

# MATELOT

## YOUR CREW

### *Angus Fuller*

#### Skipper

Angus Fuller (born UK 1977), has sailed all his life and holds an RYA/DoT Commercial Yacht Master Ocean Certificate. Beginning in dinghies and racing internationally, he worked his way up to yachts and then on to private and charter yachts. Having cruised the East Coast of the USA, the Mediterranean, Caribbean, the Galapagos and Arctic Norway, Angus can ensure that you will be able to sample the best of local life wherever you choose to charter.

After completing a degree in Shipping Management at Southampton he took part in the 2000/2001 BT Global Challenge as Mate racing round the world upwind via Cape Horn and the Cape of Good Hope.

Having spent time teaching sailing to people of all ages, he is well positioned to ensure guests get the most from their holiday by learning about all aspects of sailing and running the yacht.

Angus has previously run Oyster 56s, a variety of Swans, Spirit 70 (modern classic) in addition to working as Mate onboard the Swan 86 Hamilton and as crew onboard Ocean Leopard.

When not sailing, Angus enjoys hill walking, playing the piano and wakeboarding.



### *Jessie Cuthbert*

#### Cook/Stewardess

Jessie Cuthbert (born UK 1978), has also sailed all her life. She was a trialist in the 470s for Sydney Olympics, won the UK Women's Match Racing Nationals, twice Youth World Champion and has been voted the BT/YJA Yachtsman of the Year in 1995. She has a degree in Marine Leisure Management from Southampton.

Jessie has always had a love for cooking and working with new ingredients. After 5 years in the marketing and selling of nutritional supplements, she turned her hobby into a profession and trained at the Rosie Davies Cookery School in Somerset before moving to yachts. Jessie enjoys searching for and working with local produce.

Being an accomplished racing sailor she is also ideally suited to help guests get the most from Matelot under sail and is more than happy to share her secret trimming tips!

When not sailing Jessie also enjoys wakeboarding, snorkelling and a good book.



# MATELOT

## DINING ON BOARD

*The following dishes are representative of the cuisine you will enjoy aboard Matelot. Actual menus will vary according to your preferences and the availability of ingredients in the harbours visited.*



### *Breakfasts*

Fresh fruit salad, fresh fruit, yoghurts and cereals  
Pancakes  
English Breakfast  
Continental Breakfast

### *Lunches*

Roast vegetable and Feta tart, served with leafy green salad  
Chicken salad with mango, ginger and lime dressing  
Gorgonzola and hazelnut quiche  
Mediterranean Couscous salad  
Fresh baked sun-dried tomato bread

### *Afternoon Teas*

Chocolate, ginger crunch cake  
Treacle tart  
Carrot and banana cake  
Chocolate fudge brownies

### *Canapes*

Pesto palmiers  
Mangetout-wrapped prawn with lemon mayonnaise  
Basil-marinated mozzarella and cherry tomato skewers  
Spinach, smoked salmon and herbed cream roulade

### *Starters*

Tomato and courgette timbales with tomato sauce  
Warm mushroom salad in filo pastry baskets  
Pears and cheese with orange vinaigrette  
Lemon grass and coriander Vichyssoise

### *Main Courses*

Herb-crusted lamb, with creamy mash potatoes and seasonal vegetables  
Fish gratinée with a lemon sauce, gateau aux herbes, tagliatelle courgettes and carrots  
Beef with chocolate sauce, rissole potatoes and vegetable parcels  
Spiced Persian chicken with jewelled rice

### *Desserts*

Tiramisu  
Lemon cheesecake with fruit coulis  
Plum and cardamon mousse with biscotti  
Tarte aux pommes  
Chocolate mousse tartlets