

SAILORS *in the* KITCHEN

*40 easy and delicious italian recipes to prepare
on board and make your boat trip perfect!*



FEDERICO ANSALDI

SAILORS IN THE KITCHEN

40 EASY AND DELICIOUS ITALIAN RECIPES TO PREPARE ON BOARD AND MAKE YOUR BOAT TRIP PERFECT!

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INTRODUCTION

I am a young boat owner, passionate about the sea and good food, so I decided to write this short recipe book to give the possibility to other owners or enthusiasts navigators to be able to take inspirations for their recipes on board. I choose simple simple and traditional recipes that I usually cook on board for my guests. Many of those recipes can be simplified by using ready-made products such as frozen foods and such, but I prefer to use fresh and, possibly, high quality products. I hope to be able to give you some ideas and inspiration for your lunches and dinners on board, and with this I wish you a good reading and above all buon appetito!!!

APPETIZERS AND SALADS

CAPRESE SALAD

The Caprese salad is a cult of the Neapolitan cuisine, its fresh taste and its consistency will allow you to quickly sort your great lunch on board! You can serve it as a main course or (as I do) as an appetizer.

INGREDIENTS FOR 4 PEOPLE:

- 500gr of buffalo mozzarella
- 4 ripe tomatoes
- 4 tablespoons of extra virgin olive oil
- Salt to taste
- Leaflets of fresh basil

PREPARATION:

1. Wash the tomatoes and slice them, making sure to keep a consistent thickness.
2. Slice the buffalo mozzarella. Again, make sure to keep a consistent thickness.
3. Serve by stacking the tomato and the mozzarella, alternating between them.
4. Season with oil and salt and some of the basil leaves; use the remaining leaves to decorate the dish.

4.

CAESAR SALAD

The Caesar salad is a famous salad created by the Italian chef Cesare Cardini, who emigrated to the USA after the First World War and lived in San Diego; in 1924 he opens and manages a restaurant in Tijuana where he creates this salad that will become very famous in the USA and then in the world. In this salad the typical Italian flavors are combined with the typical American flavors. I will also explain how to make the sauce, but know that if you want you can easily buy it ready-made.

INGREDIENTS FOR 4 PEOPLE

- 4 medium heads of romaine lettuce.
- 2 chicken breasts (about 400g)
- 2 slices of homemade bread.
- 100gr of Parmesan cheese.
- 2 cloves of garlic
- 1 teaspoon worcestershire sauce
- 1 egg
- Salt and pepper as needed
- Extra virgin olive as needed
- 1 tablespoon of white wine vinegar
- 2 tablespoons of lemon

PREPARATION:

1. Drain a little oil on the slices of salted bread and toast them in the oven or in the pan, when they are golden brown, rub them with the clove of garlic and cut them into cubes.
2. Wash and cut the chicken breasts horizontally in the thickest part to have a more regular thickness.

3. Lightly grease the chicken with the oil and cook it on a hot grill or in a non-stick pan, cook it 3 minutes on each side over medium heat.
4. Prepare the sauce: put the lemon juice, the egg, the vinegar, the garlic, the Worcestershire sauce, the salt, the ground black pepper into the robot and start mixing the mixture, gradually adding the oil until get a thick sauce similar to mayonnaise.
5. Wash the lettuce and select only the best leaves.
6. Mix the lettuce with the chicken the sauce a little oil and serve! (if you want you can add some crispy bacon bits).

NICOISE SALAD

The Niçoise salad is a typical dish of Nice city in the south of France. It is a rich and tasty salad ideal for your lunches at anchor!

INGREDIENTS FOR 4 PEOPLE:

- Mixed salad (for 4 people)
- 250gr of tuna
- 4 tomatoes
- Radishes (7-8)
- 2 peppers
- 1 cucumber
- 2 boiled eggs
- 2 onions
- 40 black olives
- Basil
- Olive oil as needed
- Salt as needed

PREPARATION

1. Wash and dry the mixed salad; wash and cut the peppers into cubes, chop the onions, wash and cut the tomatoes into quarters, wash and cut the radishes and cucumber into slices
2. Boil the eggs until they are firm (10 minutes from when the water boil), then peel them and cut into slices.
3. Mix with the tomatoes, cucumber, onions, peppers, eggs, tuna, olives, radishes and basil, then season with salted olive oil and serve!

CHICKPEA AND TUNA SALAD

The chickpea and tuna salad is an excellent dish to serve strictly cold, ideal for your boat trips as you can prepare it first and keep it in the fridge and then enjoy it in your favorite cove!

INGREDIENTS FOR 4 PEOPLE

- 400gr of canned chickpeas
- 200gr of natural tuna or in oil
- 10-15 cherry tomatoes
- Fresh basil (some leaves)
- 2-3 tablespoons of extra virgin olive oil
- 2 tablespoons of lemon juice
- $\frac{1}{2}$ clove of garlic (optional)
- Salt and pepper as needed

PREPARATION

1. Drain the chickpeas and pour them into a bowl.
2. Drain the tuna, shell it with a fork and pour it into the bowl with the chickpeas.
3. Wash and slice the cherry tomatoes in 4 slices and place them in the bowl.
4. Season the salad with extra virgin olive oil, salt, pepper, chopped garlic (optional), lemon juice and basil leaves cut with your fingers.
5. Mix gently and cover with cling film and place the salad for at least 2 or 3 hours in the refrigerator so it will taste better!

CELERY AND BOTTARGA SALAD

The celery and [bottarga](#) salad is an easy to prepare and elegant dish to serve to your guests in a fresh and tasty appetizer that will make you look great!

INGREDIENTS FOR 4 PEOPLE

- 4 celery ribs
- 200gr of bottarga (recommended [mullet](#))
- 1 lemon
- Extra virgin olive oil as needed
- Pepper as needed

PREPARATION

1. Clean the celery removing leaves and filaments; wash the ribs, dry them and cut them into thin slices. Sort them into individual dishes.
2. Reduce the bottarga into very thin slices and place them on the celery.
3. Squeeze the lemon and strain the juice.
4. Sprinkle the celery and the bottarga with the filtered lemon juice.
5. Season with a little oil and complete with plenty of pepper. Serve and enjoy!

