

List of Lists  
2007-02-22

1. Basic stores
2. Books
3. Chemicals
4. Crew Gear
5. Deck gear
6. Dinghy & Gear
7. Dive Gear
8. Fishing Gear
9. Galley
10. Kayak & Gear
11. Nav Station/Office
12. Safety Gear
13. Spares
14. Tools
15. Meals
16. Dock Trials Checklist
17. Sea Trials Checklist
18. Passage pre-departure Checklist
19. Leaving boat Checklist
20. On Watch Checklist
21. Changing of Watch Checklist
22. Standing Orders
23. Weather checkpoints
24. Abandon Ship Bag Contents

Basic stores

I. Food

A. Fresh meats

1. Fish 6 lbs
2. Shrimp 6 lbs
3. Crabmeat 1 lb
4. Chicken 8 lbs
5. Turkey sausage 1 lb

B. Other meats

1. Bacon bits 8 oz
2. Chorizo sausage 2 lb
3. Andouille (smoked sausage) 2 lb
4. Pepperoni 0.5 lb
5. Beef jerky

C. Fresh vegetables

1. white onions 20
2. red onions 1
3. carrots 10
4. celery 20 stalks
5. Escarole 3
6. White mushrooms 3 lbs
7. Bell peppers (green, red, yellow)
8. Green onion 11
9. Jalapeno pepper 4
10. Tomatos 2
11. Lettuce 2
12. Arugula 32 oz
13. Jicama
14. Cabbage

D. Other vegetables

1. Can tomatoes 16 x 14.5oz cans
2. Dried shiitake mushrooms 1 lb
3. Tomato paste 12 x 6 oz
4. Canned black olives 6 oz
5. Canned corn 8 x 15.25 oz
6. Sun dried tomatoes in oil 16 oz.
7. Canned greenbeans 8 x 14.5 oz
8. Powdered potatoes 18 x 6 servings
9. Dried button mushrooms 2.5 oz

E. Fresh fruits

1. Oranges (12oz each) 21
2. Apples (7 oz each) 21
3. Bananas (7 oz each) 21
4. Lemons 7
5. Limes 7
6. Mangos 4

F. Other fruits

1. Raisins 2 x 36 oz
2. Dried Mixed fruit 36 oz
3. Strawberry preserves 48 oz

G. Grains

1. Rice 10 lbs
2. Popcorn
3. Black dried beans – 3 lb
4. Red dried beans – 3 lb
5. Assorted pastas
  - a. riccioli 2 x 17.6 oz
  - b. spaghetti 6 x 17.6 oz
  - c. cappelle 2 x 17.6 oz
  - d. farfalle 2 x 17.6 oz
6. Flour
7. Oatmeal 2 x 4.5 lbs
8. Dried white kidney beans 1 lb
9. Dried split peas 1 lb
10. Cornstarch 1 oz
11. Egg noodles 5 lbs
12. Garbanzo beans 2 lb
13. Bulgur 6 oz
14. Pinto beans 1 lb
15. Barley
16. Lentils

H. Dairy

1. Powdered milk (22 qts)
2. Powdered eggs
3. Parmesan cheese 2 lbs
4. Powdered cream 8 x 16 oz
5. Powdered cappuccino 96 servings
6. Monterey Jack cheese 2 lbs

I. Miscellaneous

1. Tea bags – 3 x 104
2. Assorted powdered drinks
3. Coffee beans 3 lbs
4. Vegetable oil 11 oz
5. Olive oil – 32oz
6. White vinegar – 15oz
7. Worcestershire Sauce – 10oz
8. Dijon mustard 3 oz
9. Salsa 2 oz
10. White wine – 750 mml
11. Red wine – 750 mml
12. Assorted dry soup mix
13. Picante sauce 5 oz
14. Marinara Sauce 16 oz
15. Pine nuts 24 oz
16. Balsamic Vinegar 2 oz
17. Peanut Butter 2 x 40 oz
18. Hard candy
19. Ginger Snaps

II. Herbs and Spices

1. Bay leaves
2. Salt
3. Black pepper – 19.5 oz
4. Cayenne pepper – 1.8oz
5. White pepper – 2.5oz
6. Lemon pepper 28 oz
7. Sugar – 1lb
8. Nutmeg – 2.1oz
9. Rosemary – 0.8oz
10. Thyme – 0.7oz
11. Marjoram – 0.3oz
12. Paprika – 18oz
13. Dill Weed –1.0oz
14. Sage – 0.8oz
15. Curry powder 2.5oz
16. Saffron – 0.05oz
17. Sweet Basil – 0.5oz
18. Chicken Bouillon – 20 oz
19. Vegetable Bouillon – 12 cubes
20. Fish Bouillon – 12 cubes
21. Beef Bouillon – 12 cubes
22. Italian Seasoning – 6.25 oz
23. Oregano – 5 oz
24. Parsley flakes – 2 oz
25. Vanilla extract – 2.0 oz
26. garlic cloves 60
27. hot red pepper flakes 13 oz
28. tarragon 2 oz
29. fennel seed
30. Cajun Seasoning
31. Cumin 1 oz
32. Cilantro 6 oz
33. Onion powder 1 oz
34. Taco Seasoning 24 oz
35. Chile Powder 20 oz
36. Cinnamon 18 oz
37. Ginger root
38. Ginger powder

III. Paper and miscellaneous products

1. Cheap toilet paper – 8 rolls
2. Paper towels – 8 rolls
3. Printer paper – 2 reams
4. Aluminum foil
5. Sandpapers
6. Toothpicks

IV. Cleaners

1. Laundry detergent
2. Hand soap
3. Dishwashing soap
4. Tar remover
5. Exterior & interior paints & brushes
6. Paint thinner
7. Windex
8. Ajax
9. deck soap
10. Brass wool
11. Stainless steel polish
12. Household surface wipes
13. Scrub sponges
14. Fabric softener

V. Other

1. Ziplock plastic bags
2. Assorted size plastic garbage bags.
3. Assorted size "tupperware" type plastic containers.
4. Roll of multipurpose nonskid mats
5. Synthetic chamois
6. Long Q-tips
7. Plastic syringes
8. Raid roach spray
9. Toothpaste
10. Contact solution
11. Contacts
12. Toothbrush
13. Aftershave
14. Deodorant
15. Dental floss
16. Assorted sizes of rechargeable batteries

## Books

### A. Cookbooks

1. The Essential Pasta Cookbook
2. Casseroles & Salads
3. Chicken Cookbook
4. Crepes & Omelets
5. Fondue is In
6. Riso, Undiscovered Rice Dishes of Northern Italy
7. Risotto
8. Risotto (Williams-Sonoma)
9. Recipes for the Pressure Cooker
10. Favorite Seafood Recipes
11. Blender Cookbook
12. Pressure Cooking for Everyone
13. Soup
14. The Microwave Guide and Cookbook
15. The Art of the Cocktail
16. The Elegant Martini
17. Wraps

### B. Cruising Guides

1. The Intracoastal Waterway, Norfolk to Miami
2. Cruising Ports: Florida to California via Panama
3. Yachtsman's Guide to the Bahamas
4. Passages South – The Thornless Path to Windward
5. The Turks and Caicos Guide
6. Tricks of the Trades
7. The Cruising Guide to Cuba
8. Cruising Guide to the Virgin Islands
9. The Yachtsman's Guide to Jamaica
10. Cruising Guide to the Leeward Islands
11. Sailors Guide to the Windward Islands
12. Mexico Boating Guide
13. The Panama Guide
14. A Captain's Guide to: Transiting the Panama Canal in a Small Vessel
15. Cruising Guide to Venezuela and Bonaire
16. Chile: Arica Desert to Tierra del Fuego
17. The Yachtsman's Navigator Guide to the Chilean Channels
18. World Cruising Routes

C. Handbooks and References

1. The Formula Book
2. Why Didn't I Think of That
3. Independent Energy Guide, Electrical Power for Home, Boat & RV
4. Handbook of Chemistry and Physics
5. Spanish Language (4)
6. Guitar (16)
7. Mariner's Guide to Single Side Band (Frederick Graves)
8. Advanced First Aid Afloat (Dr. Peter F. Eastman)
9. Diving for Fun
10. International Medical Guide for Ships
11. The Ultimate Encyclopedia of Knots & Ropework
12. Knots (Gordon Perry)
13. Ideas for Storage
14. Nomadic Furniture

D. Manuals

1. Autopilot
2. Gensets
3. GPS
4. Radar
5. Refrigerator/Freezer/Arctic Air
6. Single Side Band
7. Tri Data
8. VHF
9. Watermaker

E. Entertainment

1. Caribbean – James A. Michener
2. Illusions – Richard Bach
3. Running from Safety – Richard Bach
4. Problems of Space and Time – J.J.C. Smart
5. Space, time and the new mathematics – Robert W. Marks
6. Feynman's Lost Lecture
7. Critical Path, R. Buckminster Fuller
8. Godel, Escher, Bach – Douglas R. Hofstadter
9. Chaos – James Gleick
10. Laws of Form – G. Spencer Brown

