

Sea Scout Meal Guidelines

Revision 6 (2022-01-03)

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Limited Heat Source

Avoid heating too much water. The Origo alcohol stove onboard AVENTURA has about 5000 BTU/Hr cooking power; whereas, a Coleman propane camping stove has about 10000 BTU/Hr. So it will take twice as long to boil water for pasta; expect to take at least 30 minutes to bring 1 gallon of water to a boil. Good advice is to select items that do not require a lot of boiling water. If heating canned veggies, only keep enough juice to cover the bottom of the pot with about ½ inch.

Limit your meal to two or less heated pots. There are only two burners available, so if the meal requires three pots to be heated, then you'll have to cook the items sequentially. The frying pan may be too big to permit a second pot to be heated, so take that into account too.

Avoid foods that take a long time to cook. For example: eggs cook faster than pancakes; chopped chicken cooks faster than whole chicken breasts; Ramen noodles cook faster than Italian pasta; canned veggies cook faster than fresh, but fresh veggies can be eaten without heating.

Make use of marina grills. Some marinas have grills that their guests can use. Be sure to call ahead to determine if they are available and whether there is fuel. Note that some marinas have charcoal grills, and you have to supply the charcoal.

Limited Refrigeration

There is no electrical/mechanical refrigeration on a sailboat. The ability to keep food cold is limited to the ice cooler. Many precautions need to be taken to prevent spoilage from over-heating and cross contamination between meats and other items.

Tips for preventing spoilage:

- Minimize the time that the cooler door is open.
- Mustard, ketchup, and most all condiments will keep for over a week; no need to refrigerate.
- Keep meats and dairy in contact with ice.
- Pack a single meal into a single bag; for example each lunch in a single zip-lock bag containing a zip-lock bag for cheese, another for lunch meat, another for lettuce, another for tomato.

Tips for preventing cross contamination:

- Re-package your fresh veggies into zip-lock bags so that one bag is for each meal.
- Re-package your meat into double zip-lock bags to prevent leaking fluids into the cooler.

Tips for purchasing with respect to limited refrigeration:

- Make meat/protein choices that do not require refrigeration – just like backpacking.
- Foil packages of nearly every type of meat can be found in the grocery store.
- Pre-cook your meat at home before arriving for departure.
- Choose single day package sizes, such as 10 ounce lunch meat package for one lunch. If that is not possible, re-package or choose lunch meat and cheese packages that are tightly re-sealable.
- Fresh eggs keep well in the cooler, but need extra protection to prevent breakage. We have a plastic egg crate onboard. An alternative to eggs is cartons of egg product.
- Choose cartons and containers that can be resealed tightly to prevent spills in the cooler. This includes milk and egg product.
- Remove paper/cardboard packaging, re-package in zip-lock bags.

Limited Equipment

Limit the pots you use. Most boats will only have 2 pots and 1 frying pan. In addition, the stove's burners are close together, so you can't heat a pot at the same time you are using the frying pan. Your meals need to make use of this limited pantry. Also, to simplify cleanup, try to do everything on one pot. For example, brown the hamburger in the deep frying pan, pour out the grease, then add your other ingredients with water, put on the cover, and cook your stew in the frying pan.

Have a plan for your work area. Space in the galley is small, you can't just spread out like you do at home. You can use the top of the cooler, but only if you got everything you need from the cooler before beginning your meal. If you are finished cooking with one pan but need to use the stove for another, plan where you are setting the hot pan. You can save some time and space if you chop the ingredients beforehand (or even at home) and store them in a zip-lock bag until you need them.

Storage

Resupplying the pantry while cruising is not available everywhere, and it is often a difficult endeavor when there is a store to visit. Usually a grocery store will be miles away from the marina, so transportation is a challenge. Some marinas have bicycles you can borrow to go to the store, but the food is heavy and bulky and makes the ride difficult if not dangerous. The best solution is pack everything you need at the beginning. Be sure to use your menu when breaking out the food to make sure an ingredient is not forgotten.

Tips for food storage:

- Avoid mid-cruise resupply trips. Pack all your food at the beginning of the cruise.
- Remove and discard all boxes. The contents can be placed in labelled zip-lock bags, which will take a lot less space than the box.
- Select food options that take less space; for example tortilla wraps or flat bread instead of loaves of white bread.
- Pack the food in the order of its use. That way you won't have to dig deeply into the pantry for every meal. In other words, pack the last meal first and the first meal last.
- Pack the food by meal and day. Use a large zip-lock bag for each meal. If more than one locker is needed, keep one day's food in one locker and another day in another locker.
- Don't leave any food onboard after the cruise is over. All bread, meat, fruit, veggies, opened items must leave the boat when the crew departs. You can take it home. Food left onboard attracts bugs and rats.
- Mark all zip-lock bags with the day and meal to be eaten, such as SAT-LUNCH.
- Don't buy any jugs of bug juice; always get dry powder and mix as needed.

