

# *Cooking and Cruising on the Great Lakes*



# ***Cooking and Cruising on the Great Lakes***



**Have a recipe to add to our cookbook?**

**Please send it to:**

Mark Gagy, Port Captain  
gagy620@gmail.com  
(Please include your boat's name)

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**Acknowledgements: Many thanks to Joann Mead for getting the *Cooking and Cruising on the Great Lakes* cookbook on the GLCC website.**

A nautical chart of the Great Lakes region, showing water depths, coastlines, and various navigational markers. A large yellow rectangular area with rounded corners is overlaid on the chart, containing text.

**Breakfast**

***Cooking and Cruising  
on the Great Lakes***

## *Cooking and Cruising on the Great Lakes*

### **Boil-in-a-Bag Omelet --- From the galley of the *Just Fuelin' Around***

- 2 eggs
- ½ c. shredded Cheddar cheese
- Options:
  - 2 slices of deli ham chopped
  - 2 tbsp bacon bits
  - 1 tbsp chopped onion
  - 1 tbsp chopped green bell pepper
  - 1 tbsp chopped fresh mushroom
  - 2 tbsp chopped fresh tomato
  - 1 tbsp chunky salsa
- Crack eggs into a quart sized *Ziploc* freezer bag
- Press out the air and then squeeze or shake to beat the eggs
- Add the cheese and optional ingredients, but be careful not to exceed portion sizes
- Press out the air, seal the bag and shake to mix
- Bring a large pot of water to boil, add up to 8 bags and cook exactly 13 minutes
- When you open the bag, the omelet should roll out easily

Yvonne Murray, New Baltimore, MI

## *Cooking and Cruising on the Great Lakes*

### **Crab Cakes ala Ashtabula --- From the galley of the *Wind Rider*, Ashtabula OH 2019**

1 c. seasoned Panko crumbs  
2 6 oz. cans of crabmeat, drained very well  
¼ c. mayonnaise  
1 egg lightly beaten  
2 green onions finely chopped  
¼ c. finely chopped red pepper  
1 tbsp lemon juice  
½ tsp garlic powder  
⅛ tsp cayenne pepper

- Combine 1/3 c Panko crumbs, onions, peppers, egg, mayonnaise, lemon juice, garlic powder and cayenne pepper
- Fold in crab meat, then let sit in the refrigerator for 1 hour
- Form crab cakes and cook in butter or olive oil until golden brown

Mark Gagyi, Vermilion OH

This is really a dinner recipe. However, if you have left-over crab cakes or purposely make small crabcakes, it can become a hearty breakfast. Just top with a fried egg and serve with *Cheater's Remoulade Sauce*

(Mayonnaise, stone ground or Dijon mustard, garlic powder, horseradish, lemon juice pepper sauce)



*Cooking and Cruising on the  
Great Lakes*

**Nancy's Peach Pancakes --- From the galley of  
the *Off Season***

- Fresh peaches thinly sliced
- Pancake batter
- Pour pancake batter into a hot, lightly buttered skillet and then gently press in peach slices
- Let pancakes cook until brown and then flip

Nancy Mayer, Huron OH



## *Cooking and Cruising on the Great Lakes*

### **Colleen's Sticky Buns --- From the galley of the *Summer Wind*, Killarney 2000**

- 2 loaves of frozen white bread dough
- 1 stick of melted butter
- 1 c of brown sugar
- 6 oz package of vanilla pudding (not instant)
- 2 tbsp milk
- ½ tsp cinnamon
- ½ cup chopped pecans
  
- Caramelize everything but the dough
- Coat a 9x13x2 pan with non-stick spray
- Break one loaf into pieces, add to pan, and then top with ½ of the mixture. Repeat with second loaf
- Allow dough to rise 2-3 hours or overnight in a closed cold oven
- Bake 350° for 30 minutes
- Increase the mixture by half for extra sticky

Joyce Rogers, Columbus OH

## *Cooking and Cruising on the Great Lakes*

### **Quick and Easy Breakfast Potatoes --- From the galley of the *Wind Rider*, Middle Bass Island OH 2025**

- With your vegetable peeler make a pile of potato shavings
- Pour 1-2 tsp of oil into a skillet
- Add potatoes, salt and pepper and then toss
- Cook over medium high heat until potatoes are done and lightly browned
- Optional: Add slivered onions

Mark Gagy, Vermilion OH



A nautical chart of the Great Lakes region, showing water depths, coastlines, and various navigational markers. A large yellow shape with a black outline is overlaid on the chart, containing text.

**Lunch**

***Cooking and Cruising  
on the Great Lakes***

A nautical chart of the Great Lakes region, showing the St. Lawrence River, Lake Ontario, and the western part of Lake Erie. The chart includes depth soundings, navigational aids, and various geographical features. A blue box with a white background and a blue border is overlaid on the chart, containing text. Another white box with a black border is overlaid on the chart, containing a list of ingredients and a dealer name.

*Cooking and Cruising on the  
Great Lakes*

**B-E-L-T Sandwich --- Pelee Island ON 2010**

- Butter and toast bread slices
- Top with lettuce, tomato slice, and bacon strips
- Fry an egg (over easy, medium or over hard)
- Top sandwich with fried egg

Cleveland *Plain Dealer*



## *Cooking and Cruising on the Great Lakes*

### **Grilled Bologna Sandwich**

Using a large pan...

- Butter and toast bread slices
- Sauté thick slices of bologna until slightly browned
- Sauté sliced onions and peppers
- Add and melt sliced cheese (Swiss, cheddar, or ...)

Assemble the sandwich adding a tomato slice and hamburger dills.

A nautical chart of the Great Lakes region, showing water depths, navigational aids, and landmasses. The chart is yellow and blue, with various lines and symbols indicating depth and hazards. The title 'Cooking and Cruising on the Great Lakes' is overlaid on the chart in a red box.

## *Cooking and Cruising on the Great Lakes*

### **Grilled Chicken Salad --- From the galley of the *Wind Rider*, Pelee Island ON 2016**

- Grill a heavily seasoned chicken breast
- Let cool, split and then cube
- Dice a ½ stalk of celery
- Dice a ¼ of an onion
- Chop one hard boiled egg
- Mix together with ½ c of mayo, juice from a ½ a squeezed lemon, 1 tbsp of Dijon mustard, 1 tbsp dry parsley, ¼ tbsp crushed dill seeds
- Can be served as a salad or a wrap with lettuce, tomato and avocado slices

Mark Gagy, Vermilion OH

## *Cooking and Cruising on the Great Lakes*

### **Mini Sausage Quiche**

- 1 roll of 5 refrigerated biscuits
- 9 oz packaged or ½ pound of cooked sausage, crumbled
- ½ c shredded four cheese blend
- 3 eggs
- ½ c milk
- 2 tbsp sliced green onion tops for garnish

- While greasing 10 muffin cups, preheat oven to 400°
- Cut biscuits crosswise and make 10 flattened 4" circles
- Place each circle in a cup so that it comes most of the way up the side. Lightly press in place.
- Add sausage and each to each cup
- Mix eggs and milk. Pour over sausage and cheese filling the cup ¾ full. Garnish with green onions.
- Bake 20-22 minutes until tops are dark golden.
- Lift one quiche with a fork to confirm the sides are golden too.
- Let muffins cool for 2-3 minutes and then remove from cups.
- Serve when cool enough to hold and eat.

Carolyn Shearlock

*Much thanks to Carolyn Shearlock for this great recipe. To learn more about Carolyn's cruising adventures and see more of her great recipes visit her website [theboatgalley.com](http://theboatgalley.com).*

A nautical chart of Lake St. Clair, showing depth contours, navigational aids, and shoreline details. The chart is the background of the entire slide.

## *Cooking and Cruising on the Great Lakes*

### **Turkey Pastrami and Sauerkraut Sandwich --- From the galley of the *Wind Rider*, Lake St. Clair 2023**

Using a large pan...

- Butter and toast bread slices
- Into the pan toss 3-4 slices of pastrami and a  $\frac{1}{4}$  to  $\frac{1}{2}$  C of sauerkraut
- Cook until hot, spoon sauerkraut over the pastrami and top with a slice of Swiss cheese
- Cover pan and after cheese begins to melt lift with a spatula on to the toasted bread
- Serve with horseradish

On the *Wind Rider* we call this a *Hu-ben Sandwich* (Hungarian Ruben)

A nautical chart of the Great Lakes region, showing water depths, coastlines, and various navigational markers. The chart is the background of the entire slide.

## **Appetizers & Snacks**

***Cooking and Cruising  
on the Great Lakes***

## *Cooking and Cruising on the Great Lakes*

### **Crab Cakes ala Ashtabula --- From the galley of the *Wind Rider*, Ashtabula OH 2019**

- 1 c. seasoned Panko crumbs
- 2 6 oz. cans of crabmeat, drained very well
- ¼ c. mayonnaise
- 1 egg lightly beaten
- 2 green onions finely chopped
- ¼ c. finely chopped red pepper
- 1 tbsp lemon juice
- ½ tsp garlic powder
- ⅛ tsp cayenne pepper

- Combine 1/3 c Panko crumbs, onions, peppers, egg, mayonnaise, lemon juice, garlic powder and cayenne pepper
- Fold in crab meat, then let sit in the refrigerator for 1 hour
- Form crab cakes and cook in butter or olive oil until golden brown

Mark Gagyi, Vermilion OH

This is really a dinner recipe. But if you make the crab cakes small and serve them with *Cheater's Remoulade Sauce*, they make a popular appetizer.