CELERY AND GORGONZOLA SALAD WITH WALNUTS

Gorgonzola and walnut celery salad is a dish of quick and easy preparation, very tasty and certainly very successful! Also this dish can be prepared before setting sail and kept it in your fridge.

INGREDIENTS FOR 4 PEOPLE

- 4 celery ribs
- 120gr of walnut kernels
- 200gr of gruyère cheese
- 100gr of sweet and creamy gorgonzola
- 4 or 5 tablespoons of milk
- 2 slices of sandwich or croutons
- Salt and pepper as needed

PREPARATION

1. Clean the celery removing leaves and filaments; wash the ribs, dry them and cut them into thin slices.
2. Cut the gruyere into cubes
3. Put the celery, gruyere and walnut kernels in a bowl.
4. In a bowl melt the gorgonzola with a few tablespoons of milk until you get a creamy sauce and pour it over the celery.
5. Toast the bread and cut it into cubes or toast some croutons and add them to your salad
6. Season with oil, salt and pepper and serve!

SHRIMP AND SPINACH SALAD

The shrimp and spinach salad is a dish characterized by simple ingredients to great effect, ideal to amaze your guests you can easily prepare it even in the harbor! This dish lends itself very well as an appetizer.

INGREDIENTS FOR 4 PEOPLE

- 800gr of spinach
- 400gr of shrimp tails
- 200gr of walnut kernels
- 1 glass of white wine
- Salt as needed
- Extra virgin olive oil as needed
- Balsamic vinegar as needed

PREPARATION

1. Boil a pot of water, add salt and a glass of wine.
2. Blanch the prawns in the water for a couple of minutes
3. Prepare an emulsion with oil, balsamic vinegar and salt in a bowl.
4. Divide the spinach into 4 portions and season with some of the emulsion you have prepared
5. Break the walnut kernels over the spinach.
6. Remove the prawns from the pot and place them on the spinach and season with the advanced emulsion.
7. Pepper and enjoy!

POTATOES AND TUNA SALAD

Potatoes and tuna salad is a complete and delicious second course, very simple and fast to prepare! You can enjoy it right away or if you prefer to enjoy the sea and the sun instead of going under the roof to cook you can prepare it first and keep it in the fridge.

INGREDIENTS FOR 4 PEOPLE

- 6 medium potatoes
- 350gr of tuna in oil or brine
- 2 tablespoons of mayonnaise
- 1 teaspoon of mustard
- 4 stalks of chives (you can use the dry one)
- Salt and pepper as needed

PREPARATION

1. Wash the potatoes and boil them with the peel.
2. Drain the potatoes, let them cool and then peel them.
3. Cut the potatoes into thick slices and put them together in a bowl.
4. Drain the tuna and pour it over the potatoes.
5. Wash and cut the chives into small pieces (you can use the dry one) and add them to the potatoes and tuna along with the mayonnaise and mustard.
6. Add a drizzle of oil, salt and pepper and stir gently trying not to undo the potatoes too much.
7. Serve or keep in the fridge. Enjoy your meal!

RICE SALAD WITH SEAFOOD

The rice salad with seafood is an excellent variant of the classic rice salad. It is an ideal dish to be consumed in the harbor and you can also prepare it the day before and keep it in the fridge. This variation will make you look great!

INGREDIENTS FOR 4 PEOPLE

- 20gr of [red lumpfish roe](#) (optional)
- 50gr of smoked salmon
- 1 tablespoon of chopped chives
- 200gr of peas
- 250gr of shrimps
- 200gr of squid
- 400gr of clams
- 8 cherry tomatoes
- 250gr of Carnaroli or Arborio rice
- 20gr of parsley
- Extra virgin olive oil as needed
- 50gr of pitted black olives
- Salt and pepper as needed

PREPARATION

1. Clean the clams by soaking them in a basin full of water and a handful of coarse salt for 1 hour to allow any impurities to be purged. Rinse them and tap them one by one if sand comes out, throw it away.
2. Heat a pan with a couple of tablespoons of oil and 2 cloves of garlic, when it is browned add the clams add half the chopped parsley and let them open. Once opened, filter the cooking liquid and keep it aside. Shell the clams and place them in a small bowl

3. Clean the squid, remove the tentacles and cut the body into strips, cook in a pan with the sauce of the clams and the remaining parsley until they have absorbed all the sauce (about 10 minutes).
4. Peel the shrimp and put them to boil in boiling water for about 3-4 minutes; drain and set aside.
5. In a pan, sauté the peas with a drizzle of oil and a clove of garlic; Remove them when they are dry.
6. Cook the rice by boiling it in a pan of salted water. Drain it al dente and place it in a large container with a tablespoon of oil
7. Cut the salmon into Julienne, cut the tomatoes into quarters, chop the chives and cut the olives into slices. Put all the ingredients aside.
8. Add the peas with the chives to the container with the rice and mix well with a spoon, now add the black olives, all the fish, the tomatoes and the lumpfish eggs.
9. Mix all the ingredients together well with 3 tablespoons of extra virgin olive oil and season with salt.
10. Serve and enjoy or refrigerate by covering it with film. Have fun!

PASTA AND MUSSELS SALAD

The pasta and mussels salad is an excellent dish to be enjoyed during our days on the boat! It is a simple and fresh dish of easy preparation, if you wish, you can keep it in the fridge so you can better enjoy your day between sun and sea!

INGREDIENTS FOR 4 PEOPLE

- 400gr of short pasta
- 1Kg of mussels
- 6 tablespoons of mayonnaise
- Fresh parsley q.s
- 2 cloves of garlic
- ½ glass of white wine
- ½ lemon
- Extra virgin olive oil as needed
- Salt and pepper as needed

PREPARATION

1. Wash the mussels well under running water and remove the incrustations on the shells.
2. Transfer them into a large pan together with a drizzle of oil 2 cloves of garlic a few leaves of parsley and the white wine after which cover and cook over high heat until they are all open (3 minutes)
3. Remove the mussels and strain the cooking liquid and keep it aside.
4. Shell the shellfish and place them in a large bowl.
5. Cook the pasta in abundant salted water, drain it al dente and pass it under cold water.
6. Transfer the pasta to the bowl with the mussels.

7. In a small bowl, dilute the mayonnaise with lemon juice, 2 tablespoons of oil and the mussel cooking water; emulsify it with the help of a whisk and pour it over the pasta with the mussels.
8. Pepper and add a handful of chopped parsley.
9. Stir gently to mix all the ingredients.
10. Serve and enjoy! If you want to keep it in the fridge, cover it with plastic wrap. Enjoy your meal!

