

HAMILTON...

The Musical, The Inspiration

by Vicky Ziluck

Hamilton, An American Musical, opened August 6, 2012 on Broadway in The Richard Rodgers Theatre. By September 9th Ivey and I had seen it three times. Ivey's cousin & my dear friend took us to see our first show Aug. 12 and we absolutely loved it! We were blown away not only by the concept but the performances and music. I was dancing in my seat to music I had never heard before... And I'm a tough customer :) For days after we couldn't stop singing the songs; the problem was the soundtrack wasn't out yet and we could only remember the hooks. We had to see it again and a week later we were back in the

first act we decided that of course the guy who played Hamilton was fantastic, but I said Lafayette was my favorite. Hamilton is played by Lin-Manuel Miranda. He wrote the music, lyrics and book... heck he came up with the whole concept. Then Diggs came in for the second act as Jefferson with "What'd I Miss" and I was bouncing in my seat - his performance has a special quality of excitement that is contagious. He looks like he is having so much fun.

My birthday was coming up and my Ivey asked me what show I wanted to see. We have a tradition of seeing a Broadway show on my birthday... yeah my best friend



Vicky Ziluck
Creative Counterpart

We are a family of seven between our two households and want to bring the four kids and Michael to see Hamilton also. One of the kids is a US history buff, they are all musicians and all very creative. Because the show is so popular, we aren't sure when we can get a large block of tickets for all of us to go together. We are happy to wait for the opportunity and grateful that we are able to make it happen. When we do go, that will make it four shows for me and Ivey. Some of you may get the relevance of this; the only other shows I have counted in my life are Grateful Dead shows in my youth!

I appreciate the dedication that it takes to hone talents of the cast, musicians and crew. I Thank them for sharing a part of themselves with the world. I read the following in an article about Philipa Soo, who plays Hamilton's wife, Eliza, and have no doubt that it's true... "This cast will be one of the original casts that people will talk about for years". I'm grateful to be one who has experienced their performance.

The soundtrack has been available for a few weeks now and Ivey and I have been listening to the music non-stop. "Helpless" must have been played 1000 times already. We play the soundtrack in the kitchen, in the car, basically anytime that my kids aren't around. They are steadfast on waiting to see the show before listening to the music.

The music composed by Miranda is truly modern American and was clearly influenced by the variety he was exposed to growing up in New

York. The outstanding genre of this show is Rap. However, the music encompasses plenty of R&B, Pop, Swing, Broadway and more. The many styles are represented and recognizable to everyone on some level the same way the storyline is. I was surprised at the intermission to see so many people of my parents generation loving the music - loving the show. The audience reflected the message.

The music is familiar yet completely new and innovative. The wordiness; the language style of rap displays a side of Hamilton I never knew or understood. It expresses his heart felt intensity. Miranda intertwines popular references of today with facts from the biography, Alexander Hamilton, written by Ron Chernow (this is book that inspired Miranda to create this masterpiece). The music is American as Hamilton and Miranda both.



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Historic Hudson Valley Holidays



Vicky and I have dedicated this holiday issue to HAMILTON, now playing on Broadway. It took my breath away. Never before has a musical grabbed me by the throat and carried me, on the edge of my seat, to the very end. It's brilliance in storytelling and it's beauty of expression are only part of the musical's genius in sharing with the world the story of an incredible man who effected change in our country. His ideas and ideals not only hold up today but can speak to and are relatable, on some level, to everybody.

Every time we saw it we learned more about Hamilton, more about our country, more about what joins us together as a nation and what has always been there to try and break us apart. We had been inspired... the story and songs have entered our every day life. Where Billie Holiday used to reign in our kitchen, she has been replaced with the HAMILTON soundtrack.

We wanted to share it with you in the hopes that you too will go see this incredible Broadway show and be blown away just like we were. Thank's to HAMILTON we give our Historic Hudson Valley Holiday!

The story of Hamilton is the story of his life. The under lying theme reminds us that human behavior is essentially the same. With a multicultural cast, music, and audience it is clear to me that we all have concerns, struggles, love and joy.

I whole-heartedly and highly recommend getting tickets to see Hamilton. It's worth every penny and the wait to get tickets!

Enjoy!

