

# Atlantic Crossing Menus

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Yacht Serafina

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## Key

P = Preprepared  
T = includes tins!  
F = Frozen elements

## Recipe books used

LP = Lin Pardy  
CCC = Cruising Chef Cookbook  
PP = Pressure Perfect  
NS = Nigel Slater, Real Fast Food  
1P = One Pot meals  
F = 101 Fish & Seafood dishes  
B = WI Breads & bakes  
SEB = Pkt of loose recipes

Bread recipes - LP p187, CCC p 259 - both  
have Pressure cooker recipes, WI bread bk  
Managed to buy rye-type, seeded bread which lasted  
the distance with part-baked to relieve monotony

Day	Trip Day	Date	Meal L/S	Prep	Recipe	Menu	Protein	Carb	Veg	Other
1	1	11	L	P		Plain beef stew incl potatoes	Beef 500g	Potatoes 500g	Onions 200g (1) Carrots 300g (1 lge) Aubergine 150g ( 1/2 small)	Tin toms Herbs Stock
			S	P/T		Tinned Tomato soup, Ham sandwich	Ham	1/2 loaf, spread		2 tin soup
2	2	12	L	P		Spag bog + pasta shapes	Beef 500g	Pasta shapes 500g	Onion 1, Carrot 1 (grated), Aubergine 1/2	Tom puree stock, herbs
			S	P	PP239	Bean soup, bread (cheese if wished)	Beans 1 cup (200g) diced sausage 75g (cheese? 100g)		Onion 1 , aubergine 1/2, garlic clove O Oil on top	<i>tin toms</i> stock
3	3	13	L	P	1P46	Chicken lemon & olive stew & rice	6 chick thighs	Rice 2.5 cups (500g)	Shallots 300g, 2 garlic cloves, olives 125g, 1 lemon, coriander	spices stock
			S			Cous cous salad + feta	Feta 1 pot/tin	cous cous 1.25 cups	Tomatoes 2 (350g), 1 short cuc (250g) 1/2 red pepper (125g), small red onion 1 (150g)	
4	4	14	L	F		Chicken, avo etc salad, grn salad, boiled pots <i>cook extra chick &amp; pots for tomorrow</i>	Chick breasts x 3 poached <i>2 chick brsts</i>	Pots 500g <i>+ 500g</i>	1/2 avocardo, small red onion, 1/2 red pepper, 1/2 lemon (juice) 1 chicory (120g), 1/4 C Leaf, 1/2 cuc	Mayo 200g + yog
			S			Sausage sarnies/rolls	6 sausages (250g?)	6 rolls or 1/2 loaf		
5	5	15	L			Chick & fennel risotto (+ bread)	<i>as above</i>	Rissotto rice 1.5 cups (300g) (+ bread?)	1 fennel (320g), 1 onion, lemon juice	
			S			Avocardo & bacon sarnies Fruit	Bacon 10 rashers (200g)	3/4 loaf Xmas cake	1/2 avocardo, 1 tom 4 bananas	Mayo?