(Cheater's Remoulade - Mayonnaise, stone ground or Dijon mustard, garlic powder, horseradish, lemon juice pepper sauce)

A nautical chart of the Great Lakes region, showing water depths, coastlines, and various navigational markers. The chart is yellowed with age and has a grid overlay.

## *Cooking and Cruising on the Great Lakes*

**Artichoke/Crab Dip – From the galley of the *Wind Rider*. Put-In-Bay OH 2009**

- Drain & chop one can of artichoke hearts
- Add one small can of drained shredded crab meat
- Add enough ranch dressing & parmesan cheese to bind together
- Season with paprika, garlic powder, cayenne pepper, and ground pepper

Mark Gagyi, Vermilion Oh

## *Cooking and Cruising on the Great Lakes*

### **Brie with Apricot Topping – From the galley of the *Morning Light***

- ½ c chopped dried apricots
  - 2 tbsp brown sugar
  - 2 tbsp water
  - 1 tsp balsamic vinegar
  - Dash of salt
  - 1 tsp minced fresh rosemary or ¼ tsp dried rosemary, crushed
  - 1 round of brie cheese (8 ounces)
  - Assorted crackers
- Combine apricots, brown sugar, water, vinegar and salt. Bring to a boil and then reduce to medium. Cook and stir until slightly thickened. Remove from heat and stir in rosemary.
- Place brie on an ungreased ovenproof serving dish and spread apricot mixture over the top.
- Bake, uncovered at 400° for 10-12 minutes or until cheese softens.

Lt/C Althea Doolittle, SN, Rochester Hills MI

A nautical chart of the Great Lakes region, showing water depths, navigational aids, and landmasses. The chart is yellow and blue, with various lines and symbols indicating depth and hazards. The title 'Cooking and Cruising on the Great Lakes' is overlaid on the chart in a red, italicized font.

## *Cooking and Cruising on the Great Lakes*

### **Brown Butter Kettle Corn – From the galley of *Quiet Island***

- ½ c unsalted butter
- ½ c brown sugar
- 1 tsp water
- Two 3.5 oz. bags of plain popcorn
- 1 tsp salt
  
- Cook popcorn according to package directions, add salt
- Cook butter until it foams
- Stir in brown sugar and water
- Toss with popcorn and serve

Elaine Carlin, Vermilion, OH

## *Cooking and Cruising on the Great Lakes*

Much thanks to Carolyn Shearlock for this great recipe. To learn more about Carolyn's cruising adventures and see more of her great recipes visit her website [theboatgalley.com](http://theboatgalley.com).

### **Dill Pickel Dip**

- ½ c chopped dill pickles (dill pickle relish if you can find it)
- 8 oz softened cream cheese
- ½ tsp garlic powder
- 6 oz can of ham, drained and broken

Mix pickles, cream cheese and garlic and then add ham. (To soften add small amount of sour cream.)

Carolyn Shearlock

A nautical chart of the Apostle Islands in Lake Superior. The chart shows various islands, including Calamogog and Island, and is overlaid with a grid of latitude and longitude lines. A purple rectangular box highlights a specific area on the chart.

*Cooking and Cruising on the  
Great Lakes*

**Grilled Peel & Eat Shrimp --- – From the galley of the  
*Jubilee*, Apostle Islands 1995**

- Fresh (or frozen) shells-on shrimp, patted dry (have enough for 6 or so per person)
- Put shrimp in a bowl, add a very liberal quantity of olive oil and salt (remember you are not seasoning the shrimp but the shells)
- Grill on a very hot grill about two minutes per side

Bill and Judy Rohde, New Brighton MN

A nautical chart of the Great Lakes region, showing water depths, navigational aids, and landmasses. The chart is overlaid with a blue-bordered box containing text.

## *Cooking and Cruising on the Great Lakes*

### **Grilled Peppers – From the galley of the *Wind Rider*, Put-In-Bay OH 2009**

- Cut yellow banana peppers to make a “boat”
- Grill over aluminum foil until a little wrinkled & brown
- Let cool, then fill with cream cheese and top with chives & bacon
- Return to the grill (or oven) to melt the cream cheese

Jack Larimer, Clyde OH



## *Cooking and Cruising on the Great Lakes*

### **Lavosh Pizza --- – From the galley of the *Jubilee*, Apostle Islands 1988**

(Lavosh is an Armenian flatbread. You may have to hunt for it. Try a market that carries Jewish or Middle Eastern foods. Look for a real thin, very large crisp cracker.)

- Top the lavosh with a layer of cheese (mozzarella works great), then arrange thinly sliced red onions and mushrooms on top
- Bake at 375° for about 5 minutes
- Garnish with chopped arugula or other green leafy vegetable

Bill and Judy Rohde, New Brighton MN

A nautical chart of the Great Lakes region, showing water depths, coastlines, and various navigational markers. The chart is the background of the entire slide.

## *Cooking and Cruising on the Great Lakes*

### **Salmon Spread – From the galley of *Jubilee*, St. Johns, USVI 2012**

- 6 oz salmon, well drained
- ¼ c soft cream cheese
- 1-2 tbsp diced celery
- 1 tbsp minced onion
- 1/8 tsp Cajun seasoning
- 1 tsp dried parsley
- 4-8 drops of hot sauce
- Pepper to taste

Chief's Note: Purchase good quality skinned and boneless salmon. Use either canned or bagged.

Mix all ingredients together, chill, then serve with crackers

Bill and Judy Rohde, New Brighton MN

A background map of the Great Lakes region, showing the outlines of the lakes and surrounding landmasses. The map is in a light yellow and blue color scheme.

## *Cooking and Cruising on the Great Lakes*

### **Salmon Spread – From the galley of *Intangible***

- Mix together:
  - 6 oz canned salmon
  - 2 oz cream cheese
  - ½ tsp Tone's Salmon and Seafood Seasoning (dried garlic, pepper, lemon)
  - 1 tsp dried onions
  - ¼ tsp coarse ground pepper
  - ½ tsp dried parsley
- Add ¼ c Miracle Whip and ¼ c powdered Ranch Dressing
- Mix until smooth and spreadable
- Refrigerate overnight, then serve with crackers

Tom Falck, Burr Ridge IL

A nautical chart of the Great Lakes region, showing water depths, navigational aids, and landmasses. The chart is overlaid with a white box containing text.

## *Cooking and Cruising on the Great Lakes*

### **Smoked Fish Dip – From the galley of the *Wind Rider*, Put-In-Bay OH 2016**

- 1 pound of smoked fish shredded
- 6 oz softened cream cheese
- 3 heaping tbsp sour cream
- ½ red onion diced
  
- Mix together and then season with Tabasco Sauce, Old Bay, Horseradish, Dijon mustard and lemon juice
- Adjust the amount of cream cheese and sour cream to make the mixture more “spreadable” or more “dippable”

Mark Gagyí , Vermilion OH



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**Strawberry Mango Salsa --- – From the galley of  
the *License to Chill*, Put-In-Bay OH 2012**

In a mixing bowl combine:

- 2 medium mangos & 1 pint of strawberries, diced
- 1 tbsp agave nectar (more or less to taste)
- 1 tbsp chopped fresh parsley

Chill and serve with cinnamon pita chips

Brenda Horn, Algonac MI

A background map of the Great Lakes region, showing the outlines of the lakes and surrounding landmasses. The map is in a light yellow and blue color scheme.

## *Cooking and Cruising on the Great Lakes*

### **Texas Caviar --- – From the galley of the *Turning Point*, Herl's Harbor OH 2009**

- 1 can corn
- 2 cans black beans
- 2 cans Rotella tomatoes
- 1 onion chopped
- 1 bell pepper (red, green, yellow or orange) chopped
- 16 oz zesty Italian dressing
- 3 tbsp fresh or dried cilantro
  
- Add everything together, chill, and serve with corn chips.

#### Chief's Note:

- Will keep for 2-3 weeks
- You can cut the recipe in half but still use 1 can of corn

Sharon Dutcher, Springboro OH

A nautical chart of the Great Lakes region, showing water depths, coastlines, and various navigational markers. The chart is the background of the entire slide.

**Soups, Salads  
& Bread**

***Cooking and Cruising  
on the Great Lakes***



## *Cooking and Cruising on the Great Lakes*

### **Easy Fruit Salad --- From the galley of *Bromm's Lullaby*, Leamington ON 2014**

- 1 can of mandarin oranges, drained
- 8 oz can of pineapple tidbits, drained
- 1 c shredded coconut (optional)
- 1 c miniature marshmallows
- 1 c sour cream
- Options: sliced banana, seedless grapes, strawberries
  
- Gently fold all but the strawberries together
- Top with the berries for color

Sharon Bromm, Sandusky OH

A nautical chart of the Great Lakes region, showing water depths, navigational aids, and landmasses. The chart is yellow and blue, with various lines and symbols indicating navigational information. The title 'Cooking and Cruising on the Great Lakes' is overlaid on the chart in a red box.