SAILOR'S SALAD

The sailor's salad is a delicious and fresh dish with lettuce, eggs and anchovies. Anchovies are an ingredient much loved by sailors.

INGREDIENTS FOR 4 PEOPLE

- 1 head of lettuce
- 50g of pecorino romano cheese (alternatively, parmesan cheese)
- 8 anchovy fillets
- 4 eggs
- 1 lemon
- 2 large slices of bread
- Extra virgin olive oil as needed
- Salt and pepper as needed

PREPARATION

1. Boil a saucepan full of water and boil 4 eggs in it. Cook them for 8 minutes from the start of boiling, then drain them and let them cool under cold water.
2. Cut the 8 anchovy fillets into small pieces.
3. Dice the bread and toast them in a pan with 2-3 tablespoons of oil.
4. Wash and dry the lettuce and then break the leaves.
5. Cut the pecorino cheese into flakes
6. Put the salad in a large bowl, shell the eggs and cut them into 4 wedges, then add them to the salad; then add the anchovies and the pecorino cheese.
7. Emulsify the juice of 1 filtered lemon with a pinch of salt, a pinch of pepper and 4 tablespoons of oil; pour the sauce thus obtained onto the salad and season.

8. Add the crispy bread cubes and serve!

CROUTONS WITH BURRATA AND ANCHOVIES

The croutons with [burrata](#) and anchovies are a fresh and tasty appetizer, excellent also for the fast aperitif to prepare even if you want to do it in the bay between one dive and another! Try it and your friends can't wait to get back on board!

INGREDIENTS FOR 4 PEOPLE

- 1 Baguette bread
- 200g of burrata cheese
- 40g of mixed salad
- 20 fillets of anchovies in oil
- Extra virgin olive oil as needed
- Pepper as needed

PREPARATION

1. Cut the baguette into slices and toast them in the oven or if you prefer in the pan after having greased them with a little extra virgin olive oil.
2. Spread the toasted slices of bread with the burrata.
3. Place the anchovy fillets on the slices of bread and burrata and finish with pepper and mixed salad.
4. Serve immediately!

MUSSELS SALAD

Here is a really easy to prepare seafood appetizer! This salad is made up of very few ingredients and you can prepare it in port before setting sail or easily even in the bay.

INGREDIENTS FOR 4 PEOPLE

- 1kg of fresh mussels
- ½ glass of white wine
- 1 lemon
- Chopped parsley (half bunch)
- 1 clove of garlic
- Salt and pepper as needed

PREPARATION

1. Clean the mussels by removing all the impurities from the shell with the help of a metal sponge.
2. Put the cleaned mussels in a pan with a glass of water and half a glass of white wine. Cook them until they open. Any mussel that is still closed at this stage should be discarded.
3. Shell the mussels and put them in a salad bowl and let them cool completely.
4. Season the mussels with extra virgin olive oil filtered lemon juice and stir.
5. Add the chopped parsley, salt, pepper and give a last stir.
6. Remove the garlic and serve!

FIRST COURSES AND RISOTTOS

SPAGHETTI CARBONARA

The unmissable spaghetti carbonara is appreciated and loved by all, easy and quick to prepare for a dinner at the top to recover after a long day of bathing and sunbathing!

INGREDIENTS FOR 4 PEOPLE

- 400gr of spaghetti
- 120gr of guanciale (alternatively, smoked bacon)
- 50gr of pecorino romano cheese (alternatively, parmesan cheese)
- 2 whole eggs
- 1 egg yolk
- Extra virgin olive oil as needed
- Salt and pepper as needed

PREPARATION

1. Beat the 2 eggs and the egg yolk and then mix it with the pecorino cheese and pepper until creamy.
2. Add salt to a pot filled with water, and bring it to a boil
3. Fry the bacon in a large pan with a little oil, after having it cut into cubes. Brown it over low heat until it becomes crisp.
4. Throw the pasta and cook it just over half of its cooking, then transfer it to the pan with the bacon with 2 ladles of cooking water and finish cooking, keep a little cooking water aside in case you need to add it.
5. Add one tablespoon of cooking water to the eggs and mix again.
6. With the heat off, pour the egg and pecorino cream into the pan with the spaghetti and sauté the pork cheek so that it all blends together.
7. Serve a last sprinkle of pepper and pecorino cheese and serve!

SEAFOOD LINGUINE

A great classic always appreciated the linguine with seafood, a dish of great value, much loved by all of the boat owners. Preparation is a little more challenging, but nothing is impossible!

INGREDIENTS FOR 4 PEOPLE

- 400gr of linguine
- 4 prawns
- 4 scampi
- 200gr of clams
- 200gr of mussels
- 1 clove of garlic
- 1 glass of white wine
- 10 cherry tomatoes
- Chilly pepper as needed

PREPARATION

1. Clean the prawns and prawns by removing the guts. Keep the head aside.
2. Cut the heads in half and brown them in a little oil, add $\frac{1}{2}$ cup of wine and cover with cold water. Cook for at least an hour over a low heat and then strain the broth and set it aside.
3. Drain the clams in salted water for 1h and clean the mussels using a metal sponge.
4. Cut the squid into small pieces.
5. Cut the garlic in halves and remove the soul, then brown it in a little oil, then add the mussels and clams together with a glass of wine and leave to open. Keep the cooking liquid.

6. Quickly fry the squid with prawns and prawns in a little oil.
7. Throw the pasta in plenty of boiling water and cook it until half of its cooking.
8. Add all the fish in a large pan together with the cooking liquid from the shrimp heads and the mussels and clams.
9. Drain the pasta and finish cooking in the pan with all the fish, adding a ladle of cooking water (keep a little aside if you have to add more).
10. Add the chilly pepper and the halved cherry tomatoes, give them a last minute stir in the pan and serve!

SQUID AND ASPARAGUS RISOTTO

Here is an easy and tasty risotto ideal for a dinner by candlelight in the bay, it is a simple recipe full of taste perfect to make a good impression!