Limited Water

Water is often a limited resource onboard the boat. AVENTURA carries about 20 gallons in the bow tank; which must fulfill are our needs including drinking, cooking, and washing. That's enough water for a crew of six for three days, as long as water is not wasted.

Water saving tips:

- Only turn on water pump breaker when water is needed. Turn it off when finished.
- Do not run a water faucet continuously while washing or rinsing.
- Wash fruit and veggies before leaving, store in zip-lock bags.

- Consider washing kitchen equipment with seawater first, then rinse with fresh water.
- Select meals where there is no waste water.

Dishwashing Tips

Washing dishes by hand isn't something that happens just on a boat. You've done it before. So what is there to learn?

No, this isn't a step by step "how to wash dishes" article. But you can learn a few things while cruising that don't necessarily make the job any more fun, but will help not make it any worse and/or save water.

No disposer. Most boats don't have a garbage disposer. We don't either, it's really important to scrape dishes and pots well before washing them to avoid clogged drains. Scrape not just food bits, but grease as well.

Crusty pans. Use non-stick pans as they were just so much easier to clean. But not all pans are non-stick and some people just don't like non-stick. Four ways to get that burnt-on food off without using a ton of water:

- Fill to cover the filth with water and drop in a few denture tablets.
- Spray with vinegar and let sit 15 minutes or so.
- Sprinkle some baking soda in the pan and then fill with boiling water above the stuck-on food. Let sit 15 minutes.
- Scrub with salt. This still takes some elbow grease!
- Put the pan in a trash bag and spray with oven cleaner (fume-free type is preferred) and then seal the bag up for an hour so it doesn't dry out. NOTE: Oven cleaner will eat through nail polish and acrylic nails so wear rubber gloves if you have either.

Steel wool and Brillo. If you're in a salt water environment — even if you're using fresh water for dishes — steel wool, Brillo pads and the like have no place on the boat. Not only will they quickly rust and disintegrate, they'll leave tiny particles on your pans that will cause little rust spots to form. Use the plastic scrubby pads instead.

Pasta and veggie water. Instead of just discarding the water that pasta or veggies were cooked in, save it and pour it into your dirtiest pans with a little soap after serving up. The pans will soak while you're eating and clean up will be a snap.

Wash the least soiled things first. If you start with the least soiled items — generally glasses — first and proceed to dirtier and dirtier, you'll use less water as you probably won't have to change the water. But if you wash greasy items before washing the glassware, you'll probably have to change the water.

Cold water will clean dishes. You don't have to use hot water to get dishes clean, but it does make it easier to get grease off. Cold water and scrubbing can do just as good a job.

You don't need a sink full of water. You can just put soapy water in a cup or cereal bowl, then use it to wipe plates and other dishes and let them sit in the sink for a few minutes. Just as good results with a LOT less water!

Rinsing dishes. Some cruisers suggest using a spray bottle to rinse dishes in order to conserve water. It does use the least water, but a spray bottle takes forever and wears your hand out. Another option is a small plant watering can, a tea kettle, or coffee pot.

Air drying. It's okay to be lazy and let your dishes air dry unless you are pressed for space or needed something immediately. Air drying is MUCH more sanitary than drying dishes with a cloth, which can both spread germs from one dish to another, and also breed germs of its own when left damp. Of course, you can't leave dishes out drying if underway and it's at all rough.

Leave No Trace. Federal and state laws govern the limitations of waste disposal, which are normally less restrictive than the policy we follow. As scouts we pledge to follow Leave No Trace principles, that means we only dispose of garbage in proper receptacles – NEVER OVERBOARD. Even your dishwasher must be strained to remove food particles; then the food particles are disposed in the trash can. We use phosphate-free dish soap (e.g., Dawn) and we only use the minimum amount needed to complete the job.

Menu Planning (with Example Menu Plan)

What Must Be Known Before Planning Begins?

Know Your Crew:

How many people are participating? This tells you:

- How much food you will have to prepare for each meal.
- How much food you will need to purchase.
- How much the food will cost per person.

The more crew you have, the more food you will have to buy, and the more it will cost. However, the more crew you have will also cut down on the cost per crew member. It is cheaper to cook for a lot of people than it is to cook for one, two or three people. This also decreases the cost per crew member. For example: If a dozen and half eggs costs \$2.00, that would be \$1.00 per person for two people; however, if you had four people, the cost would be \$.50 per person.

What does your crew like to eat? Are there any dietary restrictions to consider – vegetarians, nut allergies, diabetes, etc.? Plan the menu with your crew to help decide on the types of meals you are going to provide. There is nothing worse than getting underway for a week or even a couple of days and having crew members who cannot eat what is on the menu because of improper planning.