## *Cooking and Cruising on the Great Lakes*

### **Cold Cucumber Soup --- From the galley of the *Jade Moon*, Cleveland OH 2010**

- 1 cucumber
- 1 quart of buttermilk
- LOTS of dill (fresh or dried)
- Pepper
  
- Peel and chop the cucumber
- Blend all of the ingredients in a food processor or blender until everything is thoroughly chopped and mixed
- Chill and serve

Ken Kabb & Phyllis Goodman, Edgewater Yacht Club  
Cleveland OH

A nautical chart of the Great Lakes region, showing water depths, coastlines, and various navigational markers. The chart is the background of the entire slide.

## *Cooking and Cruising on the Great Lakes*

### **Grilled Asparagus Salad – From the galley of the *Wind Rider*, Covered Portage Cove ON 2013**

- In a one gallon Ziploc bag mix one lemon (zest & juice), 1 tbsp minced garlic, EVOO, S/P
- Add asparagus and marinate for 6 hours then grill
- Cut asparagus into 1½” pieces
- Top asparagus with feta cheese, diced tomatoes (fresh or canned if drained well), and chopped basil

*Cleveland Plain Dealer*

A nautical chart of the Great Lakes region, showing various islands, channels, and depth soundings. The chart is yellowed with age and has a grid overlay.

## *Cooking and Cruising on the Great Lakes*

### **Grilled Watermelon Salad – From the galley of the *Wind Rider*, Kellys Island OH 2018**

- Cut melon into 1” slices and then sear on a very hot grill
- Let the melon slices cool
- Cut the melon into small bite size pieces
- Toss with chopped arugula, chopped mint, feta cheese, toasted almond slivers and the juice of one lemon
- Salt and pepper to taste
- Chill and serve

Chef's Note: To make this a dinner salad add canned crab meat or grilled shrimp.

Krista Gagy, Cleveland OH

A background map of the Great Lakes region, showing the outlines of the five lakes and surrounding landmasses. The map is in a light yellowish-green color with black lines for coastlines and water bodies.

## *Cooking and Cruising on the Great Lakes*

### **Louie's Authentic Hungarian Cucumber Salad – Eger, Hungary**

2 cucumbers (select small ones to minimize seed size)

¼ c. sour cream

¼ c. white vinegar

1 tbsp minced garlic

1 tbsp paprika

2 tbsp olive oil

salt and pepper to taste.

Thinly slice cucumber. Place in a bowl, salt generously and then toss. Let sit for ½ hour, drain off water, arrange on paper towels and pat dry. In a separate bowl mix together sour cream, garlic, paprika and olive oil. Add vinegar a little at a time until you reach the taste you like. Toss cucumbers and dressing together and add salt and/or pepper to taste. Chill and garnish with a sprinkle of paprika. Option: Add thin onion slices.

Louis Gagy, Dayton OH



## *Cooking and Cruising on the Great Lakes*

### **North Chanel Gazpacho --- From the galley of the *Wind Rider*, Kagawong ON 2013**

- 3 c (23 oz) V-8 juice
- Cut into chunks, run through a food processor and then add to the V-8 juice:
  - 1 peeled cucumber
  - 1 seeded bell pepper
  - 2 cans drained diced tomatoes
  - 1 red onion
- Add 3 tbsp minced garlic,  $\frac{1}{4}$  c white wine vinegar,  $\frac{1}{4}$  c olive oil, s/p
- Mix vigorously and chill

Mark Gagy, Vermilion OH

A nautical chart of the Great Lakes region, showing various islands, channels, and depth soundings. The chart is overlaid with a grid of latitude and longitude lines. A blue box with a white border is positioned in the upper left quadrant, containing the title. A larger white box with a black border is positioned in the lower right quadrant, containing the recipe details.

## *Cooking and Cruising on the Great Lakes*

### **Red Riding Hood Soup --- – From the galley of *The Shot Rock*, North Channel 1998**

- 1 lb. ground beef browned
- 1 15 oz can of diced tomatoes
- 4 c of water
- 4 c frozen mixed vegetables
- 16 oz tomato sauce
- 2 packages of brown gravy mix
- 1 package onion soup mix
- 4 tsp sugar

Mix everything together and simmer until done.

Pam Murchison, Midland MI

## *Cooking and Cruising on the Great Lakes*

### **Rye Pan Bread --- From the galley of *Ete***

Before you leave home combine:

- ¼ Cup Rye Flour
- 1 Cup Bread Flour
- 1 tsp Active Dry bread yeast
- ½ tsp Salt

Optional:

- ½ tsp dill
- ½ tsp savory (or whatever spices float your boat)

Seal this mix in a Ziploc bag and keep it on your boat with your dry goods. It will keep quite a while.

*We don't have an oven in our boat, but I love fresh bread. Here's how to make great rye bread in a pan. - John*

To make your bread:

- In a large Tupperware-type bowl with lid, combine the mixture with ½ c of water
- Let rise for about an hour, fold and let rise for another hour.
- Form into a ball, slightly flattened and smaller than your frying pan. Let sit for 15 minutes or so while prepping the pan.
- Add a bit of oil in your frying pan over medium heat. When it's hot, put in the bread and cover.
- After 10 minutes flip the bread over until both sides are golden brown.

Chef's Note: When I add water I try for a "slightly sticky" texture. That gives me a fairly tight crumb. If you want a little more "poofy" crumb add a little more water to make a "really sticky" dough.

John Price, Pittsburgh PA

## *Cooking and Cruising on the Great Lakes*

*Much thanks to Carolyn Shearlock for this great recipe. To learn more about Carolyn's cruising adventures and see more of her great recipes visit her website [theboatgalley.com](http://theboatgalley.com).*

### **Tuxedo Soup**

- 1 can each of white and black beans (not drained)
- 1 bell pepper and 1 onion diced
- 1 tbsp hot sauce
- 1 tsp chicken bullion powder (or ¼ tsp salt)
- 1 tbsp sugar
- 2 tbsp minced garlic
- 1 cooked and diced chicken breast or one 6 oz can of chunk chicken or turkey

Mix everything but the chicken. Cover, bring to a boil, reduce to a simmer and cook 45 minutes. Add chicken and simmer for another 10 minutes.

Carolyn Shearlock

Smoked sausage can be substituted for chicken.

A nautical chart of the Great Lakes region, showing water depths, coastlines, and various navigational markers. The chart is overlaid with a large yellow shape that contains text.

**Side Dishes**

***Cooking and Cruising  
on the Great Lakes***

## *Cooking and Cruising on the Great Lakes*

### **Asparagus and Pasta with Pancetta and Pine Nuts --- From the galley of the *Baby Grand*, The Great Circle Loop 2009**

- 8-12 oz uncooked pasta
  - 1 lb trimmed asparagus (can substitute broccoli or red peppers)
  - ½ c diced pancetta
  - 2 tsp minced garlic
  - 3-4 tbsp fresh lemon juice
  - 2 tsp EVOO
  - ½ tsp kosher salt
  - ¼ tsp ground black pepper
  - ¼ c grated Parmigiano-Reggiano cheese
  - 3-5 tbsp fresh herbs to taste
- 
- Cook pasta according to directions
  - Cook pancetta over medium heat until crispy, then drain and crumble
  - In the same pan cook garlic and pine nuts until brown. Push to the side and then sauté asparagus in batches
  - Combine lemon juice, EVOO, salt, pepper, and herbs
  - Plate the pasta, asparagus, pine nuts, and garlic
  - Drizzle with lemon juice, then top with pancetta and cheese

Peggy Olsen, Denver CO

## *Cooking and Cruising on the Great Lakes*

### **Baby Potatoes with Fresh Green Beans, Onion and Thyme – – From the galley of the *Good Idea Byng Inlet*, Ontario**

- Wash and halve several baby potatoes – leave the skin on
- Thinly slice one or two regular cooking onions
- Add several cloves of finely chopped garlic (or garlic from a jar will do)
- Add several sprigs of fresh or dried thyme
- Generously douse with Extra Virgin Olive Oil
- Salt and pepper to taste
  
- Arrange on a cookie sheet (ideally covered in parchment paper or aluminum foil) and bake at 350F for 30 minutes.
  
- Add green beans washed and cut into thirds and bake for another 30 minutes

Kathy Spencer, London ON



## *Cooking and Cruising on the Great Lakes*

### **Beans in a Bag --- From the galley of the *Wind Rider*, Put-In-Bay OH 2014**

- Fresh green bean washed and ends snapped off
- ¼ c of chicken stock
- 1 tbsp olive oil
- Small sprig of fresh rosemary, salt and pepper or other seasonings to taste
  
- With a sheet of heavy duty aluminum foil make a bag large enough to hold the beans.
- Start by folding ends of foil to seal but leaving top open
- Add all ingredients and then seal top
- Throw your bag on the grill for about 10-15 minutes

Mark Gagy, Vermilion OH

A nautical chart of the Great Lakes region, showing the outlines of the lakes and the surrounding landmasses. The chart includes depth soundings, navigational markers, and various lines indicating channels and hazards. The text is overlaid on the chart.