F. Seamanship

1. Chapman Piloting
2. Chapman Boater's Log
3. Coastal and Offshore Weather, the Essential Handbook
4. Offshore Cruising Encyclopedia (CD)
5. Practical Seamanship (CD)
6. Reeds Nautical Almanac
7. Sailing Fundamentals
8. Self-Taught Navigation
9. The Concise Guide to Caribbean Weather
10. NOAA S-57 charts (CD)
11. NGA (CD)
  - a. Bowditch
  - b. Chart 1
  - c. Coast Pilot 4 – Cape Henry to Key West
  - d. Coast Pilot 5 – Gulf of Mexico, Puerto Rico, Virgin Islands
  - e. Coast Pilot 7 – California, Oregon, Washington, and Hawaii
  - f. International Code of Signals
  - g. Pilot Charts – North Atlantic
  - h. Pilot Charts – South Pacific
  - i. Radar Navigation and Maneuvering Board Manual
  - j. Radio Navigational Aids
  - k. Sailing Directions (Planning Guide) – North Atlantic, Baltic Sea , North Sea, and Mediterranean Sea.
  - l. Sailing Directions (Enroute) – Caribbean Sea – Volume I
  - m. Sailing Directions (Enroute) – Caribbean Sea – Voume II
  - n. Sailing Directions (Enroute) – Pacific Ocean and Southeast Asia
  - o. Sailing Directions (Enroute) – West Coasts of Mexico and Central America.
  - p. Sailing Directions (Enroute) – West Coast of South America
  - q. Time Zone Chart
  - r. World Port Index
  - s. DNC charts

## Chemicals

1. Denatured alcohol
2. Ammonia
3. Anhydrous lanolin
4. Baking soda 12 lbs
5. Boeshield T-9
6. Boric acid
7. Sportsman's GOOP
8. Hydrogen peroxide – 1 qt
9. Muriatic acid
10. Tincture of iodine
11. WD-40

## Crew Gear

A. Julie

B. Ted

1. Clothes

- i. Suites (1)
- ii. Sport Coat (1)
- iii. Heavy windbreakers (2)
- iv. Bathing trunks (3)
- v. Short pants (5)
- vi. Dress Pants (2)
- vii. Pullovers (2)
- viii. Long Pants (9)
- ix. Shirts (8)
- x. Dress shirts (4)
- xi. Turtlenecks (5)
- xii. Undershorts (12)
- xiii. T shirts (5)
- xiv. Dress socks (2)
- xv. long wool socks (2)
- xvi. wool socks (2)
- xvii. sport socks (5)
- xviii. short sport socks (5)
- xix. belts (2)
- xx. sweaters (5)
- xxi. light Weather Gear
- xxii. polo shirts (7)
- xxiii. Winter leather gloves (1 pair)
- xxiv. Wool mittens (1 pair)
- xxv. Long underwear (1 pair)

2. Shoes

- i. deck (2 pair)
- ii. sandals (2 pair)
- iii. flip flops (2 pair)
- iv. dress (3 pair)
- v. boots (2 pair)

3. Hats

- i. straw (4)
- ii. wool (1)
- iii. cloth (1)
- iv. caps (2)
- v. watch caps (4)
- vi. Ear muffs (1 pair)

4. Miscellaneous
  - i. Guitars (2)
  - ii. Metronome
  - iii. Reading glasses (3 pair)
  - iv. Sun glasses (5 pair)
  - v. Electric razor
  - vi. Electric beard trimmer
  
- C. Other Crew
  1. Total maximum weight of crew plus gear?
  
- D. Linens
  1. Bed sheets, high tread count 100% cotton (3 pair)
  2. Pillow cases (6)
  3. Bath Towels (6)
  4. Hand Towels (6)
  5. Beach towels (3)
  6. Dish towels (3)
  7. Blankets (2)
  8. Wash cloths (3)
  
- E. Other
  1. Pillows (4)
  2. Hammocks (2)
  3. Sleeping bags (2)
  4. Duffel bags (2)
  5. Sail gloves (3)
  6. Back packs (3)
  7. Mosquito net

## Deck Gear

1. 8 Ft boat hook
2. 50 ft non-toxic water hose
3. 25 ft diesel hose
4. monel seizing wire
5. chafing gear
6. washdown bucket, brush, chamois
7. Heaving line
8. High pressure hose for anchor and chain washdown.
9. Bosuns chair/mast climber

## Dinghy & Gear

1. AB Inflatables 11.5ft.
2. Paddles (2)
3. Fuel tank, plus extra containers.
4. Yanmar 27hp outboard
5. Grapnel with 150 ft 3/8" 3 strand twisted nylon, with trip line. As dinghy anchor grapnel is doing double duty – if proves not to be feasible a small danforth with 50' of 5/16" nylon rode with 6' of chain will be used as dinghy anchor.
6. Painters (2)
7. Flashlight
8. Water jug
9. Waterproof bag
10. Air pump
11. Lock and locking cables for outboard, tanks and paddles.
12. Equipment for using dinghy as life raft
  - i. awning/tent
  - ii. small rudder
  - iii. sail
  - iv. sealed container of supplies
  - v. sea anchor

## Dive Gear

1. Masks (2)
2. Snorkels (2)
3. Dive belts (2)
4. Weights 16lbs
5. Wetsuits (2)
6. Fins (2 pair)
7. Dive gloves (2 pair)
8. Brownie Hookah System (2 divers 60ft)
9. Booties (1 pair)
10. Dive knife – 1
11. Dive light

## Fishing Gear

1. 100 lb test monofilament
2. 12 ft wire leader with swivel
3. Assortment of various size hooks
4. Variety of lures
5. Gloves

## Galley

- A. Appliances and Equipment
1. Electric Blender
  2. Coffee pot (french press)
  3. Sauce Pots with covers - 2
  4. Fry pans - 2
  5. Microwave Oven
  6. Pressure Cooker
  7. Electric Juicer (Champion)
  8. Battery powered hand vacuum cleaner
  9. Washer/Dryer
  10. Manual clothes wringer
  11. Can crusher
  12. Seaways hot water tank – 20 gals plus tankless hotwater heater
  13. Food/Clothes vacuum packer
  14. Coffee grinder
- B. Utensils
1. Scissors(5)
  2. Forks (7)
  3. Tablespoons (4)
  4. Teaspoons (4)
  5. Seriated Steak knives (4)
  6. Corkscrew (2)
  7. Bottle/Can opener (2)
  8. Apple slicer/corer (1)
  9. Orange peeler
  10. Medium size bowls – wood (2)
  11. Small size bowls – wood (2)
  12. Medium platter – wood (1)
  13. Measuring spoons
  14. Measuring cups
  15. Sieve
  16. Colander
  17. Funnels(4)
  18. Cooking spoons (4)
  19. Spatula
  20. Cutting pads (4)
  21. Cooking knives (4)
  22. Oven cooking pad
  23. Pyrex bakeware
  24. Measuring cup 16oz
  25. Tupperware quart containers with lid

C. Dishes

1. Wine glasses – plastic (6)
2. Champagne glasses – plastic (6)
3. Water glasses – plastic (6)
4. Coffee cups – plastic (6)
5. Plates – plastic (6)

## Kayak & Gear

1. Kayak
2. Paddles (2)
3. Seats (2)
4. Roller

### Nav Station/Office

1. Laptop computers with battery charger, carrying case, and assorted cables
2. Computer printer
3. ink pens (4)
4. pencils (4)
5. dividers (2)
6. Straight edge (3)
7. Right angel (2)
8. Protractor (1)
9. Binoculars 7 x 50
10. Binoculars (small spare)
11. Flags
  - a. Code flags – set
  - b. Anguilla
  - c. Antigua & Barbuda
  - d. Aruba
  - e. BVI
  - f. Chile
  - g. Colombia
  - h. Costa Rica
  - i. Cuba
  - j. Curacao
  - k. Dominica
  - l. France
  - m. Grand Cayman
  - n. Grenada
  - o. Guatemala
  - p. Honduras
  - q. Jamaica
  - r. Mexico
  - s. Netherlands Antilles
  - t. Panama
  - u. St. Lucia
  - v. St. Kitts & Nevis
  - w. St. Vincent and the Grenadines
  - x. Turks & Caicos Islands
  - y. US
  - z. Virgin Islands

12. World Globe
13. Stapler
14. Scissors
15. Paper clips
16. Printer ink cartridges (2 black, 2 color)
17. Sat. phone
18. Digital camera with battery charger and extra battery.
19. Watch
20. HP Calculator
21. Avery plastic covers for single paper sheets (1 box)
22. Waterproof document folder for ships documents
23. 3 ring binders (4)
24. Paper hole punch
25. Sextant
26. Scotch tape (2 rolls)

## Safety Gear

- A. Medical Supplies
  - 1. Avon's Skin-So-Soft
  - 2. Aspirin 1000 tablets
  - 3. Band-Aids
  - 4. Petroleum jelly
  - 5. Water proof bandage strips
  - 6. Antiseptic ointment
  - 7. Antibiotic soap
  - 8. Q-tips
  - 9. Sea sickness remedies
  - 10. Cold and flu treatments 2 x 16 oz
  - 11. Salt tablets
  - 12. Blood pressure cuff
  - 13. Multi Vitamins & Minerals 500 tablets
  