INGREDIENTS FOR 4 PEOPLE

- 320gr of Carnaroli or Arborio rice
- 400gr of squid
- 250gr of asparagus
- Extra virgin olive oil as needed
- 1 clove of garlic
- Salt and pepper as needed
- 1 onion
- 3 teaspoons of vegetable broth (powdered or not)
- 1 glass of white wine
- 1 knob of butter
- $\frac{1}{2}$ bunch of chopped parsley

PREPARATION

1. Wash the asparagus under the water and clean them by removing the final part of the stem.
2. Cut the asparagus stems into slices and keep the whole tips.
3. Boil about 1 liter of water with 3 teaspoons of vegetable stock.
4. Put the asparagus in a pan with a drizzle of oil and a pinch of salt and sauté for a few minutes over medium heat.
5. Clean the squid by washing it under the water and removing the black, then cut the body into pieces and divide the tentacles in half.
6. Blanch a clove of garlic in a drizzle of oil and then add the squid and sauté them for a few minutes when they start to withdraw, add $\frac{1}{2}$ cup of

white wine and let it evaporate, add a little chopped parsley and set aside.

7. Chop the onion and sauté in a pan with a little oil, then scald the rice until it is transparent, then add the wine and let it evaporate.
8. Add the vegetable broth to the rice and add the asparagus.
9. When the rice is almost cooked add the squid.
10. When cooked, stir in a knob of butter over a low heat then add a sprinkle of pepper and a pinch of parsley.
11. Serve and enjoy!

‘NDUJA AND ANCHOVIES SPAGHETTI

'Nduja is a typical salami based on pork and chilly peppers from Calabria, a region of southern Italy. This dish is very tasty and fast to prepare ideal for a lunch where we want to make a good impression but we don't want to spend too much time cooking under cover. Anchovies with Nduja create a perfect match!

INGREDIENTS FOR 4 PEOPLE

- 400gr of spaghetti
- 5 anchovy fillets in oil
- 40gr of "Nduja
- 1 handful of breadcrumbs
- Extra virgin olive oil as needed
- 1 clove of garlic

PREPARATION

1. Boil a pot with plenty of unsalted water (the dish is already salty).
2. Sauté in a pan a clove of garlic cut in half and deprived of the soul.
3. Add to the pan with garlic the anchovy fillets after having drained them and the slice of 'Nduja and cook them on a low heat until they have melted.
4. In a small pan with a little oil, fry the breadcrumbs and set aside.
5. Cook the spaghetti for up to 2 minutes before cooking them, add them to the anchovies and the nduja in the pan and finish cooking them by adding a little pasta cooking water.
6. Serve by finishing the dishes with the previously grated golden breadcrumbs.
7. Serve and enjoy your meal!

SHRIMP AND COURGETTES TAGLIATELLE

Shrimp and zucchini tagliatelle are a tasty and easy to prepare first course ideal for the summer. I usually prepare it with fresh shrimp, but the "lazier" cooks can use frozen prawns, ready to cook.

INGREDIENTS FOR 4 PEOPLE

- 400gr of fresh or dried egg tagliatelle
- 450gr shrimp (fresh or frozen)
- 500gr of fresh zucchini
- 3 tablespoons of extra virgin olive oil
- Salt and pepper as needed
- 2 cloves of garlic
- 1 glass of white wine
- 200gr of cream

PREPARATION

1. Wash the courgettes and cut into thin slices.
2. Sauté in a large pan 2 cloves of garlic cut in half and without the core.
3. Put the courgettes in the pan and cook them until cooked but still firm.
4. Clean the shrimp by slipping them off and removing the entrails.
5. Add the shrimp to the courgettes and cook them together with a glass of white wine over medium heat.
6. Bring the salted water to the boil in a saucepan and cook the tagliatelle. Take them off when they are al dente, usually 4-5 minutes.
7. Put the noodles inside the pan with the shrimp and courgettes and add the cream, sauté for 1 minute.
8. Sprinkle with pepper.
9. Serve and enjoy your meal!

PENNE PASTA WITH SALMON

Salmon penne are a great classic that everyone usually likes to prepare on the boat, the preparation is really simple and fast, excellent as a "last minute" dish. You can use fresh salmon or smoked salmon in a bag depending on your taste and especially the time available.

INGREDIENTS FOR 4 PEOPLE

- 400gr of penne pasta
- 200gr of smoked salmon or fresh salmon
- 150ml of liquid cream
- ½ onion
- 20gr of butter
- Extra virgin olives oil as needed
- Salt and pepper as needed

PREPARATION

1. Melt the butter on a low heat in a pan and add an equal amount of oil
2. Finely chop the onion and brown it in the pan with the butter and oil.
3. Cut the slices of salmon into small pieces and place them in the pan.
4. Add the cream and stir.
5. Cook the penne in salted water and drain al dente.
6. Sauté the penne for 1 minute in the pan with the cream and the salmon in order to mix them well.
7. Serve with a nice sprinkling of pepper
8. Serve and enjoy!

SPAGHETTI ALL'ASSASSINA

This typical dish from the Bari cuisine is very particular and it is not just about using the leftovers from the day before as many people think, but it can very well be made fresh. Use it to surprise your guest with something different that does not require great preparation and it is easily made even with the boat at anchor.

INGREDIENTS FOR 4 PEOPLE

- 400gr of spaghetti
- 350gr of tomato purée
- 1 clove of garlic
- 1 tablespoon of extra virgin olive oil
- Salt as needed
- 1 chilly pepper

PREPARATION

1. In a saucepan, add 3 ladles of tomato sauce with 3 ladles of water and bring to a boil
2. Place the uncooked spaghetti in a large iron pan, if possible, and let them toast for 2 minutes, then add the minced clove of garlic, the oil and the chilly pepper in flakes and let it brown for another 3 minutes. They will have to be toasted.
3. Add at the toasted spaghetti 2 ladles of boiling tomato and let the spaghetti soften before removing the garlic and the chili pepper.
4. Spread the dough towards the edges of the pan and add 1 ladle of thick sauce in the center and immediately after 1 ladle of diluted sauce.
5. Return the spaghetti to the center and cook
6. Add a last ladle of thick sauce and raise the heat do not touch the dough

let it brown for a few minutes without being afraid of burning it all.

7. Serve and enjoy!

STRAWBERRIES AND CHAMPAGNE RISOTTO

This dish is a bit vintage but it is always very elegant, ideal for a romantic dinner in your favorite cove. Surely you will surprise everyone!

