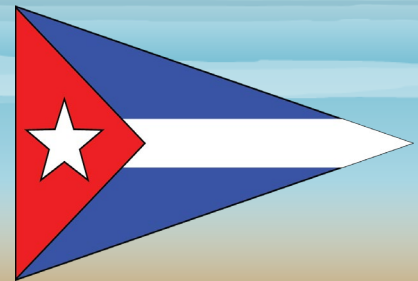
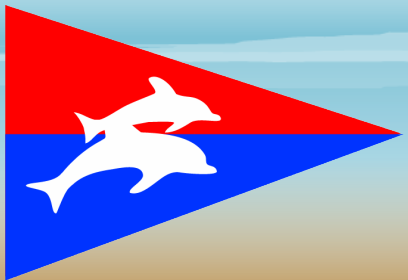




POA # 3

Offshore Skills: Provisions and Cooking

PACIFIC CUP SEMINAR
SKILLS TO DEVELOP FOR YOUR OFFSHORE ADVENTURE



Rule 1. Relax

- Much advice is written for folks who will be away from Safeway for months at a time. It's max 2 weeks (or so) for you.
- Food will keep frozen or refrigerated or at room temperature
- Heroic efforts at food preservation are not needed, unless you are into it
 - Freeze dried guava, anyone?



Your Goal

- Adequate nutrition to each crew daily
 - Calories (2000-3000, depending on size, gender and effort)
 - Fiber, nutrients
 - Tasty enough to eat. Go all out if you want.
- Adequate hydration
 - In food or in the bottle.
 - If doing dehydrated food, add more water
- Respond to crew needs
 - Allergies
 - Special diets



You can have it hot or cold aboard *Comanche*. Maybe a little rugged for our taste.

Meal Planning: Level

Good crew discussion: what level of fancy do we want?

- **Hard as nails:** Protein powder and maybe an apple.
- **Boat weight priority:** Mostly freeze-dried. No refrigeration
- **Semi comfy:** Mostly stews or casseroles for dinner, dried later in the race. Sammies and cereal for other meals.
- **Luxe:** Steaks at halfway. Wine with dinner (in moderation), omelettes, you get the idea... This adds weight and takes away time from other boat things.
 - Fine on a Passport 40. Not on a Santa Cruz 50.



Us



Meal Planning: One model

- Breakfast: serve yourself
 - Granola, fruit, cheese available. Maybe one or two days with a special plan.
 - No uncooked bacon. Hot grease is very dangerous.
- Lunch: Again, self serve.
 - Usually sandwiches. Lunchmeat. Peanut butter. Cheese. More fruit. Cookies and sweets. A few special meals to break it up.
- Dinner
 - Pre-prepared most days. Refrigerated days 1-3, frozen days 4-6, dried/canned thereafter. You can stretch the middle if you want to and have good refrigeration.
 - Day 1 should plain and soothing. You know why. Maybe a little ginger.



Oaxaca Meal Plan (as planned)



Meal	Breakfast	Lunch	Dinner
Jul 16 '21		Sandwiches; mandarins	Chicken; rice; fruit
Jul 17 '21	Granola; Cereals; Fruit	Sandwich bar	Brett's Lasagna; Caesar Salad; Fruit
Jul 18 '21	Granola ; Cereals ; Fruit	Sandwich bar	Liz's White Chili; bagged salad; Cornbread muffin; Cookies
Jul 19 '21	Granola; Cereals; Fruit	Burritos	Chinese#1; Veggie fried rice; White rice
Jul 20 '21	Granola; Cereals; Fruit	Sandwich bar	pizza; cabbage slaw
Jul 21 '21	Pancakes; Granola; Cereals; Fruit	Roast Chicken	Chinese#2; Fried Rice; Plain rice
Jul 22 '21	Granola; Cereals; Fruit	Sandwich bar	Slaw (cabbage); Eggplant Parm
Jul 23 '21	Pancakes; Granola; Cereals; Fruit	Sandwich bar	Cavatinni; Add meatballs; add celery
Jul 24 '21	Granola; Cereals; Fruit	Sandwich	Tortellini; add diced carrots; add green beans
Jul 25 '21	Granola; Cereals; Fruit	Sandwich	Beef Stroganoff (FD); or another dried
Later			Freeze dried stores; Extend prior meals

Start with light meals in case of rough seas at beginning

Dinner Scheme

- Each crew (or their support team) contribute one frozen meal
 - Give them oven dimensions.

OR

- Get freeze-dried, canned, or whatever. (especially good on small or shorthanded boats)

OR

- Get entrees from a favorite restaurant

OR

- Frozen party-size meals have greatly improved in quality since the dawn of time
 - Don't throw away the instructions

OR

- Prepare underway, you chef you!