- B. Abandon ship bag
  - 1. Spare GPS
  - 2. flashlights and batteries
  - 3. food
  - 4. fishing gear
  - 5. first aid kit
  - 6. manual watermaker
  - 7. signaling mirror
  - 8. portable VHF
  - 9. 406 Mhz EPIRB
  
- C. Miscellaneous
  - 1. Flares
  - 2. Flare guns
  - 3. Safety harness/PFD (4)
  - 4. Safety tethers (4)
  - 5. Heaving line
  - 6. ABC fire extinguishers
  - 7. Ring buoy
  - 8. Jacklines/special lifelines leading forward, aft
  - 9. AIS sender/receiver
  - 10. Sling shot with supply of marbles
  - 11. Bungs – assorted sizes
  - 12. Underwater epoxy
  - 13. Fiberglass matt and resin hot batch supplies
  - 14. Man overboard module
  - 15. Lead line
  - 16. Spotlight

## Spares

- A. Water
  - 1. Extra impellers & float switches for bilge & water pumps
  - 2. Fresh water pump
  - 3. Watermaker cleaning kit
  - 4. Watermaker membrane protection kit
  - 5. Water pump
  
- B. Genset
  - 1. Spare fuel pump
  - 2. belts
  - 3. Racor filter cores – 1 case
  - 4. Oil filters – 1 case
  - 5. Cables & connectors
  
- C. Steering System
  - 1. Hydraulic fluid
  - 2. steering diaphragms or seals
  
- D. Electronics
  - 1. Raymarine relays & connectors
  - 2. fuses
  
- E. Electrics
  - 1. running lights bulbs (4 each)
  - 2. house light bulbs
  - 3. flashlight bulb
  
- F. Miscellaneous
  - 1. Assorted sizes of hoses and clamps
  - 2. Guitar strings (2 sets)
  
- G. Deck and Rigging
  - 1. Turnbuckles – (2 of each size)
  - 2. Pins or clips for standing rigging
  - 3. 1 Wire forestay and 1 backstay (made up with fittings on one end)
  - 4. Thimbles and zincs in size for stays
  - 5. Sail cloth (stick-back) and repair kit - as recommended by sail maker
  - 6. Double sided sail tape
  - 7. Shackles: assorted swivel, snap and pin
  - 8. Line: assorted braided and 3 strand
  - 9. Marlinespike kit: hollow fid, needles, palm, sein, whipping thread
  - 10. Assorted Rigging blocks
  - 11. Heavy duty wire cutter (hydraulic?)
  - 12. Pumpout adapter
  - 13. Holding tank filter

## Tools

### I. Cutters

1. Recipro Saw (battery powered) with assorted metal and wood blades
2. Drill (battery powered) with assorted metal and wood bits.
3. Hacksaw with assorted blades.
4. Hand drill with assorted bits.
5. Hatchet
6. Machete
7. Pocketknives (3)
8. Chisel
9. Center punch
10. Handfile – set
11. Heavy duty scissors
12. Knife sharpener(2)

### II. Electrical

1. Soldering iron with supply of solder
2. Volt/Ohm meter
3. Heavy duty electrical extension cord
4. Electrical tape – rolls
5. Wire stripper/crimper
6. Electrical wire
7. Assorted lugs, connectors, switches, fuses, breakers
8. Universal charger for AA, AAA, C, D and 9 volt batteries.
9. Steel tape (for pulling electrical cable, etc)
10. Butane Hot knife/soldering iron

### III. Bindings

1. Duct tape (Nashua)– rolls
2. Polyester string – roll
3. Assortment of shock cords
4. Assortment of Velcro straps
5. Assortment of screws, bolts, washers, etc.
6. Awl with supply of needles and thread
7. Contact cement
8. Sewing machine (electric or manual)
9. Vise
10. Heavy duty stapler with supply of staples

IV. Torquers

1. Allen wrench – set
2. Griplock pliers – set
3. Needlenose pliers – set
4. Screwdriver – set
5. Socket set  $\frac{1}{4}$ ",  $\frac{3}{8}$ ",  $\frac{1}{2}$ "
6. Box end wrenches  $\frac{1}{4}$ " to  $1\frac{1}{4}$ "
7. Crescent wrenches 6", 10", 16"
8. 3 pair channel locks (water-pump pliers) small, medium, large
9. filter wrench

V. Miscellaneous

1. Light hammer
2. Heavy hammer
3. Leatherman
4. Jerry cans (for diesel) 5 gals. (2)
5. Feeler gauges – 1 set
6. Level
7. Measuring tape
8. Work gloves (2 pairs)
9. Flashlights – various sizes
10. Drilling wood block

## Meals

- I. Chicken Cacciatore (2 – 4 servings)
  - ½ cup dried porcini mushrooms
  - 1 tablespoon olive oil
  - 8oz white mushrooms, thinly sliced
  - 1 medium onion, chopped
  - 2 medium celery ribs, cut into ¼ inch dice
  - 1 medium red bell pepper, seeded and chopped
  - 1 garlic clove, finely chopped
  - ½ cup red wine
  - 14 ½ oz can tomatoes, drained and chopped
  - ½ cup water
  - ¾ tablespoon Italian seasoning
  - ¼ teaspoon hot red pepper flakes
  - 4lbs chicken, quartered, skin removed
1. Rinse dried mushrooms under cold water to remove grit
2. Heat oil in pressure cooker at medium-high heat
  - a. Add fresh and dried mushrooms, onion, celery, bell pepper and garlic
  - b. cook until mushrooms begin to soften
  - c. add wine and bring to boil
  - d. stir in tomatoes, water, Italian seasonings and red pepper flakes
  - e. add chicken, leg quarters first then breasts – meaty side up
3. Lock on lid
  - a. bring to high pressure over high heat
  - b. adjust heat to maintain pressure
  - c. cook 10 minutes
  - d. remove from heat and quick-release
  - e. open lid
  - f. transfer chicken and sauce to platter.

Note:

Tablespoon = 3 teaspoons

Oz = 2 tablespoons

Cup = 8 oz

Pint = 2 cups

Qt = 2 pints

Gal = 4 qts

II. Chicken with Tarragon – Mustard Sauce (2 – 4 servings)

½ teaspoon dried tarragon  
¼ teaspoon black pepper  
4lbs chicken, quartered and skinned  
2 tablespoon vegetable oil  
1/3 cup chopped green onions  
½ cup white wine  
½ cup chicken stock  
2 tablespoons cream  
1 tablespoons Dijon mustard  
1 tablespoon cornstarch  
sprinkle of parsley

1. In a bowl rub tarragon and pepper together and sprinkle over chicken
2. Heat oil in pressure cooker over medium – high heat
  - a. in batches cook chicken turning once until lightly brown on both sides
  - b. transfer to a plate and set aside
3. Add green onions to cooker and cook over medium heat until softened.
  - a. add wine and bring to boil
  - b. stir in stock
4. Return chicken to cooker, leg quarters first then breasts – meaty side up
  - a. lock on lid
  - b. bring to high pressure over high heat
  - c. adjust heat to maintain pressure
  - d. cook for 10 minutes
  - e. remove from heat and quick-release
  - f. open lid
  - g. transfer chicken to serving platter
5. Skim any fat from surface of cooking liquid
  - a. bring to a boil over medium heat
  - b. combine cream and mustard in a bowl
  - c. add cornstarch and stir until dissolved
  - d. stir into boiling liquid and cook until thickened
  - e. pour over chicken and sprinkle with parsley
6. Server with cooked egg noodles

- III. Cioppino ( 8 servings)
- 2 tablespoons olive oil
  - 1 medium onion, chopped
  - 1 medium red or green bell pepper, seeded and chopped
  - 2 celery ribs with leaves, chopped
  - 2 garlic cloves, finely chopped
  - ½ cup red wine
  - 2 cups fish stock
  - 28oz can tomatoes drained and chopped
  - 2 tablespoons tomato paste
  - ½ teaspoon dried oregano
  - 1 bay leaf
  - ¼ teaspoon hot red pepper flakes
  - 12oz skinless fish, cut into 1 inch pieces
  - 8oz medium shrimp, peeled and deveined
  - 8 oz lump crabmeat, pickover for cartilage
1. Over medium high heat in pressure cooker heat onion, bell pepper, celery and garlic
    - a. cook until vegetables begin to soften
    - b. add wine and bring to boil
    - c. stir in stock, tomatoes, tomato paste, oregano, basil, bay leaf and pepper flakes
  2. Lock lid in place
    - a. bring to high pressure over high heat
    - b. adjust heat to maintain pressure
    - c. cook for 10 minutes
    - d. remove from heat and quick-release
    - e. open lid
  3. Return cooker to medium heat
    - a. bring liquid to a simmer
    - b. add fish, shrimp and simmer until fish turns opaque
    - c. stir in crabmeat and remove from heat
  4. Serve

IV. Tuna Steaks in Basque Sweet Pepper Ragout

2 tablespoons olive oil

4 x 6 oz tuna steaks

¼ teaspoon black pepper

1 large onion, cut into ¼ inch thick half-moons

1 medium red bell pepper, seeded and cut into ½ inch thick strips

1 medium yellow bell pepper, seeded and cut into ½ inch thick strips

2 garlic cloves finely chopped

14 ½ oz can tomatoes, drained and chopped

1/8 teaspoon crushed red pepper flakes

1/3 cup black olives coarsely chopped

1. In pressure cooker heat 1 tablespoon of olive oil over high heat until very hot – but not smoking.
  - a. rub tuna steaks with black pepper and cook 1 minute per side.
  - b. transfer to plate
2. Add remaining olive oil to cooker and heat at medium heat.
  - a. add onion, bell peppers and garlic
  - b. cook until vegetables begin to soften
  - c. stir in tomatoes and red pepper flakes
3. Lock on lid
  - a. bring to high pressure over high heat
  - b. adjust heat to maintain pressure
  - c. cook 5 minutes
  - d. remove from heat and quick-release pressure
  - e. open lid
4. Stir in olives
  - a. add tuna
  - b. lock on lid
  - c. cook over medium heat for 2 minutes
5. Spoon ragout onto plates and top with tuna. Serve with rice.