Know Your Ship:

- How big is your galley, and what cooking tools and utensils are available? Is there a stovetop or do you need to bring a camp stove? **Note:** the size of your stove determines the size of the pots and pans you can use.
- How much storage room do you have for food?
- Is there refrigeration? If not, will you have adequate access to ice?
- How many pots, pans and utensils are you going to need? Where will these be stored?
- How much fresh water is onboard? Is water available at dockside? In addition to hydration, you need water for cooking, to wash fresh fruits and vegetables, and to clean dishes.
Note: When you are underway, you have limited storage, and all of your trash has to go somewhere until you return to port. Plastic ware, paper plates, Styrofoam plates, cups, etc. take up precious space in the garbage bags.
- Does your galley have a sink and does it drain to a black water or gray water holding tank? You need to know how to dispose of your wash and rinse water from cooking and cleanup. United States environmental laws carry heavy fines and penalties for improper disposal.

Know Your Ship's Schedule:

Time management is another thing to consider. No one wants to wait past the posted meal time, and your Skipper certainly does not want to be delayed if preparing to get underway.

Sometimes the ship's departure is dictated by the tide, and sometimes the arrival is delayed by lack of wind or any number of variables. A man overboard drill during meal preparation will limit your ability to get things done in a timely and safe manner. Communicate with your Skipper and boatswain so that you know what they have in mind and they are aware of the complexity of the meals you are supervising.

If planning for long cruise, provisioning must be scheduled. Some cruises do not require more provisions, but it may be necessary to plan stops in order to resupply.

Know the Weather:

It is demanding, at best, to cook in a small craft in great weather, but it is almost impossible to cook in heavy seas even in the largest of vessels. So what do you do or don't do? In heavy weather it is best not to cook. An open flame on a ship that is rocking is not good. You will almost certainly lose your pots and pans to the deck, and there goes your food.

So what do you do? Plan ahead for inclement weather. Prepare a light meal such as sandwiches or cheese, crackers and fruit. It is easy to prepare and does not require an open flame or pots and pans.

Be Prepared:

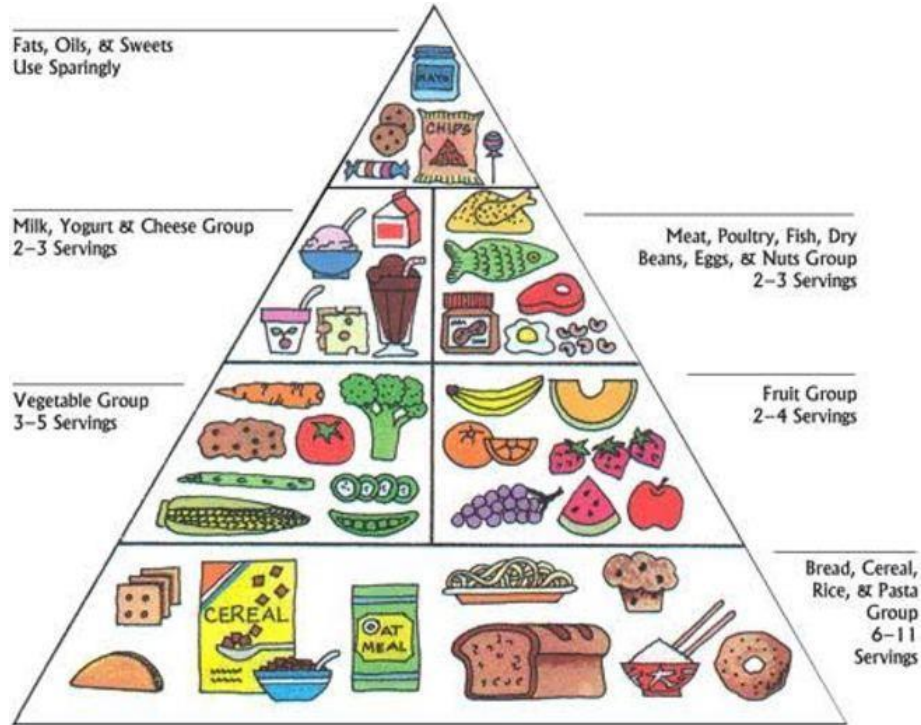
What does this mean in food preparation during a cruise? You may burn a meal so badly that it would take a scientist to figure out what it was supposed to be, or the ship may take a heavy roll and your pot of stew becomes a new deck covering. You need to have more food onboard than you need for the duration of the cruise. Plan and purchase food items that are easy and filling standbys such as Pop Tarts, cheese crackers or individual cans of stew or soups.

Note: Plan your menu so that you will use your most perishable items first. You have a finite time to use frozen and refrigerated items especially if you are dependent on ice chests.

