

Provisioning For Cruising

Presented by

Cooking for Cruising and Living Aboard



Caroline Foster – Galley Pirate
MaryMarie Quigley – Guest Pirate
(filling in for Kristin Weaven, Co-Pirate)



Who We Are...



The Cheffie One

- Former Live Aboard
- Art Director/Graphic Designer
- Galley food blogger, cruised Caribbean, New England



The Reluctant Cook

- Cruised US East Coast & Bahamas
- Leadership Trainer for Corporations
- 50T Master Captain – Inland Waters

We'll Briefly Cover...

- General principles about provisioning
- Food Prep
- Grocery Shopping
- Food Storage
- Gear (pots, pans, dishes, glasses, gadgets)
- Tips and Tricks

The Big Picture: Cruising Looks Different For Every Boat

Cruising: Living aboard your boat for some extended period of time and traversing beyond your home waters.

- Figuring out what might work for you on the water is probably going to have some similarities to what works for you by land!
- Our natural personality styles will have a lot of influence on how we approach cruising, too. That will even influence how you approach provisioning.



General Concepts About Food and Cruising

#1

What you like on land, you will like at sea;
what you DON'T like on land, you won't like at sea!

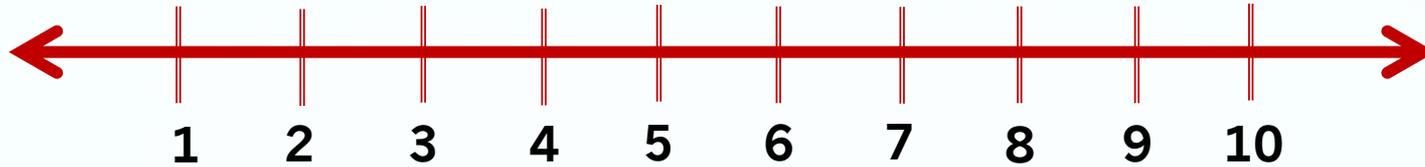
#2

Rookie mistake in provisioning: **OVERSTOCKING!**
(Except beer and wine, because, DUH.)
Wherever you go, the people there have to eat, too.
There will be food.

#3

There is **NO ONE RIGHT WAY** to provision;
every boat is different, so very few hard and fast rules on
the subject. (Except about the cardboard—but we'll get to that.)

Picky Eater – Never Met a Meal I Didn't Like Scale



- How particular are you about what you eat?
- How particular are you about what you drink?
- Do you have some staples that you just can't live without?
- How much would you like to eat out vs. eat in?
- Are you willing to try some local cuisine?

Your responses to these questions will influence how you provision.



Canned goods supply leaving for the Bahamas



Canned goods supply returning from the Bahamas

What Impacts Cooking & Provisioning Aboard?

- Length of the Cruise
- Location/Destination
- Budget (Eat in or out? Ingredients? Availability)
- Picky eaters aboard
- Allergies
- Number of Crew
- Food prep at anchor/marina or underway
- Refrigeration
- Storage
- HEAT on the boat in warm weather
- Water limitations at times

Food Glorious Food

Be ready for:

- Regular meals
- Passage meals & hearty snacks
- Happy hours (many, many, many)
- Pot lucks

**A happy hour with no
food? How sad...**



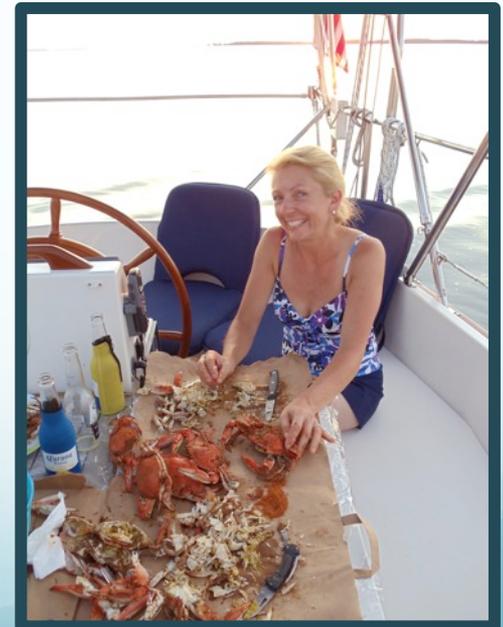
General Food Purchase Suggestions

Meats

- If you're a vegetarian, feel free to nap for the next 90 seconds
- Cryovac meats are easy to freeze/store (without styrofoam!)
- Storing meat in single serving portions is easier
- The butcher counter will often help with this AND will pre-freeze for you. (Easier on that little boat freezer.)
- Packaged sausages of all types for lazy days
- Catch some fresh fish!