- V. Black Beans with Chorizo (8 servings)
- 2 tablespoons olive oil
  - 6 oz hard chorizo sausage cut into ½ inch dice
  - 1 large onion, chopped
  - 1 medium red bell pepper seeded and chopped
  - 1 jalapeno pepper seeded and finely chopped
  - 2 garlic cloves finely chopped
  - 2 teaspoons chili powder
  - ½ teaspoon dried oregano
  - 3 cups chicken stock
  - 1 lb dried black beans soaked and drained
- Salsa
1. Heat 1 tablespoon of oil over medium heat in pressure cooker
    - a. add chorizo and cook until lightly browned
    - b. add onion, red pepper, jalapeno and garlic. Cook until vegetables soften
    - c. add chili powder and oregano and stir
    - d. stir in stock and beans
    - e. drizzle remaining 1 tablespoon of oil over cooking liquid
  2. Lock on lid
    - a. bring to high pressure over high heat.
    - b. adjust heat to maintain pressure
    - c. cook for 7 minutes
    - d. remove from heat and quick-release pressure
    - e. open lib
  3. Return cooker to medium heat and simmer.
    - a. cook (about 5 minutes) until beans are tender.
    - b. mash some beans into broth to thicken as desired.
  4. Serve over rice.

- VI Garbanzo Bean and Escarole Stew (8 servings)
- 3 tablespoons olive oil
  - 1 medium red onion thinly sliced into half moons
  - 4 garlic cloves finely chopped
  - 1 lb garbanzo beans soaked and drained
  - 6 cups chicken stock
  - ½ teaspoon hot red pepper flakes
  - 14 ½ oz can tomatoes drained and chopped
  - 1 large head escarole well rinsed and torn into large pieces
  - Parmesan cheese
1. Heat 2 tablespoons of oil over medium-high heat in pressure cooker
    - a. add onion and cook until golden
    - b. add garlic and stir about 1 minute
  2. Add beans, stock and hot pepper
    - a. drizzle remaining oil
    - b. lock on lid
    - c. bring to high pressure over high heat
    - d. adjust heat to maintain pressure
    - e. cook for 20 minutes
    - f. remove from heat and quick-release pressure
    - g. open lid
  3. Stir in tomatoes and bring to boil uncovered over medium-high heat
    - a. gradually stir in escarole letting first batch wilt before adding more
    - b. do not fill cooker more than 2/3 full
    - c. lock on lid
    - d. return to high pressure over high heat
    - e. cook for 3 minutes
    - f. remove from heat and quick-release pressure
    - g. open lid
  4. Return to boil over medium heat
    - a. crush some beans to thicken liquid
    - b. serve with cheese passed on side

VII. Cranberry Bean, Bulgur and Vegetable Chili (8 servings)

3 tablespoons olive oil  
1 large onion, chopped  
2 medium carrots cut into ½ inch rounds  
2 medium celery ribs cut into ½ inch pieces  
1 medium red bell pepper seeded and cut into ½ inch pieces  
2 jalapenos seeded and finely chopped  
4 garlic cloves finely chopped  
1 tablespoon chili powder  
1 ½ cups dried pinto beans soaked and drained  
3 cups water  
14 ½ oz can tomatoes drained and chopped  
1 cup corn  
1 tablespoon tomato paste  
¾ cup bulgur

1. Heat 2 tablespoons of oil over medium-high heat in pressure cooker
  - a. add onion, carrots, celery, red pepper, jalapenos and garlic
  - b. cook uncovered until vegetables almost tender
  - c. add chili powder and stir about 15 seconds
  - d. transfer vegetables to a bowl and set aside
2. Add beans and water to cooker
  - a. drizzle remaining oil
  - b. lock on lid
  - c. bring to high pressure over high heat
  - d. adjust heat to maintain pressure
  - e. cook 5 minutes
  - f. remove from heat and quick-release pressure
  - g. open lid
3. Stir in vegetables, tomatoes, corn and tomato paste
  - a. lock on lid
  - b. return to high pressure over high heat
  - c. cook 5 minutes
  - d. remove from heat and quick-release pressure
  - e. open lid
4. Stir in Bulgur
  - a. cook uncovered over medium-low heat until bulgur is tender and chili thickens (about 3 to 5 minutes)

VIII. New Orleans Red Beans and Rice (8 servings)

- 2 tablespoons olive oil
  - 1 lb andouille (smoked sausage) cut into ½ inch rounds
  - 1 large onion, chopped
  - 2 medium celery ribs with leaves, chopped
  - 1 medium red bell pepper seeded and chopped
  - 2 garlic cloves minced
  - 1 tablespoon Cajun Seasoning
  - 1 lb dried small red beans soaked and drained
  - 3 cups beef stock
  - 6 cups hot cooked rice
1. Heat 1 tablespoon of oil over medium-high heat in pressure cooker
    - a. add sausage and cook until lightly browned
    - b. add onion, celery, red pepper and garlic, cook until vegetables begin to soften
    - c. stir in Cajun Seasoning
    - d. add beans and stock
    - e. if necessary add water so beans are covered
    - f. drizzle remaining 1 tablespoon of oil
  2. Lock on lid
    - a. bring to high pressure over high heat
    - b. adjust heat to maintain pressure
    - c. cook for 7 minutes
    - d. remove from heat and quick-release pressure
    - e. open lid
  3. Return cooker to medium heat and bring to simmer
    - a. cook (about 5 minutes) until beans tender, mash some into broth to thicken
  4. Ladle beans into soup bowls and top with spoonful of rice.

IX. Shrimp and Saffron Risotto (serves 4)

4 tablespoons vegetable oil

1 lb medium shrimp peeled, deveined and cut in halves lengthwise

¼ teaspoon crumbled saffron threads

½ cup white wine

1 medium onion, chopped

2 garlic cloves minced

1 ½ cups rice

3 ½ cups chicken stock

¼ teaspoon black pepper

1 large tomato, seeded and cut into ½ inch dice

parsley flakes

Parmesan

1. Heat 2 tablespoons of oil over medium heat in pressure cooker
  - a. add shrimp and cook about 2 minutes
  - b. transfer shrimp to a plate and set aside
2. Stir saffron into wine and set aside
  - a. add remaining oil to cooker and heat over medium heat
  - b. add onion and garlic and cook until beginning to soften
  - c. add rice and stir constantly until well coated with oil but not brown
  - d. add saffron wine and cook until almost evaporated
  - e. stir in chicken stock and black pepper
3. Lock on lid
  - a. bring to high pressure over high heat
  - b. adjust heat to maintain pressure
  - c. cook for 6 minutes
  - d. remove from heat and quick-release pressure
  - e. open lid
  - f. if risotto not tender return to medium-low heat with ½ cup water and stir
  - g. just before serving stir in shrimp, tomato and parsley
  - h. serve with parmesan on side

- X. Risotto with Porcini and Parmesan (4 servings)
- 1 oz (1 cup) dried porcini mushrooms
  - 4 tablespoons vegetable oil
  - 1 medium onion
  - 2 garlic cloves minced
  - 1 ½ cups rice
  - ½ cup white wine
  - 2 cups boiling water
  - 1 ½ cups chicken stock
  - ½ cup grated Parmesan
  - black pepper
1. Rinse dried mushrooms in cold water to remove grit. Chop coarsely and set aside
  2. Heat 2 tablespoons of oil over medium heat in pressure cooker
    - a. add onion and cook until softened
    - b. add mushrooms and garlic, cook ½ minute
    - c. add rice and stir until coated with oil but not brown
    - d. add wine and cook until almost evaporated
    - e. add water and broth
  3. Lock on lid
    - a. bring to high pressure over high heat
    - b. adjust heat to maintain pressure
    - c. cook for 6 minutes
    - d. remove from heat and quick-release pressure
    - e. open lid
    - f. if risotto not tender return to medium low heat with ½ cup water and stir.
    - g. stir in parmesan
    - h. stir in remaining oil and pepper
  4. Serve immediately