Garlic Roasted Leg of Lamb



C'mon, Show Me a Little Leg

This years Hudson Valley Garlic Festival unveiled a plethora of new treasures and re-established a few old favorites as well. We came across a vendor that Vicky and I refer too as “the wild boar guy”. In reality, the company is called Highland Premium in Germantown NY. But to us, for all eternity, he’s the wild boar guy. We look for him every year. His smoked wild boar sausage is a staple in our house and I always go to the Hudson Valley Garlic Festival with at least one, if not two coolers so that I can stock up for the winter. This year I noticed there was a lovely leg of lamb for sale, Vicky did too, she kept joking that it was mutton. Again Hamilton was influencing our everyday speech. Vicky does not even eat lamb; she grew up believing family folklore that she was allergic. It was a beautifully trimmed 7 lb. leg, on the bone, and it was begging to come home with me. I figured all I needed was a little garlic, a little rosemary, a little lemon zest, a pinch of self-confidence and I’d be all set. Leg-o-mutton revised for 2015! I chuckled thinking Alexander Hamilton would be proud. I did not want to marinate it overnight. I wanted to hit the ground running. I needed a cooking method that could be done from beginning to end straight to the meal. I love leg of lamb. I had seen so many people, over the years, cutting slits in the lamb to insert the garlic and rosemary. This always seemed like a lot of work to me, with not great results. Especially since I was usually the one who ended up with the incredibly intense rosemary-flavored piece or that little left over nub of half raw garlic that got over looked. I didn’t feel that the flavors really penetrated the meat, other than in the small hole where they were inserted. If there was a way to thoroughly season the meat and then cook it slowly, still consumed by the rub, the lamb might have an opportunity for all of the flavors to work their way in. Hey, I was winging it anyway, right? Might as well try.

A salt crust was the answer and my trip to the garlic festival had provided me with the most robust garlic collection. I had gathered a variety of bulbs. They were precious, and I needed to get the most garlic flavor out of them. I went with a large ginger grater. It was perfect for pulverizing the garlic into a paste. Which, when mixed together with my rosemary-lemon salt, would be just perfect. Where the f#@k was my food processor???

Rosemary, we grow our own. In a pinch I like the little plastic clamshells you get in the supermarket produce section. If you have a friend with an herb garden, go be nice to them, the clamshells are a lifesaver in the winter but nothing’s better than home grown.

You are going to use the entire stick of rosemary so don’t be gentle when you remove the needles. Bruise them well. I like to crush them in my fists a few times until I can really smell the rosemary. Then put the rosemary in the food processor bowl with the lemon zest. Add coarse sea salt. Process the mixture on pulse five times, then let the food processor run and allow the salt, rosemary and lemon zest to really combine. About two to three minutes. You’ll notice how incredible it smells!

You will need lemon zest. I zest my older lemons and keep some in my freezer, but I am a sick and twisted foodie. I realize that most people do not. Zesting a lemon can be made simple by using the correct tool, a zester or a microplane zester. In the event that you do not have one, use a vegetable peeler to remove the lemon zest, then chop it as finely as possible with a knife before placing it into the food processor. If you have a lemon that is soft and therefore difficult to zest, simply place it into the freezer for a

half hour and the zesting process will be much simpler. We used approximately two Tbsp. of lemon zest.

Mix the garlic in a bowl with the finished seasoned salt. I like to use my fingers wearing gloves, until it is combined into a paste. Spread the paste mixture against the sides and up to the edges in the bowl. This will help you decipher how much rub you have. Watch the video, you’ll see what I’m talking about. Vegans, you may want to skip the scoring part of the video. Actually, skip it all together, you may find it disturbing. Carnivores, get your sharpest knife and follow my instructions! Lay the leg down and begin to score the skin and fat in a crossways pattern. Do this on all sides.

Begin to rub the garlic, rosemary lemon, salt mixture on the underside of the leg first. Then turn the leg over and cover the topside with all of the remaining salt rub. Drizzle the leg with a little Magic Oil (sub with pure olive oil) and get ready to begin the low and slow. This will help all those yummy flavors to penetrate our lovely leg. Speaking of penetration, you are going to need a digital probe meat thermometer. Get one.

