

The Sailaway Gourmet



by Cathy Smith

The holidays are just around the corner again, and this year I swear I'll get the shopping done early – instead of running around like a squirrel that last week and making myself and everyone around me nuts! Of course, that remains to be seen.

Last year in this column I talked of having returned from down South helping with the Katrina relief effort and of the importance of 'giving' not only during the holiday season but all year around. Every August at Ralph's Fishing Station in Mt. Sinai (where I happily drive the launch every season), there is the Alzheimer's Fundraiser, begun in memory of Ralph Davenport who, along with his wife Barbara, began the business so many years ago. During this fundraiser there are games, music, food and lots of fun! And every year we seem to top the year before with the donations for this worthy cause. It fills our hearts to see people give so generously.

One year we decided to create and publish our own *Recipes from the Galley* cookbook to sell for this event. It is a collection of recipes from most everyone that hangs out down there, and there are many wonderful dishes and family favorites. So, I am going to share some of their appetizers with you to enjoy during this season of 'giving'.

Sue Corey's Baked Clams

2 dozen chowder clams
1 medium onion
1/2 cup Crisco oil
1 stick butter, melted
Italian bread crumbs
Parmesan cheese
Lemon wedges

Clean clams and steam open. Save liquid. Chop clams, place in a bowl and add onion, oil and butter. Mix well. Add enough bread crumbs and cheese to mixture until it is a little dry. Add clam juice until it's the consistency of stuffing. Mound stuffing into the smallest shells. Broil until lightly browned. Serve with sliced lemons.

Kathy Bowman's Shrimp Spread

8 oz. frozen baby shrimp
2-8 oz. packages of cream cheese
4 Tb. Horseradish
4 Tb. Ketchup
4 dashes of fresh ground pepper
2 tsp. lemon juice

Defrost shrimp and squeeze excess water out with paper towels. Mix all the ingredients except shrimp in a small bowl until creamy. Gently stir in shrimp. Refrigerate until ready to use. Serve with crackers or raw vegetables.

Helen Fougere's Chicken Wings

5 lb. chicken wings
1/2 cup soy sauce
1/2 cup vinegar
1/2 cup sugar
1/2 cup grape jelly
3 Tb. Ketchup
1 tsp. salt

Preheat the oven to 450°. Put chicken wings in a large pan and bake until almost done. Mix all other ingredients in a saucepan and bring to a boil on the stove. Pour over the chicken and continue baking until glazed.

Enjoy your holidays!

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| Nov 1 | 3:31 AM | 3:52 PM | Nov 16 | 4:26 AM | 4:36 PM |
| Nov 2 | 4:30 AM | 4:52 PM | Nov 17 | 5:11 AM | 5:22 PM |
| Nov 3 | 5:24 AM | 5:48 PM | Nov 18 | 5:51 AM | 6:05 PM |
| Nov 4 | 6:14 AM | 6:39 PM | Nov 19 | 6:26 AM | 6:45 PM |
| Nov 5 | 7:02 AM | 7:29 PM | Nov 20 | 7:03 AM | 7:22 PM |
| Nov 6 | 7:48 AM | 8:19 PM | Nov 21 | 7:37 AM | 7:59 PM |
| Nov 7 | 8:36 AM | 9:10 PM | Nov 22 | 8:12 AM | 8:38 PM |
| Nov 8 | 9:26 AM | 10:05 PM | Nov 23 | 8:50 AM | 9:20 PM |
| Nov 9 | 10:19 AM | 11:03 PM | Nov 24 | 9:33 AM | 10:11 PM |
| Nov 10 | 11:16 AM | ----- | Nov 25 | 10:25 AM | 11:09 PM |
| Nov 11 | 12:01 AM | 12:12 PM | Nov 26 | 11:24 AM | ----- |
| Nov 12 | 12:57 AM | 1:06 PM | Nov 27 | 12:09 AM | 12:24 PM |
| Nov 13 | 1:52 AM | 1:59 PM | Nov 28 | 1:08 AM | 1:24 PM |
| Nov 14 | 2:45 AM | 2:52 PM | Nov 29 | 2:07 AM | 2:25 PM |
| Nov 15 | 3:37 AM | 3:45 PM | Nov 30 | 3:06 AM | 3:28 PM |

High Tides For Other Locations:

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| Atlantic Highlands | - 0:10 | Red Bank | + 1:16 | Seaside Heights | - 0:03 |
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Times are approximate • Not responsible for errors

Moon Phases