- XI. Spanish Rice with Sausage (6 servings)
- 2 tablespoons olive oil
  - 1 medium onion, chopped
  - 2 medium celery ribs chopped
  - 1 garlic clove finely chopped
  - 1 lb turkey sausage casings removed
  - 1 ½ cup long-grain rice
  - ¼ teaspoon dried oregano
  - ¼ teaspoon black pepper
  - 2 ½ cups chicken stock
  - 14 ½ oz can tomatoes drained and chopped (keep juice)
1. Heat oil over medium-high heat in pressure cooker
    - a. add onion, celery and garlic
    - b. cook until vegetable soften
    - c. add sausage and cook until it loses its raw look
    - d. pour off any excess fat from cooker
  2. Add rice, oregano and pepper
    - a. add stock, tomatoes and their juice
  3. Lock on lid
    - a. bring to high pressure over high heat
    - b. adjust heat to maintain pressure
    - c. cook for 6 minutes
    - d. remove from heat and quick-release pressure
    - e. open lid
  4. Serve immediately

XII. Wild Mushroom Pasta Sauce

1 cup (1 oz) dried porcini mushrooms  
1 tablespoons olive oil  
1 medium onion, chopped  
2 garlic cloves finely chopped  
1 lb white mushrooms sliced  
1 cup chicken stock  
14 ½oz can tomatoes drained and chopped  
2 tablespoons tomato paste  
¼ teaspoon dried rosemary  
¼ teaspoon dried sage  
¼ teaspoon black pepper  
Parsley

1. Rinse dried mushrooms to remove grit. Chop coarsely and set aside
2. Heat oil over medium heat in pressure cooker
  - a. add onion and garlic cook until soften
  - b. add white mushrooms cook until soften
  - c. stir in stock, tomatoes, tomato paste, rosemary, sage and pepper
3. Lock on lid
  - a. bring to high pressure over high heat
  - b. adjust heat to maintain pressure
  - c. cook 5 minutes
  - d. remove from heat and quick-release pressure
  - e. open lid
  - f. stir in parsley
4. Serve over rigatoni pasta

XIII. Shrimp Scampi (serves 4 – 6)

1 ½ cups olive oil

½ cup vegetable oil

8 medium to large garlic cloves finely chopped

1 ½ tablespoons red pepper flakes

36 medium shrimp, shelled and deveined

1 green bell pepper, stemmed, seeded and cut into ¼ inch pieces

1 red bell pepper, stemmed, seeded and cut into ¼ inch pieces

1/3 cup lemon juice

parsley flakes

1. In skillet heat oils over moderate to high heat
2. Add garlic and pepper flakes cook about ½ minute
3. Add shrimp and diced green and red peppers cook 2 to 3 minutes
4. Stir in lemon juice and parsley
5. Serve over spaghetti or linguini

XIV. Mixed Seafood Tomato Sauce (serves 4 – 6)

- 3 tablespoons olive oil
  - 3 medium green onions finely chopped
  - 3 medium garlic cloves finely chopped
  - 1 large green bell pepper, stemmed, seeded and cut into ½ inch pieces
  - 1 ½ cups fish broth
  - 28 oz can tomatoes
  - 2 tablespoons double-concentrate tomato paste
  - 2 teaspoons sugar
  - 1 ½ teaspoons dried oregano
  - 1 ½ teaspoons fennel seed
  - 2 bay leaves
  - 1 lb mixed seafood
1. Heat oil over moderate heat in skillet
  2. Add green onions, garlic and green pepper. Saute about 2 minutes
  3. Add fish broth, raise heat slightly and gently boil until reduced by about 1/3
  4. Add tomatoes, breaking up by hand
  5. Stir in tomato paste, sugar, oregano, fennel and bay leaves. Gently boil until sauce thick
  6. Add seafood and simmer until just cooked
  7. Remove bay leaves
  8. Serve over spaghetti, linguini or shells.

- XV. Marinara Sauce (serves 4 – 6)
- 3 tablespoons olive oil
  - 3 large green onions finely chopped
  - 3 medium garlic cloves finely chopped
  - 28 oz can tomatoes
  - 6 large basil leaves finely chopped
  - 2 bay leaves
  - 1 tablespoon double-concentrate tomato paste
  - 1 tablespoon sugar
  - 1 ½ teaspoons dried oregano
  - 1 teaspoon dried marjoram
1. Heat oil over moderate heat in skillet
  2. Add green onions and garlic. Saute until tender
  3. Add tomatoes breaking by hand
  4. Stir in remaining ingredients
  5. Raise heat slightly and simmer until thick
  6. Remove bay leaves
  7. Serve over angel hair

- XVI. Tomato Primavera Sauce (serves 4-6)
- 1 tablespoon olive oil
  - 1 small onion finely chopped
  - 14 ½ oz can tomatoes
  - 1 cup corn
  - 1 small carrot cut into ¼ inch dice
  - 2 oz white mushrooms sliced in ¼
  - 1 teaspoon double-concentrate tomato paste
  - ¾ teaspoon dried oregano
  - ½ teaspoon dried basil
  - ½ teaspoon sugar
1. Heat oil over moderate heat in skillet.
  2. Add onion and garlic. Saute until tender
  3. Add tomatoes breaking by hand
  4. Stir in remaining ingredients
  5. Raise heat slightly and simmer until thick
  6. Serve over spaghetti, linguini or fettuccine

XVII. Classico Wrap (serves 2)

16oz. Black beans

0.5 cup chopped red bell pepper, seeds and ribs discarded

0.5 cup chopped yellow bell pepper, seeds and ribs discarded

0.75 cup cooked long grain white rice, warm

0.25 cup chopped fresh cilantro

0.25 cup picante sauce

1 tablespoon hot adobo marinade

0.5 teaspoon ground cumin

0.5 cup crated Monterey Jack cheese

2 10" or 11" flour tortillas

1. Heat the beans in a large sucepán over medium heat.
2. Stir in the peppers, rice, cilantro, picante sauce, adobo marinade, and cumin
3. Cook until warm – 2 to 3 minutes
4. Divide the bean mixture among the tortillas, top with the cheese and wrap.

XVIII. Caesar Wrap (serves 2)

1 tablespoon plus 2 teaspoons Dijon mustard  
1 tablespoon fresh lemon juice  
1 tablespoon fresh lime juice  
1 teaspoon orange juice concentrate  
1 teaspoon Worcestershire sauce  
0.5 teaspoon minced garlic  
salt  
3 tablespoons plus 1 teaspoon olive oil  
0.25 cup grated Parmesan cheese  
0.25 lob large shrimp, peeled and deveined  
pepper  
2.5 cups firmly packed chopped romaine lettuce  
0.25 cup croutons  
2 10" or 11" flour tortillas

1. Preheat broiler
2. Combine the mustard, citrus juices, orange juice concentrate, Worcestershire sauce, garlic, and salt in medium bowl.
3. Gradually add 3 tablespoons olive oil while mixing.
4. Stir in cheese.
5. Set aside
6. Brush shrimp with remaining 1 teaspoon olive oil and season with salt and pepper.
7. Place under broiler and cook until firm and bright orange – about 2 minutes, turning once.
8. Remove from heat and cut into quarters.
9. Toss together the shrimp, lettuce, and croutons in a large bowl.
10. Add the mustard mixture and toss to coat evenly.
11. Season with salt and pepper to taste.
12. Divide the mixture evenly among the tortillas and wrap.

XIX. Creole Wrap (serves 4)

1 tablespoon olive oil  
1 cup diced onion  
2 cup diced celery  
1 tablespoon dried oregano  
1 tablespoon paprika  
2 teaspoons onion powder  
2 bay leaves  
salt  
16 oz kidney beans  
1 lb andouille sausage, cut into 0.25" thick slices  
1 cup cooked long grain white rice, warm  
4 10" or 11" flour tortillas

1. Heat the olive oil in a large nonstick skillet over medium heat.
2. Add the onion, celery, oregano, paprika, onion powder, and bay leaves.
3. Cook until onions become tender, about 5 minutes.
4. Season with salt
5. Transfer to a large saucepan and add the beans.
6. Heat over medium heat.
7. Clean the skillet thoroughly to remove all spice residue.
8. Return skillet to the stove and heat over high heat.
9. Add the sausage and cook until crisp, about 5 minutes, turning to brown all sides.
10. Transfer sausage to the bean mixture using a slotted spoon.
11. Add the rice and stir to combine.
12. Remove the bay leaves
13. Divide the filling among the tortillas and wrap.