Preheat your oven to 300° and take out a large roasting pan. If you have a roasting rack, this is the perfect time to use it. If not, I recommend the veggie trick. Place a couple of large peeled carrots on the bottom of the pan and set the leg of lamb on top of them. Celery, onion, hunks of cauliflower or cut potato works too. The lamb should cook, for one hour low and slow at 300°. Then take out the lamb and knock off all of the hardened salt coating. It will have formed a crust all over the leg. Expose the naked lamb underneath and baste the lamb with the pan juices. This is the time you will insert a digital probe meat thermometer.

Raise the oven temperature of the oven to 350°.

Removing the salt shell can get a little messy, I recommend using an apron. Make sure to scrape off any hangers-on and return the lamb to the 350° oven for approximately 40 minutes. Use your digital probe meat thermometer to monitor the cooking and internal temperature to your taste. Remember to stick the probe into the thickest part of the meat, making sure not to touch the bone.

The internal temperature should be 118-120° for rare, between 125-130° for med-rare, 135-145° for medium. The only thing that should be well done on a leg of lamb is the outside, which should be brown and crispy (not to mention yummy).

Let the lamb rest under loosely tented foil for at least 15 minutes before carving. This is an incredibly important step if you like sweet, juicy meat. If you cut into the lamb before allowing the juices to re-distribute, you will end up with tight, grey meat and a plate full of liquid.

It came out perfect, I couldn’t believe that it actually worked! I like my lamb medium-rare. The meat was infused with the flavors and had developed an out layer of bark that even Vicky couldn’t resist. Yup, even she, who feared the worst, ate it. The good news is she’s not allergic, the bad news is, she still doesn’t like lamb. Not such bad news, there’s more lamb for me. The lamb barely made it off the cutting board. As Michael carved, we were sneaking little nibs here and there until finally we were all just standing around the counter, eating off the cutting board with our fingers. Seriously, take a look at the video, you’ll see what happened. Use your smartphone to scan the code which will bring you directly to our instructional video. You can also, always just look us up on YouTube or find us at WWW.Bostingtonthehudson.com

Now I realize that I have omitted specific measurements. Don’t be nervous, just use your eye. Everything depends on the size of the leg of lamb you choose. The marinade paste rub should coat it, so look at what you have before you get started.

Historic Side Dishes



Happy Holidays from
The Girls at Ivey's In My Kitchen



Leg Of Lamb

Only you can be the judge of how much garlic you want or how much rosemary to use. The salt should be about three times the amount of the lemon zest and rosemary. I promise, you cannot put in too much. Play around with it, see how you do. We posted an instructional video for you to watch.

We also posted a bonus video on Roasting Garlic. Check them out! Please scan the code with your smartphone to watch our instructional video. Or visit us at Boatingonthehudson.com and YouTube. You can always email me for help, Cook@Iveysinmykitchen.com. Enjoy!

Royally Roasted Beets

Beets – we used 4lbs of mini red beets and four larger golden
Melted Bacon Fat or ¼ Cup Magic Oil
½ tsp. Kosher Salt (omit if using Bacon Fat)
Preheat oven to 400°
Place the beets, with their skin on, in a large zip baggie.
Drizzle with Bacon Fat or Magic Oil & Salt.
Toss gently to coat and dump the beets into a shallow baking pan.
Place larger beets at the outer edges of the pan.
Put beets in 400° oven (uncovered) and check after 45 minutes.
 Beets should be dark brown and wrinkling around the edges. Pierce them with a knife to see that the beet is done. The knife should slide easily in and out of the soft beet. If they are not well done enough for you, turn the oven up to 450° and roast for another 15 minutes. This time of year its easy to find beets, they are delicious and simple. We posted an instructional video for you to watch. Check it out. Please scan the code with your smartphone to watch our instructional video. Or visit us at Boatingonthehudson.com and YouTube. You can always email me for help, Cook@Iveysinmykitchen.com. Enjoy!