Starches

- Rice (hooray for ready rice!)
- Potatoes (instant aren't bad at all)
- Pasta (does make heat and steam, though)
- Frozen pastas (gnocchi, ravioli...)



General Food Ideas

Veggies

- Canned green veggies? Maybe if you already like them
- Canned corn, beans, jalapenos, tomatoes are good for lots of meals in a pinch... but everyone else will think so, too. Lots of “Tex-Mex” dishes show up at pot lucks.
- Fresh is best; easy in the US, slight challenge in Bahamas

Breads

- Some people make their own bread – bless you
- Naan is an interesting substitute and multi-functional
- Storage is tricky; try wraps or flatbread to maximize space – also longer lasting.

Spices

- Take your favorite staples
- Sea salt stores better in humidity
- Get good grinders...stainless blades
- Herbs & spices in a tube – boat friendly!



Potato chips aren't a food group?

The Adventure of Grocery Shopping

- Be prepared to walk!
- Soft sided coolers or insulated bags
- To cart or not to cart?
- Leave the cardboard packaging behind! (There's that one rule!)
- Strategically plan bigger provisioning for locations with great stores and transportation.



To Inventory or Not to Inventory

- If you are naturally detail oriented, organized and love this kind of thing, then by all means, inventory!
 - There are good apps to help with lists and tracking stocks
- If you don't get upset when you end up with 3 bottles of mustard that you know you will use eventually, don't worry about it too much
- If you waste \$100s on food that never gets used because it went bad before you used it... and you kept buying the same thing over and over, you might want to try it
- At the very least, a basic grocery list is never a bad thing. Smart phones are handy for this...

To Cart or to Carry?

In the past, this was touted as “the cart to have” on a boat by some... but technology moves on. Other options offer soft sided design, carry more “stuff” and not that expensive. Just think about where you will store it.



Gear – Plates, Glasses, etc.



These good sized bamboo bowls can be serving bowls or small troughs for big meals and potlucks.

Your dishes and glasses don't have to look like you're camping... there are many materials to choose from.



Melamine is break resistant and attractive. Safe on top rack of dishwasher... oh right, you won't HAVE a dishwasher!

Other composites are fun to shop for. These resin bowls (inspired by Dinosaur Design) were found on sale in a specialty shop.



(www.galleyware.com)

Storage Containers and Galley Gadgets

- ✓ Storage containers should have locking lids that you can trust!
- ✓ You can never have too many zip lock baggies (all sizes).
- ✓ You can almost never have too much foil.



Some inventive, flexible lids for “stuff”



Silicon: It's not just for boobs.



One of my personal favorites – the Reef flip flops with bottle opener – for those Corona emergencies

What's the Most Controversial Topic on a Boat After Anchoring? Coffee Makers!

- If you don't drink coffee, please feel free to nap for the next 120 seconds...
- So many options... Let's vote!
 - Stove top percolator
 - Electric coffee maker (suck it up and turn on the inverter – Keurig, Drip,)
 - Drip maker with cone – pour boiling water (Melita)
 - French Press
 - Instant
 - Other?



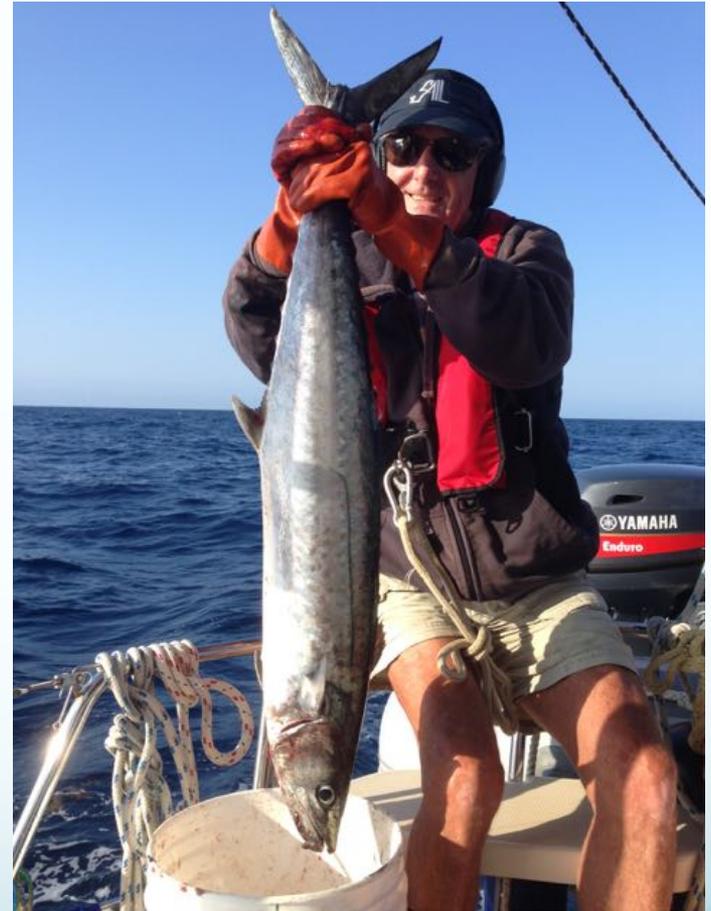
Fishing Anyone?



