

## Gourmet Yacht Charters for Foodies

Chef TV, internet food blogs, and the proliferation of gourmet shopping venues have ignited people's passions for new culinary experiences. Astute charter yacht owners know that hiring a top chef as part of the crew is essential. Not just to please the palate, but as a mark of distinction.

Gourmands who are prospective charter clients, now you can have your cake and then some. Because, a week of spectacular dining on catamaran ISOLABLUE is more than a luxury vacation. It's a privileged experience.

*"There is only one fault with a yacht charter on Isolablue: we eat too well! Astrid's cooking is so good that it's very hard to go home and get back to cooking."*

### Chef Astrid Geslin



*"I've always believed that if you're creative with the food ingredients and techniques you love, real happiness follows"*

What makes Astrid such a remarkable gourmet yacht charter chef? She says it all began when she was a child "in the aprons of the cooks of the family restaurant". Astrid is from

Switzerland, a country with its own marvelous cuisine, as well as regional dishes influenced by its German, French and Italian neighbors.

Growing up in her father's restaurant, cooking was the family way of life. She was immersed in the warmth of the kitchen, the wonderful aromas, delicious recipes and beautiful presentations. Gourmet cooking naturally evolved into a lifelong passion.



What makes Astrid's cooking most unique? For Astrid, food is a wholistic experience. The recipe must be superb, but like perspective in fine art, must be perfectly balanced with the surroundings. An aromatic plate served with the background view of the turquoise sea is meticulously crafted to create a perfect ambiance of relaxation. Food therapy.

*"Astrid, the woman with 8 hands, has cooked us dishes without equal."*

***How did you learn to be a gourmet charter yacht chef?***

I learned mostly every cooking technique from the best chef I could dream of - my father. One of the most important lessons he taught me was to pay painstaking attention to details. I've done a lot of self-educating as well. Mastering more complex techniques, like the aesthetic beauty of presentations, is something I've done gradually.

I've been fortunate to enjoy eating meals at highly-rated restaurants all over the world. Travel has let me discover a variety of different cuisines. I've explored exotic markets and experimented with novel fragrant herbs and foreign spices. So, I've continually expanded my culinary repertoire. These experiences have helped me perfect how I want things to be prepared and served. But this doesn't mean copying. My aim is to be unique. My original style is the result of many years of cooking experience.



*"Tuna and Mahi Mahi, rum, nap, swim, more divine dishes..."*

***What is your favorite cuisine?***

I'm passionate about gourmet fine food from all over the world. My recipes are mostly inspired by contemporary Mediterranean and Asian food. However, I always add a French touch. My favorite cuisine would be a balanced fusion cuisine served in beautiful surroundings. I am proud to serve the dish when the meal is presented with aesthetic beauty and paired with the perfect wine.

***What are the challenges of being a gourmet charter yacht chef?***

Dexterity, creativity and stamina are imperative for a chef at sea. Of course, you must be resistant to seasickness. A very important responsibility of the chef is food and beverage provisioning. You need to source first-class quality and the right quantity of products. For some charters I need to prepare special diets. This means knowing where to provision for them. Don't forget about the small cooking and storage spaces, so organizing is essential.

Sometimes it's difficult to follow recipes because not all ingredients can be found in the Caribbean. In this case, I buy market fresh ingredients and adapt my recipes accordingly. Being a yacht chef is highly demanding, but highly rewarding.

***What do you love most about being a gourmet charter yacht chef?***

When you're passionate about cooking and love yachting it's a dream job. Imagine sailing to the most beautiful places on earth. Inventing new recipes inspired by local ingredients and

spices. I travel with my own kitchen. Plus, I simply love to learn. Traveling while cooking on a charter yacht allows me to practice new techniques, adapt local dishes, experiment with new herbs and spices, and continually expand my knowledge.



The fact that there is always something new to learn and new horizons to discover motivates me a lot. Sharing my passion for cooking and my passion for the sea with my husband makes me overall happy. On top of that, I have the chance to meet wonderful people and to share this amazing adventure with them.

### **ISOLABLUE, Privilege 49' Sailing Catamaran**

Enjoy luxury living at sea! ISOLABLUE is a master build inside and out. Beautiful interiors feature elegant built-ins, stylish upholstery and high-quality joinery and finishes. The salon and dining area are spacious and flooded with daylight. Three roomy cabins are ideal for up to six guests. Captain Laurent is a licensed PADI instructor and Chef Astrid is a licensed PADI Divemater. They offer one "discover scuba diving" or a dive per person with a minimum stay of seven nights.

Astrid and Laurent get rave reviews from their charter clients. They look forward to welcoming new guests, making new friends, and sharing unforgettable moments in the dreamland of the Islands. Embark on an international journey for the taste buds. Escape on ISOLABLUE.

Chef Astrid won first place in the Culinary Excellence Competition at the Grenada Charter Yacht Show 2018. Try her recipes in your galley or kitchen!



