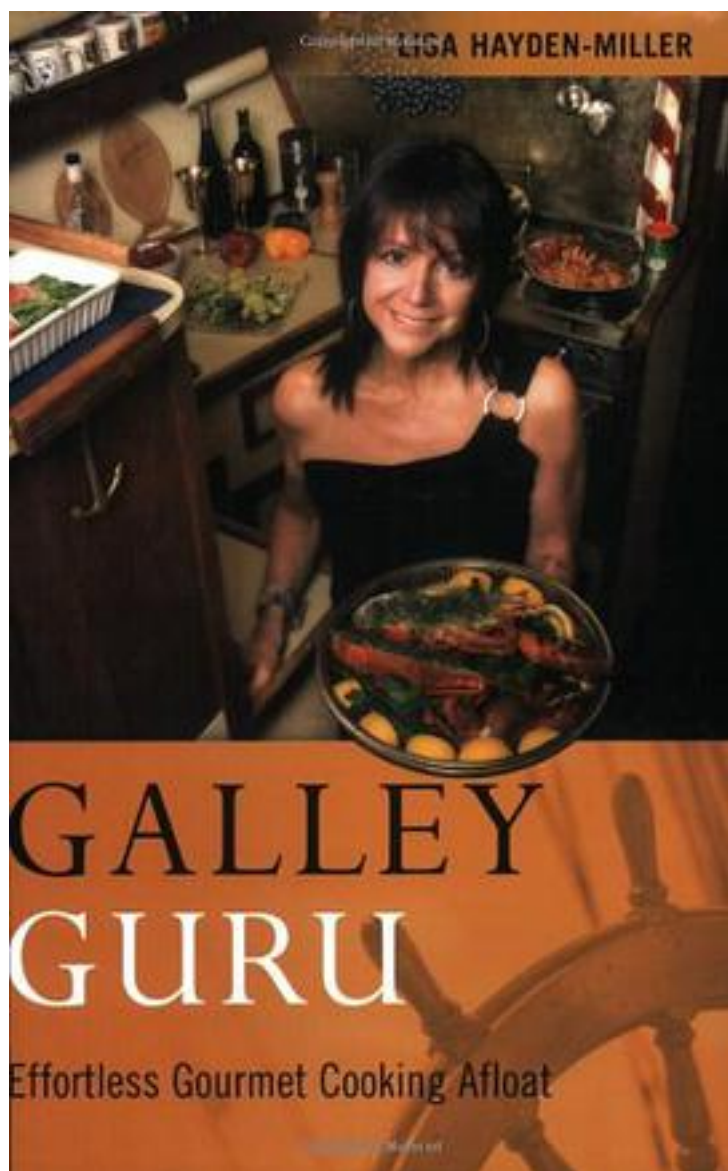


Galley Guru



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For the cook who sails and the sailor who cooks, the Galley Guru is a connoisseur s guide to simple ways to keep your grip in the galley. Prepare, preserve, and present, from a tiny space, real food that would not be ashamed to have come from a gourmet kitchen many times the size. Great cooking takes to the water as Lisa Hayden-Miller, the Galley Guru, presents fare with a flair. From survival food to gourmet feast, all 120 recipes are tagged with appropriate sailing conditions, from anchorage to heavy seas. Galley Guru will tempt even the landlubber, for in this 327-page quality paperback, Lisa makes the exotic accessible and the simple, simply wonderful.

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