

There Shall Be Potluck

by Barbara Theisen, SSCA Editor
& Nancy Zapf, SSCA Board of Directors

The cruising community is known for its unique sense of camaraderie, and as we hear over and over again, the rewards of cruising are not so much the places we visit as the people we meet along the way. Though we come from all walks of life, we have so much in common with our boats, our travels and our lifestyle afloat that we quickly establish rapport with one another.

But we're not all social butterflies, and sometimes one can be lonely in a crowd. Have you ever experienced this scenario? Upon arrival in a new anchorage, you sit in your cockpit as dusk approaches, suffering pangs of unpopularity such as you haven't felt since you were a teenager: multiple inflatables are tied up at the sterns of neighboring boats for sundowner parties, but no one has invited you. Well, here's the antidote: go out in your dinghy next morning, thump on some hulls, introduce yourself and invite some folks over for a potluck cocktail party that evening. Leave your copy of the newly published *Seven Seas Potluck Favorites – A Cookbook by Cruisers for Cruisers* on the settee as an ice-breaker, and as your guests clamber over the lifelines, someone will inevitably say that they contributed a recipe, know someone else who did—or tell you that their hors d'oeuvres were made from one of the recipes!

Are you berthed at a marina and want to meet other liveaboards? Pick a time and a suitable place and post a flyer on the bulletin board, "Cruisers' Potluck, Bring a Dish to Share, Your Own Plates & Utensils, and BYOB." This is guaranteed to bring out a crowd. You'll be praised for your initiative and organizing skills, when all you've done is to hang up a sign! No need to do more than that—it never fails to amaze me what delicious, complete meals come together this way, without need for any further planning. If you're a bit more ambitious, add a book swap, have a sing-along or ask if someone plays the guitar.

Seven Seas Cruising Association member Mary Heckrotte (*S/V Camryka*), who has been honored as the "Potluck Queen" (complete with crown) in the Rio Dulce, believes that there's a natural "law" of cruising: "wherefore two or more cruising boats are gathered together, there shall be potluck!" She adds that "in a lifestyle that operates with hardly any rules except those dictated by Mother Nature, Marina Managers, and Net Controls, there remains one unspoken law: Thou shalt take more to a potluck than you could possibly eat." Perhaps Mary was at the same potluck where singer/songwriter (and SSCA member) Eileen Quinn penned those famous words to her song *Piranha Potluck*,

*There's no more food, no more wine
So they're eating the guy who was first in line
At the potluck, Piranha Potluck*



The following recipes are excerpted from the *Seven Seas Potluck Favorites – A Cookbook by Cruisers for Cruisers*. The book features nearly 150 all-time favorite recipes that are perfect for cruisers' potlucks. The book has a laminated cover to survive life in the galley and the spiral binding allows the book to lie flat when open for easy reading. The book is available at the Lats & Att's Bookstore.

Appetizer – San Blas Crab Cakes

Contributed by Stacey Collins, Zora

Ingredients:

- 1 tablespoon Dijon mustard
- 1 tablespoon lemon or lime juice
- 1 teaspoon dry mustard
- 2 teaspoons chives (if available)
- ½ teaspoon Tabasco® sauce
- ½ teaspoon Worcestershire sauce
- ¼ teaspoon each salt and fresh ground pepper
- 2 eggs, lightly beaten
- 1 pound crab meat, cooked and picked through
- 7 tablespoons fresh bread crumbs (make from stale Kuna bread)*

- 1 tablespoon butter or cooking spray

*Store-bought dried crumbs or even stuffing mix can also be used.

Directions:

1. Combine mustards, juice, chives, sauces, salt and pepper, and eggs. Toss gently with crab and 5 tablespoons of the bread crumbs. Cover and chill 30 minutes to make it easier to shape.
2. Preheat oven to 450° F. Use a ¼ cup measuring cup to form patties. Dredge in remaining crumbs.
3. Melt butter in an oven safe skillet on med-high heat or spray with cooking spray. Sauté patties 4 minutes, turn over, and then finish cooking in the oven for 5 minutes (you can also do the whole thing on the stovetop). Serve with lime wedges and tartar sauce.

Salad - Green Mango Salad from Madagascar

Contributed by Patti Miller, Infidien

Seems like we're always in places when the mangoes are still green. Here's a way to use them. Measurements aren't exact, but that's Madagascar!