GRENADA CHARTER YACHT SHOW 2018  
CULINARY EXCELLENCE COMPETITION WINNER  
ASTRID GESLIN

TASTE OF THE SEA FINGER FOOD

*I wanted to represent the 3 different colors of the Grenadian flag: green for the fertile land, yellow for the wisdom, sunshine and warmth of Grenadians, and red for the people's courage and vitality. The people here are what make the Island of Spice so unique. The required ingredient was tamarind juice. My idea was to create a tamarind reduction that I included in all three entries.*

**Tamarind Reduction:**

Heat smashed garlic and small fresh ginger pieces in oil before adding the tamarind juice. Reduce and add homemade fish sauce. Blend the sauce and adjust with some pepper.

GREEN: Thin layers of puff pastry filled with goat cheese, salmon, candied celery  
Ingredients for 30 pieces

- 250 g smoked salmon
- 100 g celery stick
- 100 g sugar
- 250 g puff pastry
- 2 pkg goat cheese, Chavroux type
- 100 g liquid cream
- 1 zest of lime
- Fennel seeds, crushed pepper, lime flavored olive oil, dill
- Puff Pastry Ingredients:
  - 125 g plain flour
  - 1 tsp fine sea salt
  - 125 g butter at room temperature
  - about 70 ml cold water

Sift the flour and salt into a large bowl. Break the butter in small chunks, add them to the bowl and rub them in loosely.

Make a well in the bowl and pour in about two-thirds of the cold water, mixing until you have a firm rough dough adding extra water if needed.

Cover with cling wrap and leave to rest for 20 mins in the fridge.

Turn out onto a lightly floured board, knead gently and form into a smooth rectangle.

Roll the dough in one direction only, until 3 times the width, about 20 x 50cm.

Keep edges straight and even. Don't overwork dough, butter streaks have a marbled effect.

Fold the top third down to the center, then the bottom third up and over that.

Give the dough a quarter turn and roll out again to three times the length.

Fold as before, cover with cling wrap and chill for at least 20 mins before rolling to use.

**Discs of Puff Pastry:**

Roll out the puff pastry and cut out in 5 cm and 4 cm diameter discs with a cookie cutter. Bake between 2 baking sheets to prevent the dough from swelling; 200 ° for 12 minutes but check from time to time.

### **Candied Celery:**

Wash the celery, remove the yarn with a paring knife. Cut in brunoise.

Heat the water and sugar to make a syrup then plunge the diced celery and let confit about 20 minutes. Let cool.

### **Goat Cream:**

Crush the goat's cheese with the cream, add some seeds of fennel, crushed pepper, a lemon zest, Tamarind reduction and put in a piping bag.

Arrange the pastry with goat cream, smoked salmon and candied celery, on top add dill sprouts. Serve immediately.

### **RED: Shrimp & Eggplant Caviar Macaroons**

Ingredients for 30 Macaroons:

- Icing sugar: 210 g
- Almond powder: 150 g
- Whites of egg: 130 g
- Sugar powder: 90 g

Preheat the oven to 160 ° C. Sift the dry powders (icing sugar and almond powder).

Beat the egg whites, then squeeze with half the caster sugar and beat for about 1 minute. Add the remaining sugar and beat again for 2 minutes.

Add the red food coloring.

Add the icing sugar and the almond powder with a maryse, then using a plastic horn, and "macaroner" fold the preparation gently on itself taking the whole mass. The device must become soft and shiny and make a ribbon.

Arrange macaroons on a baking sheet with a pastry bag and let rest 15 minutes at room temperature.

Cook them for 12 to 20 minutes at 160 ° C.

### **Eggplant Caviar:**

- Eggplants: 3 pieces
- Fine salt: 3 pinches
- Garlic: 2 cloves
- Olive oil: 5 cl

Preheat oven to 220 ° C. Wash the eggplants and cut them in half lengthwise.

Use a paring knife to squat the flesh thoroughly and insert garlic slices.

Arrange the eggplants in a baking dish, salt and sprinkle with olive oil.

Bake at 200 ° C for 45 minutes to 1 hour.

Remove from the oven and scoop out the pulp.

Using a large knife, chop the pulp until you have a fine purée, adjust with salt and pepper.

### **Marinated Shrimps:**

Marinate shrimps for at least 1 hour in tamarind juice and cook them in some butter. Cut

the shrimps in pieces.

Present the macaroons with some eggplant caviar and some shrimp pieces in between, add some tamarind reduction on top of the macaroons.

### **YELLOW: Curried Scallops in White Wine Sauce**

Ingredients for 30 aperitif spoons:

- 30 small scallops
- 1 shallot
- 1 tbsp. curry
- 1 tbsp. Raz el Hamout
- 5 cl white wine
- 2 tbsp. butter
- 1 tbsp. olive oil
- 20 cl liquid cream
- Nutmeg, salt, pepper

Peel and slice the shallot. Heat half of the butter in a small saucepan and sweat the shallot.

Add the white wine, let reduce, add curry, Raz el Hamout and cream, heat gently.

Marinate the scallops with the tamarind reduction for at least 1 hour.

Heat butter and oil in a pan and cook the scallops about 1 min on each side.

Place the curry sauce on the spoons, add the scallops, grate nutmeg on top.

Serve immediately.