## *Cooking and Cruising on the Great Lakes*

### **Belle Isle Potato Salad --- – From the galley of the *Wind Rider*, Detroit River 2007**

- Potatoes cubed, cooked & cooled
- 2 eggs boiled, cooled & chopped
- ½ c each of chopped celery & onions
- A squirt of yellow mustard, a pinch of caraway seeds, a dash of hot sauce and assorted seasonings to taste
- Mayo & blue cheese salad dressing

Combine all ingredients with enough dressing and mayo to bind together.

Mark Gagy, Vermilion OH

A background map of the Great Lakes region, showing the outlines of Lake Superior, Lake Michigan, Lake Huron, Lake Erie, and Lake Ontario. The map is in a light yellowish-green color with blue lines representing the lakes and coastlines.

## *Cooking and Cruising on the Great Lakes*

### **Green Bean Casserole --- From the galley of the *Summer Wind*, Pelee Island 20000**

- 2 cans of French Cut green beans
- 1 medium onion cut into thin rings
- 8 strips bacon
- 6 tbsp sugar
- 6 tbsp vinegar
- ½ c slivered almonds
  
- After draining put beans in a 1 ½ qt casserole
- Cook bacon, cut in half, and retain the drippings
- Layer the onions, bacon, and almonds over the beans
- Add to the bacon drippings sugar and vinegar; heat until mixed well
- Pour mixture over the casserole, cover and let marinate for several hours or overnight
- Bake uncovered at 350° for 45 minutes

Joyce Rogers, Columbus OH

A nautical chart of the Great Lakes region, showing water depths, coastlines, and various navigational markers. The chart is the background of the entire slide.

## *Cooking and Cruising on the Great Lakes*

### **Grilled Fingerling Potatoes – – From the galley of the *Wind Rider* Colchester Harbor ON 2012**

- Cut potatoes in half and parboil
- Drain, dry potatoes, toss in olive oil with salt, pepper, and smoked paprika
- Grill for 10-15 minutes until potatoes are tender

Mark Gagy, Vermilion OH

#### **Parmesan Option:**

- When almost done return potatoes to mixing bowl and toss with a generous portion of parmesan cheese
- Return to grill to finish

A nautical chart of the Great Lakes region, showing water depths, coastlines, and various navigational markers. The chart is the background of the entire slide.

## *Cooking and Cruising on the Great Lakes*

### **Grilled Veggies with Avocado & Cucumber Sauce – – From the galley of the *Wind Rider Geneva-On-the-Lake OH 2021***

- Assemble sauce and chill a half an hour or more
  - ¼ c. ranch dressing
  - 2 tbsp mayonnaise
  - diced avocado
  - diced cucumber well drained
  - salt and pepper
- Toss veggies (parboiled potatoes, zucchini, squash, red onions, mushroom, etc.) in EVOO and salt & pepper
- Grill veggies and serve with sauce
- Option: Roast veggies at 425° for 10-15 minutes

Mark Gagy, Vermilion OH



## *Cooking and Cruising on the Great Lakes*

### **Irish Whiskey-Cherry Reduction Sauce – – From the galley of the *Wind Rider* Charlevoix MI 2007**

- Pit and quarter ½ pound of fresh cherries
- Put cherries in a sauce pan or skillet
- Add 2 tbsp of butter and sugar
- Add ¼ c of water and ¼ c Irish Whiskey (Bourbon will also work)
- Cook the cherries down until the sauce thickens and coats the back of your spoon
- Leave or remove the cherry skins to your liking
- Can be served over a grilled steak or a dish of vanilla ice cream

Krista Gagy, Vermilion OH

# Cooking and Cruising on the Great Lakes

## Stove Top Naan Flatbread – – From the galley of the *Wildwood*

- 3 cups unbleached all-purpose flour, plus more for dusting
- 2 teaspoons baking powder
- 1 ½ tsp kosher salt
- ¾ cup whole or low-fat buttermilk, at room temperature
- About ¾ cup warm water
- Canola oil, for greasing the baking sheet
- 1 to 2 tbsp melted unsalted butter, for brushing

- In a large bowl, whisk together the flour, baking powder and salt. Pour the buttermilk over the flour mixture and quickly stir it in. The flour will still be fairly dry, with some wet clumps
- Pour a few tablespoons of the warm water over the flour, stirring it in with a spatula or wooden spoon. Repeat until the flour comes together to form a soft ball. You will use about ¾ cup of the warm water in total, but it may need a little more or less depending on your exact measurements or the weather. You want the dough to be very soft, close to being slightly sticky, so if you add an extra tablespoon or so, it won't hurt.
- Using your hands, gather the ball, picking up any dry flour in the bottom of the bowl, and knead it to form a smooth, soft ball of dough. If it's a little too sticky to handle, dust your hands with flour, but do not add any more flour to the dough, if possible.
- Lightly grease a rimmed baking sheet with the canola oil. Cut the dough into 6 equal portions. Shape each portion into a round, cupping and tucking the edges underneath as best you can to make it smooth. (Don't sweat this too much, as the dough is pretty forgiving and you're going to roll it out anyway.)
- Place on the baking sheet. Brush the rounds with the melted butter and cover with plastic wrap or a slightly dampened clean dish towel. Let sit at room temperature for 30 minutes. The dough needs to rest, but will not rise or change much in appearance.
- With about 10 minutes left in the dough resting time, preheat a 12-inch cast-iron skillet over medium heat.

- Lightly dust a work surface with flour. Place one of the dough rounds on the surface and then turn it over so that both sides are floured. (Keep the remaining dough rounds covered.) Using a lightly floured rolling pin, roll the dough into an 8- to 9-inch circle, rotating the dough 90 degrees after each motion to create an even round. Dust the work surface and rolling pin with just enough flour to keep things from sticking; you don't want to overdo it. Again, don't get too obsessed with the perfect shape. Part of the charm of Naan is its rustic appearance..
- When the skillet is sizzling-hot, add the first portion of rolled dough. Cook for 2 to 3 minutes, until lots of bubbles appear on the top and the bottom dries out and is freckled with brown spots. Flip the dough and cover the skillet with a lid or large, rimmed baking sheet if you don't have a top that fits the pan. Cook for another 2 minutes, until the dough is cooked through and there are plenty of very dark, almost charred spots on what was the top and now the bottom of the Naan. You may find you need to reduce the heat or cook time slightly as the skillet gets very hot throughout the batch. While the first Naan cooks, roll out the second.
- Remove the finished Naan from the skillet, transfer to a baking sheet or serving platter, and brush with more of the melted ghee or butter. Cover with foil or a clean dish towel to keep warm. Transfer the second Naan to the skillet, and continue to roll and cook the remaining dough. Serve warm.

Dan Cline, Traverse City MI



## *Cooking and Cruising on the Great Lakes*

### **Sweet Corn in the Cooler**

- Husk and silk the corn
- Put the corn in a small sealable cooler
- Add 2-3 qt boiling water
- Cover corn with aluminum foil and lock the lid down
- After a half an hour add another 2-3 qt of boiling water
- 15-20 min later your corn is ready to eat



Jack and Stephanie Larimer, Clyde OH

## *Cooking and Cruising on the Great Lakes*

### **Ultimate Slow-Cooker Mashed Potatoes – – From the galley of the *Lucky Bird***

- 5 lbs baking potatoes, peeled , cut into 1”
- 1 ½ c chicken broth
- ¼ c butter or margarine, cut into chunks
- 1c sour cream
- 1 tsp garlic powder
- 1 tsp onion powder
- ¼ tsp salt
- ¼ black pepper
- ½ to 1 c milk, warmed

#### **Directions**

- In a 4-5 qt slow cooker place potatoes, broth and butter
- Cover and cook on high heat until potatoes are tender
- Add remaining ingredients except milk. Mash or beat until blended
- Stir in enough milk for desired creamy consistency
- Cover and keep on warm setting until serving

Alice Smith, Addison IL



## Main Dishes

# *Cooking and Cruising on the Great Lakes*

## *Cooking and Cruising on the Great Lakes*

### **Tasty but “Bad for You” Chicken Thighs with Veggies --- From the galley of the *Wind Rider***

- 5 chicken thighs, skin on and seasoned
- 3 slices thick bacon
- Asparagus, mushrooms, scallions, zucchini or squash

#### Chicken Thighs

1. Dice bacon and then cook until done
2. Set bacon aside separating and reserving the bacon fat
3. Sauté chicken skin side down in 1½ tbs of bacon fat for 15 minutes
4. Reduce heat, turn the chicken and finish cooking, 15 minutes until thoroughly done  
(Option: Can be finished on the grill)

#### Veggies

1. Cut asparagus in to bit size pieces, slice mushrooms, chop scallion, split zucchini/squash lengthwise and then slice
2. Add 1 tbs of bacon fat to pan and heat
3. Sauté asparagus for 2-3 minutes and then add vegetables and bacon
6. Reduce heat, toss and cook until heated

Mark Gagy, Vermilion OH

A nautical chart of the Great Lakes region, showing water depths, navigational aids, and landmasses. The chart is overlaid with a white box containing text.

