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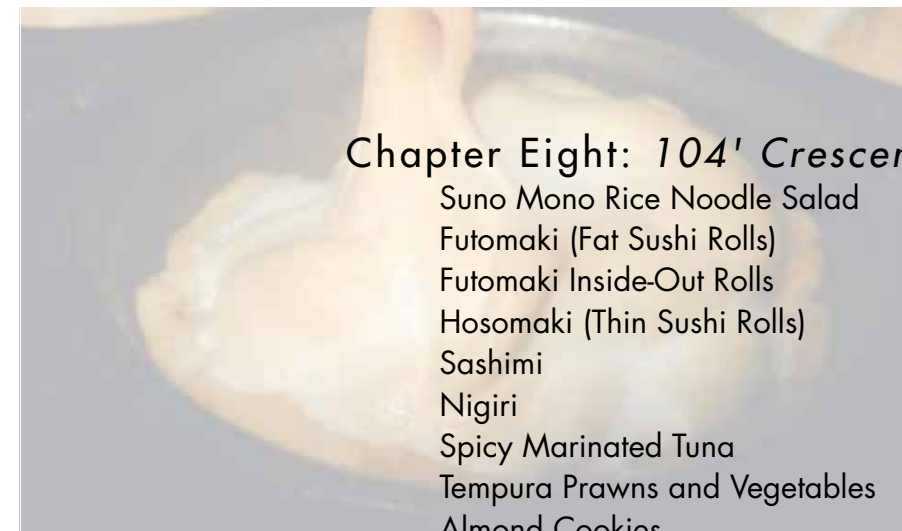
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# FOREWORD

## YACHT—AND HOME—COOKING

A chef on a yacht faces a different set of challenges than those faced by a restaurant chef. In a restaurant setting, the kitchen produces large amounts of the items on a limited, set menu, with only occasional changes to accommodate an individual's tastes or dietary requirements. On a yacht, however, the chef must make smaller amounts of food and pull from a more diverse repertoire, because the same people are eating at the same "restaurant" day after day. In this way it is very similar to cooking at home for your family.

## DEGREES OF DIFFICULTY

I have tried to include a good selection of recipes in terms of their level of difficulty and complexity as well as a varied selection of foods and flavorings. This reflects the yacht chef's goal of achieving diversity in the menu and being able to custom-make meals. The menus and recipes are a starting place. I encourage you to experiment with amounts and ingredients, and mix and match recipes to create your own menus to suit your individual taste. A few recipes are a little more complicated, but I have tried to write them all in an easy-to-follow, step-by-step manner that should make them doable by anyone.

## EMPHASIS ON FISH

There are a few reasons I have incorporated quite a few fish recipes. Since we live on the water and have access to fresh fish on a regular basis, it seems only fitting that the book include a good amount of seafood. Also, as many people make an effort to eat more healthfully, fish and chicken often take the place of red meat. Chicken recipes seem to be readily available, but I often hear from people that they'd like to cook more fish but don't know how. This book offers some simple, unique ways of cooking and presenting fish to help you get more comfortable with this healthy, tasty choice.

## MY PHILOSOPHY ON FOOD AND COOKING

### PORTIONS AND GARNISHES

I believe that everything that is served should be tasty on its own and should blend well with the other foods being served. There should be medium-sized portions, and the plate shouldn't be littered with too much garnish. Food comes in every shape, color, and texture and is beautiful on its own, without a lot of extras thrown in.

### THE MEAL

There are four parts to every meal.

1. The Plan. Plan a well-balanced, colorful meal of different shapes and textures, making sure the foods compliment and don't compete with each other. Create your shopping list and buy the best ingredients possible. In some situations, using higher-quality foods can bump the meal