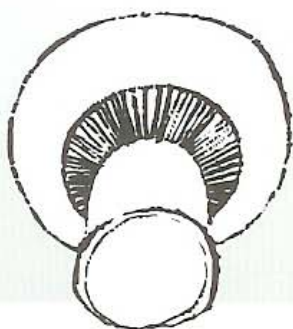


Marinated Mushrooms

Serves 4

Mix all the marinade ingredients together in a bowl. Add the mushrooms and stir well. Do not wash the mushrooms otherwise they will go soggy. Cover and leave to marinate in a cool place for 2 hours or so. Stir occasionally. Before serving, drain well.

Best served slightly chilled.



- 500g (1lb) small button mushrooms wiped clean

Marinade

- 1 tsp salt and 3 black peppercorns crushed
- 2 tsp fresh dill chopped
- 4 tbsp tarragon vinegar
- 1 tbsp lemon juice
- 4 tbsp fruity extra virgin olive oil

Mushrooms in a Brandy Sauce

Serves 4

Roughly chop the mushrooms if large and season with pepper. Melt the butter in a pan and sauté the mushrooms for 2-3 minutes. Sprinkle with a little flour and cook gently for 30 seconds stirring all the time. Raise the heat and add the brandy (if at home you would flambé it, but not at all advisable on a boat unless you drastically increase the boat's fire insurance!) Cook for 1-2 minutes to reduce. Lower the heat and stir in the cream and parsley. Serve warm with toast or a warmed baguette. This

- 350g (12oz) mixed mushrooms or chestnut mushrooms
- 25g (1oz) butter
- 15ml (1 tbsp) chopped parsley
- 125ml (4 fl oz) brandy
- 125ml (4 fl oz) double cream or crème fraîche
- Salt and pepper
- A little flour

can also be used as a side dish with grilled meats or fish.

Noreen Pearson

Yacht Enchantress of Swanwick

Speedy Beef in Wine



Serves 4-6

Sauté the onion until soft but not brown. Add the wine and steak. Drain the carrots and mushrooms reserving 2 teaspoons of the mushroom liquid. Add the vegetables and sugar and heat gently. Blend the cornflour with the reserved mushroom liquid and stir into the meat mixture, being careful not to break up the meat. Heat until thickened and season to taste.

- 1 onion finely chopped
- 1tbsp oil
- 2 large tins stewed steak without gravy if possible
- 300ml (1/2 pt) red wine
- 1 small tin button mushrooms
- 1 small tin carrots
- 1 tsp dried mixed herbs
- Pinch of sugar
- 1 tsp cornflour
- Salt and pepper

Hot Beef Salad with a Honey Dressing



Serves 4

Cook the new potatoes until soft, drain and set aside. Grill the beef to taste and keep warm. Slice the cucumber into a large bowl and mix with the parsley and flaked almonds or pine nuts. Add the potatoes to the bowl, slicing if necessary. In a small bowl whisk together the olive oil, the sherry vinegar and the runny honey and season. Cut the beef into strips and add to the salad ingredients.

Arrange the salad leaves on a large plate and top with the beef and potato mixture. Scatter the half cherry tomatoes over the top and spoon over the dressing.

- 450g(1lb) lean rump or sirloin steak
- 375g(12oz) new potatoes
- 1 cucumber
- 3 tbsp chopped flat leafed parsley
- 40g(2oz) flaked almonds or pine nuts
- 60ml(4tbsp) extra virgin olive oil
- 30ml(2tbsp) sherry vinegar and the same amount of runny honey
- Bag of mixed salad leaves
- Halved cherry tomatoes to garnish

