

Bahamian Cruising Menu



A SOUTHERN BOATING MEDIA GROUP SPECIAL SUPPLEMENT | BAHAMIAN MENU



Bahama Mama Cocktail

INGREDIENTS

16 oz. orange juice
 16 oz. pineapple juice
 2 Tbsp. grenadine
 1 cup rum of choice
 (coconut is preferred)
 1 orange, sliced thin

DIRECTIONS

In a large pitcher, combine all ingredients. Stir well.
 Pour into 4 tall glasses over crushed ice. Garnish with orange slices.

I think we should make this Bahama Mama recipe *Southern Boating's* signature cocktail.

Here's why we love this drink: It is physically impossible to mess it up. Too sweet? Add some club soda. Too strong? Add some orange juice. Not enough? Throw together another pitcher!

The measurements for this Bahama Mama cocktail are truly suggestive- the only real requirement is rum and some various juices. Word to the wise: be careful with this recipe. It's compulsively drinkable.

True story: During a stint as a yacht steward, I made a similar cocktail pitcher (read: three pitchers) for the owners and a group of their friends. It was during an early afternoon cruise from Elbow Cay back to home base. They absolutely loved it, and I had never seen the owners laugh so hard or look happier (tipsier).

However, only two of the six made it to dinner that evening. The rest were fast asleep in their staterooms (except Judy, who was fast asleep on the flybridge). Whoops!

Exercise some restraint, people.



Anyone who's cruised for long periods of time in more remote areas is well aware of the three rules for cooking.

1. Have lots of non-perishables at your disposal.
2. Work with what you got.
3. Improvise, improvise, improvise

This Abacos Slaw follows all of those rules. But you should feel ready to break from this recipe at any point- if you can't get your hands on an ingredient, sub with something similar. Dried cranberries could be swapped for raisins, etc.

Abacos Slaw

INGREDIENTS

- 6 cups shredded cabbage (white, red or mixture)
- 1 cup carrots, grated
- ½ cup onion, diced
- ¼ cup raisins
- 1 Tbsp. lime juice
- 1 Tbsp. sugar
- ½ tsp. each salt and pepper
- 4 Tbsp. mayonnaise

DIRECTIONS

Combine cabbage, carrots, onion, and raisins in a large bowl. In a small bowl, mix lime juice, sugar, salt, pepper, and mayonnaise until blended. Toss dressing with slaw. Chill in the refrigerator for 10 minutes before serving.

You should be able to stock up on just about everything at Maxwell's in Marsh Harbour, but the real trick is making it last. Items like carrots and other root vegetables have longer shelf lives, so stock up on those. Lemons and limes go along way in seasoning a dish and can last awhile on board. Citrus fruits can color a plate, and are also hardy and shelf-stable.



Bimini Succotash

INGREDIENTS

- ¼ cup olive oil
- 2 cups corn (canned and drained, or frozen is fine)
- ½ cup bell pepper, diced
- 1 hot pepper, seeded, and diced (optional)
- 1 cup onion, diced
- ½ cup tomatoes, diced
- 1 cup shelled, cooked lima beans (fresh, canned or frozen)
- 1 tsp. dried oregano or basil
- 1 Tbsp. vinegar
- ½ tsp. each salt and pepper

DIRECTIONS

Heat the olive oil in a medium skillet. Add the corn, peppers, onion, and tomatoes. Cook over medium heat about 3 minutes, stirring until vegetables are just tender. Add cooked beans, and sauté 2 minutes longer. Remove skillet from heat and add the oregano or basil and vinegar.

Season with salt and pepper and serve immediately.

Fun fact of the day: This Bimini Succotash has Native American roots.

Today, we think of classic succotash as a Southern recipe. But the word *succotash* is actually derived from the Narragansetts, a Native American tribe in Rhode Island.

"Sohquttahhash" literally means broken corn kernels, which is how the dish got its unique name.