## *Cooking and Cruising on the Great Lakes*

### **Butcher's Dinner --- – From the galley of the *Shot Rock*, North Channel 1998**

- 1 can white beans
- 1 can diced tomatoes
- 6-8 oz sausage cut into bite-size pieces
- 1 onion chopped
- 1 package fresh spinach

Cook sausage and onions. Drain and add white beans, then simmer. Serve over spinach.

Pam Murchison, Midland MI

A nautical chart of the Great Lakes region, showing various waterways, islands, and navigational markers. The chart is overlaid with a grid of latitude and longitude lines. The text is contained within a white box with a blue border.

## *Cooking and Cruising on the Great Lakes*

### **Chicken Chili --- – From the galley of the *Phantom Lion's Head ON 2013***

- Prepare *McCormick's* chicken chili packet according to directions
- Add a can of drained navy beans and canned chicken
- Heat

Linda Seeman, Kent OH

## *Cooking and Cruising on the Great Lakes*

### **Chicken Enchiladas (A Lake Superior Rally blue ribbon award winner “shelf stable” recipe) – – From the galley of the *Baby Grand***

- 3 tbsp vegetable oil
- 1 ½ lbs skinless boneless chicken breast
- 2 tsp each cumin powder and garlic powder
- 1 tsp Mexican Spice Blend
- 1 red onion, chopped
- 2 cloves garlic, minced
- 1 cup corn
- 1 can green chilies
- 4 canned chipotle chilies in adobo, minced
- 28 oz can chopped tomatoes
- 1 teaspoon flour
- 24 corn tortillas
- 3 cans enchilada sauce
- 1 cup each shredded cheddar and jack cheeses

Cooks Notes: To make this truly shelf stable, substitute chicken with 3, 12.5 oz cans cooked white meat chicken and use canned corn and Velveeta cheese. I've also used 1 envelope taco seasoning instead of dry spices.



- Brown chicken in oil over medium heat
- Shred and sprinkle with dry spices and flour then set aside
- Sauté corn, onion and garlic in drippings
- Add tomatoes, green and chipotle chilies and then mix with chicken
- Microwave enchiladas 30 seconds to soften and then coat bottom of lasagna pan with enchilada sauce.
- Dip each tortilla in sauce and spoon ¼ cup of chicken mixture in each tortilla.
- Roll up and place in pan, seam side down.
- Top tortillas with remaining sauce, sprinkle cheeses over top. And the bake 30-40 minutes at 350°
- Serve with chopped scallions and sour cream (optional).

Coleen Austin, Fort Myers FL

## *Cooking and Cruising on the Great Lakes*

### **Chicken Scaloppini --- From the galley of the *Wind Rider*, Middle Bass Island, 2021**

- Chicken breast sliced into thin cutlets (using a fish fillet knife saves pounding out cutlets)
  - Fettuccini (or other pasta)
  - Flour
  - Salt and pepper
  - Lemon
  - Sliced fresh mushrooms (can substitute canned if well drained)
  - 3 tbsp. Butter
  - 1 tbsp. olive oil
  - ¼ c. white wine
  - 1tbs. minced garlic
  - ¼ c. drain capers
  - 1 tbsp dried oregano
- Season cutlets with salt & pepper and then lightly coat with flour.
  - Heat 1 tbsp of butter and 1 of olive oil in a skillet then sauté the chicken cutlets 4-5 minutes per side.
  - At the same time cook pasta according to directions.
  - Remove cutlets from the skillet, cover and keep warm.
  - Add to the skillet 2 more tbsp of butter and then wine, minced garlic, mushrooms and oregano. Squeeze in the juice from one lemon. Add capers. Heat and stir.
  - Once slowly bubbling add drained pasta and stir.
  - Plate the pasta and top with cutlets.

Mark Gagy, Vermilion OH



## *Cooking and Cruising on the Great Lakes*

### **Coca Cola Pot Roast**

- Small (3 pound) boneless pot roast
- 1 bottle of 12 oz chili sauce
- 1 envelope dry onion soup mix
- 1 can of regular Coca Cola
  
- Mix together chili sauce, soup mix & coke
- Put roast in a crock pot & pour mixture over
- Cook all day and serve with mashed potatoes

Dave Miller, Lorain, Ohio

## *Cooking and Cruising on the Great Lakes*

### **Colchester Chicken --- – From the galley of the *Wind Rider* Colchester ON 2012**

- Chicken breast cut with a stuffing pocket  
(consider brining chicken in very salty water for 15-30 minutes)
- 6 oz package of crumpled feta cheese  
(substitute shredded or thinly sliced goat cheese)
- ¼ c chopped precooked bacon
- ¼ c chopped fresh basil
- 2 tbsp minced garlic
- Salt & pepper
- Paprika

Tip: To firm up goat cheese put it in the freezer until hard. Also consider coating the shredder with a cooking spray or oil.

Cut a pocket in the chicken breast. Mix stuffing (feta, bacon, garlic, basil, salt & pepper). Stuff breasts and close with twine or toothpicks. Season with paprika. Grill.

Mark Gagy, Vermilion OH

A nautical chart of the Great Lakes region, showing various waterways, islands, and navigational markers. The chart is overlaid with text boxes containing a title, a recipe, and a chef's note.

## *Cooking and Cruising on the Great Lakes*

### **“Cooking At Sea” One Pot Pasta**

- Sauté  $\frac{1}{4}$  c chopped onion, 2 tbsp minced garlic and 1 link of sliced smoked sausage
- Add 3 oz package of sun-dried tomatoes, 6 oz of pasta,  $1\frac{1}{2}$  c chicken broth,  $\frac{1}{2}$  c milk
- Bring to a boil then simmer for 12 minutes
- Add parmesan cheese

Chef's Note: This a recipe easy to make while underway.

## *Cooking and Cruising on the Great Lakes*

### **Crab Cakes ala Ashtabula --- From the galley of the *Wind Rider*, Ashtabula OH 2019**

1 c. seasoned Panko crumbs  
2 6 oz. cans of crabmeat, drained very well  
¼ c. mayonnaise  
1 egg lightly beaten  
2 green onions finely chopped  
¼ c. finely chopped red pepper  
1 tbsp lemon juice  
½ tsp garlic powder  
1/8 tsp cayenne pepper

Serve with *Cheater's Remoulade Sauce*  
(Mayonnaise, stoneground or Dijon mustard, garlic powder, horseradish, lemon juice, pepper sauce)

- Combine 1/3 c Panko crumbs, onions, peppers, egg, mayonnaise, lemon juice, garlic powder and cayenne pepper
- Fold in crab meat, then let sit in the refrigerator for 1 hour
- Divide mixture, lightly coat with remained Panko crumbs, form crab cakes and cook in butter or olive oil until golden brown

Mark Gagy, Vermilion OH



## *Cooking and Cruising on the Great Lakes*

### **Corn Bread Crab Cakes**

- 1 box *Stove Top* cornbread stuffing
- 1 c boiling water
- 3 eggs beaten
- 2 6 oz cans of crabmeat, drained and flaked
- ¼ c of butter
  
- Add water to stuffing, stir and let sit 5 minutes
- Mix eggs and crabmeat, add to stuffing
- Shape into 6 patties
- Melt butter over medium heat
- Cook patties 5 min. per side until heated through and lightly browned

A nautical chart of the Great Lakes region, showing various channels, shoals, and navigational markers. The chart is overlaid with a grid of latitude and longitude lines. The text is contained within a white box with a blue border.

## *Cooking and Cruising on the Great Lakes*

### **Cricket's Tortellini --- – From the galley of the *Cricket*, North Channel ON**

- Cook tortellini as per package directions
- Chop up zucchini (or other veggie that keeps well)
- Add pieces of deli lunch meat
- Toss with Italian dressing
- Top with parmesan cheese

Cheryl Kibbey, Columbus OH

A nautical chart of the Great Lakes region, showing the outlines of the lakes and surrounding landmasses. The chart includes depth soundings, navigational lines, and various symbols. A blue box with a white background and a blue border is overlaid on the chart, containing the title and recipe information.

## *Cooking and Cruising on the Great Lakes*

### **Dusted Pickerel (Walleye) --- – From the galley of the *Wind Rider* Port Stanley ON 2014**

- Dust the fish filets in flour seasoned to taste
- Shake the filet to remove excess flour
- In a skillet add 2 tbsp of olive oil and 2 tbsp of butter
- When the butter has melted add the filets and sauté until the fish flakes with a fork

Mark Gagy, Vermilion OH

A nautical chart of the Great Lakes region, showing water depths, coastlines, and various navigational markers. The chart is the background of the entire slide.