XX. Swordfish Wrap (serves 4)

2 tablespoons plus 2 teaspoons olive oil  
4 cups firmly packed thinly sliced onion  
salt  
Pepper  
0.33 cups fresh lemon juice  
0.25 cup Champagne vinegar  
1 tablespoon dried tarragon  
1.25 lbs swordfish, cut into 1" cubes  
0.25 cups chopped black olives  
3 cups firmly packed chopped arugula  
4 10" or 11" flour tortillas

1. Preheat broiler
2. Heat 2 tablespoons of olive oil in large skillet over medium heat.
3. Add onion, salt, and pepper.
4. Cook until onions are tender and begin to turn golden brown, about 10 minutes.
5. Add lemon juice, vinegar, and tarragon
6. Cook until liquid is evaporated, about 10 minutes, stirring frequently
7. Toss the swordfish with 2 teaspoons olive oil and season with salt, and pepper.
8. Place under broiler and cook until firm, about 5 minutes, turning once.
9. Remove from heat.
10. Transfer the fish to a large bowl and add the onion mixture, olives, and arugula.
11. Toss to mix well.
12. Divide among the tortillas and wrap.

XXI. Chimichurri Wrap (serves 4)

1 cup chopped mango  
0.5 cup chopped red bell pepper, seeds and ribs discarded  
0.5 cup chopped cilantro  
0.5 cup chopped parsley  
0.25 cup lime juice  
3 tablespoons white wine vinegar  
1 tablespoon minced garlic  
1 tablespoon dried oregano  
2 teaspoons chopped fresh jalapeno with seeds  
salt  
pepper  
1 tablespoon olive oil  
1 lb red snapper fillet , cut into 0.5" cubes  
15 oz black beans  
1 cup cooked long grain white rice, warm  
4 10" or 11" flour tortillas

1. Combine mango, bell pepper, cilantro, parsley, lime juice, vinegar, garlic, oregano, and jalapeno in a medium bowl.
2. Season with salt and pepper
3. Heat the olive oil in a large skillet over medium-high heat
4. Add the fish
5. Season with salt and pepper
6. Cook until fish becomes firm and turns white, about 5 minutes, turning to cook evenly
7. Add beans and rice
8. Cook until beans are warm, 1 to 2 minutes
9. Remove from heat.
10. Add mango mixture
11. Stir well
12. Divide among the tortillas and wrap

XXII. India Wrap (serves 4)

1 tablespoon olive oil  
0.75 cup diced celery  
0.75 cup diced onion  
salt  
2 cups cooked basmati rice, warm  
16 oz kidney beans  
16 oz garbanzo beans  
0.75 cup vindaloo sauce  
4 10" or 11" flour tortillas

1. Heat olive oil in large skillet over medium heat.
2. Add celery and onions
3. Season with salt and cook until tender, 5 to 7 minutes
4. Reduce heat
5. Add rice, kidney and garbanzo beans, and vindaloo sauce
6. Mix well
7. Divide among the tortillas and wrap

XXIII. Pizza Wrap (serves 4)

6 oz pepperoni, diced  
2 tablespoons olive oil  
2 cups diced green bell pepper, seeds and ribs discarded  
2 teaspoons minced garlic  
salt  
pepper  
2 cups cooked long grain white rice, warm  
1 cup marinara sauce  
1 cup oil-packed sun-dried tomatoes, drained and chopped  
0.25 toasted pine nuts  
1 tablespoon dried oregano  
2 teaspoons balsamic vinegar  
2 cups grated garlic jack cheese  
4 10" or 11" flour tortillas

1. Preheat oven to 350F
2. Heat a large skillet over medium-high heat.
3. Add pepperoni and cook until crispy, about 3 minutes.
4. Transfer to a paper towel-lined plate to absorb the extra oil
5. Wipe the skillet clean with a paper towel and return the skillet to the stove
6. Add the olive oil and heat over medium heat
7. Add the bell pepper and garlic
8. Season with salt and pepper and cook until tender, 5 to 7 minutes
9. Add the pepperoni, rice, marinara sauce, tomatoes, pine nuts, oregano, and vinegar
10. Sprinkle the cheese evenly over the tortillas
11. Place the tortillas on a baking sheet and bake until cheese melts, about 2 minutes
12. Remove from the oven, divide the pepperoni mixture among the tortillas and wrap

Note: Microwave can be used instead of oven. Once tortillas have been prepared with the cheese, place tortillas, one at a time, on a paper towel-lined microwaveable plate. Cook on high power until the cheese melts about 30 seconds.

#### XXIV Canned Tuna Stew

1 can coconut milk  
2 cups fish stock  
4 cups water  
1 bell pepper  
1 tomato  
0.5 onion  
2 potatoes  
1 cup mushrooms  
1 can tuna  
0.25 cup barley  
2 thick slices of ginger  
1 tablespoon curry powder  
touch of mint  
small shake of red pepper flakes

1. Mix it all together in the pressure cooker. Make sure to scrape out any solids from the can of coconut milk, it doesn't mix well cold, but after it's hot they'll all mix in.
2. Heat with the pressure valve open until steam begins to exit the cooker. Close the valve and let it come up to pressure. Leave it at high pressure (about 15psi) for 5 minutes and then let cool naturally for at least 20 minutes. Check to make sure the pressure is completely down. Remove the top, stir and serve.

Makes a large pot of stew that reheats well if you don't eat it all.

## XXV. Rice and Beans

- 2 cups white rice
- 2 cups water
- 2 cups vegetable broth
- 1 can black beans (drain if you like, the water in the can is flavorful, but some find the soaking water causes excess gassiness. It is also generally high in sodium)
- 3 stalks of celery, chopped up
- 1 tomato
- 0.5 onion
- chopped garlic
- several mushrooms chopped in half
- some cilantro
- dash of oregano
- dash of dried basil
- dash of salt and pepper

Place all the ingredients in the pressure cooker and heat with the pressure valve open until steam begins to exit the cooker. Close the valve and let it come up to pressure. Leave it a high pressure for 5 minutes and then let cool naturally for at least 20 minutes. Check to make sure the pressure is completely down. Remove the top, stir and serve. It will keep warm for at least an hour if the top is left on.

Feeds 2 to 3 but doesn't reheat well.

## XXVI. Lentil Barley Glop

- 3 cups seafood stock
- 3 cups water
- 1.5 cups barley
- 0.5 cups lentils
- 2 carrots
- 2 potatoes
- 1 jicama
- 1 bell pepper
- 0.5 onion
- cherry tomatoes cut in half
- 4 slices ginger
- 2 teaspoons chopped garlic
- dash of oregano
- dash of salt and pepper
- dash of basil

Place all the ingredients in the pressure cooker and heat with the pressure valve open until steam begins to exit the cooker. Close the valve and let it come up to pressure. Leave it at high pressure for 8 minutes and then cool naturally for at least 20 minutes. Check to make sure the pressure is completely down. Remove the top, stir and serve.

## XXVII. Lentil Barley Soup

- 1 can of coconut milk
- 2 cups veggie broth
- 4 cups water
- 0.25 cups barley
- 0.25 cups lentils
- 2 potatoes
- 0.5 cups mushrooms
- 1 cup broccoli
- 0.25 cup hot peppers
- 1 cup green beans
- 1 tablespoon curry powder
- 2 bay leaves
- 2 slices of ginger
- Red pepper flakes
- Basil
- Thyme
- Cilantro

Place all the ingredients in the pressure cooker and heat with the pressure valve open until steam begins to exit the cooker. Close the valve and let it come up to pressure. Leave it at high pressure for 8 minutes and then let cool naturally for at least 20 minutes. Check to make sure the pressure is completely down. Remove the top, stir and serve.

## Dock Trials Checklist

### I. Equipment Tests

1. Bilge plant including wiring to the bilge pumps, switches, fuses, high water bilge alarms, etc. Check bilge pumps for automatic operation by allowing fresh water into each watertight compartment. At least 20 cycles should be run. Note that the float switches begin operation at the right level and that they allow the pumps to such the compartments relatively dry. Check out high-water alarms at the same time, and be sure the manual overrides on the pumps work properly. Also, the manual bilge pumps should be operated to see that their location is easy to use in all conditions.
2. Fire fighting system and alarms
3. Safety equipment including Coast Guard safety package, Horns, flares, life jackets, bell, etc.
4. Fuel system including location of tanks, verification of ability to access/remove tanks for servicing, feed lines, fuel pumps and wiring for fuel pumps, dual Racor fuel filters, vacuum gauges, water detector, purifiers, tank tenders, and "Fail-Soft Fuel Installation" system.
5. Engage prop to confirm controls are working correctly. The steering system should be run hard over to hard over for 40 cycles by hand and then by autopilot, with the motors in gear at half-throttle. Be sure the emergency tiller is stowed in a handy spot and that it operates without obstructions.
6. Electrolysis tests
7. Windlasses and windlass control switches, both on deck and remote, are operational, check fusing and power feed. Check that anchors and rodes are ready. Ground tackle should be tried out and checked to make sure the anchors stow without damaging the boat and that the chain flakes down by itself without having to knock down chain piles.
8. Sanitary system including holding tanks and gauges, Y valves for manual pump out, double hose clamping, etc.
9. Galley, domestic equipment and systems.
10. Calibration of all tanks, both fuel and water
11. Inspection for 316 Stainless Steel deck fittings and screws and bolts, including screws for the rub rail
12. Priming, pumping and endurance tests for all pumps and piping systems. Check all hose clamps.
13. Hot and cold fresh water system including deck wash down and deck shower system. Leaks? Fill and then empty freshwater tanks at least 3 times. Check all connections for leaks. Note that automatic pressure switches work for shut off and that heat sensors shut down the pump when tanks are empty and the pump is running dry.
14. Hydraulic systems, specifically steering and autopilot.