Succotash is a hardy and nourishing side dish and is highly customizable to taste. Spicy or savory, you can make this dish your own.

Bonus: Most of the ingredients in this recipe can be frozen or, in a pinch, canned.



Bahamian-Style Mac and Cheese

INGREDIENTS

¼ cup butter
 ½ lb. macaroni, cooked
 3 cups shredded cheddar
 cheese
 2 Tbsp. each chopped onion
 and bell pepper
 1 tsp. each salt, pepper and
 paprika
 ½ tsp. cayenne pepper
 (optional)
 2 eggs
 1 cup milk (or evaporated
 milk)

DIRECTIONS

Preheat oven to 350°F and grease 8×8-inch baking dish. Melt butter in a saucepan over medium heat, add cooked pasta and stir in 2 cups shredded cheese, onion, bell pepper, salt, pepper, and paprika. Stir until cheese is melted.

Remove from heat and let cool for 5 minutes. Mix eggs and milk and fold gently into pasta. Pour pasta/egg mixture into a greased baking dish and spread evenly.

Top with remaining cheese and cover loosely with foil. Bake until the top is golden, about 1 hour.

When I was working as a chef on yachts, I would occasionally get pangs for the comfort foods I ate as a child. This Bahamian style mac and cheese recipe always did the trick in satisfying those pangs.

I know, I know. As a chef, I had the best foods and ingredients available. But after cooking three meals a day (dinner was always three courses, so we'll call it five meals a day), all I wanted at the end of a charter were rich and simple comfort foods I could shovel down my throat. What can I say? The heart wants what the stomach craves.

And I'll tell you this, I never got any complaints from a hungry crew about it either, and that's saying a lot.

Nassau Grilled Fish is simple and tasty.

Cruising in The Bahamas gives you access to the freshest seafood available. Conch, mahi, spiny lobster, you name it, you can get it.

With fresh fish, the trick is to simply bring out its flavor with a hint of acid and a sprinkle of salt. Please don't drown your fish (in sauce).

Fresh fish cooks very quickly. To avoid overcooking, make sure to have all other elements of your meal ready to go before this gets on the grill.



Nassau Grilled Fish

INGREDIENTS

2 Tbsp. oil
 1½ Tbsp. minced garlic
 1½ Tbsp. lime juice
 1 Tbsp. minced ginger
 1 hot chili pepper, seeded and thinly sliced
 Four 6-oz. fish fillets, such as grouper or mahi
 ¼ tsp. each salt and pepper
 Lime wedges and hot sauce, for serving

DIRECTIONS

In a sealable bag, combine oil, garlic, lime juice, ginger, pepper, and chili. Add fish to bag and coat well. Marinate in the refrigerator for 1 hour.

When ready to eat, remove fish from marinade and place on a medium-high grill.

Season with salt and pepper, and cook until nicely browned, about 3 minutes per side.

Serve with lime wedges and hot sauce.

Sometimes the best desserts are the simplest desserts, like these Daiquiri Berries.

One of the most important rules of cooking (on a boat, and otherwise) is to treat your ingredients with respect. Let the true flavors shine, and you'll be good to go.

Since you may not have fresh berries, I see no reason why not to experiment with other fruits instead. Mango or papaya would work here as well.

I also imagine that, instead of sugar, a dab of whipped cream (homemade, canned, frozen) or greek yogurt would work nicely here. Experiment!



Daiquiri Berries

INGREDIENTS

1¼ cups light rum
 ¼ cup lime juice
 1-quart strawberries
 (or other various fruits)
 Toothpicks
 1 cup granulated sugar or
 whipped cream/Greek yogurt

DIRECTIONS

Stir the rum and lime juice in a bowl.

Poke fruit all over with a toothpick. Nestle them side by side in a loaf pan. Pour the rum mixture over the top and refrigerate for 30-60 minutes.

Drain the rum mixture and place fruit and sugar on a plate.

Have guests skewer a rum-infused berry with a toothpick, roll it in sugar or cream to coat and eat!