

# the crew

[www.yotcru.com](http://www.yotcru.com) REPORT



# Play With Your Food!

There are all manner of gadgets and gizmos out there with which to fill your galley cupboards. However many of these may not be able to stand up to the demands of a professional chef or are so specific they do not justify taking up precious cupboard space. Chef Cristina Topham gives a rundown of her top ten favourite gadgets that deserve to be in your arsenal of culinary tools.

**H**aving suffered in the kitchens of many a French restaurant, I was taught to take a rather austere approach to kitchen gadgets. Less is more. Use a tool, other than a knife, that dices or chops? Sacrilege! A garlic crusher? Never! Prepping by hand is how we prove ourselves as cooks. It is what separates the professionals from amateurs; the women from the girls. There's something thrilling about being able to wield a big knife with confidence and proficiency. Plus, in the brigade of a kitchen, good knife skills earn you respect.

That said, every chef, whether they admit it or not, loves a good kitchen tool. But it has to be practical and this means it must serve more than one purpose. It cannot be just a "one trick pony" or a gimmick. And now, with hot chefs such as Ferran Adria, Heston Blumenthal and Grant Achatz cooking up their decadent and sumptuous edibles using all manner of scientific gadgetry, perhaps a few elemental toys in the galley is not such a bad thing. Whether your objective is to be the envy of every yacht chef or to save time in the galley, there is bound to be at least one of these ten items that will make you want to play with your food!

## Top Ten Kitchen Tools...



### 10. OXO Lever Scoops

A captain once asked me to make my prize-winning chocolate chip cookies for the entire crew at Delta Marine. There were over 600 employees! But the OXO Good Grips dough scoops made easy work of over 30 batches of cookie dough. These scoops made thousands of cookies, and the quick-release lever never broke – a small feat of human engineering. In small, medium and large they are perfect for making chocolate truffles, miniature cookies, meatballs or bite-sized balls of Mochi-wrapped ice cream. Approximately \$8.99\*.

[www.oxo.com](http://www.oxo.com)

### 8. OXO Shrimp Cleaner

Over ten years as a professional chef I shudder to think how many shrimp have lost their lives at my fingertips. But the designers over at OXO Good Grips have done it again with a great gadget to simplify the task. This sexy looking device splits the shell and removes the vein of the shrimp in one quick movement. With the comfortable grip handle it will not slip, even when you are elbow deep in shrimp cocktail. Just be careful that the Aussie mate does not try to steal it when he goes home on holiday – this was how mine always disappeared! Approximately \$5.99\*.

[www.oxo.com](http://www.oxo.com)



### 9. Küchenprofi Tweezer Tongs

These skinny and sleek tweezer tongs are ideal for grilling or sautéing delicate ingredients such as vegetables or homemade pasta. The fine tips provide a secure grip without crushing or breaking. Lightweight and comfortable, they'll feel like an extension of your fingertips and are sure to become one of your favourite tools. Approximately €13.00.

Call +49 212 65820 for stockists



## 7. KitchenAid KHB100 Immersion Blender

Breakfast went later than expected; the provisioner lost your order; and now the guests have requested gazpacho for lunch after you have made 14 individual quiches Lorraine and a gorgeous pear and Roquefort salad. No problem. Top rated by the Consumer Reports website and *Cook's Illustrated*,

nothing beats the ease of the KitchenAid KHB100 hand blender. With its multi-speed options and powerful motor, it can purée as well as any full-sized, jar-style blender. Perfect for making a quick gazpacho soup or a batch of healthy smoothies for the crew at teatime. Approximately \$40.00\*.

[www.KitchenAid.com](http://www.KitchenAid.com)



## 6. Breville iKon Removable Plate Grill

*Qu'ils mangent de la panini!* Wouldn't it be nice, once in a while, if the crew could make lunch for themselves? Put out a selection of sliced cheeses, meats, bread and the Breville iKon Grill and have a build-your-own panini day. With a large, 0.36m x 0.35m cooking surface, this handy grill can hold up to six sandwiches at a time and the crew will love being able to prepare a meal for themselves. The grill also opens out to around 0.13m<sup>2</sup> of griddle space, perfect for preparing Sunday brunch too! Approximately \$149.99\*.

[www.breville.com](http://www.breville.com)

## 3. PolyScience 7306C Thermal Circulator

Serving a rack of lamb, hot and at a perfect medium rare, is always a challenge for the sole chef aboard a 50-metre yacht. With ten guests to feed, plus the ten crewmembers you have already cooked for, wouldn't it be nice to take away some of the stress of dinner service? Two words, my fellow chefs: *sous vide*! Make yourself the envy of every yacht chef with the PolyScience Thermal Circulator. Just put the circulator in a pot of water, set the desired temperature, season and vacuum-pack your proteins, add them to the pot and forget about it. Even if dinner is delayed for hours, your lamb will remain a perfect 54°C until you are ready to serve. Indulge your inner Paul Bocuse! Approximately €720.00.

[www.polyscience.com](http://www.polyscience.com)



## 4. Vita-Mix 5200 Blender

Considered the Cadillac of blenders, this workhorse has enough power to grind whole grains into flour, knead bread dough, chop and turn even the hardest vegetables into silky, smooth purées. It is also perfect for making soyamilk, almond milk and creamy nut butters without burning out the engine. This top-of-the-line machine will save you hours of mindless toil as it does your prep for you! Approximately \$449.00.

[www.vita-mix.com](http://www.vita-mix.com)



## 5. KitchenAid Pasta Maker Attachment

How better to impress your guests than with freshly made pasta? Since we all know that any respectable galley is already outfitted with a KitchenAid Mixer, then you absolutely have to buy the KitchenAid Pasta Roller attachment. Not just for pasta, the roller attachment is also excellent for rolling out cracker dough and pastry dough, great for helping you get through a busy *hors d'oeuvre* service. Approximately €82.00.

[www.KitchenAid.com](http://www.KitchenAid.com)

## 2. Pacojet

Priced slightly under that of a Learjet, and with about as much horsepower, the Pacojet will transport you to new culinary landscapes. Not just for ice cream, this wondrous mechanism is an entire food processing system. It can mince proteins for farces and terrines; whip cream that will hold its peaks for hours; and grind spices, dehydrated fruits or vegetables to the finest powder. The Pacojet is the secret behind Heston Blumenthal's and Grant Achatz's ethereally textured sorbets and sublimely smooth purées; a necessity for any chef interested in delving into the world of molecular gastronomy. Approximately €2,600.00.

[www.pacojet.com](http://www.pacojet.com)



## 1. Decorfood's "Smoky" Express Smoker

Imagine the guests' delight when, lifting the lid on a bowl of ginger-sesame broth and fresh buckwheat soba noodles, a silvery cloud of Szechwan peppercorn and alder wood smoke drifts whimsically upward, teasing their senses and whetting their appetites. With Decorfood's amazing Express Smoker, the smoke is completely contained within the unit and can be directionally focused into any size of covered vessel such as a glass, jar or bowl. This allows for complete control over the intensity of flavour, and makes for awe-inspiring presentation. It also gives you the ability to make your own liquid smoke essence for unlimited possibilities! Designed by renowned chef Fabio Tacchella, "Smoky" steals the top spot for our #1 attention grabbing galley gadget – it is a must-have for every yacht!

Approximately €850.00.

Available through [www.mansuetomarine.it](http://www.mansuetomarine.it)



*\*Some of these products are only available in the US. Any good marine supply company should be able to acquire these items from the US for you.*