Menu Planning

With menu planning, one of the major objectives is to provide a properly balanced diet. This may not cause much consternation when planning for a weekend on the water, but when planning for long cruise, you definitely must try to provide a properly balanced diet from day to day.

What is a properly balanced diet? Use the food pyramid developed by the USDA to help you develop a balanced diet.



This requirement has multiple steps:

1. Submit a menu of cooked and uncooked dishes.

Menu for 12		
Breakfast	Lunch	Dinner
Entrée: French Toast Sides: Orange Slices Beverage: Milk, Coffee, Tea	Entrée: Turkey or PB&J Sandwiches Sides: Carrot Sticks Beverage: Water Dessert: Cookies	Entrée: Soft Beef Tacos Sides: <ul style="list-style-type: none"> • Guacamole • Sautéed Corn and Poblanos Beverage: Koolaid Dessert: Key Lime Pie Snacks: Peanut Butter and Crackers

2. Submit a list of provisions.

The best way to develop a list of provisions is to gather recipes and calculate the quantities of each item needed for purchase in order to feed the number of people participating in the activity. **Note:** Recipes are not developed to feed a standard number of people. You may need to double, triple or even halve a recipe to get the quantities you need.

French Toast (Serves 4)	
Ingredients	Directions
<ul style="list-style-type: none"> • 1 teaspoon ground cinnamon • 2 tablespoons sugar • 4 tablespoons butter • 4 eggs • 1/4 cup milk • 1/2 teaspoon vanilla extract 	<ol style="list-style-type: none"> 1. In a small bowl, combine cinnamon, and sugar and set aside briefly. 2. In a 10-inch or 12-inch skillet, melt butter over medium heat. 3. Whisk together cinnamon mixture, eggs, milk, and vanilla and pour into a shallow container such as a pie plate.

<ul style="list-style-type: none"> • 8 slices of bread 	<ol style="list-style-type: none"> 4. Dip bread in egg mixture. 5. Fry slices until golden brown, then flip to cook the other side. 6. Serve with syrup.
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Guacamole (Serves 4)

<p>Ingredients</p> <ul style="list-style-type: none"> • 3 large or 4 small avocados, halved, seeded and peeled • 1 lime, juiced • 1/2 teaspoon salt • 1/2 medium onion, diced • 1/2 jalapeno pepper, seeded and minced • 2 Roma tomatoes, diced • 1 tablespoon chopped cilantro • <input type="checkbox"/> 1 clove garlic, minced 	<p>Directions</p> <ol style="list-style-type: none"> 1. Place the scooped avocado pulp and lime juice in a large bowl, toss to coat. 2. Drain, and reserve the lime juice, after all of the avocados have been coated. 3. Using a potato masher add the salt and mash. 4. Fold in the onions, jalapeno, tomatoes, cilantro, and garlic. 5. Mix in 1 tablespoon of the reserved lime juice. 6. Serve with tortilla chips.
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Ground Beef Soft Tacos (Serves 6)

<p>Ingredients</p> <ul style="list-style-type: none"> • 6 medium flour tortillas warmed • 1¼ pounds lean ground beef • 1 package taco seasoning mix • ½ cup water • ½ head of iceberg lettuce, shredded • Chopped cilantro • 2 Roma tomatoes, diced • ½ medium onion, diced • ¾ cup shredded pepperjack cheese 	<p>Directions</p> <ol style="list-style-type: none"> 1. Place raw ground beef into medium size sauté pan and brown (approximately 5 minutes) 2. Drain. 3. Add taco seasoning and water. Continue to cook until water is gone and beef is thoroughly mixed with seasoning. 4. Fill each tortilla with approximately ¼ cup of taco meat. 5. Top with lettuce, cilantro, tomato, onion and cheese.
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Sautéed Corn and Poblanos (Serves 8)

<p>Ingredients</p> <ul style="list-style-type: none"> • 2 Tablespoons oil • 1 to 2 poblano peppers, seed and cut into 1-inch pieces • 1 medium red onion, chopped • 1 10-ounce packages frozen corn, thawed • 2 cloves garlic, chopped • Salt and black pepper • 2 Tablespoons fresh lime juice 	<p>Directions</p> <ol style="list-style-type: none"> 1. Heat the oil in a large skillet over medium-high heat. 2. Add the poblano(s) and onion and cook, stirring often, until the poblano(s) are blistered in spots, 4 to 6 minutes. 3. Add the corn, garlic, 1 teaspoon salt, and ¼ teaspoon black pepper and cook. 4. Stir often until the corn is heated through (2 to 3 minutes). 5. Mix in the lime juice.
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Key Lime Pie (Makes 2 pies)

<p>Ingredients</p> <ul style="list-style-type: none"> • 2 graham cracker pie crusts 	<p>Directions</p>
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<ul style="list-style-type: none"> • 1 can sweetened condensed milk • ½ cup Key lime juice • 1 large size container Cool Whip 	<ol style="list-style-type: none"> 1. Beat sweetened condensed milk and Key lime juice until thick. 2. Fold in Cool Whip and place in pie shell. 3. Chill and serve.
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Food stuffs are not the only thing to consider. All the things necessary for food preparation and serving must be considered, as well.