6	6	16	L	F		Chilli con carne & rice, Tom, cuc & avo salsa	Beef 500g	Rice 2.5 cups (500g)	1 onion, 1 red pepper, 1/2 small aubergine, 1 Tom, 1/2 cuc, 1/2 avo 1 small red onion	Tin toms Tin kidn bean Tom puree
			S			Cheese, bread, pickle, Tomato	Cheese 200g	Bread 1 part bake	2 Toms, 1 shallot	Pickle
7	7	17	L			Omelette, salad & pots	Eggs 10 cheese 100g	Potatoes 250g	1 chicory, 1/4 C Leaf, 1/2 cuc, 1 Tom, 1 onion	
<i>Arrived Cape Verde?</i>										
			S			Bean soup, bread (cheese if wished)	Beans 1 cup (200g) diced sausage 75g (cheese? 100g)		Onion 1 , aubergine 1/2, garlic clove	<i>tin toms</i> stock
8	8	18	L			Spag Carbonara & bread	Bacon 1 pk Eggs 4 Parmesan 200g	Spaghetti 500g Bread <i>fresh?</i>		Creme Fraiche
			S		LP280	Dressed up Pork & Beans	Sausage 150g (2/3)	Bread	1 onion	2 tin B beans Mustard SD tom paste sugar
9	9	19	L			Eat out in CV!				
			S			??????				
<i>Prepare following meals at Cape Verde</i>										
10	1	20	L	P		Plain beef stew incl pots	Beef 500g	Potatoes 500g	Onions 200g (1) Carrots 300g (1 lge) Aubergine 150g ( 1/2 small)	Tin toms Herbs Stock
			S	P/T		Tinned Tomato soup, Ham sandwich	Ham	1/2 loaf spread		2 tin soup
11	2	21	L	P		Spag bog + pasta shapes	Beef 500g	Pasta shapes 500g	Onion 1, Carrot 1 (grated), Aubergine 1/2	Tom puree stock, herbs
			S	P	PP239	Bean soup, bread (cheese if wished)	Beans 1 cup (200g) diced sausage 75g (cheese? 100g)		Onion 1 , aubergine 1/2, garlic clove O Oil on top	<i>tin toms</i> stock
12	3	22	L	P	1P46	Chicken lemon & olive stew & rice	6 chick thighs	Rice 2.5 cups	Shallots 300g, 2 garlic cloves, olives 125g, 1 lemon, coriander	spices stock
			S	T		Cous cous salad + feta	Feta 1 pot/tin	cous cous 1.25 cups	Tomatoes 2 (350g), 1 short cuc (250g) 1/2 red pepper (125g), small red onion 1 (150g)	
13	4	23	L	F		Chicken, avo etc salad, grn salad, boiled pots	Chick breasts x 3 poached	Pots 500g	1/2 avocardo, small red onion, 1/2 red pepper, 1/2 lemon (juice)	Mayo 200g + yog
			S	T		BLT sarnies	Bacon 1 pk	2/3 loaf	1/2 C Leaf, 1 Tom	Mayo
14	5	24	L	F	PP198	Risotto (+ chick <i>if purchased</i> or sausage)	Chick breasts x 2 & Parmesan 200g OR sausage 4	Risotto 1.5 cups	1 onion, 1 fennel ?,	
				T						Tin toms

15	6	25	S			Cheese, bread, pickle, Tomato	Cheese 200g	Bread 2/3 fresh	2 Toms, 1 shallot	Pickle
			L	F		Fillet steak, baked pots, Frozen fillet - 1/2 eaten, rest marinade oil lemon garlic - lasted 6 more days grilled toms Xmas pud	Fillet steak 900g	4 pots	4 toms	cream 1 pkt
15	6	25	L	F	PP131	Sausage cass & baked pots	6 sausages	4 Bking pots 500g	1 onion, 1 cup brown lentils, 12 prunes 1/2 aubergine, 1 lemon	whole cumin cinnamon
			S		LP281	French onion soup & bread/cheese <i>Topping dependant on sea state!</i>	Parmesan 100g Other cheese 100g	1/2 loaf bread	6 onions, 3? Cloves garlic	Butter Beef stock Gravy mix?
16	7	26	L	Ts	F180 NS202	Fishcakes & rice with olive paste, SD toms, mayo/yog sauce	1 tin salmon (420g) <i>or fresh!</i>	Rice 2 cups 10 cream crackers	1 tin sweetcorn, 1 onion, 1 lemon SD toms - jar	tapenade Mayo 200g + yog, capers
			S	T		Mixture pate + bread gherkins, toms	1 tin pate 1/2 pk phili cheese	Bread	1 shallot (any sprouted onion top?)	Curry powder
17	8	27	L		SEB	Posh macaroni cheese <i>cook scones while oven still hot - see below</i>	6 rashers bacon (1/2 pkt), cheese 100g, parmesan 50g	macaroni 250g brdcrmb 5 tbsp flour 4 tbsp		milk 400ml cream 1.5 pkt cayenne
			S		B68	Smoked salmon & Walnut scones Baked apples?	Cheese 150g Walnuts 50g Ssalmon 2 pkts	SR wholemeal flour 200g? [or WM plain + baking powder] Butter 50g	4 apples, mincemeat, dried fruit, brown suger	milk 100ml
18	9	28	L	F	PP131	Sausage cass & baked pots	6 sausages	4 Bking pots 500g	1 onion, 1 cup brown lentils, 12 prunes 1/2 aubergine, 1 lemon	whole cumin cinnamon
			S		CCC216	Sprouted salad nicoise-ish variation on recipe	4 HardB eggs 1 small tuna tin	Pasta shapes 100g	1 toms, 1 cuc, sprouts, jar artichokes 2 tbsp capers, lemon juice	mayo/yog & vinegrette
19	10	29	L	T		Herring salad, baked pots, cabbage coleslaw	2 tin herring	Pots 500g	Cabbage 150g, 1 carrot, 1 small onion 2 tbsp sultanas, lemon juice, sugar?	Mayo/yog
			S			Pizza	Cheese 100g	Pizza mix	Tom paste, olives, salami	
20	11	30	L	T	CCC206	Pasta & dried mushroom sauce		Pasta 500g	Dried mushrooms 1 cup, 1 onion, 1 jar artichokes, 1/4 cup SD toms	1/2 tin mush soup
			S		B66	Bacon & blue cheese scones <i>cooked ahd</i> Toms, phili	Blue cheese 100g Panacetta 100g Butter 50g Phili 1 pkt	SR flour 200g	3 toms	
21	12	31	L			Fillet steak, baked pots,	Fillet steak 900g		4 pots, 4 toms, 4 apples, mincemeat	Cream

