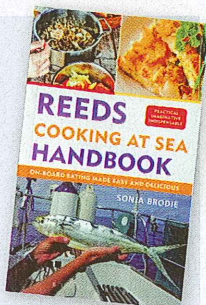


# Reeds Cooking At Sea Handbook

By Sonja Brodie, published by Adlard Coles Nautical at £8.99

Any offshore cruiser knows a good meal does wonders for morale, so it's fascinating to find out how OCC member Sonja Brodie, who spent two years cruising *Fettler*, her Trintella 29, managed to stay perky on a single paraffin burner. She learned to cook good food simply, quickly and with variety. Here she shares galley fitting-out tips, the pros and cons of various cooking fuels, how to stow different victuals, preserve food, beat bugs, bake bread, cook fresh fish, forage on the foreshore, pressure-cook, maintain fresh water systems, and, of course, recipes. It's a pocket-size tome of 143 pages, so not cheap, and ring-binding would have been useful, but the experience behind it is beyond question.

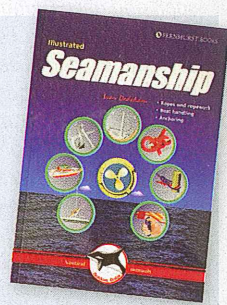


# Illustrated Seamanship

By Ivar Dedekam, published by Fernhurst Books at £13.99

If you're new to sailing, this book will teach you almost everything you'll ever need to know about ropework, boathandling and anchoring.

Even if you've been sailing for years, there are still a few boathandling manoeuvres and anchoring techniques that you probably won't have tried, like springing round a corner to get off a leeward finger berth. This walks you through them all, step-by-step with clear diagrams and text descriptions in slightly accented English. I'd prefer photos rather than graphics, and there are a few gaps, rafting up for one, but there are also a few things you won't find in RYA publications, like box berthing. It's very decent value.



# SeaYou Mini 6.50

By Giancarlo Pedote, at £23 (Amazon.co.uk)

The 'author' of this instructional DVD is a very successful Mini 6.50 class skipper. There probably aren't a lot of Mini racers among the *YM* readership, so what's it doing here? Mini is a solo class, and many of us will end up manoeuvring alone, so here's our chance to see how an expert does it.

The most pertinent of the 27 episodes include entering and leaving port under sail, tacking, gybing, hoisting and dropping a spinnaker, handling charts on a small boat, cat-napping, dealing with currents and night sailing. Some are less relevant, like repairing carbon fibre, and to keep his suppliers happy, he showcases his autopilot, nav software and fuel cell, but the result is a slew of sailing skills tips for those of us who find ourselves alone in the cockpit.



# RYA First Aid

By Nigel Barraclough, published by RYA Publications, at £5

The author is a paramedic and trainer so knows a thing or two about first responses. I like the alphabetical guide to ailments on the cover, for quick reference, but it does rather rely on knowing what's wrong with the casualty, so it's worth taking the RYA First Aid course so you don't treat someone for shock when in fact they have secondary drowning.

It's very thorough, with photographs and diagrams covering everything from sprains to strokes, heart attack to head injuries, heat stroke to hypothermia – any of which could happen on a boat. There's also a handy appendix on the right first aid kit for your boat, getting medical advice over the VHF, and how to highline. Hopefully you'll never need it but if you do, it could save a life.

