

## MENU IDEAS FOR THE WEEK

### CATAMARAN CRUISING CMCAS

### FROM OCTOBER 5TH TO OCTOBER 12TH, 2024

Below is a suggestion for your meals with examples of recipes tailored to the list of products you will find on board of your boat (to be verified upon embarkation) or seasonal local products that you can find on the islands during your provisioning. You should consume or cook the green-labelled products within the first 3 days.

The additional provisions (bread, fruits, coffee, etc., and the fresh supplements indicated in red) will be purchased with the onboard cash (see organization note). Alcoholic beverages are not included in the provisions or onboard cash (even if complimentary bottles have been added to the supply list)

Lunch		Diner
Airplane	J1	Chicken stew or Curry chicken, rice
Taboule	J2	Beef stew with olives, smashed potato
Greek chickpeas salad	J3	Pork fillet orange/Maringo Veal Stew
White beans salad with artichoke, cucumber,	J4	Tortilla de patatas or omelette
Pasta salad with asparagus, tomatoes, cucumber..	J5	Korkula cuttlefish or baked whole fish
Lentil salad, eggs, tomatoes, cucumber, parsley	J6	Eggplant with feta
Carrot and cabbage salad	J7	Leftover frichti

#### Curry Chicken with Apples and Mango:

1. Slice the chicken, chop 2 onions, peel and dice 1-2 mangos and 3 apples, and mince 3 garlic cloves.
2. Brown onions, then add the chicken, season with salt and pepper, and cook halfway. Set aside.
3. Sauté the mango and apple, add a bouillon cube, 2 tablespoons of curry, garlic, and pour 400 ml of water, add 7-8 tablespoons of cream, let it reduce for 5 minutes, then add the chicken and simmer for 15 minutes.

#### Beef stew with olives (2h)

- 1/ Peel and cut carrots (1/pers), chop 5 onions and 5 garlic cloves
- 2/ Brown with oil and butter the onions, add the cubes of beef to brown
- 3/ Add the carrots, garlic, bay leaves and rosemary, zest of 2 oranges, pepper and salt.
- 4/ add 1 or 2 glasses of white wine, 1 meat stock cube, 2 glasses of water, cover and simmer for one hour.
- 5/ Add one can of 800gr of peeled tomatoes et 3 handful of olives, mix, cover and cook for another one hour.

#### Pork Fillet with Orange:

1. Sear 2.5 kg of pork fillet in a casserole dish.
2. Finely chop 3 garlic cloves and 3 onions, add them to the meat once browned.
3. Add a bouillon cube, thyme, bay leaf.
4. Pour the juice of 4 oranges and the zest of half an orange, simmer for 35 minutes.

#### Chicken Stew

- 1/ Place 2-3 kg of chicken pieces in a stew pot, sprinkle with alcohol
- 2/Clean and chop one bunch of spring onions including the stalks.
- 3/Brown for 15 mn chicken and spring onions with olive oil, rosemary, and bay leaves
- 4/ Add 2 peeled tomatoes cans or 1 kg of fresh tomatoes, cleaned and cut. Add 4-5 lemons slices, chopped parsley, salt, pepper
- 5/ cook covered slowly for 30mn.
- 6/ Serve with pasta or rice.

#### Veal stew Maringo style (2h)

- 1/ Peel and cut carrots (1/pers), chop 5 onions and 5 garlic cloves
- 2/ Clean and cut 500gr of mushrooms
- 3/Cut the meat in cubes and with butter brown the meat.
- 4/Add Carrots, garlic and onions, steer and cook for 10mn
- 5/ Add 1 tbsp of wheat flour, steer until gold
- 6/ Add 2 tbsp tomato paste, 50cl water, 50cl white wine, rosemary, bay leaves and thyme, salt and pepper
- 7/ Steer, cover and simmer for 1h30.
- 8/ Add mushrooms and simmer for another 15mn
- 9/ Serve with pasta or steamed potatoes.

**Potato Tortilla:**

Peel and thinly slice 1 kg of potatoes and 2-3 onions. Cook them gently in a pan with oil, salt, and pepper. Beat the eggs (2 per person) in a bowl. When the potatoes are tender, add them to the beaten eggs. Cook in a pan with 2 tablespoons of olive oil.

