

**the boat galley cookbook 800 everyday recipes and** - *the boat galley cookbook 800 everyday recipes and essential tips for cooking aboard carolyn shearlock jan irons on amazon com free shipping on qualifying offers no matter what anyone tells you boat cooking is different from cooking ashore the space is smaller, **the boat galley cookbook 800 everyday recipes and** - the boat galley cookbook is the most useful comprehensive sailing cookbook i ve found it has 800 recipes specially designed for cooking within the confines of a galley and thorough sections on substitutions for when you can t find fancy ingredients on making your own spices and on using limited space wisely, **the food timeline history notes soup** - soup food historians tell us the history of soup is probably as old as the history of cooking the act of combining various ingredients in a large pot to create a nutritious filling easily digested simple to make serve food was inevitable*

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