Grocery List	Supplies/Staples
<input type="checkbox"/> Eggs (1 dozen)	<input type="checkbox"/> Cinnamon
<input type="checkbox"/> Milk	<input type="checkbox"/> Sugar
<input type="checkbox"/> Bread (2 loaves)	<input type="checkbox"/> Butter
<input type="checkbox"/> Oranges (1 dozen)	<input type="checkbox"/> Vanilla
<input type="checkbox"/> Syrup	<input type="checkbox"/> Salt, Pepper
<input type="checkbox"/> Turkey Slices (15 ser.)	<input type="checkbox"/> Coffee and filters
<input type="checkbox"/> Cheese Slices (15 ser.)	<input type="checkbox"/> Tea
<input type="checkbox"/> Lettuce (1 head)	<input type="checkbox"/> Peanut Butter
<input type="checkbox"/> Tomato (2 slicers, 4 Romas)	<input type="checkbox"/> Strawberry Jelly
<input type="checkbox"/> Onion (3 white, 1 red)	<input type="checkbox"/> Mayonnaise
<input type="checkbox"/> Carrots (2 lb. bag)	<input type="checkbox"/> Mustard
<input type="checkbox"/> Cookies (1 pkg.)	<input type="checkbox"/> Cooking Oil
<input type="checkbox"/> Avocados (8-10)	<input type="checkbox"/> Plates, bowls, cups
<input type="checkbox"/> Limes (2)	<input type="checkbox"/> Cutlery
<input type="checkbox"/> Jalapeno (1)	<input type="checkbox"/> Measuring cup
<input type="checkbox"/> Tortilla chips (1 big bag)	<input type="checkbox"/> Measuring spoons
<input type="checkbox"/> Poblano pepper (2)	<input type="checkbox"/> 2 Big bowls
<input type="checkbox"/> Cilantro	<input type="checkbox"/> Sharp knives
<input type="checkbox"/> Garlic	<input type="checkbox"/> Serving spoons/spatula
<input type="checkbox"/> Flour Tortillas (1½ dzn)	<input type="checkbox"/> Potholders
<input type="checkbox"/> 3 lbs. lean ground beef	<input type="checkbox"/> Paper Towels
<input type="checkbox"/> 2 pkg. Taco seasoning	<input type="checkbox"/> Propane
<input type="checkbox"/> 1 pkg. grated pepperjack cheese	<input type="checkbox"/> Skillets
<input type="checkbox"/> Frozen kernel corn (1 large bag)	
<input type="checkbox"/> Graham Cracker Crust (pkg of 2)	
<input type="checkbox"/> Sweetened condensed milk (1 can)	
<input type="checkbox"/> Key lime juice	
<input type="checkbox"/> Cool Whip (1 large container)	

3. Submit estimated costs for the meals. (Thank goodness for Google!)

Many of the major food chains have current food costs posted on their websites. Once you have located the costs, enter them into an Excel spreadsheet. It will do most of the calculations.

The ship will most likely have standard equipment – pots, pans, utensils and cook stoves, and some items like vanilla and other spices may be brought from home. A cost will not have to be calculated for these items. If items like paper goods or garbage bags must be purchased, include them in your calculations, as well.

	Est. Cost		Est. Cost
Fruits/Vegetables		Bread	
Oranges (1 dozen)	\$6.00	2 loaves	\$4.50
Lettuce (1 head)	\$0.89	Four tortillas (1 1/2 dozen)	\$1.99
Tomatos (2 slicers, 4 Romas)	\$5.00		
Onions (3 white, 1 red)	\$3.00	Aisles	
Carrots (2 lb. bag)	\$1.38	Cookies	\$3.51
Avocades (8-10)	\$8.00	Ritz Crackers	\$2.98
Limes (2)	\$1.00	2 pkgs. Taco seasoning	\$2.38
Jalepeno (1)	\$0.50	2 graham cracker crusts	\$4.02
Poblano Peppers (2)	\$2.00	1 can sweetened condensed milk	\$2.08
Cilantro	\$2.00	Key lime juice	\$2.60
Garlic	\$0.54	Syrup	\$1.84
		Coffee - bring from home	
Meat/Eggs		Coffee filters - bring from home	
Eggs (1 dozen)	\$1.79	Tea bags - bring from home	
3 lbs. lean ground beef	\$10.00	Kool Aid	\$2.62
Sliced Turkey (15 servings)	\$4.59	Peanut butter	\$2.78
		Strawberry jelly	\$2.68
Dairy		Mayonnaise	\$2.86
Milk	\$2.42	Mustard	\$1.39
Cheese Slices (15 servings)	\$4.00	Tortilla chips	\$3.00
1 pkg grated pepperjack cheese	\$4.39	Cooking oil (small)	\$2.09
Butter	\$3.00	Paper plates	\$2.99
		Paper towels	\$3.40
Frozen		Garbage bags - bring from home	
Cool Whip (1 large container)	\$1.50		
Kernal Corn (large bag)	\$1.50		
	\$63.50		\$49.71
\$63.50 + 49.71 = \$113.21		Estimated cost per person: \$9.47	

