

Putting the 'do' into do it yourself

How to expertly moor a yacht

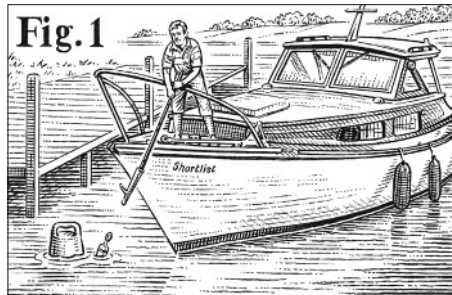


Fig. 1

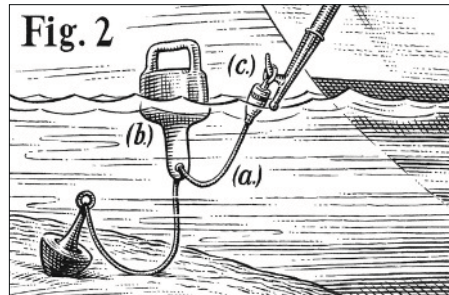


Fig. 2

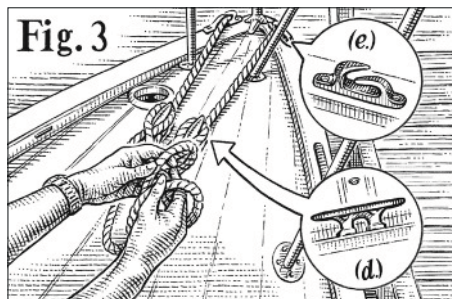


Fig. 3

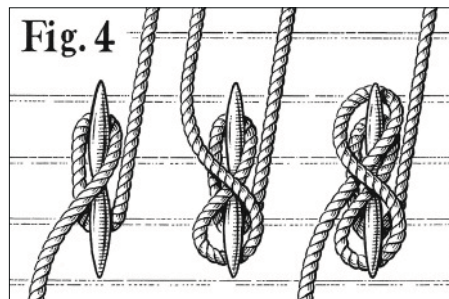


Fig. 4

1 "Make sure that the spot you've selected is deep enough to allow your boat in and out of dock at low tide. Approach the mooring from downwind or

against a current in order to slow your approach. Well before reaching the mooring, have a crew ready at the bow with a boat hook."

2 "On your approach, make sure that your bow won't cross the mooring pennant (a) between the mooring ball (b) and the pickup buoy (c), which could make it difficult for the crew to pull up the pennant. As the bow reaches the mooring, your crew needs to grab the pickup buoy mast and pull up the pennant. If the pickup mast cannot be reached, use the boat hook to catch

the pennant underwater between the mooring ball and the pickup buoy."

3 "Once the crew grab the pickup buoy, they need to secure the pennant on the bow cleat (d). Pass the pennant through a bow chock (e) to prevent chafe, and secure the pennant's loop over the cleat."

4 "For added security, make a cleat hitch over the cleat. This will prevent any risk of the pennant loop 'jumping' off of the cleat if tension on the pennant is not continual."

MAKE THE PERFECT BURGER

It's the ultimate in bread-contained comfort food. Mike Reid, head chef at Gaucho O2 (Gauchorestaurants.co.uk), gives us the blueprint for creating the perfect beefburger.

A "Get a nice fatty steak such as a rib-eye, trim the fat and put it to one side. Mince the meat with a sharp knife, cutting cubes no more than 2mm across. Do the same with the fat, but rub in salt as you go along."

B "Put 180g meat and 20g fat into a bowl with 20g diced shallots, 10g chopped garlic, 20g chopped parsley, 1 tsp ketchup, 1 tsp Dijon mustard and season. Mix with your hands and shape,



Tomato seized its chance to break cover and make a run for it

but don't compress them too much. Put them in the fridge for an hour before cooking."

C "Put vegetable oil in a hot pan and seal off both sides, 60 per cent on the first side, 40 per cent on the second. Finish in the oven until medium – about six to eight minutes at 175C. Toast a sesame-seed bun, putting ketchup on the bottom, mayonnaise on the top. Add a slice of cheddar as the burger finishes, put it in the bun and top with crispy bacon, tomato, onion and baby gem lettuce."

Arrive at the office in peak condition

Harley Street nutritionist **Claudia Louch (Phytoclinic.com)** gets us going from the off.

BREAKFAST IS VITAL

"You want a balance of carbs, fat and protein. Porridge made with semi-skimmed milk and some fresh berries as antioxidants is ideal."

AVOID QUICK HITS

"A bacon sandwich is a bad

idea. Avoid lots of fat and white or refined bread – it just gives you a quick glucose hit, as do fruits with a high glycemic index, such as bananas. Apples, pears and stone fruits are best. Toast should be multigrain or brown."

KEEP HYDRATED "Again, avoid fruit juice – it's pure sugar. Tea or coffee is fine, but water is vital for concentration."

TIME YOUR EATING

"Try to eat 30-60 minutes before work. If you have a long commute, take fruit. Try not to get hungry."

HOW NOT TO GET SHOT DURING A MOB HIT

If the Mob want you gone, a bullet is the quickest option. Ex-SAS soldier Dave Thomas, founder of corporate entertainment company Spy Games (Spy-games.com), helps you avoid sleeping with the fishes.

"Don't panic," he says. "Engage them in conversation. If they're agitated, they may not really want to shoot you.

"If they're calm, however," Thomas continues, "they probably do, so try to get away. If they tell you to get in a car, don't. You're better off taking your chances."

"If it's a hit, they've probably done their homework, but if they haven't and ask who you are, lie. This will cause them doubt and give you a moment."

Take in your environment. "Are there other people around?" asks Thomas. "Can you distract the gunman? Is their finger on the trigger? If they've pressed the gun against your head, they clearly don't understand firearms. If you think they're going to shoot, strike out. You might just get shot in the arm, which is better than the head."



"I think you'll find that eight aces is a perfectly legitimate poker hand"