## *Cooking and Cruising on the Great Lakes*

### **Easy BBQ Pulled Pork --- From the galley of the *License to Chill*, Lexington MI 2013**

For this recipe all you need is one can of root beer and a two pound pork tenderloin.

- Put the tenderloin and root beer in a slow cooker set on low. Cook for 7 hours
- When done, drain the juice, shred the pork, and add your favorite BBQ sauce

It doesn't get any easier than this!

Brenda Horn, Algonac MI

A nautical chart of the Great Lakes region, showing various waterways, islands, and depth soundings. The chart is yellowed with age and has a grid overlay.

## *Cooking and Cruising on the Great Lakes*

### **Erie Yacht Club Tortellini --- From the galley of the *Champaign*, Erie PA 1994**

- One package of cheese tortellini
- 4-6 links of fresh Italian sausage
- One jar of pasta sauce
  
- Cook tortellini according to package directions; drain
- Simmer sausage in water for 15-20 minutes; cut into rounds
- Toss tortellini and sausage
- Add pasta sauce and heat

Mark Gagy, Vermilion OH



## *Cooking and Cruising on the Great Lakes*

### **Fish Tacos --- – From the galley of the *Wind Rider*, Batchawana Bay ON 2011**

- Several hours before dinner make and chill:
  - Coleslaw: Shred cabbage and carrots, add salt and pepper, lightly toss with a slaw dressing
  - Guacamole: Scoop out 2-3 avocados and mash with a fork, add 1-2 tbsp mayo, chopped tomatoes and onions, salt, black pepper, cayenne pepper
- Season fish filets with a blackening seasoning, then sauté or grill. Cut into chunks or strips when finished
- Warm soft taco shells
- Spread taco shells with guacamole, add fish and coleslaw

Mark Gagy, Vermilion OH

## Cooking and Cruising on the Great Lakes

### Grilled Pork Tenderloin with Mustard Sauce --- From the galley of the *Wind Rider*, Middle Bass Island OH 2019

#### Marinade:

1 tbsp olive oil  
2 tbsp Dijon Mustard  
½ tsp oregano  
¼ tsp salt  
¼ tsp pepper

Mix dry ingredients, add mustard and olive oil. Rub mixture on the loin and cover with plastic wrap. Chill for one hour or more. Grill to 145°.

#### Mustard Sauce:

2 tsp garlic powder  
1 c. heavy cream  
¼ c. grated Parmesan cheese  
1 tbsp Dijon mustard  
1 tbsp stone ground mustard  
3 tsp horseradish  
¼ tsp salt  
¼ pepper  
2 tbsp butter

#### Heavy Cream Substitute

- 1 part Butter
- 3 Parts Milk
- Heat & whisk

Mix all ingredient except the butter, bring to a low boil, reduce heat and simmer ten minutes. Add butter and melt.

Mark Gagyi, Vermillion OH



## *Cooking and Cruising on the Great Lakes*

### **Hannah's Darn Good Chicken --- From the galley of the *Freelance***

- 3-6 chicken breasts (preferably boneless and skinless)
- 1 can cream of mushroom soup
- 1 can of cream of chicken soup
- 1 can of mushrooms (substitute fresh mushrooms if you have them)
- 1 can artichoke hearts
  
- Stir together cans of soup and pour them in a deep baking dish. Add the chicken, spooning some of the soup over them.
- Drain and add the artichokes and mushrooms.
- Cover with foil and bake at 375-400° for 45 minutes.
- Serve with white rice topped with the gravy.

Vicki and Niels Jenson, Minneapolis MN

## *Cooking and Cruising on the Great Lakes*

### **Have Chicken Will Travel – – From the galley of the *Morning Star***

- Before you leave hone cut skinless & boneless chicken thighs into serving pieces
- Place them in a quart zip-lock bag and add 2 tablespoons Italian salad dressing
- Freeze them 'flat' for convenient on-board storage
- When your ready, open the bag and add 2 tablespoons of *Sweet Baby Ray's* barbeque sauce
- Allow plenty of time to thaw and be sure to “massage” the package throughout the day to get all the flavors to spread evenly
- When it's supper time, remove the chicken & grill or sauté as an entree, in a salad, or even a sandwich.
- Best of all there's no cleaning-up and no dishes!

Rich & Patti Barzyk, Wellington OH



## ***Cooking and Cruising on the Great Lakes***

### **Hot Legs --- – From the galley of the *Wind Rider*, Detroit River 2007**

Chicken legs  
Olive Oil  
Salt & pepper  
4 tbsp butter  
5 tbsp hot sauce  
1 tbsp white vinegar

- Toss legs in oil, salt & pepper. Grill until done.
- Toss grilled legs in melted butter, vinegar, and hot sauce.

Todd Gagy, Saint Louis MO

### **Garlic/Parmesan Wing Sauce Option**

1 measure of grated parmesan cheese  
1 measure of melted butter  
Garlic powder to taste  
Salt & pepper

## Cooking and Cruising on the Great Lakes

### Isolation Shrimp Pasta Bowl \* – – From the galley of the *Wind Rider*, Middle Bass Island, OH 2020

8 oz. Farfalle pasta (or whatever pasta is on your boat)

1 lb. frozen uncooked shrimp

¼ c diced onions

¾ c chopped tomatoes (OK to use canned if drained)

¾ c chopped asparagus

½ lemon

minced garlic

olive oil

Salt/pepper

Butter

Parmesan cheese

Old Bay Seasoning

- Marinate shrimp in lemon juice, minced garlic, olive oil, salt, pepper for 30-60 minutes.
- Meanwhile cook pasta al dente (make sure you salt the water well).
- Drain and reserve ½ c of pasta water just in case.
- Sautee shrimp, when it starts to turn pink add diced onions, tomatoes, asparagus. Then season with old bay and a bit more lemon juice.
- Let the liquid reduce, finish with a few pats of butter and parmesan cheese.
- Add pasta, toss and garnish with some lemon zest.

Krista Gagyi, Cleveland OH

\* I call this *Isolation Shrimp Pasta* because I pulled it together while on a three day Lake Erie Island outing, keeping our COVID social distance all the while.

## *Cooking and Cruising on the Great Lakes*

### **Kelleys Island Rack of Lamb – – From the galley of the *Wind Rider*, Kelleys Island, Ohio 2012**

- Finely chop fresh rosemary
- Mix rosemary with EVOO, garlic powder, s/p
- Brush on lamb rack and grill slowly, brushing as  
need

Krista Gagy, Cleveland OH



A nautical chart of the Great Lakes region, showing Lake Erie, Lake St. Clair, and Lake St. Lawrence. The chart includes depth soundings, navigational aids, and various geographical features. A blue box is overlaid on the top left, and a larger white box with a blue border is on the right side.

## *Cooking and Cruising on the Great Lakes*

### **Lake Erie Jambalaya --- – From the galley of the *Mon Amie*, Put-In-Bay OH 1998**

- 1 can diced tomatoes
- Walleye or perch chunks
- Peeled uncooked shrimp
- 1 c fresh okra, chopped
- 1 chopped onion & bell pepper
- 2 tbsp minced garlic
- ¼ c red wine
- Taco seasoning mix (half a packet)
- Hot sauce

Sauté onion & peppers. Add tomatoes, taco mix, wine, minced garlic & hot sauce to taste. Simmer. Add fish, shrimp, and okra last five minutes. Serve with rice.

Mark Gagy, Vermilion OH



## *Cooking and Cruising on the Great Lakes*

### **Mango Chutney Pork Tenderloin --- – From the galley of the *Jubilee*, Virgin Islands, 2002**

- For this recipe you will need a pork tenderloin, salt & pepper, and a jar of mango chutney (mild, hot, or half & half)
- Rub the tenderloin with salt and pepper and brown on all sides
- Pour chutney over the tenderloin, cover, and bake at 350° until the internal temperature registers 165° (about an hour)
- Let stand 10-15 minutes before carving
- Serves well with rice and sautéed vegetables

Bill and Judy Rohde, New Brighton MN

## *Cooking and Cruising on the Great Lakes*

### **Maple Apple Pork Tenderloin --- From the galley of the *Morning Light***

- 1 package Uncle Ben's Original Long & Wild Rice
- $\frac{3}{4}$  lb pork tenderloin sliced into 1" thick pieces
- 1 green apple, diced
- 2 tbl chopped walnuts
- $\frac{1}{4}$  c maple syrup
  
- Bake or grill pork tenderloin
- Prepare rice according to directions
- Spray a small sauce pan with non-stick coating. Cook apples over medium heat for about 10 minutes, and add walnuts and syrup. Cook for 3-4 minutes more
- Pour the mixture over the cooked tenderloins and serve with rice.