15. Refrigeration and freezer system using temp probes and leak detectors. Check for proper mechanical placement and venting of air exhaust. The system should be pulled down and then cycled on a daily basis during the entire trial period but for at least a week. Note the time it takes for pull-down after the first cycle, and check for frost on the suction line outside the box. Watch for compressor knocking due to liquid coolant, and check the sight glass to be sure the right amount of coolant is in the system. At end of trials check for coolant leaks.
16. Navigation and signaling lights; tri-color, running, steaming, deck, boom, cockpit, and stern spots.
17. Monitoring/alarms and automation systems; fire, bilge, genset, water in fuel alarms, engine overheat and oil pressure, etc.
18. All sail handling equipment, e.g. blocks and winches are properly placed and correct sizes. Roller-furling gear should be checked at least 12 times to be sure that it rolls neatly and the rope leads onto and off the roller drum properly. Check hoisting to be sure the halyard swivel runs smoothly.
19. Electrical system including, batteries, charging, inverter, genset, labeling of wires, AC and DC electrical outlets, etc. All electrical gear cycled on and off. Check for ground faults and/or shorts or leakages.
20. Identify exceptions to ABYC electrical standards.
21. Check that equipment installation has been properly carried out and that all the components and accessories have been correctly fitted
22. Check that individual components such as switches, lighting equipment, fans, pumps, etc. work properly
23. All tanks and pipelines are to be properly cleaned out and flushed through before any trials are commenced.
24. All floor board and cabinets close, open and lock correctly.
25. Standing and running rigging – check cotter keys, the static tune on the rig, turnbuckles are seized with line.
26. Check all through hull fittings, prop shafts and rudder quadrant connections.
27. Leak test all hatches and portlights. Hard rain is best test, otherwise every fitting, hatch, and port at the deck level should be deluged with a heavy-duty hose. A high-pressure wash down is even better. Inside the boat, all lockers and other storage areas should be empty. Placing paper towels in each likely leak spot to check for leaks.
28. Electrical and electronic gear, first run each piece of equipment individually to be sure they operate properly, then run them all together to check for interference. Miscellaneous gear such as fans and lights should be operated for at least 2 hours a day for at least 3 days. Turn gear on and off at least 12 times a day to see if there are warm-up problems.

II. Engine Tests

1. Run motors in forward gear for 2 hours each at 25%, 50%, and 75% of full throttle. Then run another 2 hours in reverse gear at 33% of full throttle. Watch for vibration, shaft alignment and prop noise and vibration.
2. While the motors are being tested the genset can also be tested. Run it under load for 2 hours each at 50%, 75%, and 100% of capacity. Note engine, oil, and water readings and coolant flow. If an automatic shut-down is provided in case of heat or oil pressure failure, simulate that requirement to make sure the system works. Batteries are to be discharged and recharged. Obtain checklist from genset manufacturer to use for these tests.
3. Check genset room for temperature stabilization and proper ventilation and air flow. Leaks? Good water flow and bed tension.
4. Check electric motor rooms for temperature stabilization and proper ventilation and air flow.

III. Does the boat float where expected?

Any defects found during dock trials shall be rectified before proceeding to Sea Trials.

## Sea Trials Check List

- I. Components, Machinery, Equipment and Systems Tests
  1. All automatic systems to be tested.
  2. Rig tuning
  3. Full load and Prop Match tests of engine
  4. Functional/capacity testing (and adjustments as necessary) of all equipment, instruments and systems (including piping)
  5. Compass calibration
  6. Maneuvering and steering trials, including low and high speed, forward and reverse, sharp turns and docking-like maneuvers. Crash stops. Steering should be checked by going hard over to hard over for 10 cycles at 50% and 75% of full throttle, do this by hand and then by autopilot. In reverse, at least 12 times, at 25% of full throttle let steering run so the rudder fetches up against its stops. Back at dock check condition of rudder stops.
  7. Noise level, acoustic privacy monitoring and vibration survey
  8. Motors endurance and speed trials at maximum power. Run motors under power for 2 hour stretches at 25%, 50%, and 75% of full throttle. Make a final full speed run for 15 minutes. Check reverse by going from 50% forward to 100% reverse at least 6 times. Obtain recommended test procedures from Glacier Bay.
  9. All electronics switched on and view critically and allowed to operate continuously during sea trials. Also a) Does depthsounder go blank when motors are running; b) Does a VHF transmission cause wavy lines to appear on the radar screen; c) Does the GPS crash when the motors are started; d) Is there static in the SSB radio when the genset is running.
  10. Windlass tested under load, i.e. drop anchor.
  11. Use the heads.
  12. Check pressure water system.

- II. Sail Tests
- 1. Roller Furling and supporting gear.
- 2. Mast alignment
- 3. Hydraulics
- 4. Winches and winch motors tested under load.
- 5. Proper number of winch handles
- 6. Leads, turning blocks, halyards, whipping, and all other deck hardware
- 7. Standing and running rigging
- 8. Shroud boots
- 9. All sails to be hoisted and inspected for shape and wear and sheet positions and adjusted for every point of sail to insure that running rigging is properly placed and in good operation order. Check that reefs are correctly placed.
- 11. Jam the boat hard in a stiff breeze to determine if stability is satisfactory.
- 12. Check above and below decks for proper handholds, movement of bulkheads, squeaks and other noises.
- 13. Can she tack upwind without jib.
- 14. Make a log of suggested sheet positions, twist, and sail usage.
- 15. Do a few crash jibes.

Back at dock inspect a) prop-shaft alignment b) all oil, water, and fuel lines for evidence of leakage c) wires and hoses for signs of chafe d) exhaust lines for vibration damage and leaks e) belts for signs of fuzz, or wear on edges f) motors and genset to be sure they are clean.

Tests will be carried out first in optimal wind and sea conditions and then in heavier wind and sea conditions. Following the completion of trials, any item of equipment that is defective, will be repaired or replaced. If major repairs are necessary, the trials are to be rerun until all equipment meets the requirements.

## **On-Watch Checklist**

- A. Every 20 minutes
  - 1. Scan horizon for other vessels, objects, land or breaking seas.
  - 2. Check radar for targets. Monitor anything with constant bearing and decreasing range.
  - 3. Check motor and genset instruments.
  - 4. See that the hatches and ports are closed in the event of rain or boarding seas
  
- B. Every Hour
  - 1. All of the above
  - 2. Check engine rooms for smoke, oil or excessive bilge water
  - 3. Make log entry
  - 4. Plot position on chart
  
- C. Advise skipper when:
  - 1. Cross track error exceeds 2 miles
  - 2. Average wind speed increases by more than 10 knots or consistently exceeds 25 knots
  - 3. The barometer drops by more than 1 hectoPascal in an hour
  - 4. Any vessel, object or other target with constant bearing and decreasing range comes closer than 5 miles
  - 5. Come within 10 miles of any land, reef or shoal water
  - 6. Any gauge reading changes significantly from the previous hour
  - 7. Any system or gear is damaged or malfunctions
  - 8. You become disoriented, unsure about something, fatigued, seasick or are in any way unable to continue your watch.
  - 9. You see any smoke, oil or excessive water anywhere on the boat

## Passage Pre-departure Checklist

1. Steering Gear
  - a. Grease rudder bearings
  - b. Check emergency tiller and relieving tackle
  
2. Through-hull Fittings
  - a. Check all through-hulls and verify wood plugs are by each.
  - b. Check that valves are easy to open and close.
  - c. Check all double hose clamps
  
3. Self-Steering
  - a. Check autopilot is dry and operates properly
  - b. Check drive motor mounting bolts and attachments to rudder shaft.
  
4. Propulsion Machinery
  - a. Check alignment and tension on all belts
  - b. Check for cracks
  - c. Clean saltwater strainer
  - d. Check engine cooling pump impeller
  - e. Check fuel filters
  - f. Check battery terminals
  - g. Check all electrical and mechanical systems not used daily for proper operation
  - h. Check fuel level.
  