Royally Roasted Beets

Bacon Roasted Brussels Sprouts

2 Pints Fresh Brussels Sprouts – whole, rinsed & picked over
¼ Cup Melted Bacon Fat or ¼ Cup Magic Oil
½ tsp. Kosher Salt (omit if using Bacon Fat)
Bacon for garnish – cooked crisp (optional)
Preheat oven to 400°
Place veggies in a large zip baggie. Drizzle with Bacon Fat or Magic Oil & Salt.
Toss gently to coat and dump into a shallow baking pan.
Put veggies in 400° oven (uncovered) and check after 25 minutes.

Brussels Sprouts should be dark brown around the edges. If they are not well done enough for you, turn the oven up to 450° and roast for another 15 minutes. They're done when the edges are brown and veggies are easy to pierce with a fork. Serve with crumbled crisp bacon on top! In the late fall, when Brussels Sprouts are at the peak of their season, you can find them still on the stalk. (We did!!!) They are delicious and less costly. And seriously, so much fun!!! If you have the opportunity to buy them on the stalk, do so and cook the sprouts the same as directed above. Please scan the code with your smartphone to watch our instructional video. Or visit us at WWW.Boatingonthehudson.com and YouTube. We had a great time playing with these big boys. We posted an instructional video for you to watch. Check it out. Please scan the code with your smartphone to watch our instructional video. Or visit us at Boatingonthehudson.com and YouTube. You can always email me for help, Cook@Iveysinmykitchen.com. Enjoy!



Bacon Brussels Sprouts

Bundled Buttered Onions

Large Sweet Onion – peeled
Butter
Parchment Paper
Tin foil
Oven proof dish
Conviction, time & patience
 This new twist on a family favorite was inspired by our current obsession with the Broadway musical HAMILTON. Looking back at the food from that time, there is so much simple goodness that has gotten lost in today's fusion gourmet world. Bundled Buttered Onions is a take on a recipe my parents made, as I was growing up combined with colonist know-how. Sweet onions were only available for a short seasonal time and from a small town in Georgia. Once a year, my traveling Father would ship home a big box and my Mother, Mara and I would string them up inside of

Hudson Valley Holiday Apples



long hanging pantyhose. Yes, you read that right, pantyhose, fresh out of the plastic egg. Sweet onions, now available in most supermarkets, have a great amount of sugar and will quickly spoil in the wrong conditions; ie warm, damp and touching. So one by one we would string the onions down into the long leg, tie a knot above and go right into placing the next onion. As we used them we would simply go down to the basement with a scissor and cut off the bottom onions and bring them up for use. The best was when we would smother them with butter and throw them on the grill. I loved it but the grill burned too hot and the onion was a combination of burned, under done and edges of delicious. I always dreamed of a sweet onion, smothered in butter and cooked until the whole thing, intact, was caramelized. The colonists would have placed their onions amongst the coal of their fire until they were perfect. Well, thank you Alexander Hamilton. Thanks to your influence and our interest in your time, we have come up with a perfected recipe to fill that craving. Get ready for **Bundled Buttered Onions**.

Pre-heat your oven on 375°.

Place the onion, root side down, and begin to cut crossways thru the top. Only insert your knife half way into the onion. Turn the onion clockwise and continue to make shallow diagonal cuts across the top of the onion. Stuff the inside generously with butter. Wrap the onion first in parchment paper, this way the onion will not stick. Then wrap the whole thing in heavy duty tin foil and make sure that the opening of the onion and the foil is facing upwards in the oven proof dish. Otherwise all the butter will drain out and you will have a burned, stinky mess.

Check after one hour for your own sanity. Carefully open the bundled onions. Notice they are still undercooked. Loosely close the foil parchment packages, allowing for a little air to flow through.

Now leave it alone for the next two hours, again for your own sanity.

In total, the onions took 3 hours to reach perfection.

It was certainly worth it. We have included an instructional video so you can see step by step.

These sweet, buttery caramelized onions make a fantastic side dish all by themselves. However, I love to mix them into things like mashed potatoes and chicken salad.

Or place them on top of sandwiches, serve alongside with red meat, pork, on top of fish, the possibilities are endless. And the dish has only two ingredients, onion and butter!

We posted an instructional video for you to watch. Check it out. Please scan the code with your smartphone to watch our instructional video. Or visit us at **Boatingonthehudson.com** and YouTube. You can always email me for help, **Cook@Iveysinmykitchen.com**.

Enjoy!