Ingredients:

- 8 small green mangoes
- 1 medium-sized green pineapple
- 1 onion
- 1-2 tomatoes
- 1 tablespoon oil
- salt to taste

Directions:

1. Peel and grate mangoes. They sell a special grating tool in Madagascar but otherwise you'll have to improvise.
2. Peel and chop pineapple and onion. Chop tomatoes.
3. Combine mangoes, pineapple, onions and tomatoes. Add oil. Salt to taste.

Main Dish - Patricia's Chicken Tarragon

Contributed by Jack and Patricia Tyler, Whoosh

Ingredients:

- garlic, finely chopped, if you so desire.
- 2 lemons
- 4 chicken breasts
- fresh tarragon (dried can be substituted)
- whole grain mustard (the one with the "seeds")



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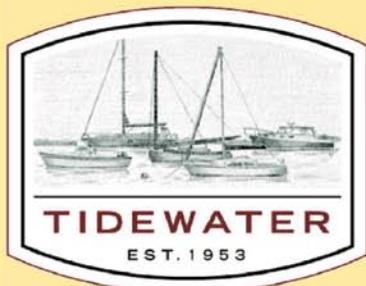
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- 7 oz. tub fresh cream or Greek yogurt or half and half, depending on your level of decadence
- Directions:
1. Preheat oven to 375° F.
 2. Cut ½ lemon into four thick slices. Then squeeze the juice from the remaining 1½ lemons. Set aside.
 3. If using chicken breast with skin, loosen each breast skin to make a pocket between the skin and the flesh. If using skinless breasts just put the following items on top.
 4. Tuck a lemon slice and a tarragon sprig into each pocket or on top. Transfer the chicken to a roasting pan, season well with salt and pepper. Smear with mustard. Roast for 25 minutes.
 5. Strip the leaves from the tarragon stalks and chop roughly. Remove the chicken from the oven, pour the lemon juice over the chicken and sprinkle with the chopped tarragon. Return to the oven for 10 minutes, then transfer the chicken to plates and keep warm.
 6. Put the heated juice in a pan on the stove; stir in the cream. Let it bubble briefly, stirring, to make a really creamy sauce, then spoon over the chicken (skip the cream, if it's not in your diet).
- Serve over hot pasta or rice.

Side Dish - Mariah's Scalloped Tomatoes

Contributed by Mary Heckrotte, Camryka

Ingredients:

- 1 medium onion, chopped
- 3 stalks celery, chopped
- 4 tablespoons butter
- 1 ½ cups dry unseasoned bread crumbs
- ½ cup light brown sugar
- 5 cups canned tomatoes
- teaspoon salt
- freshly ground black pepper to taste

Directions:

1. Sauté onion and celery in butter.
2. Add bread crumbs and brown sugar. Stir over low heat for 4 minutes.
3. Add tomatoes, salt, pepper.
4. Put into greased casserole dish and bake at 350° F for 30-40 minutes or till bubbly. Serve hot.

Dessert - Better than Sex Fudgy Bonbons

Contributed by Ellen Ernisse, Peace and Aloha

Ingredients:

- 12 oz. package (2 cups) semi-sweet chocolate chips
- ¼ cup butter or margarine
- 14 oz. can sweetened condensed milk
- 2 cups flour
- 1 teaspoon vanilla
- 60 chocolate kisses (white choc/milk choc/ mix)
- ½ oz. white chocolate baking base
- 1 teaspoon vegetable oil

Directions:

1. In sauce pan combine chocolate chips and butter and stir over low heat until melted and smooth. Add condensed milk. Mix well.
2. In bowl, combine flour, above chocolate mix and vanilla. Mix well.
3. Shape 1 teaspoon of cookie dough around each candy kiss - covering completely.
4. Bake at 350° F for 6-8 minutes. **DON'T OVERBAKE!** Cookies will appear soft and shiny; they will become firm as they cool.
5. Combine white chocolate and vegetable oil. Cook over low heat until melted. Drizzle white chocolate over each cookie.

Blushing Rastafarian

Contributed by Beth Blackford, Slow Dancing

Ingredients:

- ¾ cup splintered ice
 - 1-1/2 oz. Myer's Original Dark Rum
 - 1 large wedge lime
 - 4 oz. cranberry juice cocktail
- Directions:
1. Fill tumbler with ice.
 2. Pour in rum.
 3. Add lime wedge after squeezing juice over ice.
 4. Pour in cranberry juice and stir.

Makes 1 drink

Seven Seas Cruising Association is the largest organization in the world for cruisers. Currently, SSCA has nearly 10,000 members sharing the dream of sailing the seas as a lifestyle. This common aspiration bonds members into a caring, supportive family that reaches out with international friendship and goodwill. For more information, go to www.ssca.org. 