Nutrition

While olden sailors were on extended voyages, meals took on a heightened importance. Today, the same goes for shorter cruises too. Boaters expend lots of energy resisting the rocking of the boat, pulling hard on lines, and don't forget the loss of electrolytes due to increased sweating. A properly planned menu will contain about 2000 calories per person each day. Normally those calories should be divided into three meals and one snack: Breakfast 350, Lunch 550, Dinner 750, and Late Snack 350. To reduce the effects of sea sickness, avoid greasy food for breakfast and lunch. **Try to have a menu that has protein, fruit, veggies, grains, and dairy in every meal.** Having a menu with variety will be more satisfying and will provide more essential nutrients.

The following calorie counts may be useful for menu planning:

- Cereal & Milk (1 cup cereal, ¼ cup milk): 190 calories
- Omelet (1 large egg, 1/2 oz cheese & 1/2 oz ham): 150 calories
- Pancakes with Syrup (2 medium cakes): 500 calories
- Bagel (1 medium, plain): 250 calories
- Ham & Cheese Sandwich (2 slices bread, 2 slices cheese, 4 slices ham, tbsp. mayo): 450 calories
- Bacon, Mac, and Cheese (1 cup): 400 calories
- Beef Stroganoff Hamburger Helper with Noodles (1 cup): 355 calories
- Chicken Fettuccine Alfredo Chicken Helper (1 cup): 300 calories
- Beef Burrito (1 medium size with tortilla, 2 oz beef, 3 oz refried beans, 2 oz cheese): 630 calories
- Pork Lo Mein (1 cup): 315 calories
- Ramen Noodles (1 pkg): 190 calories
- Tossed Salad (non-starchy veggies, no dressing, 1 cup): 25
- Fresh Fruit: Apple = 95, Orange = 50, Peach = 60, Banana = 100
- Snacks (1 oz pkg): Chips = 160 , Pretzels = 100, Mixed Nuts = 170, Trail Mix = 150, Cookies = 150

- Desserts: Pudding (1/2 cup) = 150, Fruit Cup (1 cup) = 160, Brownie (1 oz) = 130
- Drinks: Kool Aid (8 oz) = 60, Tang (8 oz) = 90, Orange Juice (8 oz) = 112, Apple Juice (8 oz) = 120

Example Menus

Breakfast

Breakfast menus can be divided into two different categories: Quick and Big.

Quick breakfasts are used on sailing days to expedite preparation and cleanup so the boats can get underway quickly. To entice all crew members to eat, provide a range of choices for the meal.

- Hard-boiled egg. Quantity = 1 per person. Prepare the night before.
- Cereal and milk. Quantity = 1 oz per person cereal, ½ cup per person milk.
- Bagels with jelly, humus, cream cheese, etc. Quantity = 1 per person. 1 oz topping per person.
- Fresh fruit (apple, oranges, etc.). Quantity = 1 per person.
- Breakfast cereal bar (with protein). Quantity = 1 per person.

Big breakfasts are used when there is no rush to get underway. These meals will take about 2 hours to prepare and cleanup. Good examples are pancakes, waffles, omelets, and burritos. For quantity, count on each scout to eat 3 pancakes/waffles, or 2 eggs, or 1 big burrito. An advantage of waffles is the meal can be setup, but each scout can cook their own when ready. Be sure to include fruit with this meal.

Lunch

Lunch menus should be simple and without the need to cook. Sometimes, the lunch will have to be eaten while underway, so each boat should be supplied with equal and sufficient lunch ingredients that everyone can get fed.

- Consider using wraps instead of bread because they work better on the boat environment.
- Lunchmeat should be pre-sliced and packaged into a single day portion. The 8 oz package of lunch meat is usually enough for a boat for each day.
- Cheese should be sufficient to allow 1 slice per sandwich.
- Lunchmeat and cheese packages should be double-bagged to prevent contamination in the cooler.
- Individual bags of chips work best for underway. Cookies are good for lunch too.