5. Rig
  - a. Check that “tune” feels right
  - b. Check that clevis pins and cotter keys are correctly installed
  - c. Check turnbuckles for smooth action and signs of cracks.
  - d. Check end fittings of rigging wire
  - e. Check boom and mast at gooseneck for cracks
  - f. Check mainsheet attachments
  - g. Check that outhaul and reef sheaves are free running
  - h. Check control lines for chafe.
  - i. Aloft, check tangs, terminals and related wires, and spreaders. Lubricate sailtrack
  - j. Check roller-furling
  
6. Sails

Check for chafe:

  - a. Seams
  - b. Batten pockets
  - c. All corners, especially clews
  - d. Leeches
  - e. Slides

7. Chafe  
Check for rough spots, split pins, tang bolts, etc.
8. Running Rigging
  - a. Check halyards where they ride over masthead sheaves and where they spend time in jammers.
  - b. Check sheets, guys and control lines
  - c. Check mainsheet blocks and traveler cars
9. Deck Hardware
  - a. Check winches
  - b. Check that blocks are free running and connecting shackles/lines are secure
  - c. Mount fishing reel
10. Lifeline System  
Check lifelines, bales and stanchions
11. Safety Gear
  - a. Get jackstays out and secure them
  - b. Rig pennants
  - c. Hang harnesses ready for use
  - d. Check dinghy and its lashings
  - e. Check/change batteries on personal strobe lights and MOB lighting
  - f. Inspect fire extinguishers
  - g. Check EPIRB
  - h. Check flares
  - i. Renew First Aid kits
  - j. Passports and Medications into Go Bag
12. Ground Tackle
  - a. If sailing in area where possibility of running aground make stern anchor ready.
  - b. If heading off shore stow stern and “first down” anchors and prepare stowage area for main anchor to be stowed after getting off shore.
13. Check for Leaks
  - a. Cockpit lockers
  - b. Ventilators
  - c. Engine air intake
  - d. Hatches
  - e. Ports
  - f. Deck hardware
14. Bilge Pumps
  - a. Clean bilges
  - b. Check inventory for spare diaphragms and valves
  - c. Toggle float switches by hand to check they and pumps are working

15. Secure Interior
  - a. Latch lockers
  - b. Tie down cushions
  - c. Properly stow all interior items
  - d. Prepare galley, fridge, freezer and storage lockers.
  
16. Electronics
  - a. Start weather check when appropriate (2 – 3 weeks before departure)
  - b. Run all electronics for at least 12 hours the day before departure
  - c. Check autopilot
  
17. Hull
  - a. Clean bottom
  - b. Clean props
  
18. General
  - a. Check Spares Inventory
  - b. Prepare charts
  - c. Check passports and Visas
  - d. Get provisions
  
19. Watermaker
  - a. Check filters

## Leaving Boat Checklist

- A. Day Trips
  - 1. Turn off pressure water pumps
  - 2. Turn off windlass circuit breaker
  - 3. Close seacocks
  - 4. Turn off inverters
  - 5. Turn off gensets
  - 6. Check all bilge pumps
  - 7. Turn on Anchor light
  - 8. Use tandem anchors
  
- B. Trips of a few days
  - 1. All items in A.
  - 2. Fully charge batteries. If going to be away long enough for the fridge and other electrical items to discharge the batteries leave the genset on automatic.
  
- C. Trips of a month or more
  - 1. All items in B.
  - 2. Carefully choose best available anchorage for the period.
  - 3. Remove and stow roller-furled head sail.
  - 4. Wrap main sail cover with light line.
  - 5. Check all chafing gear.
  - 6. Check all floorboards and lockers.
  - 7. Lift mattresses to promote air flow
  - 8. Consider using 3 anchor mooring system instead of tandem anchors.
  - 9. Retain someone to periodically check and clean boat.

## Changing of the Watch Checklist

- A. **Conduct a Pre-Watch Tour**  
The relieving watch should tour the boat prior to his watch to become aware of any maintenance in progress, and check for general cleanliness and stowage. Check for any loose gear that could pose a safety hazard in rough seas.
- B. **Check Log and Chart**  
The relieving watch should check position for any navigational hazards. Verify that present sounding matches the charted sounding at boat's position.
- C. **Read the Night Orders**
- D. **Check the Contact Situation**  
The relieving watch should check the radar picture.
- E. **Changing Brief**  
The watch should brief the relieving watch on:
  - a. Present course and speed
  - b. Status of boat
  - c. Change of watch should be noted in Log

## Weather Checkpoints

### I. Valdivia to Balboa

Day	Location	Heading
Start	S40 00 W75 00	346
1	S35 58 W75 45	346
2	S32 33 W76 43	346
3	S29 12 W77 34	346
4	S25 47 W78 22	348
5	S22 24 W79 10	348
6	S18 58 W79 54	348
7	S15 33 W80 33	348
8	S12 07 W81 14	349
9	S08 41 W81 56	349
10	S05 16 W82 34	014
11	S01 50 W82 34	014
12	N01 33 W81 18	014
13	N04 58 W80 27	014
14	N08 45 W79 25	

### II. Colon to Bocas del Toro

Start	N09 50 W80 00	270
0.67 End	N09 50 W82 00	

### III. Bocas del Toro to San Andres

Start	N09 50 W82 00	009
0.91 End	N12 31 W81 40	

### IV. San Andres to Povidencia

Start	N12 31 W81 40	017
0.26 End	N13 31 W81 22	

### V. Providencia to Key West

Start	N13 31 W81 22	345
1	N16 51 W82 33	333
1.67 Fork	N18 56 W83 40	327/337
2.74 Isla Mujeres	N21 17 W86 45	050
2.61 Lena	N21 51 W85 16	034
0.83/3.04	N23 24 W83 45	060
1.61/3.82 End	N24 27 W81 47	

### VI. Key West to Miami

Start	N24 27 W81 47	070/000
End	N25 45 W80 00	

VII	Miami to Wilmington		
	Day	Location	Heading
	Start	N25 45 W80 00	013
	1	N29 11 W79 09	013
	2	N32 32 W78 14	013
	2.49 End	N34 00 W77 45	
VIII	Wilmington to St. Thomas		
	Start	N34 00 W77 45	141
	1	N31 26 W75 11	141
	2	N28 41 W72 43	141
	3	N25 53 W70 27	141
	4	N23 03 W68 14	141
	5	N20 10 W66 07	141
	5.60 End	N18 25 W64 54	
IX	St. John to St. Croix		
	Start	N18 18 W64 41	183
	0.14 End	N17 47 W64 42	
X.	St. Croix to Anguilla		
	Start	N17 47 W64 42	074
	0.45 End	N18 12 W63 08	
XI	St. Martin to St. Bart		
	Start	N18 01 W63 07	117
	0.07 End	N17 55 W62 53	
XII	St. Bart to Antigua		
	Start	N17 55 W62 53	132
	0.35 End	N17 05 W61 55	
XIII	Antigua to St Kitts/Nevis		
	Start	N17 05 W61 55	283
	0.18 End	N17 13 W62 34	
XIV	Nevis to Guadelope		
	Start	N17 07 W62 40	143
	0.40 End	N16 01 W61 47	
XV	Antigua to Guadelope		
	Start	N17 05 W61 55	173
	0.30 End	N16 01 W61 47	
XVI	The Saintes to Dominica		
	Start	N15 50 W61 37	159
	0.17 End	N15 18 W61 25	
XVII	Dominica to Martinique		

	Start	N15 18	W61 25	163
	0.21 End	N14 37	W61 11	
XVIII	Martinique to St Lucia			
	Start	N14 37	W61 11	159
	0.16 End	N14 05	W60 59	
XIX	St Lucia to St Vincent			
	Start	N13 51	W61 06	196
	0.18 End	N13 15	W61 17	
XX	St Vincent to Bequia			
	Start	N13 15	W61 17	178
	0.07 End	N13 01	W61 16	
XXI	Bequia to Union			
	Start	N13 00	W61 18	203
	0.12 End	N12 36	W61 28	
XXII	Union to Carriacou			
	Start	N12 36	W61 28	185
	0.03 End	N12 30	W61 29	
XXIII	Carriacou to Grenada			
	Start	N12 30	W61 29	243/184
	0.17 End	N12 03	W61 46	
XXIV	Grenada to Bonaire			
	Start	N12 03	W61 46	271
	1	N12 07	W65 19	271/252
	1.81	N11 58	W68 12	
XXV	Aruba to San Andres			
	Start	N12 32	W70 04	271
	1	N12 35	W73 37	271
	2	N12 35	W77 11	271
	3	N12 33	W80 44	271
	3.27	N12 32	W81 41	

## Abandon Ship Bag Contents

- I. Rescue
  1. 406 EPIRB
  2. Flares
  3. Handheld VHF
  4. Handheld GPS
  5. Signal mirror
  6. Strobe light
  7. Whistle
  8. Flashlight with spare batteries and bulb
  9. Charts
  10. Compass
  11. Chemical light sticks
  12. Paddle
  
- II. Survival
  1. Water
  2. Manual watermaker/solar still
  3. Graduated drinking cup
  4. Food
  5. First aid kit
  6. Seasickness pills
  7. Sunscreen
  8. Vaseline
  9. Hard candy
  10. Knife/Leatherman tool
  11. Cutting board
  12. Needle and thread
  13. Sponge
  14. Space blankets
  15. Fishing gear
  16. Clothing
  17. Sunglasses and hats
  18. Bucket
  19. Gloves
  20. Zip-lock bags
  21. Raft pump
  22. Raft patch kit
  23. 100ft line
  24. Pencil and paper
  25. Duct tape
  26. Mask and snorkel
  
- III. Personal

1. Eyeglasses
2. Prescription medications
3. Money
4. Passports
5. Boat's papers