Holiday Apples

This recipe experience, like so many others, started out with a lot of product, a lot of screw-ups and a great deal of cursing. We left all of that out of the instructional video for you nice people. I wanted to play with apples, it's the season, cooked, baked, fresh, etc. etc. I live in NY, it's the best place in the world to get the greatest apples, and we had our hands on some beauties.

Vicky and I are obsessed with the new Broadway musical HAMILTON (which is currently running at The Netherlander in NYC). It has affected our lives so deeply that Vicky gathered a collection of colonial cookbooks from that time. And, of course, as usual, it was Vicky who set me to right. She and her treasure trove of books. We keep a garden, keep chickens, stay away from most processed foods and chemicals as a rule. We delight in cooking because we KNOW what our family is eating. The colonists lived that way out of necessity. I found their cookbooks to be incredibly applicable to what we now refer too as an "off the grid life". So, the old founding fathers were a lot like the new hippies? Well kinda, yeah. The recipes they created to make the most of the ingredients and seasons that they had was impressive. I know that the advances have been many since the time of the colonies however the food, not so much. I give you a Historic Hudson Valley Holiday Dessert.

Everything started for the want of a baked apple. Was a simple baked apple too much to ask? Apparently, yes. Yes it was. Every time I tried, I was hopeful, excited, enthusiastic, however, each time I opened the oven looking for my finished treasure, I was confronted with the result of apple explosives.

Rome apples are the recommended baking apples, I didn't have any, or access to them. What I did have was a gigantic bushel of big fat crisp juicy Cortland's. Big as a baby head, I figured that'll do, Cortlands are good for baking too. I also have faint recollections of one of my Mother's recipes. When I was a child baked apples were as common as eggs and milk. It was one of the two standard "dessert" choices. When anyone in my house asked my Mom what was for dessert, she would always say "an apple" and she meant it. You could grab a cold crisp one and eat it out of hand or you could go and grab one of the old fashioned crocks in the refrigerator filled with a single yummy baked apple. The baked apple, in my childish opinion, was the better deal, It had been sweetened with sugar free jello and diet cherry soda and cinnamon. As an adult, I kept the cinnamon, added water in place of diet soda and stuffed the cored center of those bad-boys with a gorgeous raisin medley of red, golden and black. Now we were ready. Or at least I thought we were.

I open the oven when it's finished and I am not happy. The whole baking pan is filled with apple mush dotted with sweet raisins. I don't know what made me do it, I topped it with the butter anyway, set it aside and figured I'd kill the pan slowly with a spoon while I worked on preparing a batch that didn't end in apple shrapnel. So again, I tried, same ingredients, however changing the cooking temperature. This did not help; I had beautiful baked apples that were hard in the center. I pushed that baking dish also to the side and went to work on the next batch. I was not giving up. I lived on these things as a kid, there was no way I was getting beaten by a freakin' baked apple recipe. Now it was making me angry. So I called my Mother. To my great shame, I was already doing it right. I listened to every detail, swapping out the cancer causing poisonous ingredients quietly in my head, but the process was the same. It should have worked. I tried again. And then I tried another time. I am not kidding. This was not only getting personally frustrating, but the leftover failures were piling up. They were delicious, yes, but pretty enough to serve? No.

So my counter top is covered with Corning, Pyrex, even disposable tins filled with over/under cooked apples. I needed a break. You know that



Bundled Buttered Onions

moment when you walk back into a room you have been in for too long? You get a glimpse of perspective. And what I saw was a crazy person with way too many apples. Thumbing through one of those great books Vicky got, we find a recipe for applesauce where the apples are roasted instead of boiled. I start reading....apples, cinnamon, clove, allspice, candied fruit, wine, butter and then to bake. It's not that far from mine. THAT'S WHAT I AM GOING TO DO! I'm going to stop beating myself up over the fact that I cannot seem to get it right and go around the wall. Actually smash it to be exact. I took all the dishes of baked apples I had blown to shrapnel, half-baked and obliterated and threw the whole contents into a large saucepan. Grabbing for a potato masher, I placed the apple filled pot on top of a medium heat. There were skins in there and they had given the applesauce a pretty pinkish hue. Something you know appeals to me! I left the skins in and shredded them as I tore through the apple mixture with the potato masher. What I ended up with is so good; it should be enjoyed behind a closed door, with ice cream. Seriously, this was a moan-inducing experience. I finally figured out what I was doing wrong with the baked version, I was paying closer attention to the numbers than I was to the actual apples. When the first 20 minutes are up poke the apples with either a sharp knife or a long skewer, it should be soft. Also, I messed up the check-in time as well. Vicky straightened me out. When you know how your apples are doing at the 20 minute check and baste you will know how much longer they need. Cook for 10 minutes if almost soft, 20 minutes if you want to make the apples super soft (perfect with ice cream). The basic recipe is the same, it's your end result that will decide whether you have baked apples or baked applesauce.