Without fish bucket...



No bucket big enough for this one!



Tall, food quality, bucket means less mess on your deck!

Specific for the Bahamas

- They have food, but...
 - You won't always find exactly what you want, when you want it. Try to be flexible and experiment. Hey, just pretend you're on "Chopped"
- How do I get fresh veggies in the Bahamas?
 - Easiest veggies to get: tomatoes, onions, peppers, cabbage, potatoes
 - Find out which day the boat comes in with other fresh stuff
 - Be prepared to pay more than in US
- Stock up on before going:
 - Peanut butter, preferred brand names (i.e. Oreos), beer, wine, paper goods
- Good supermarkets in:
 - Nassau, Marsh Harbor, Eleuthera, Long Island,
 - George Town (has most everything)

You won't need to bring rum!! Yo ho ho...

Food Storage for a crew



- Food hammocks, keeps produce dry, undamaged and easy to access
- Foods that can handle some banging around: Spaghetti squash, potatoes (sweet potatoes are better for you) apples, cabbage, cauliflower
- Beans, rice, popcorn, dried mushrooms in double zip locks as packing between bottles



- Labels on the insides of your lockers
- Inventory list
- Keep a camping mentality. Frozen food on bottom of icebox. Consume as it thaws.
- (Yikes! Do I see bananas on board??)

The importance of one-handed food

One handed food...
while the other hand holds on!

Premade hardy food is a necessary thing.
Save the soups and stews for calmer days.



Jamaican Meat Pies



Norwegian Meatballs

More make-ahead one-handed meals



Virtue of the Pressure Cooker

Half the time, half the energy

- Pork Carnitas
- Braised Beef
- Brunswick Stew
- Chili, Chili, Chili
- Tamales
- Split Pea Soup
- Pretty much *anything*
- Deep Frying without the splatter: Calamari, Soft Shelled Crabs, Conch Fritters



The problems with the pressure cooker: They take up a lot of space!

Night watch food

- Night watch goodie bags (trail mix...or Galley Pirates' Rosemary Cashews, dates, raisins, Craisins.) Carrots, peanut butter or cheese crackers. Little candy bar bites. Stuff you'd pack in your kids' lunch bags.
- Food in thermoses for cold night watches. Soups & stews store well in wide mouthed thermoses.



Drinking and Drinking Water

- Minimize bottled water on board.
- Drink out of your tanks.
- Use a Seagull filter.
- Keep tanks clean.
- Give all crew members their own bottle
- Gary's trick.



Touching on Food and Seasickness

- Some people swear by ginger. Keep Ginger Beer, Ginger Ale and Crystallized Ginger on board. But it is NO SUBSTITUTE for Bonine.



Favorite Gadgets

- [Hand cranked food processor](#)
- [Vacuum sealer](#)
- [Pressure cooker](#)
- [Non-breakable French press](#)
- [Galleyware Nesting 14-pc. Induction Cookware Set](#)
- (MM's fave – Oval sauce pan)

- Other gadgets: galley belt, collapsible ice bucket, ulu Alaskan Cutlery, collapsible and wooden bowls



The things my skipper hates

- Cast iron corn bread pans
- Anthropology china, full set for 6
- Anything from Annapolis Pottery
- He's given me a pass on the 8 lb conch horn cause I play it well



*Wishing you fair winds,
refreshing sundowners, tasty meals
and great cruising friends.*



Drink Like a Pirate. Dine Like a King