Sanitation and safety

- Start the race rested if possible
- Trickier on a small boat
- Burns are serious onboard – avoid at all costs
- Keep meals simple
- Mount hand sanitizer in several places (silicone works well)



WHAT ABOUT SNACKS?

- Snacks are good.
- Get a sense of what crew want (ask them), but be thoughtful.
 - You don't need 20 of everything that anybody mentioned. Moderate variety is the key.
- Most folks want one or two snacks per watch. Maybe an orange, or a hard candy, or a granola bar.
- Corn Nuts were very popular one year, shunned the next. Everybody loves Werthers' and Red Vines.
- Stow where readily accessible



One word. Plastics.

- Good for your food. Bad for the planet.
- Try to limit use.
- Be aware, most crew will grab pre-wrapped stuff before taking something from bulk.
- At least provide a means to collect wrappers etc. so they don't blow overboard.



Verboten



- **Bananas.** Long-standing mariners' tradition.
- **Booze.** Depends on the boat and the crew. Be clear about what is okay.

SOME boats have wine with dinner. Some say one glass on watch two glasses off watch.

Some say no alcohol till we are tied up.

How fast do things happen on your boat? How many folks can be a bit off the pace at once?

- **Allergens.** Is someone deathly allergic to something? Best leave that off the boat too. And get an EpiPen.



Shopping

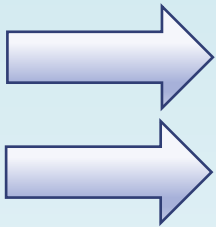
- Make a list
 - Deciding on the fly as you wander around will lead to poor decisions.
- Skip the fancy supermarket
 - Whole foods didn't have the packaged stuff I wanted
 - Safeway, Von's, Lucky... they'll have what you want
- Skip CostCo
 - You don't want a 5 gallon can of olives or 200 of the same granola bar.
 - Family size servings with variety is the key
- Farmers' Market for fruits and veggies is just fine.
 - So is grocery produce section. Beware of "bagged" offerings as rotten apple may spoil the bunch



Stowing



- Good to have one container per day or two
- Stow strategically so you can access day's meals easily plus weight distribution
- Guard against chafe and crushing
- For most things, store like you do at home.
 - E.g. Don't wrap fresh fruit up tight in plastic. It will spoil faster due to ethylene gas.
 - There ARE super-effective storage bags that combat ethylene and keep food fresh a loooong time.
- Label. And share info. If you are the only one that knows where the food is, you are now the cook.
- Post a meal plan so everyone can see it



Freezing

- First few days, freezing is not needed.
- Frozen food needs to come out of the cold in advance of cooking.
 - Put in refrigerator a day before use so it can cool the food.
- Dry Ice!
 - Amazing stuff. 70-80 lb to freeze food in a proper ice chest for 6-8 days with good discipline.
 - Pre-freeze your food and refresh the ice just before you head out, if you are going that way.
 - Insulate the dry ice so that it gives up its cold more slowly. You really don't want your food at -40 degrees.
- Or just plan so you don't need freezing



Before you leave

- Remove most or all cardboard packaging - Keep instructions!
- Think through cooking - Stove lighter, spatula, pans – bring minimum
- Calculate Fuel and water requirements for cooking
- Be creative with storage
- Freeze dried fruit and vegetables are an easy add
- Bring electrolytes to add to water.
- If its going to be a windy year, think about easier-to-cook items
- Consider “calm” or similar magnesium to keep everyone regular



Size of galley

- This will impact your cooking style!



Food choices matter

- You can't go to the grocery store midway so choose wisely:
- Bread that will last (Orowheat or similar) – not the fancy stuff
- Fruit/veg that will last – apples and oranges/cuties. Carrots and cabbage, lettuce has a much shorter time before it dies a sad death
- Choices the crew want and will eat
- Don't forget things like Peanut Butter and Jelly sandwiches that are pretty tasty at sea and easy to prepare
- Consider energy bars for snacks – there are plenty of great options and they can live in your pocket until you are ready to eat them.



Caffeine

- Talk to crew about their coffee needs (Requirements!)
- French press, freeze dried, etc. I recommend Via from Starbucks
- Don't forget sugar, creamer etc.
- Good mugs with tops, assign everyone their own cup and water bottle
- Brownies with coffee beans – yum!
- Don't overcaffeinate – need to be rested as much as possible



Freeze Dried “cooking”

- Keep food hot for several hours
- Must stay in place in rough seas
- Must be able to pour hote water in without mishap
- Jetboil stove is a great option
- measuring cup is important
- We use 10% more water and leave in 50% more time
- We assume 1.25-2 servings per person



Add ins for Freeze dried food (or regular!)



Good luck and See you there!