INGREDIENTS FOR 4 PEOPLE

- 250gr of carnaroli rice
- 1 bottle of champagne
- 200gr of strawberries
- 60ml of fresh cream
- 50gr of butter
- 3 tablespoons of grated Parmesan cheese
- Salt and Pepper as needed
- 1 onion

PREPARATION

1. Wash the strawberries and remove the green tuft, then cut them into small pieces.
2. Finely chop the onion and brown it in a pan with a knob of melted butter.
3. Add the rice and toast it when it is transparent add some champagne.
4. Add the strawberries and keep a small portion to garnish the dishes.
5. Cook the rice, continuing to add champagne whenever required, stirring often. If the rice ends when the champagne is not cooked, use water.
6. Turn off the heat and add the Parmesan and another large knob of butter and stir in the risotto.
7. Serve and garnish with the advanced strawberries and sprinkle with pepper.
8. Serve and enjoy!

SPAGHETTI WITH BOTTARGA

This dish is easy and fast, ideal to bring out the flavor and aroma of the precious [bottarga](#). It is a great dish to prepare for lunch at sea fast and above all of great quality!

INGREDIENTS FOR 4 PEOPLE

- 400gr of spaghetti
- 25gr of mullet roe bottarga (recommended)
- 5 tablespoons of extra virgin olive oil
- 2 cloves of garlic
- 40gr of breadcrumbs
- ½ red chilly pepper

PREPARATION

1. Brown the breadcrumbs in a pan with a little oil, then set aside.
2. Put the garlic cloves, cut in half and without the core, into a pan and brown them in the oil together with the chilly pepper.
3. Boil a pot of salted water and cook the spaghetti until just over half the cooking time.
4. Cook the spaghetti in the pan with the oil, garlic and chilly pepper and add the cooking water.
5. When they are almost cooked, clean the bottarga from its skin and begin to grate it in using a grater with large mesh.
6. Stir everything for 1-2 minutes.
7. Serve and sprinkle the golden breadcrumbs on each plate.
8. Serve and enjoy your meal!

ANCHOVIES AND BACON SPAGHETTI

This is a very “strong” dish ideal for those who love intense flavors, it is an unusual combination but you will see that it will amaze you! I recommend it especially for the autumn or winter evenings that we often happen to spend in port when we go visit our boat out of season.

INGREDIENTS FOR 4 PEOPLE

- 400gr of spaghetti
- 6 anchovy fillets in oil
- 1 glass of tomato sauce
- 1 shallot
- $\frac{1}{2}$ glass of red wine
- 250gr of bacon (better 2 slices of rolled bacon)
- Pepper as needed
- Extra virgin olive oil as needed

PREPARATION

1. Fry the shallots together with the pancetta and anchovy in a pan with a drizzle of hot oil over medium high heat so that the bacon is toasted and the anchovy is uncooked.
2. Boil a pot with plenty of unsalted water and toss the spaghetti in.
3. Pour the red wine into the pancetta pan with the anchovies and let it evaporate, when it has evaporated add the glass of tomato paste with a ladle of cooking water, put the heat to a minimum, stir and turn off at the first boil.
4. Drain the spaghetti a couple of minutes before cooking time and toss them in the dressing with a little cooking water until the spaghetti are cooked.

5. Serve and enjoy!

COLD FUSILLI WITH BASIL

Here is a very pleasant dish to eat in the summer, ideal for the hot days spent in the harbor. You can easily prepare this dish the day before and store it in the refrigerator.

INGREDIENTS FOR 4 PEOPLE

- 400g of fusilli pasta
- 3 round tomatoes
- 3 fresh goat cheese
- 1 bunch of basil
- 1 lemon
- Extra virgin olive oil to taste
- Salt and pepper to taste

PREPARATION

1. Boil a saucepan with plenty of salted water and cook the fusilli al dente.
2. Drain the pasta and place it in a large salad bowl
3. When the pasta is still hot, sprinkle it with the cheese and mix it so that the cheese melts.
4. Wash and cut the tomatoes into small cubes and add them to the pasta.
5. Wash and chop half the basil and prepare an emulsion with the filtered lemon juice, oil (about 4 tablespoons) and pepper.
6. Pour the prepared emulsion onto the pasta and mix.
7. Add the remaining basil leaves, sprinkled with pepper and a final stir.
8. Store in the fridge protecting it with plastic wrap.
9. Serve cold and enjoy your meal!

PACCHERI WITH LOBSTER

Paccheri with lobster are a delicious first course of the sea, with a penetrating but extremely delicate flavor, this is because, having a very strong taste, the lobster characterizes the sauce in which it is cooked. An ideal dish to make a great impression with our friends on board or for a romantic dinner by candlelight in our favorite bay!

INGREDIENTS FOR 4 PEOPLE

- 400gr of paccheri (can be replaced by maccheroni)
- 2 lobsters (about 350gr each)
- 5-6 tablespoons of extra virgin olive oil
- 6 cloves of garlic
- 800gr of tomato pulp
- 350gr of cherry tomatoes
- 2 tablespoons of chopped parsley
- 2 glasses of white wine
- 1 chili pepper
- Salt and pepper as needed

PREPARATION

1. Boil a pot with plenty of water and dip the lobsters for 6 minutes (this if they are alive), then cut them into 2 and clean them by removing the inner sack located in the head and remove the intestine.
2. Slice the tomatoes into quarters and set them aside.
3. Brown the garlic in a large pan with oil.
4. Place the lobsters in the pan and let them cook over medium heat for 5 minutes turning them on both sides.
5. Pour the wine and let it evaporate for another 5 minutes.

6. Now add the chopped tomatoes and after another 2 minutes the tomato pulp.
7. Add 1 tablespoon of chopped parsley after chopping it a pinch of salt and a sprinkle of pepper.
8. Cover with a lid and cook for 15-20 minutes over medium heat (occasionally stir the pan from the handle). If you have the impression that the oil is a little, add it and continue cooking.
9. Cook the paccheri in plenty of salted water and drain them when they are al dente.
10. When cooked, remove the lobster sauce and sauté the paccheri in the sauce.
11. Serve and decorate with the remaining parsley, place half a lobster per dish.
12. Serve and enjoy yourself!

RISOTTO WITH CUTTLEFISH INK

Risotto with cuttlefish ink gives us the opportunity to eat something different from the usual, perfect for cooking on the boat thanks to the possibility of finding fresh cuttlefish.