Roasted Baked Apples-Sauce

6 large apples (for baking: Cortland, Rome) top cut off
1 1/2 cup Raisins - combo of red, brown, golden
Cinnamon - sprinkle sparingly on top of the apples
1 Tbs. rough-cut sugar
Butter - 1/4 teaspoon on top of each apple
1 cup of water

Pre-heat oven to 375°
Butter an oven-proof baking dish and place lace the apples cut side up. Dust each apple with cinnamon. Fill each center with raisins, and push them below the apple opening. Sprinkle the apples with sugar. Top every apple with butter.

Carefully pour water into the bottom of the pan. You want about an inch of water.

Let the apples roast for 20 minutes.
 Baste the apples once. Check the apples for doneness. Cover the dish (or apples) and bake for 10-20 more minutes.



Bountiful Baked Apples

Sweet Sautéed Caramelized Apples

3 large baking apples (Cortland, Rome)
2/3 Cane sugar
6 Tbs. good Butter
a sprinkle of cinnamon

This recipe started out as an award winning pie. Vicky, yes our Vicky, won first prize, blue ribbon for her caramelized apple pie at the Yorktown Grange Fair. It was incredible and we were all so proud of her. In recent times, we have withdrawn from some starches, pie dough being one of them. So we have missed Vicky's idyllic creation. While experimenting in our kitchen this season, we ran into so many problems. I was seriously in need of something to go right, and some comfort food wouldn't hurt either. While acknowledging how wonderful this batch of apples were, we began to reminisce that these would have been perfect, back in the day, for an award winning pie! Then the bummer "awwwww" set in, no pie crust. But wait? Vicky pointed out that we would just eat the center out anyway, why not make a dessert out of the pie filling? So we did, Vicky taught me this delightful, delicious and do-able recipe. I felt lucky to have a good old cast iron skillet to cook the apples in, it was the perfect tool. If you do not have a cast iron, use your heaviest frypan.

Core, cut and peel apples into 1/2 inch sections. Melt 2-3 Tbs. butter in a medium-hi skillet. Lay apples out in one layer across the bottom of the pan. You may have to do more than one batch.

Sprinkle approx. 1/3 cup sugar across the tops of all the apples in the pan. Wait about five minutes while they cook. You will see the edges of the apples getting golden, the sugar on top of the uncooked side of the apples slightly browning, and there will be a consistent bubbling dance going on between the butter and the sugar surrounding the apple slices. **DO NOT FUTZ WITH THE APPLES!** Leave them alone from the time you lay them down until it is time to flip them.

Once flipped, leave them alone until it is time to remove them into their serving crocks. So hands off the apples fellas. You may notice certain hot spots in your pan. Feel free to rotate the pan to try and cook the apples evenly. Once the apples are fully cooked, approximately 5 more minutes (10 total).

Remove them into an oven-proof dish. The syrupy liquid left in the pan is home-made caramel; use a spatula to best remove it. Pour the caramel yumminess all over the apples. This dish is perfect just the way that it is, however, if you like you may top it with ice cream or whipped cream. We used our very own Magic Milk, and it was heaven. Reheating this dish is simple, either cover it with plastic and microwave it for 30 seconds or warm for 10 minutes in the oven on 350°. Please watch our instructional video to see how simple, yet tempting this recipe is. We posted an instructional video for you to watch. Check it out. Please scan the code with your smartphone to watch our instructional video. Or visit us at Boatingonthehudson.com and YouTube. You can always email me for help, Cook@Iveysinmykitchen.com. Enjoy!



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