- Vegetable oil heated to 375°F

INSTRUCTIONS

- 1. Boil method — infuse:** Bring a large pot of water with the lemon, onion, garlic, and seasoning to a rolling boil for 5 minutes to infuse the liquid.
- 2. Cook the shrimp:** Drop in the raw shrimp. Cook for 2-3 minutes until they turn pink and opaque.
- 3. Stop the cooking:** Move shrimp immediately to an ice bath after draining. This stops the cooking and keeps them from getting rubbery.
- 4. Fry method — flour first:** Coat dry, peeled shrimp in all-purpose flour first. This helps the next layer stick.
- 5. Egg wash:** Dip the floured shrimp into a bowl of beaten eggs.
- 6. Coat and fry:** Roll them in the cornmeal-breadcrumb mixture, then fry in small batches at 375°F for 2-3 minutes until golden brown.

★ Pro Tips

- **C-shape, not O-shape** — shrimp are done when they curl into a C. If they curl into an O, they're overcooked and rubbery.
- **Quality matters** — wild-caught Gulf shrimp are recommended for the best natural sweetness.
- **Serving** — boiled with cocktail sauce or melted garlic butter; fried with tartar sauce or remoulade.

⚓ GALLEY NOTES

SCALE Multiply by **6** for a crew of 24; boil in two batches in a stockpot, fry in a deep skillet in small batches.

STORE Best fresh; cooked shrimp keep **2 days** fridge. Reheat boiled shrimp in warm broth, **never the microwave**.

SUBS Frozen raw shrimp work well — thaw in cold water; panko gives a chunkier coat than fine breadcrumbs.

RECIPE NO. 38

Steamed Salmon

*Lemon & Herb***SERVES**
2**ACTIVE TIME**
5 min**TOTAL**
15 min**LEVEL**
Quick

Steaming preserves the salmon's moisture and delicate flavor in a way pan-searing simply can't match. Most fillets cook in 5 to 8 minutes once the water is at a rolling boil. Healthy, foolproof, and impossible to dry out if you watch the timer.

INGREDIENTS

- 2 center-cut salmon fillets (about 6 oz each)
- 1 lemon, sliced
- 2-3 **sprigs** fresh dill or parsley
- Salt and freshly ground black pepper to taste
- 1-2 **inches** water (or half water, half white wine for extra flavor)

INSTRUCTIONS

- 1. Prep the pot:** Fill a large pot with an inch of water. Place a steamer basket inside, ensuring the water does not touch the bottom of the basket.
- 2. Season the fish:** Pat the salmon dry. Season both sides with salt and pepper.
- 3. Layer aromatics:** Line the steamer basket with lemon slices and herb sprigs. Place the salmon on top, skin-side down.
- 4. Steam:** Cover the pot with a tight-fitting lid. Steam over medium-high heat for 5–8 minutes, depending on thickness.
- 5. Check for doneness:** The salmon is ready when it is opaque on the outside and flakes easily with a fork. An internal temperature of 125°F (52°C) is ideal for a moist, medium-rare center.

★ Pro Tips

- **Even thickness** — if one end of your fillet is much thinner, fold it under itself to create an even thickness for uniform cooking.
- **No steamer?** — use a heatproof plate balanced on three balls of aluminum foil in a large covered skillet.
- **Asian twist** — replace the herbs with sliced ginger and scallions, then drizzle with soy sauce and sesame oil after cooking.

⚓ GALLEY NOTES

- SCALE** Multiply by **12** for a crew of 24; steam in batches or in a deep hotel pan with a steam rack.
- STORE** Best fresh; **2 days** fridge cold. Cold leftover salmon makes excellent next-day salads or sandwiches.
- SUBS** Trout, cod, or any thick white fish work the same way; herb-stuffed inside the fillet for a more aromatic result.
-



SECTION NINE

ASIAN PLATES

Noodles, broths, and balance. Fast to cook, hard to get wrong.



RECIPE NO. 39

Beef Ramen with Eggs

*Quick Stovetop Method***SERVES**
2-3**ACTIVE TIME**
15 min**TOTAL**
20 min**LEVEL**
Quick

A simple beef ramen using ground beef and soft-boiled eggs for a quick, filling meal in about 20 minutes. Far better than the packet on its own, and a useful staple when stores are low.

INGREDIENTS

- **1 lb** ground beef
- **2-3** large eggs
- **2-4** packages of instant ramen
- **1-2 cups** beef broth
- **¼ cup** soy sauce

- **1 tbsp** chili garlic sauce
- **2 tsp** minced garlic
- **¼ tsp** ground ginger
- **Optional:** green onions and sesame seeds for garnish

INSTRUCTIONS

- 1. Boil the eggs:** Bring 2 inches of water to a boil. Carefully add eggs and cook for 6–7 minutes for a soft, jammy yolk. Immediately move them to an ice bath to stop the cooking.
- 2. Brown the meat:** In a large skillet over medium-high heat, cook the ground beef until browned. Drain any excess fat.
- 3. Season the beef:** Add the garlic and ginger to the skillet; cook for 1 minute until fragrant. Stir in the soy sauce, broth, and any desired spices (like red pepper flakes).
- 4. Cook the noodles:** Bring a separate pot of water to a boil and cook the ramen noodles for about 3 minutes. Drain them, reserving a small splash of the water.
- 5. Assemble:** Add the cooked noodles to the beef skillet and toss until coated in the sauce.
- 6. Serve:** Divide into bowls. Peel and halve the eggs and place them on top. Garnish with sliced green onions.