INGREDIENTS FOR 4 PEOPLE

- 300gr carnaroli rice (Arborio rice if you don't find it)
- 4 cuttlefish
- 2 pockets of cuttlefish ink (you get them cleaning the cuttlefish)
- 4 teaspoon of fish broth in powder
- 1 sprig of parsley
- 4 tablespoons of extra virgin olive oil
- 1.5 glass of white wine
- 1 clove of garlic
- 1 onion
- Butter to taste
- Salt and pepper as needed

PREPARATION

1. Wash and clean the cuttlefish by retrieving 2 pockets of ink, open them in a small bowl and set them aside.
2. Cut the cuttlefish into pieces, leaving the tentacles intact
3. Fry the garlic clove in a frying pan and then add the cuttlefish, sauté 2 minutes and blend with half a glass of white wine for another 2 minutes.
4. Bring a pot of fish broth (soluble) to the boil and when ready, use 2 tablespoons to soften the cuttlefish ink in the bowl.
5. Chop an onion and brown it with a little oil in a large frying pan, then

start toasting the rice until it is transparent, then pour the glass of wine and let it flavor.

6. Cook the rice with the fish stock if necessary, add salt.
7. About half-way through cooking the rice, add the cuttlefish.
8. Add the cuttlefish ink to 3-4 minutes before the rice is cooked if you put it too soon it will turn gray.
9. Once the risotto is cooked, stir in a knob of butter over low heat.
10. Serve and sprinkle with pepper.
11. Enjoy your meal!

ORECCHIETTE WITH CHERRY TOMATOES AND CLAMS

To get away from the classics, here is a tasty recipe with the typical Apulian orecchiette pasta, very popular throughout Italy. The clams and the freshness of the tomatoes make it a perfect dish for the summer and its ease of preparation is ideal for on board meals.

INGREDIENTS FOR 4 PEOPLE

- 1kg of clams
- 500gr of orecchiette
- 300gr of cherry tomatoes
- 1 clove of garlic
- 4 sprigs of parsley
- 6 basil leaves
- 1 chilly pepper
- Salt as needed
- Extra virgin olive oil as needed

PREPARATION

1. Let the clams soak for 1 hour in a bath filled with salted water.
2. Drain the clams and put them in a pan with a drizzle of oil over high heat and cover them from time to time, shake the pan so that the heat spreads evenly.
3. As soon as the clams are open, remove them from the heat and drain them from the cooking water and set them aside covered with film.
4. Strain the clam cooking water and put it in a glass aside.
5. Finely chop the garlic (after removing the core) and chilly pepper, and fry it in the same pan where you made the clams.
6. Cut the tomatoes into wedges and add them to the pan with some

chopped basil leaves.

7. Pour the clams cooking water that you had kept aside and continue cooking for 5 minutes.
8. Boil a saucepan with plenty of salted water and cook the orecchiette as indicated on the package.
9. Drain 2 minutes before the indicated time, keeping a little cooking water aside.
10. Pour the orecchiette into the pan with the sauce and finish cooking in the pan, stirring often, gradually adding a little cooking water from the pasta if the sauce should shrink too much.
11. As soon as the pasta is cooked, add the clams and a generous sprinkling of chopped parsley, complete with a final round of oil and give a final pan-fried.
12. Serve and enjoy!

MAIN COURSES

SASHIMI MIX

This dish of Japanese cuisine is much loved by everyone, perfect to taste in the hot summer days fundamental rules for very fresh fish that has been blown into the blast chiller (find specific pieces ready-to-cut and serve only).

INGREDIENTS FOR 4 PEOPLE

- 150gr of salmon fillet
- 150gr of tuna fillet
- 150gr fillet of sea bass
- Soy sauce as needed
- Wasabi as needed

PREPARATION

1. Slice the fillets using a sharp knife with a flat blade and cut 5mm thick slices into it. The direction of the cut must be perpendicular to the strips of the fibers of the meat.
2. Arrange the slices on a serving plate and serve on the table with a small bowl of soy sauce and wasabi.
3. Enjoy your meal!

FRIED MULLET

Fried mullets are an excellent dish to eat with your hands in company are easy to prepare but unfortunately, they are not loved by everyone because of their bones.

INGREDIENTS FOR 4 PEOPLE

- 1Kg of mullet
- 1 cup of seed oil
- 2 lemons
- Flour as needed
- Salt as needed

PREPARATION

1. Gut and scale the mullets using [kitchen scissors](#).
2. Heat the oil in a large pan.
3. Flour the mullets taking care to cover them well evenly on the inside. Shake off the excess flour.
4. Fry the fish in hot oil and turn it when golden (around 3 minutes for side).
5. Drain the fried mullet on kitchen towels to remove the oil.
6. Add salt and serve hot, accompanied by sliced lemons.
7. Enjoy your meal!

CUTTLEFISH AND POTATOES

Cuttlefish with potatoes is an easy and quick recipe to make and above all very good. This dish is ideal for a dinner on board with friends in port or at anchor!

INGREDIENTS FOR 4 PEOPLE

- 1.2Kg of fresh cuttlefish
- 600gr of potatoes
- 2 tablespoons of chopped parsley
- 1 chili pepper
- 2 ripe tomatoes
- ½ glass of white wine
- Extra virgin olive oil as needed

PREPARATION

1. Clean the cuttlefish removing the entrails, beak and black bag and wash them under water.
2. Cut the tentacles into 2 and the heads into strips.
3. Peel the potatoes and cut them into cubes.
4. Clean the garlic by removing the central core and cut it into 2
5. Peel the tomatoes, remove the seeds and the water and then cut them into small pieces.
6. Heat in a large skillet of the oil together with the garlic, chopped chilli and 1 tablespoon of chopped parsley
7. Drizzle with the wine and when it has evaporated add the potatoes and cook in a covered pan over medium-low heat.
8. When the potatoes are half cooked, add the tomatoes and the cuttlefish and finish cooking in a covered pan over a low heat.

9. Serve the cuttlefish with hot potatoes, sprinkle with the remaining parsley and a little oil.
10. Bon appétit!

MEAT TARTARE

This typically French dish is much loved by meat lovers. As it is a cold dish is perfect for the summer. I love the original recipe I am showing you here, but know that you can also prepare it by simply seasoning with salt, oil and pepper. Basic rule: excellent quality meat.