Dinner

Dinner is the big meal each day. It provides focus on the ship/crew as a family that works together.

The program crew should prepare to say grace at the beginning of the meal and should have an entertaining program for after the meal. The program could include a weather report, a thought for the day, a song, and evening colors.

Have the service crew reports for duty an hour before dinner time. The cooks prepare the food and set the tables on each boat. The cooks are responsible for clean up, but volunteers should help as a show of thanks for the effort made in preparation.

A single dinner should be completely stored on a single boat; if possible, it should be the service crew's boat to simplify finding ingredients.

It's important to serve dinner on time. All members should attend dinner in uniform.

A veggie tray should be prepared to balance the diet and stimulate appetites. Here are some ideas that will make your veggie tray better:

- Root vegetables such as carrots, turnips, radishes, and the like, should be stored in a loosely closed plastic bag within another sealed plastic bag.
- Green vegetables like asparagus, snap peas, zucchini, broccoli, and such, should be stored wrapped in a damp paper towel inside a plastic bag in the vegetable crisper.
- Lettuces and other leafy vegetables such as endive, radicchio, or baby romaine/little gem should be stored wrapped in damp paper towels in a plastic bag, and left on the root for as long as possible. Do not separate lettuce leaves until just before serving.
- Tomatoes should be stored at room temperature. Never put a fresh tomato in the refrigerator as it negatively impacts texture.
- Artichokes should be peeled and pared down to the heart, choke removed, and simmered or steamed until tender. Baby artichokes can be left whole with just the pointy tips of the leaves removed, simmered or steamed until tender.
- Asparagus of all different colors can be served raw and unpeeled if very slender. Thicker stalks should be peeled from the top two-inches and below, then briefly blanched in boiling salted water and shocked in ice water while still tender-crisp.
- Baby romaine, little gem, and other crisp small lettuces should be separated into individual leaves as close as possible to serving time, washed carefully in cold water, and spun dry in a salad spinner.
- Bell peppers should be cored and de-stemmed, then cut into strips.
- Broccoli and cauliflower should be first separated into bite-sized florets, then depending on their tenderness, served raw, or more likely, blanched for just a moment in boiling salted water, shocked in ice water, and spun dry in a salad spinner.
- Carrots and parsnips will vary by size. Full-sized carrots can be cut into sticks and served raw (store them in cold water to keep them moist), while parsnips should be blanched in simmering water until just tender. Baby carrots should be peeled with the stem end left on (make sure to get the dirty bits around they stem when peeling), then can be served raw.
- Celery can be simply cut into sticks and served. For fancier platters, celery should be peeled to remove any long, stringy, fibrous threads. Store celery in ice water.
- Cherry or grape tomatoes should be served as-is. Keep them on the vine if possible for a prettier presentation.
- Cucumber should be peeled, split in half lengthwise, the seeds removed with a spoon, then cut into sticks lengthwise.
- Endive and related bitter greens such as radicchio should be treated like small lettuces: separate into individual leaves as close as possible to serving time, wash carefully in cold water, and spin dry in a salad spinner
- Green beans can be served completely raw if very slim and tender. Thicker green beans (or wax beans) should be briefly blanched in boiling salted water and shocked in ice water.
- Jicama can be cut into sticks and stored in a moist paper towel until served.
- Radishes can be simply scrubbed and served with a few leaves still attached as a handle. I especially like the sweet, tender, spicy little French breakfast radishes. If your regular radishes are extra-large, they can be split in half or quarters.
- Snap peas and snow peas should have their strings removed, then can be served completely raw, or very briefly blanched in salted boiling water and shocked in an ice bath.

- Zucchini or summer squash should be cut into sticks then very briefly blanched in salted boiling water and shocked in an ice bath. If you can find baby squashes, they make for especially tasty additions. They have a crunchier texture and more intense flavor than their larger counterparts, and blanching them is easier, as they are protected all around by skin.

The entre should make use of the fewest pots necessary to cook the meal.

Tips for Conserving Cooking Fuel (Propane)

I've arranged the ideas in rough order of least impact on your cooking to greatest – that is, always using lids on pans doesn't affect your menu much, but choosing pasta over rice because it cooks faster does. The low impact items I make a habit of always following and only employ the "high impact" ones when fuel is running low. The best news: most of these don't cost anything!

1. Cover Pans. Using pan lids is an easy way to conserve fuel. Covering a pan retains far more heat and you can generally cook at a lower setting. Even though I generally don't like glass aboard because of the breakage potential, pan lids are an exception. With a glass lid, I can see what's happening in the pan and don't have to take the lid off so often. Most glass lids are fairly thick glass and I haven't yet had one break. If you don't have a lid for a pan you're using, you can use a piece of aluminum foil as a lid. If you're in a calm anchorage or marina, you can also use a heatproof plate on top of the pan.