★ Pro Tips

- **Skip the seasoning packets** — they make the dish too salty when you're already adding soy sauce. Save them for emergencies.
- **Soft-boiled timing** — 6 minutes for runny yolk, 7 for jammy, 8 for set-but-tender. Set a timer.

⚓ GALLEY NOTES

- SCALE** Multiply by **8** for a crew of 24; cook noodles in a large stockpot in two batches, hold beef sauce warm in a pot.
- STORE** Best fresh — noodles bloat overnight. Store noodles separate from sauce if holding for service.
- SUBS** Ground turkey or pork in place of beef; udon, soba, or rice noodles in place of ramen; oyster sauce adds depth in place of half the soy.
-

RECIPE NO. 40

Chinese Glass Noodle Salad

*Cold Sesame & Chili*

SERVES

4

ACTIVE TIME

15 min

TOTAL

20 min

LEVEL

Quick

A light, refreshing dish that balances savory, tangy, and spicy in about 15 minutes. Perfect for a hot day, a side dish, or a vegetarian main. Keeps well in the fridge, making it excellent meal-prep for crew.

INGREDIENTS

- **3.5 oz (100g)** glass noodles (cellophane or mung bean noodles)
- **1 medium** carrot, shredded or julienned
- **½ large** cucumber, shredded or julienned

- **3 cloves** garlic, minced
- **1** scallion, chopped
- **Optional:** fresh cilantro, roasted peanuts, or toasted sesame seeds

Dressing

- **1½ tbsp** light soy sauce
- **1 tbsp** black rice vinegar (or rice vinegar)
- **1 tsp** sugar
- **½ tsp** sesame oil
- **1 tsp** chili oil or chili flakes (adjust for spice)

INSTRUCTIONS

- 1. Prepare noodles:** Soak noodles in hot water for 5 minutes until pliable. Boil them for 30 seconds to 2 minutes until transparent, then immediately rinse under cold water and drain.
- 2. Prep veggies:** While noodles cook, grate or thinly slice the carrot and cucumber.
- 3. Mix dressing:** In a small bowl, whisk together the soy sauce, vinegar, sugar, sesame oil, and chili flakes.
- 4. Assemble:** Combine noodles and vegetables in a large bowl. Pour the dressing over, add minced garlic and scallions, and toss thoroughly.
- 5. Serve:** Top with cilantro and peanuts. Serve immediately or chilled.

★ **Pro Tips**

- **Kitchen shears** — use scissors to snip the noodles into shorter lengths after boiling; it makes them much easier to toss and eat.
- **Sizzling oil trick** — for more fragrance, heat 1-2 tbsp of neutral oil until smoking and pour directly over the minced garlic and chili flakes before adding the other sauce ingredients.
- **Storage** — keeps in the fridge for up to 2 days, making it excellent meal prep.

⚓ **GALLEY NOTES**

- SCALE** Multiply by **6** for a crew of 24; cook noodles in batches, dress just before service so they don't soak up everything.
- STORE** **2 days** fridge dressed; longer if dressing is kept separate. Texture softens over time.
- SUBS** Rice vermicelli or thin egg noodles in place of glass noodles; lime juice in place of vinegar; peanut butter whisked into the dressing makes it creamier.
-



H A P P Y
C O O K I N G



*The best recipes are the ones you make your own.
Cook them once by the book.
Then start adding your personal touch.*



F A I R W I N D S
A N D F O L L O W I N G S E A S

Compiled by Deck Cadet Dave Murray, 2026


G A L L E Y
CONVERSIONS

A multi-national crew brings a multi-national pantry. Recipes in this book mix metric and imperial — sometimes within the same line — and these tables make the conversions painless. Round freely; cooking forgives.

VOLUME

1 cup	240 ml = 16 tbsp = 48 tsp
½ cup	120 ml = 8 tbsp
¼ cup	60 ml = 4 tbsp
1 tbsp	15 ml = 3 tsp
1 tsp	5 ml
1 fl oz	30 ml

WEIGHT

1 oz	28 g
1 lb	454 g ≈ ½ kg
1 kg	2.2 lb
100 g	≈ 3.5 oz

OVEN TEMPERATURES

Low oven	250°F = 120°C
Slow	325°F = 165°C
Moderate	350°F = 175°C
Standard	375°F = 190°C
Hot	400°F = 205°C
Very hot	425°F = 220°C
Bread / pizza	450°F = 230°C
Maximum	500°F = 260°C

COMMON SUBSTITUTIONS

1 stick butter	113 g = ½ cup = 8 tbsp
1 large egg	≈ 50 g shelled
1 cup all-purpose flour	≈ 125 g
1 cup raw rice	≈ 185 g
1 cup sugar	≈ 200 g
1 cup brown sugar	≈ 220 g packed
1 garlic clove	≈ ½ tsp minced ≈ ⅛ tsp powder
1 cup buttermilk	1 cup milk + 1 tbsp lemon juice (rest 5 min)
1 cup self-rising flour	1 cup AP + 1½ tsp baking powder + ¼ tsp salt

⚓

INDEX BY MAIN INGREDIENT

Match what's in the stores to what's in this book. Numbers refer to recipe numbers — find page numbers in the Table of Contents at the front.

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