

Provisioning for and Cooking OffShore

Overview

- Pre-Planning Meals – Menus (for Delivery and Back-up for Maine)
 - Depending on your itinerary you may only require one day's food or several days. Remember, that grocery shopping in Maine may be hit or miss so having back-ups is very helpful.
 - Check on any crew allergies
 - Types of supplies
 - Fresh vegetables – lettuce, carrots, etc.
 - Staples – bread, cereal, milk, coffee, tea, boxed soup, etc
 - Pre-Cooked Store-Bought or home cooked main meal
 - Pre-Cooked pasta and rice
 - Canned or bottled foods – pasta sauce, soup, tuna
 - Crew Self Service Items – Snacks or grab and go – chips, pretzels, crackers, cookies, apples
 - Water, Selzer, Drinks, milk, coffee and tea

Overview

- Preparing the Refrigerator/Refrigerator Rules
 - Packing the refrigerator
 - Snack locker or bag
 - Crew Self-Service – Drinks (in cooler in the cockpit)
 - Overnight – hot tea, coffee/coco in thermoses
 - Designate who can access refrigerator

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- Storing food – locations of stored food
- Drink storage – water, Selzer, etc.
- Location of pans and cooking equipment, etc
- See attached sample (menus and food location)

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- Cooking Underway

- Clarify who is designated to cook (one person for the whole delivery or multiple people)
- Eliminate or minimize cooking from scratch while underway (unless in flat water)
- Use pre-cooked items for reheating in the oven
- Stove top – boiling water (use tea kettle if possible)
- Do NOT cook bacon or other greasy items on stove underway particularly in heavy weather to avoid burns and fire

Cooking Offshore

Examples of Easy to Heat Pre-Cooked Dishes:

- Pre-Cooked Bacon
- Pre-made Breakfast sandwiches/fritatas
- Pre-made lasagna or pre-cooked pasta with bottled sauce
- Pre-cooked Pulled Pork
- Pre-cooked chicken (BBQ or regular)
- Rice in a bag or pre-cooked pasta (heat in hot water)
- Pre-Cooked Pot Roast with Pre-Roasted Potatoes
- Pre-made garlic bread (wrapped in foil ready to heat in oven)
- Vegetables in boiling bags beans) greens or salads with dressing

Preparing the Galley for Off-Shore

- Preparing the Galley
 - Gimbled stove
 - Metal arms to secure pots on the stove
 - Hot pads
 - Galley strap and strong clips for the strap
 - Kettle for hot water
 - Thermos for hot water/tea/coffee at night
 - Large aluminum foil sheet pans (for the oven)
 - Ziplock Bags/aluminum foil/cling wrap, etc
 - Various pots and pans and kitchen implements

Serving Food and Cleaning-Up

- Serving Food and Drinks
 - Sturdy paper plates or flat bowls
 - Regular flatware or plastic
 - Red plastic cups with crew names for the voyage
- Clean-up
 - Who will be responsible
 - Water (tank water) usage – conservation is critical
 - Repacking refrig with any left-overs, etc.
- Preparing for evening coffee, tea, and hot water for overnight

Questions, Additions, and Discussion

Safe and Happy Sailing

See you in Maine