Lt/C Althea Doolittle SN, Rochester Hills MI

## *Cooking and Cruising on the Great Lakes*

### **Mexican Cornbread Casserole--- From the galley of the *Gaviidae***

(Blog site: <http://www.gaviidaesails.com/>)

- Vegetable oil
- 1pkg cornbread or muffin mix
- 1 egg
- 1/3 c. milk
- 3/4 c. frozen whole kernel corn (will be divided)
- 1/2 # lean ground beef
- 1/2 c. Spanish onion coarsely chopped
- Salt and pepper to taste
- 1 tbsp chili powder or TexMex spice blend
- 1/2 tsp ground cumin
- 8oz. enchilada or tomato sauce or one 16 oz. can of either
- 10 oz. diced tomatoes & green chilies, drained
- 2 tsp dried oregano (Mexican oregano if available)
- 1/4 c. black olives, drained, sliced & divided
- 1 c. shredded Mexican cheese blend
- Sour cream
- Fresh cilantro

**Daniel DeWeese, Edina MN**

1. Preheat oven to 375°F. Grease 10-in. cast iron frying pan with vegetable oil; set aside.
  2. Stir together corn muffin mix, egg, milk and half of corn in bowl. Pour into prepared dish.
  3. Meanwhile, cook beef in medium skillet over medium-high heat until crumbled and no longer pink, stirring occasionally; add salt, pepper, cumin and Tex-Mex or chili seasoning and sauté a couple minutes longer. Drain if needed.
  4. Stir in drained tomatoes/green chilis, tomato/enchilada sauce and remaining corn.
  5. Pour corn bread into cast iron pan, then pour meat mixture over top of the batter. Allow 1-2 inch edge of batter around pan. Top meat mixture with cheese. Spread additional sliced olives over cheese.
  6. Bake 20 minutes or until edges are lightly browned and cornbread base is done.
- Serve hot, cut into wedges and top with sour cream and cilantro. Provide hot sauce on the side.

#### **Chef's Notes:**

1. You can substitute the beef with same amount of precooked chicken or canned chicken.
2. You can also add precooked black beans or refried beans to the meat mix.

## *Cooking and Cruising on the Great Lakes*

### **Moku Hale's Pua'a (Pork, tomatoes, and artichokes) --- From the galley of the *Moku Halle***

- 1 lb pork tenderloin
  - 1 can artichokes, quartered
  - 1 can chicken broth
  - 1 can chopped tomatoes
  - 1 medium onion, sliced
  - ½ lb mushrooms, sliced
  - 1 garlic clove, minced
  - ½ lemon, sliced
- 
- Cut the tenderloin into 1" cubes and brown on all sides
  - Sauté onions, then the garlic, and then the mushrooms.
  - Return the pork to the skillet and add artichokes, tomatoes, lemon, broth, plus one can of water.
  - Cook for about an hour stirring occasionally
  - Remove lemon slices and serve over pasta

Joann Mead, Cincinnati OH

# Cooking and Cruising on the Great Lakes

## North Channel Casaba – A Moroccan Feast --- From the galley of the *Gaviidae*

Daniel DeWeese, Edina MN

Blog site: <http://www.gaviidaesails.com/>

### Chicken and Marinade

4 chicken thighs  
1/3 cup olive oil  
1 lemon zested  
1 tbsp Ras el Hanout  
1/2 tbsp Harissa  
1/2 tbsp turmeric powder  
salt and pepper to taste

Note: Ras el Hanout is a blend of many spices and Harissa is a hot chile pepper paste. In a pinch you can substitute curry powder for Ras el Hanout and Tabasco or Sriracha sauce for Harissa.

### Vegetables

1 large carrot halved and sliced  
1 parsnip halved and sliced  
1 zucchini quartered lengthwise and sliced  
1 small red bell pepper cut into 1 inch squares or triangles  
1/2 onion coarsely chopped  
4 garlic cloves chopped or sliced  
1/2 cup peas  
1/3 cup tomato flakes reconstituted

### Couscous

1 cup couscous  
1 cup chicken hot broth, more if rehydrating peas

### Optional Ingredients

chickpeas  
sun-dried tomatoes  
vegetable broth  
olives  
apricots

### Toppings

1/4 cup almonds sliced and toasted  
Cilantro or parsley chopped

1. In a small bowl, combine the Ras el Hanout, Harissa, and turmeric powder to make your Moroccan spice blend. Divide in half.
2. Mix olive oil, lemon juice, 1/2 of lemon zest, 1/2 of the Moroccan spices and salt and pepper to taste. Pour over chicken in a pan, bowl or resealable plastic bag.
3. Marinate chicken in refrigerator for 1 to 2 hours—longer if the chicken has skin. (If chicken has skin, loosen skin from meat to allow marinade to penetrate meat under skin.)
4. Preheat oven to 450F. Mix cut-up vegetables with olive oil, remaining Moroccan spices, remaining lemon zest, salt and pepper. Roast vegetables for 20-30 minutes.
5. If rehydrating freeze-dried peas and tomato flakes (or any other dehydrated veggies), soak in warm to hot chicken (or vegetable) broth for 10 minutes.
6. Mix all vegetables in one pan. Keep warm in oven until chicken and couscous is cooked.
7. Grill chicken for approximately 20 minutes (turning once) or until done.
8. Spread couscous across bottom of a pan or serving bowl. Pour hot broth over couscous, mix and allow to set 7 to 10 minutes until couscous has absorbed all liquid and is semi-dry and al dente.
9. To serve place couscous on plate, top with mixed vegetables, chopped cilantro or parsley and almonds.

## *Cooking and Cruising on the Great Lakes*

### **Pasta Alla Carbonara --- From the galley of the *Zephyr***

- 6 slices of bacon cut into 1/4" pieces
- 1 c grated Parmesan cheese
- 4 eggs
- 1 pound pasta (preferably spaghetti)
- 1/4 c pasta water
- Parsley, salt and pepper
  
- Cook pasta, drain and reserve 1/4 c of pasta water
- In a bowl beat the eggs and then add half of the Parmesan cheese
- Cook bacon in a 12" skillet, pour off the grease
- Add pasta water to the bacon and reheat
- Add and toss the pasta
- Add egg mixture mixing constantly until the eggs are firm and clinging to the pasta
- Add the remaining cheese and then toss
- Add salt and pepper and garnish with parsley

Phillip May, Chicago II



## *Cooking and Cruising on the Great Lakes*

### **Pollo de Santana --- From the galley of the *Mon Amie* Leamington ON 2005**

- Chicken breasts whole or cut into chicken fingers
- Marinade --- In a Ziploc bag add ¼ c tequila & EVOO, the zest and juice of one lime, one package of taco seasoning, 1 tbsp minced garlic, hot sauce
- Marinate chicken in fridge for an hour; sauté or grill.
- During preparation be sure play a favorite *Carlos Santana CD*.

Krista Gagy, Cleveland OH

This marinade also works well with tail-on jumbo raw shrimp

A nautical chart of the Great Lakes region, showing the outlines of the lakes and surrounding landmasses. The chart includes depth soundings, navigational markers, and various lines indicating channels and hazards. The text is overlaid on the chart.

## *Cooking and Cruising on the Great Lakes*

### **Rich's Rum Kabobs --- From the galley of the *Morning Star*, Blind River ON 2009**

- Cut into “kabob sizes” chicken breasts, red peppers, mushrooms, onions, cherry tomatoes, and, if in season, fresh peaches
- Add a marinade of brown sugar, rum, and olive oil or Italian dressing
- Let stand for 2-3 hours and then thread onto wooden skewers
- Grill and enjoy

Rich Barzyk, Wellington OH

## *Cooking and Cruising on the Great Lakes*

### **Rob's Favorite Chicken Parmesan with Artichokes --- From the galley of the *WINDSHADOW***

- Two plump chicken breasts sliced laterally to make four thinner pieces
- ½ c Hellmann's Mayonnaise
- ½ c grated parmesan and a little grated cheddar
- 2-3 artichoke hearts drained and roughly chopped
- Smoked paprika and fresh ground black pepper
  
- Place chicken on a cookie sheet lined with parchment paper
- Mix mayo, cheese, and artichokes
- Spread mixture over chicken and then sprinkle with paprika and pepper
- Option: Top with 1-2 tbsp Panko bread crumbs
- Bake 400° for 20 minutes

"It's super easy and can be prepped and on the table in 30 minutes." - Kelly

Kelly Hillman, Royal Oaks MI

## *Cooking and Cruising on the Great Lakes*

### **Rolled Chicken and Mushrooms --- From the galley of the *Wind Rider*, Pelee Island ON 2015**

- Mix together a can of drained mushroom (stems and pieces) and enough minced garlic to suit
- With a chicken breast flat on the cutting board, make a “c” shaped cut creating a cullet (a fishing filet knife works real well)
- Spread the breast with Dijon mustard and then add the mushroom/garlic mixture
- Roll up chicken breast and either tie or skewer
- Season with salt, pepper, and paprika
- Grill until chicken is done

Mark Gagy, Vermilion OH



## *Cooking and Cruising on the Great Lakes*

### **Shrimp Curry --- From “Gourmet Underway”**

- 2 lb fresh shrimp
- 1 large onion, chopped
- 4 garlic cloves, minced
- 10 oz package of frozen peas
- 1 c of clam juice
- ½ c plain yogurt
- 1 tbsp curry powder
- ¼ c cilantro, chopped
- 2 tbsp olive oil
- 3 c water

- Sauté onions and garlic in olive oil
- Reduce heat and add curry powder and then a minute later clam juice
- Add peas and water and cook 7-10 minutes
- Add the shrimp and continue cooking until the shrimp turn pink
- Lower the heat and stir in yogurt and cilantro
- Serve over steamed rice

Gail Bowdish, Green Cove FL

A background map of the Great Lakes region, showing the outlines of Lake Superior, Lake Michigan, Lake Huron, Lake Erie, and Lake Ontario. The map is in a light yellow and blue color scheme with black lines for coastlines and depth contours.