INGREDIENTS FOR 4 PEOPLE

- 1kg of raw ground beef (loin or rump)
- 2 eggs
- 2 tablespoons extra virgin olive oil
- 15gr of capers (around 40 capers)
- 1 red onion
- ½ lemon (optional)
- 2 tablespoons of mustard
- 1 tablespoon of Worcestershire sauce
- 2 tablespoons of chopped parsley
- Salt and pepper as needed

PREPARATION

1. Beat the eggs in a bowl.
2. Finely chop the onion and add it to the eggs together with 1 tablespoon of chopped parsley, the Worcestershire sauce, the mustard, a pinch of salt, a sprinkling of pepper and the capers.
3. Place the meat in a large salad bowl and pour the eggs over them with all the ingredients.
4. Turn the meat with a spoon so that it blends well, add the oil and turn it further.
5. Season with salt, oil and pepper.

6. Serve and enjoy!

OCTOPUS AND POTATOES

The octopus with potatoes is a must, a dish loved by all that can be enjoyed cold or hot on the boat. You can prepare it and keep it in the fridge to enjoy when you prefer!

INGREDIENTS FOR 4 PEOPLE

- 1kg of fresh octopus
- 1kg of potatoes
- 2 bay leaves
- 3 tablespoons extra virgin olive oil
- 1 sprig of parsley
- Salt and pepper as needed
- 1 lemon

PREPARATION

1. Clean the octopus, turn and empty the head and remove the beak that is in the center of the tentacles. Beat it with a meat tenderizer or slam it on the jetty (to soften its flesh). Finally rinse it under running water.
2. Pour plenty of water into a saucepan, add the bay leaves and bring to a boil.
3. Dip the octopus inside the pot, cover with a lid and cook for 50 minutes over medium heat (for every 500g of octopus it takes about 20-25 minutes to cook).
4. Wash the potatoes and dip them in another pan filled with plenty of water. Bring the water to boil, and cook them for a further 30-40 minutes.
5. Allow the potatoes to cool, peel and cut into cubes.
6. When the octopus is ready, let it cool down for 10 minutes, divide the

tentacles from the head and cut it into pieces of about 2-3 cm thick.

7. Pour the octopus into a large salad bowl and add the potatoes.
8. Season with oil, salt, pepper, parsley after chopped and a little squeezed lemon.
9. Stir so that it is all seasoned and blended uniformly.
10. Serve immediately, or let it rest until cooled. Store the leftovers in the refrigerator covering it with transparent film.
11. Enjoy your meal.

CROQUE MADAME

This typical French sandwich is very tasty and very easy to prepare, great for quick and complete meals. This French toast is very popular in typical bistros, you can cook it in the pan or in the oven as you prefer!

INGREDIENTS FOR 4 PEOPLE

- 8 slices of sliced bread
- 40gr of butter
- 80gr of cooked ham
- 4 eggs
- 100gr Gruyère cheese or alternatively (rapé cheese).
- Salt and pepper as needed

PREPARATION

1. Grate the gruyère and prepare the slices of batch bread by spreading them on a cutting board.
2. Melt 10g of butter in a saucepan over low heat and brush the slices of bread.
3. Lay a slice of ham on a slice of bread and cover them with grated Gruyere cheese, then close with another slice of bread
4. Melt 20g of butter in a large skillet over very low heat and when it is melted lay 2 toasts at a time and brown them on both sides for a few minutes.
5. Melt the remaining butter over very low and fry 4 eggs, being careful not to cook the yolk.
6. Lay the eggs gently over the toasts.
7. A pinch of salt, a sprinkling of pepper and serve!

MARINARA MUSSELS

A staple of life on the sea, marinara mussels are a simple and tasty dish, I prefer them as a main course or main course, but they are also very good as an appetizer. The few ingredients and the ease of preparation make the marinara mussels an ideal dish for the kitchen of a boat.

INGREDIENTS FOR 4 PEOPLE

- 1,5kg of mussels
- 2 cloves of garlic
- 2 spoon of chopped parsley
- 50ml of white wine
- 5 spoon of extra virgin olives oil

PREPARATION

1. Clean the mussels by removing the beard that comes out and scraping the shell, help yourself with a sponge or iron brush and wash them under running water.
2. In a pan put 5 tablespoons of oil and 2 cloves of garlic, previously cut in half and without the core, and brown lightly.
3. Add the mussels.
4. When they begin to unfold, fade with white wine and add 2 tablespoons of chopped parsley.
5. Cover with a lid and let all the mussels open. When they are all open, leave them on the heat for another couple of minutes to allow the sauce to flavor further.
6. Serve the marinated mussels immediately.
7. Enjoy your meal!

BIG PRAWNS SAUTÉED IN WHITE WINE

A classic second course of fish, very easy to make and usually very successful. Also this dish is characterized by a handful of fresh and easy to find ingredients. Perfect for a dinner in the harbor with your closest friends!

INGREDIENTS FOR 4 PEOPLE

- 20 big prawns
- 8 cloves of garlic
- 32 cherry tomatoes
- 2 tablespoons of chopped parsley
- 1 chilly pepper
- 1 glass of dry white wine
- Salt and pepper as needed

PREPARATION

1. Clean the prawns by removing the heads and the shell (do not throw them away you will need everything for the broth) remove the black vein helping yourself with a small knife.
2. In a small saucepan we put the shells and the heads of the prawns, add a drizzle of oil, salt, some diced tomatoes and some water and put on the fire. With a meat pounder, while cooking, mash the ingredients well to extract the liquid; add a clove of garlic, cover with more water, put a lid on and cook for another 10 minutes.
3. Once cooked, strain the broth and set it aside.
4. Put a drizzle of oil in a pan, a bit of chilly pepper, a clove of garlic deprived of the center and chopped and sauté quickly, then add the prawns.
5. Cook the prawns for a few minutes on both sides and remove them

from the pan and set them aside.

6. Place the diced tomatoes in the pan where the prawns were previously and sauté for a few minutes, adding a ladle of the broth you prepared earlier.
7. Reduce the sauce a little and add the prawns again, add some wine, season with salt, sprinkle with pepper, add a little broth, cover and cook for another 3 minutes.
8. Serve the prawns and reduce the sauce a little by holding the pan on the stove.
9. Cover the prawns with the sauce and serve.
10. Enjoy your meal!

