

**QUICK 'N' EASY
COOKBOOK**

**CHARLIE
WHITEHEAD**





Cooking

Afloat

Charlie Whitehead

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We all know how stressful we can get after a day's sailing crossing the channel or across to the Isle of Man, but imagine this:

You set off from Caernarfon at six in the morning. Hoist up the sails and turn the

engine off, at around twelve o'clock,
everyone becomes a bit peckish so you pop
down to the galley, and whip up a nice
refreshing lunch. Bad weather is forecast
so you need to prepare; coats, gloves, hats,
the lot but when you arrive in Dublin some
fourteen hours later, all the restaurants or
chip shops are closed. Exhausted you
crawl down to the galley hoping that there
are some easy meals waiting for you to
cook in your cookbook.

That is where you are in luck! This book is
full of easy recipes to put together that are
certain to get praise! No matter where you
are; sailing, camping or even after a
stressful day at work...these meals are
right for you!

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For David, Jakki, Margaret and Bill

and all others, stuck at sea

Please note that because this book is on
the Amazon Kindle, some recipes may not
be entirely on one page.

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Have a flick through this book to decide
what you want! The order of the recipes
are as follows:

Brilliant Breakfast

Superb Snacks

Amazing Mains

Delicious Deserts

Tips

Once you've found recipes that you like, make a note so you know where to find it if you want to try it again! I can certainly say that each time that I've cooked these meals; they have gone down a storm. In this book I've listed some recipes that I have collected over the years. So stop listening to me and grab that apron!

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Brilliant Breakfasts

Here are some breakfasts that are

certain

to

be

extremely

popular!

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Big Breakfast Butty

Serves 1, double everything for two, etc.

You will need:

* 1 Egg

* 2 Rashers of bacon

* 1 Sausage

* 2 Slices of thick white bread

* Olive Oil

* Butter

The title gives a hint of what you are eating!

1) Cook the bacon and eggs in a dribble of olive oil and when fully cooked, place on a plate to cool slightly. Must remain warm!

2) You now need to be quick. Fry the egg until the underside of the white is turning brown but the yolk is still runny. Ensure it is properly cooked then place onto the plate.

3) Thinly spread the butter onto the bread

and place the bacon onto the bread first,
then the sausage followed by the egg. Seal
off the butty with the other slice of bread and
serve with love (and lots of tomato sauce)!

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The Fruit Bowl

Serves 4.

You will need:

- * 2 Apples
- * 2 Oranges
- * 2 Handfuls of raisins
- * 1 Grapefruit
- * 2 Bananas
- * A generous dollop of natural yogurt (x4)

1) Chop apples and bananas into small chunks and place evenly into 4 bowls.

2) Peel the oranges and grapefruits and then evenly split between 4 bowls.

3) Sprinkle the raisins over the 4 bowls and then add a dollop of yogurt!

N/B Remember you can always add extra fruit!

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Classic Scrambled Egg

Serves 2.

You will need:

- * A spoonful of butter
- * 2 Eggs (preferably free range)
- * A splash of milk

* 2 Slices of white bread

1) Put a spoonful of butter into the frying pan and cook until it has nearly melted.

2) Crack in 2 eggs and immediately use a wooden spoon to mix up the eggs.

3) After about 30 seconds, add a splash of milk. If the mix continues to stick to the pan after constant mixing with the spoon,

add

some

more

butter.

4) As soon as the egg is cooked throughout and is turning brown, remove from pan and serve with some buttered bread. Enjoy!

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Good Ol' Bacon Sandwich

Serves 1.

You will need:

* 2 rashers of high quality bacon

* Butter

* 2 slices of white bread

1) Fry the bacon until perfectly done to

suit you.

2) Spread a thin layer of butter on each

slice of bread.

3) Put the bacon in the sandwich and

maybe add a bit of sauce! Tastes

delicious after a long night sailing!

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Superb Snacks

Some snacks that will go down a treat if cooked at the right moment!

Remember to look at more recipes at:

www.21stcenturypup.co.uk

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Egg Mayonnaise Wrap

Serves 1.