## *Cooking and Cruising on the Great Lakes*

### **Spicy Mussels with Pancetta and Fresh Tomatoes --- From the galley of the *Homer's Odyssey***

- In a Dutch oven melt 1tbsp butter and then add a chopped shallot, 2 chopped garlic cloves, 4 oz thick sliced pancetta (Italian bacon)
- Sauté until shallot is tender and pancetta is rendered (about 5 minutes)
- Add ½ tsp red pepper flakes, 1c white wine, 4 plum tomatoes cored, seeded and chopped (about 2c), and 2 lbs. of fresh mussels
- Cover, bring to a boil, then reduce heat and simmer for 8-10 minutes until the mussels open

Suzie and Craig Bradley, Kenosha WI

A background map of the Great Lakes region, showing the outlines of Lake Superior, Lake Michigan, Lake Huron, Lake Erie, and Lake Ontario. The map is in a light yellow and blue color scheme with black lines for coastlines and water bodies.

## *Cooking and Cruising on the Great Lakes*

### **Sweat and Sour Meatballs --- From the galley of the *Morning Light***

- 2 lb ground meat (a ground meat/ground pork mixture is good too)
- 1 egg
- Bread crumbs
- 2 can jellied cranberry sauce
- 1 c ketchup
- Garlic powder, salt and paper to taste
  
- Roll the ground meat, egg, and bread crumbs into balls
- Bake for 15 minutes at 350°
- Mix cranberry sauce, ketchup, garlic powder, salt and pepper in a sauce pan and heat until smooth
- Add cooked meatballs to the sauce and serve

Lt/C Althea Doolittle SN, Rochester Hills MI

A nautical chart of the Great Lakes region, showing water depths, navigational aids, and landmasses. A large yellow shape is overlaid on the chart, containing text.

**Desserts**

***Cooking and Cruising  
on the Great Lakes***

## *Cooking and Cruising on the Great Lakes*

### **Adena's Pie --- From the galley of the *Adena*, Escanaba MI**

A long "Adena" tradition is to buy a GFS High top fruit pie, e.g., "Fruits of the Forest", Cherry or Apple, all are exceptionally good. We bake it at home the night before leaving on a wilderness sailing adventure.

We slip the pie, now covered with aluminum foil, back into its box, and slide the box into the oven, for a secure storage location, which we rarely use for any warm weather cooking. The burners above the oven do not heat up the oven, as heat goes up, and the pie is secure and handy. With two shelves, we can bring 2 pies if we are planning a longer voyage. Or stow some other foods or goods on the second shelf.

Marilyn Kinsey, Escanaba MI

*This is as easy as it gets!!*

## *Cooking and Cruising on the Great Lakes*

### **Banana Bread (or Cake) --- From the galley of the *Isle Venture*, Leamington ON 2015**

- In a large bowl combine 2 c of white flour, ½ tsp salt, 1 tsp baking soda, 1 tsp baking powder
- In a separate bowl cream together 1½ c of sugar, ½ c butter
- Add 2 beaten eggs, 1 tsp vanilla, ¾ c of milk
- Add 3 ripe\* mashed bananas and chopped walnuts (optional)
- Pour the banana mixture into the flour and mix and stir until moist
- Grease either a 9x13 pan or two loaf pans
- Add the banana mixture to the pans and then bake at 350° for 40 minutes

\* The riper your bananas the better!

Darra Haase, Okemos MI

A background map of the Great Lakes region, showing the outlines of the lakes and surrounding landmasses. The map is in a light yellow and blue color scheme.

## *Cooking and Cruising on the Great Lakes*

### **Blueberry Buckle – From the galley of *Cricket*, The Benjamins 2013**

- Heat 1qt berries, 1 c water and 1 c sugar until berries begin to soften. Bring to a boil, and then simmer gently for 5 minutes.
- Combine 1½ c flour, 2 tsp baking powder, 1tsp. sugar
- Cut in 1 tbl of butter
- Add enough milk to make a soft dough (approximately 2/3 c)
- Drop dough by tablespoon onto hot berries. Cover with tight lid and cook for 15 minutes without raising lid. Dumplings will double.
- Serve hot, spooning sauce over dumplings. Top with whip cream or milk if desired.

Cheryl Kibbey, Columbus OH

A background map of the Great Lakes region, showing the outlines of the lakes and surrounding landmasses. The map is in a light yellow and blue color scheme.

## *Cooking and Cruising on the Great Lakes*

### **Dirty Monkey --- From the galley of the *Bromm's Lullaby*, Kelley's Island OH**

- 1 banana
- 2 c milk, cream, or fat free coffee creamer
- $\frac{3}{4}$  c Kahlua
- $\frac{1}{2}$  c vodka (optional)
- 2 c of ice
- Hershey's chocolate syrup
  
- Mix everything but the chocolate syrup together in a blender
- Blend until slushy
- Drizzle chocolate syrup along the inside of your glasses
- Add the Dirty Monkey and serve with a straw

Ned Bromm, Sandusky OH

A background map of the Great Lakes region, showing the outlines of Lake Superior, Lake Michigan, Lake Huron, Lake Erie, and Lake Ontario. The map is in a light yellow and blue color scheme with black lines for coastlines and water bodies. A blue-bordered box is overlaid on the map, containing the title and recipe information.

## *Cooking and Cruising on the Great Lakes*

### **Dump Cake --- From the galley of the *Morning Light***

- 1 can cherry pie filling
- 1 can crushed pineapple
- 1 package yellow cake mix
- 2 sticks of melted butter
- 1 c of coconut
- 1 c of chopped nuts
  
- Pour pie filling in the bottom of a 9x13 pan
- Layer pineapple over the filling
- Sprinkle dry cake mix over pineapples
- Drizzles melted butter over cake mix and top with coconut and chopped nuts
- Bake at 350° for 1 hour

Lt/C Althea Doolittle SN, Rochester Hills MI

## *Cooking and Cruising on the Great Lakes*

### **Susan's Butter Tarts --- From the galley of the *Serendipity***

- 24 large frozen tart shells
- 1 c of raisins (optional)
- ½ c butter
- 1 c brown sugar
- 1 corn syrup
- ½ tsp salt
- 1 tsp vanilla
- 2 eggs, lightly beaten

Chef's Note: This recipe works best with golden corn syrup, which unfortunately is only available in Canada. At the market look for Beehive or Crown brands.

- In sauce pan combine raisins, butter, sugar, syrup and salt.
- Heat until butter is melted
- Remove and add vanilla and eggs
- Spoon filling into tart shells and bake at 350° for 15-20 minutes

Susan Smith, Toronto ON

## *Cooking and Cruising on the Great Lakes*

### **Maple Pumpkin Pie --- From the galley of the *Serendipity***

- 3 eggs, lightly beaten
- ½ c brown sugar
- ½ c maple syrup
- ½ tsp cinnamon
- ½ tsp salt
- 1½ cans of pumpkin (28 oz.)
- ground cloves
- 1 c light (10%) cream
  
- In a large bowl combine eggs, sugar, maple syrup, pumpkin, spices and light cream
- Beat with a rotary mixer until smooth
- Turn most of the filling into an unbaked pie shell and add the rest after placing the shell in the oven
- Bake at 350° for 55-60 minutes until the center is set
- Served topped with whipped cream and drizzled maple syrup

Susan Smith, Toronto ON

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## *Cooking and Cruising on the Great Lakes*

### **Simple Cheese Cake --- From the galley of the *Bonnie Jean*, Herl's Harbor OH 2014**

- 8 oz Cool Whip
- 1 can sweetened condensed milk
- 1 package Philadelphia cream cheese
- 1/3 c lemon or lime juice
- A box of graham crackers
  
- Crush enough graham cracker to form a crust in a pie pan
- Mix well and then beat the softened cream cheese and Cool Whip
- Add the lemon or lime juice
- Form the mixture into the pie crust.
- Cool

Walter & Barbara Moore, Catawba Moorings OH

## Cooking and Cruising on the Great Lakes

### Windigo Chocolate Cake --- From the galley of the *Hola*, Isle Royale MN

- 1 c sugar
- 1 c flour
- ½ c unsweetened cocoa
- 1 egg
- ½ c milk
- ¼ c vegetable oil
- 1 tsp vanilla
- ½ c boiling water

Chief's Note: These ingredients can be mixed ahead and carried onboard in a one gallon Ziploc freezer bag.

- Mix the first three dry ingredients in a bowl
- Add the remaining wet ingredients and then mix thoroughly
- Pour mixture into a greased cake pan
- Bake 30 minutes in the center of the oven

Angele Passe, Minnesota MN



*Bon appétit!*