SAUTÈ OF MUSSELS AND CLAMS

Sauté of mussels and clams is a dish rich in flavor to be prepared quickly with just a few ingredients. Excellent as an appetizer or, as I prefer, as a main course. Excellent for a lunch on board in good company!

INGREDIENTS FOR 4 PEOPLE

- 1kg of mussels
- 1kg of clams
- 3 cloves of garlic
- ½ glass of extra virgin olive oil
- 100gr of cherry tomatoes
- Pepper as needed
- 2 tablespoons of chopped parsley

PREPARATION

1. Drain the clams by soaking them for 1h in a bowl with salted water, then wash them under running water and check them by tapping them on a cutting board that has no sand inside them.
2. Clean the mussels by removing the goatee and scratching the shell with a brush or an iron sponge and then rinse them under running water.
3. Cut the tomatoes into wedges and chop the parsley.
4. Open the shellfish by putting them in a large pan, first the mussels and then the clams. Cover and cook over high heat.
5. As soon as the shellfish are all open, separate the mussels and clams from the cooking liquid, filter it with a sieve and set it aside.
6. In a pan, cut 3 cloves of garlic in half and remove their center, then fry them in oil and then add the tomatoes cut previously.
7. Sauté over low heat for 2 minutes and add the cooking liquid from the

shellfish you had put aside and season with pepper.

8. Add the mussels and clams and season them with the sauce.
9. Add the chopped parsley given one last sautéed and serve.
10. Enjoy your meal!

SIDE DISHES

CRISPY POTATOES

These pan-fried crispy potatoes are a super versatile recipe that adapts to any occasion and perfectly accompanies meat or fish courses. Cooking in a pan makes this side dish perfect to accompany our meals on board!

INGREDIENTS FOR 4 PEOPLE

- 800gr of medium-sized potatoes
- 40gr of butter
- 1 sprig of thyme
- 1 clove of garlic
- Extra virgin olive oil as needed
- Salt and pepper as needed

PREPARATION

1. Peel and wash the potatoes under running water.
2. Cut each potato into 8 large slices and soak them in cold water for 30 minutes in this way we will eliminate the excess starch. At the end of the soaking, dry the cloves well with a clean cloth.
3. Melt the butter in a pan with 2 tablespoons of oil and a clove of garlic cut in half. Remove the garlic as soon as the butter is completely melted.
4. Add the potato wedges so that they do not overlap. Sauté for 5 minutes, then add the thyme leaves and season with pepper.
5. Cover with a lid and cook the potatoes over low heat for 15 minutes, stirring them gently from time to time.
6. When they are almost ready, remove the lid and raise the heat, brown them for 5 minutes.
7. Salt the potatoes and serve!

8. Enjoy your meal!

SAUTÉED COURGETTES

Sautéed courgettes are a healthy and easy to prepare side dish, perfect with fish or meat main courses, ideal for all seasons and especially perfect for boat cooking.

INGREDIENTS FOR 4 PEOPLE

- 800gr of courgettes
- 2 cloves of garlic
- 2 tablespoons of chopped parsley
- Salt and pepper as needed
- 40gr extra virgin olive oil

PREPARATION

1. Wash the zucchini, then cut into rounds at least 2mm thick.
2. Pour the oil in a pan with 2 cloves of garlic and let it brown, then remove it.
3. Add the courgettes, cover the pan and let them cook over a high heat, stirring occasionally.
4. A few minutes before they are ready add salt and parsley and a sprinkling of pepper.
5. Mix well and serve.
6. Enjoy your meal!

NEAPOLITAN AUBERGINES

Neapolitan aubergines are a classic and tasty vegetable side dish to accompany meat and fish dishes in the summer season. They are prepared with just a few simple ingredients, which is why it is a perfect side dish to cook on board!

INGREDIENTS FOR 4 PEOPLE

- 550gr of aubergines
- 550gr of tomatoes
- 6 basil leaves
- 1 clove of garlic
- Salt to taste
- Extra virgin olive oil as needed

PREPARATION

1. Wash the aubergines under running water, remove the stalk and the end with a knife.
2. Cut the aubergines into cubes.
3. Wash the tomatoes and cut them into cubes.
4. Take a large frying pan and pour plenty of oil. When it is hot, add the aubergines and fry them for 10 minutes, turning them to brown evenly.
5. Transfer the aubergines with a slotted spoon onto a large plate lined with absorbent paper.
6. In the same pan in which you fried the aubergines, brown a clove of garlic. As soon as it is browned remove it and add the diced tomato.
7. Break the basil leaves with your hands and add them to the tomato, cook for 5 minutes and add the aubergines.
8. Cook for 10 minutes on a low heat and season with salt.

9. Serve and enjoy your meal!

GRILLED PEPPERS

Grilled peppers are a typical summer side dish, exceptional for accompanying meat and fish. This side dish is very simple to prepare, with only a few necessary ingredients. You can serve this dish either hot or cold. It lends itself very well to be enjoyed during a boat trip.

INGREDIENTS FOR 4 PEOPLE

- 800gr of yellow and red peppers
- 8 sprigs of parsley
- 2 cloves of garlic
- 1 tablespoon of extra virgin olive oil

PREPARATION

1. Wash the peppers well cut the cap to remove the stem, cut them in half and remove the seeds.
2. Cut the peppers into strips about 2cm thick, they must be fairly flat and regular.
3. Heat the plate, grease it with a little oil and dry it with kitchen paper.
4. Cook the peppers for 8 minutes on the skin side and for 6 minutes on the inner side they are ready when they soften.
5. In a small bowl mix oil, chopped garlic and chopped parsley to create an emulsion.
6. Withdraw the peppers on a plate and scrape the skin removing it.
7. Brush the peppers with the emulsion you prepared earlier.
8. Serve or keep in the fridge protecting the peppers with plastic wrap.

Enjoy your meal!

CONCLUSION

Thank you for taking the time to read this book, I hope I have been helpful and that you spent some wonderful days on board! If you liked this book please do leave a 5-star review! If you wish you can follow me on the following profiles: -Instagram: [@inboatholiday](https://www.instagram.com/inboatholiday) Facebook page: [@InBoat](https://www.facebook.com/inboat)