You will need:

* 1 Wrap of your choice

* Salt and black pepper

* 2 eggs

* Dollop of mayonnaise

1) Prepare the egg as seen in the recipe

“Classic Scrambled Egg” in the Brilliant

Breakfast section. After done place in a

bowl.

2) Using a fork, mix the dollop of

mayonnaise into the now cooled egg.

3) Once the mayonnaise and egg have

been completely mixed together, sprinkle

on some salt and black pepper then

continue to mix. Now place into a wrap!

Roll the wrap and serve! Perfect as part

of your lunch!

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Stuffed Baked Potato

An amazing meal that can served with

almost anything of your choice. For

example; tuna mayonnaise or baked

beans. Serves 2.

You will need:

* Butter

* Salt and pepper

* 1 Potato

* 2 Slices of ham

* Gratings of 60g of cheese

1) Preheat the oven to 200oC and wash

the potato. Prick it with a fork 3 or 4

times and place in the oven for 1 hour.

2) Take out and allow it to cool. Cut it in

half and spoon out the inside. Mash the

potato, butter and a sprinkling of salt and

pepper. Cut up the ham into small pieces

and

mash

into

the

mix.

3) Place the mash back in the skins, and

add the grated cheese on top. Voila!

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Cake tray Pizza

This happened when we ran out of pastry

and we couldn't find the pizza tray, so out

came the cake tray and the packet

pastry... It was perfection! Serves 4.

You will need:

- * 1 packet of salami
- * 150g of cheese (grated)
- * 1 tube of tomato puree
- * 375g Packet puff pastry

Preheat

oven

to

200oC.

1) Lay the pastry over the cake tray

ensuring each fairy cake indent is

covered.

2) Spread the tomato puree over the

pastry and ensure all the pastry is coated.

3) Lay the salami over the tray and coat

in grated cheese. Cook in the oven and

check after 20 minutes. Serve warm with

sauce!

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Dorito Surprise

Recently did a 24 hour radio show raising

money for the RNLI. This is the stuff that

kept me going all night. Serves 4.

You will need:

* 1 Large pack of Dorito crisps

* 200g of grated cheese

* Tomato Puree

1) Preheat the oven to 180oC and empty

the contents of the Doritos onto a baking

tray.

2) Cover each Dorito in a small amount of

tomato puree. Then sprinkle grated

cheese evenly over the top. Place in

oven.

3) Cook for 15 minutes or until looking

cooked. Do NOT burn! Serve warm.

Give them a try. They taste delicious.

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Amazing Mains

Yes. Just yes. These meals are the way forward.

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Macaroni Cheese

Easy and very tasty, enough said?

Serves 4.

You will need:

* 4 handfuls of macaroni

- * 50g butter
- * 50g plain flour
- * 600ml/1pt milk
- * 150g cheese (grated)
- * Salt and black pepper
- * Carrots, broccoli, peas (or vegetables of your choice)
- * 2 chicken Oxo cubes

1) Preheat oven to highest temperature.

2) Place all macaroni into saucepan with salted water and cook for 12 minutes.

3) Melt the butter into a saucepan and allow it to melt. Once melted, slowly add in the flour and stir. After mixed take off heat.

4) Add milk very slowly and whisk mix

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together, getting rid of any lumps. Add
Oxo cubes and stir. Place back on heat
and
stir
every

30

seconds.

5) Chop vegetables into small pieces and add to the macaroni, allow it to continue cooking.

6) After vegetables are cooked, drain away all water and mix the sauce with the macaroni and vegetables into one pan. Place into baking bowl and place grated cheese on top.

7) Remove from oven after 30 minutes and serve. Best meal that there is around.

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Spaghetti Bolognese

Always a favourite...no matter where you are.

You will need:

* 1lb of minced meat

* 1 onion

* 1 beef Oxo cube

* 1x 400g tin of chopped tomatoes

* Salt and pepper

* 4 portions of spaghetti

* Butter

1) Chop the onion and melt some butter

in a saucepan. Add the onion and cook it softly until the onion is translucent.

2) Put in the mince meat and brown it;

keep stirring. Put in the tomatoes and any seasoning that you feel should be

there. Add sprinkles of salt and pepper.

Pour in some water if it is too dry.

3) Turn the heat down and allow to

simmer for around 30 minutes (no less).