CHRISTMAS DAY!

1/2 Way?

					Gilled toms, Baked apples Soak beans for 2morrow			dried fruit		
22	13	1	S	F30	Smoked salmon & bean dip pittas	225g S salmon (2pkt)	Pittas 2 pkts	Lemon juice	1 tin canellini beans Yog 200g Dill	
			L	Ts	F174	Tuna & Chickpea cous cous	1 lge tin tuna	cous cous 1.25 cups	2 toms, 1 cuc, 1 shallot, lemon juice	Tin chickpeas
23	14	2	S			BLT sarnies	Bacon 1 pk	2/3 loaf	1 Tom	Mayo
			L		PP131	Sausage cass & baked pots	6 sausages	4 Bking pots 500g	1 onion, 1 cup brown lentils, 12 prunes 1 lemon	whole cumin cinnamon
			S	T	NS210	Hummus & pittas, coleslaw	Tahini paste	Pittas 2 pkts	2 cloves garlic, lemon juice Cabbage 150g, 1 carrot, 1 small onion 2 tbsp sultanas, lemon juice, sugar?	1 tin chickpeas
24	15	3	L	T	CCC175	Corned beef hash (+ fried egg?!)	2 tins C beef	Pots 300g	1 lge onion, i clove garlic	Worc sauce
			S			Smoked salmon & scrambled eggs Bread	Smoked salmon 1pkt 10 eggs	pkt bread mix <b>Baked ahd</b>		
25	16	4	L	T		Tinned meat balls & spag	2 tins meat balls Parmesan 100g	spag 500g	2 onions, any veg?!	SD tom paste 1 tin tom
			S	T		Bean soup, bread <i>(cheese if wished)</i>	Beans 1 cup (200g) diced sausage 75g		Onion 1, garlic clove, SD toms, Olive oil	tin toms stock
26	17	5	L		CCC216	Sprouted salad nicoise-ish variation on recipe	4 HardB eggs 1 small tuna tin	Pasta shapes 100g	1 toms, 1 cuc, sprouts, jar artichokes 2 tbsp capers, lemon juice	mayo/yog & vinegrette
			S	T	SEB	Split pea pate, 1/2 bake bread	1 cup yellow split peas (225g)	1/2 bake bread	lemon juice, O Oil, 1 garlic clove	1 tin toms parsley? cayenne
27	18	6	L		NS199	Date & pistachio cous cous, salami & toms if still got?	Pistachio 50g Pine nuts 50g Salami	cous cous 1.25 cups	Apricots 75g, prunes, 75g, Dates 75g 3 toms	
			S		CCC86	Split pea soup with ham	tin ham	1.5 cups split peas	1 onion, 2 cloves garlic, 2 carrots,	tbsp curry powder bay leaf

NEW YEAR'S EVE

y near.....?