**Cabbage and carrot salad**

Cut cabbage, carrots into strips and cucumber into small cubes, add chopped red onion, and ham or feta cut into small cubes. and a handful of chickpeas, season with sauce (tomatoes, shallot, spring onion, lemon, oil, salt, pepper)

**Greek Chickpeas salad**

1/Poor 2 cans of drained chickpeas in a salad bowl, 2/ add 3 chopped bell peppers, 1 cucumber and 4 tomatoes cut into small cubes, 3-4 chopped spring onions, feta, 3 grated carrots, 3/ Seasoning: 4 tablespoons of olive oil, 2 tbsp of apple vinegar or balsamic vinegar, chopped garlic, chopped parsley, salt and pepper

**Taboulé (3 hours before serving)**

1/Poor couscous seeds in a large salad bowl, add 1-2 cucumbers and 4-6 tomatoes cut into small cubes, 3-4 chopped spring onions, 3 chopped bell peppers, chopped parsley, coriander or mint and 2 handful of dried raisins. 2/. Add juice of 5 squeezed lemons, 6 tbsp of olive oil, salt and peppers.3/ Mix together well and let it soak for at least 2 hours until the couscous has swelled. Taste and adjust the seasonings.

**Lentils or chickpeas salad**

1/Poor 2 cans of drained chickpeas/lentils in a salad bowl, 2/ add 1 chopped cucumber, 5 tomatoes cut into small cubes, 3-4 chopped spring onions, 200gr fresh chopped mushrooms or 2 avocados 3/ Seasoning: 4 tablespoons of olive oil, 2 tbsp of apple vinegar or balsamic vinegar or lemon, chopped garlic, chopped parsley, chopped basil, chopped chives (any fresh aromatic herbs) salt and pepper

**Eggplant with feta (Greece)**

1/ Clean and cut 5 eggplants in half lengthwise, incise the flesh by crisscrossing without touching the skin 2/ Brush the eggplant halves with olive oil on each side 3/ Bake at 180° , 30mn , the eggplants halves ,skin facing up,4/ In a bowl, mix until you get a dough, feta (200gr every 3 pers), eggs (2 every 3 pers), grated cheese (20gr par head) 5/ Turn over the eggplant halves, and coat each half with the "dough and pine nuts. 6/ Return to the oven until golden brown.

**Peppers stuffed with sheep's cheese (Croatia) –**

1/Pre-Heat oven at 180° 2/ Clean one bell pepper per head and delicately cut the peduncle from each pepper which will be reused as a "hat". Scoop out the seeds and woody inner edges of each pepper 3/ In a pan, brown 6 shallots, 6 chopped garlic cloves with a bunch of rosemary, chopped parsley, pepper and salt. 4/ Add 6 tomatoes cut in dice and 300 gr of pitted olives and simmer for 5 mn. 5/ In a bowl, crush fresh sheep or goat cheese with a fork and add it to the shallot-tomatoes sauce. Mix well and adjust the seasoning. 6/ Fill each pepper equally with this stuffing, close each pepper with a « hat », display the peppers on an oven tray and bake 40 mn.

**Squid with Parsley:**

1. Chop 4 garlic cloves and finely chop a bunch of parsley.
2. Brown the squid in olive oil for 5 minutes and set aside.
3. In the cooking juices, add the garlic and parsley, let it simmer for a few minutes.
4. Return the squid briefly to absorb the parsley, serve with lemon slices.

**Fish Rougail sauce**

Brown chopped onions in a little oil. Add 5 cloves of garlic and chopped ginger, then 1 can of crushed tomatoes and herbs. Simmer covered for 5 minutes. Season with salt, pepper, then add 4 tablespoons of chopped fresh herbs. Brown the fish in a pan or oven. Top the fish with Rougail and serve with Basmati rice.

**Octopus salad**

1/ boil until tender 2 kg of fresh octopus, 2/ Remove the skin and chop the tentacles. 3/In a salad bowl, mix the chopped octopus with chopped cherries tomatoes, olives, chopped parsley/coriander/Chives and spring onions, add Arugula salad. 4/ Seasoning: Olive oil, chopped garlic, salt, pepper, lemon juice or apple vinegar.

**Korčula cuttlefish (Croatia)**

1/Empty, clean and cut into slices 2 kg of fresh cuttlefish, 2/ clean and chop, 1 green bell pepper, 1 red one, 1 yellow one, 3 zucchinis, 3 eggplants. 3/ Peel and slice 1kg of potatoes, boil them briefly into salted water 4/ In a stew pot, brown the cuttle fish with olive oil, 3 chopped onions, then add bell peppers, zucchini and eggplant. 5/ Add one peeled tomatoes can, one clove, herbs, and add white wine. Cook covered slowly for 15 mn 6/ Add precooked potatoes and 1 tbsp of capers 7/ Add hot water and cook covered slowly for another 15mn.

**Whole Sea Bream with olives (Croatia)**

1/ Place the scaled and gutted sea bream in an oven dish. 2/ Garnish the fish with bay leaves and olive oil. 3/ Peel and slice 1kg of potatoes, boil them briefly into salted water 4/ Places the potatoes slices around the fish, sprinkle rosemary, white wine and olive oil add some olives and tomatoes cut into dice 5/ bake until the fish is cooked 6/ garnish with chopped parsley before serving