4) Put the spaghetti in a saucepan of

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boiling water with a pinch of salt and

allow the spaghetti to soften. Keep it

boiling

for

around

12

minutes.

5) Put the spaghetti onto a plate then add

the Bolognese on top. Serve hot.

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Mango Chicken

You will need:

- * Chicken Fillets
- * Basmati Rice
- * Double cream (300g for 2 servings)
- * 2-3 tablespoons of mango chutney
- * Mange touts and baby sweet corn
- * Butter
- * Pinch of salt and some black pepper

1) Chop the chicken fillets into 3 or 4 pieces and place in a roasting dish.

Season with some butter and pepper.

2) Prepare and cook basmati rice and vegetables.

3) When the above is ready, make the sauce. Bring the cream to almost boil and remove from heat. Add a pinch of salt and

then

pass

the

mango

chutney

through a sieve into the cream.

4) Plate the rice, vegetables and chicken

then drizzle the sauce over the chicken.

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Chicken Satay

You will need:

* 4tbsp smooth peanut butter

* 100ml soy sauce

* 4 skinless chicken breast fillets

1) Put the peanut butter in a bowl and slowly mix in the soy sauce until smooth.

2) Cut each chicken fillet into thin strips lengthways and add them to the peanut mixture and coat well all

over.

Cover

and

leave

to

marinate.

3) When ready, thread each chicken strip onto a soaked skewer and barbecue or grill for about 5 minutes on each side (or until cooked).

Very tasty. You must give it a try!

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Delicious Deserts

A must try after a fulfilling meal. This is bound to get your taste buds pumping!

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Banana Bread

You will need:

- * 4oz butter
- * 2 Beaten eggs
- * 1 tsp bicarbonate of soda

* 3 ripe bananas

* 8oz wholemeal flour

* 2-3tbsp milk

1)

Preheat

the

oven

to

180oC.

2) Cream the butter into a bowl until light

and fluffy. Add the flour and baking

powder to the mixture and slowly add the

eggs.

3) Peel and mash the bananas and then

stir into the mixture. Mix in the milk.

4) Spoon the mixture into a greased and

lined loaf tin and bake for 1hr 30 minutes

(or until skewer comes out clean).

Serve and enjoy your delicious bread!

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Scones

When you are out sailing, what could be

better than a nice fresh scone with

cream and jam? Makes 6-7.

You will need:

* 225g self raising flour

* ½ tsp salt

* 50g butter

* 150ml milk

(You may need extra splashes of milk)

1) Sift the flour and salt into a bowl.

2) Rub the butter into the flour until the mixture looks like very fine breadcrumbs.

3) Add ALL milk and mix to a soft dough.

Knead

the

dough

until

smooth.

4) Roll out until the desired thickness is achieved and cut into 6 or 7 scones.

5) Move onto a greased baking tray and brush milk on top. Bake at 230oC for 7-10 minutes. Serve with jam and cream after cooling. Lovely.

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Bishop's Pudding

Serves 6.

You will need:

- * 1 tin of peaches in syrup
- * ½ pint milk
- * 2 tbsp corn flour or plain flour
- * 1½ oz margarine
- * 2 eggs (separated)
- * 1½ tbsp sugar
- * 1½ oz sugar (do not mix with sugar above)

1) Drain the peaches but keep the syrup in a measuring jug for later use.

2) Put the peaches in a large oven dish.

3) Mix up the syrup with 1pt of milk.

4) Melt the margarine in a saucepan and add the flour. Mix on low heat. Add liquid gradually, stirring until boils. This

should

make

a

custard

mixture.

5) Add the 1½ tbsp of sugar when boiling.

6) Beat the egg yolks and add the custard

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when cooled and pour over the peaches.

7) Make meringue by whipping the egg

whites until stiff and add 1½ oz

of

sugar.

Continue

whipping.

8)

Spread

the

meringue

mixture

over

the

peaches

and

custard.

9) Cook for $\frac{1}{2}$ an hour at 150oC. When

done the meringue will be crisp and

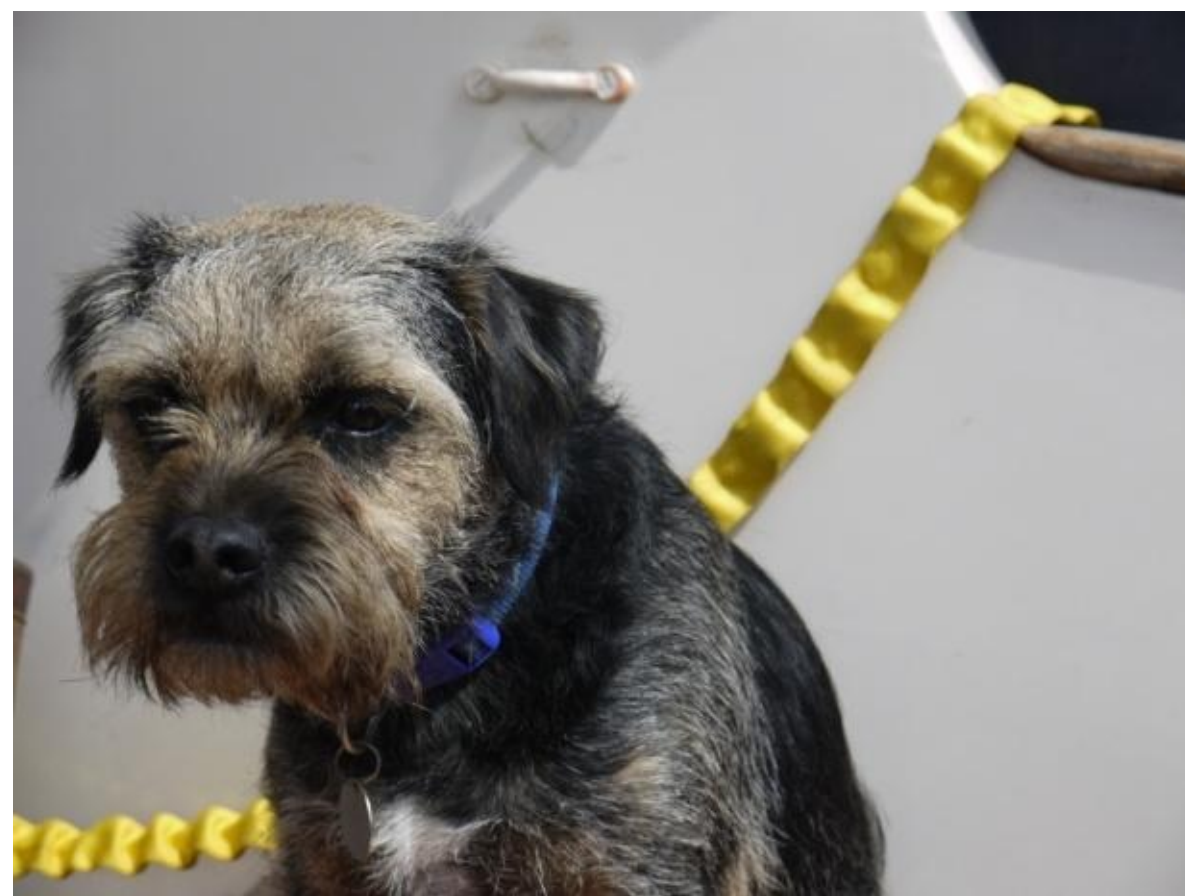
slightly browned.

Serve and enjoy!

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Spotted Sponge

You will need:

- * 4oz self raising flour
- * 2oz suet
- * 2oz sugar
- * 2oz currants
- * Milk (until mixture thickens)

1) Put the ingredients into a bowl.

Gradually add milk until mixture is thick.

2) Cook for 9 to 10 minutes on a medium heat.

3) Remove from oven and allow to cool.

Perfect with custard or cream!

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Tips

Tips on how to survive at sea!

* Keep hydrated! Drink lots of water.

* Eat! Stay not-hungry or you'll find yourself becoming ill.

* Keep warm! It's easy to get cold but not so easy to get warm.

* Try out the recipes in this book for some light, warming meals, perfect after or during a long passage!

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We do not accept liability for any uncooked food you eat or any recipes that are cooked wrong. We cannot accept liability if you become ill after eating one of these recipes due to uncooked food or other problems.

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