2. Measure Water. Whenever you're heating water – whether for coffee, tea, oatmeal or use in a recipe – know how much you'll need and measure it into the pan or tea kettle so you don't waste fuel heating water that doesn't need to be hot. For example, when I'm making coffee (with a drip cone into a Thermos), I fill the Thermos with water, then dump it from there into the kettle.

3. Whistling Tea Kettle. Use a whistling tea kettle whenever you're boiling water – that way, you'll know as soon as it begins to boil and you won't waste propane letting it continue to boil.

4. Use a Timer. Either wear a wristwatch with a timer or get a timer with a loud buzzer that can be heard all over the boat. Use it whenever you're cooking to remind you to turn the heat down or take things off the fire. It's very easy to forget food and let it cook longer than intended – and even cooking something 1 minute longer than it needs to wastes fuel. For example, cooking something 11 minutes instead of 10 wastes 10% of your fuel – and if your propane tank would otherwise last you 90 days, consistently wasting 10% of it means that you'll have to find propane 9 days sooner!

5. Plan Ahead. See if you can combine cooking or heating for more than one dish. For example, if you're having rice for dinner and want a rice salad for lunch the next day, cook the rice for both at once. And in the morning, if I'm making coffee and oatmeal, starting yogurt and making iced tea for later in the day, I can boil all the water at once and save fuel.

6. Use a SunShower to Heat Dish Water. I really prefer hot dish water, but I know it's not really necessary – cold water will get dishes and pans clean (see the next tip). If it's a sunny day, you can have hot dishwater with no guilt by getting an extra SunShower. Put the SunShower on deck and run the hose down through a porthole to the galley sink. You'll be amazed at how hot the water gets (but it will cool down quickly when the sun sets).

7. Do Dishes in Cold Water. With good dish soap, you can get your dishes perfectly clean in cold water. It may take a little more elbow grease to get baked on "crud" off, but you can do it. Put a capful of bleach in the rinse water if you're worried about sanitizing dishes. Some good "scrubbies" make

washing dishes by hand a lot easier. Get some heavy-duty ones for nasty baked on crud, and some of the “gentle” ones designed for non-stick pans if you have them. The delicate ones will prolong the life of melamine dishes and Lexan glasses if you feel the need to use a “scrubby” on them.

8. Use Less Water When Boiling Food. If you’re boiling something such as eggs, pasta or vegetables, you can usually use less water than you think. Most foods cook just as well when they are only barely covered with water as when they are covered by several inches. Every extra bit of water takes just that much more propane to heat.

9. Cooking Pasta. Directions for most types of pasta call for cooking in lots of water in an uncovered pan. I can’t tell any difference when I use about half the recommended water and cover the pan. Not only does this use less propane, it also conserves water and significantly reduces the “steaminess” inside the boat – a huge plus on a hot, muggy day.

10. Turn the Stove Off Before Food is Fully Cooked. Pans and the food in them retain heat for quite a while after you turn a burner off. You can use this heat to finish cooking many items. Oatmeal is a great example – instead of simmering it for 5 minutes, just bring it to a boil in a covered pan then turn the burner off – it will be fully cooked in the same 5 minutes. Most other dishes can be turned off 5 to 10 minutes before they’re done, particularly if the pan is covered.

11. Bite-Sized Pieces. Cutting food into bite-sized pieces will reduce cooking time, regardless of the cooking method: baking, boiling, sautéing, steaming, whatever. Don’t cut them too small, though, or it will all be one mushy blob. One-inch cubes are about the smallest you should make pieces if you want various foods – carrots, potatoes, meat – to still be identifiable. For things like mashed potatoes, you can generally cut the potatoes into 1/2-inch cubes, but watch them carefully – they can quickly be overdone and soggy.

12. Pressure Cooker. Pressure cookers cook food faster (cutting cooking time in half or more) and hence use a lot less fuel for things that would otherwise simmer for lengthy periods such as stews, soups and sauces. Some cruisers love them and tend to use them frequently; others rarely if ever. Modern pressure cookers are safe when used as directed, and are available in sizes from 1-1/2 quarts on up to huge ones designed for canning.

13. Rice, Pasta, Couscous. If you’re looking for a starch to serve something else over and are trying to conserve propane, be aware of the relative cooking times of rice, pasta and couscous:

- Traditional brown rice simmers about 45 minutes.
- Traditional white rice simmers about 20 minutes.
- Instant brown rice simmers about 10 minutes.
- Instant white rice simmers about 3 minutes.
- Most pasta cooks in 8 to 10 minutes.
- Instant couscous just has to boil, then can be turned off.

14. Use Canned Meats. Because canned meats are already cooked, dishes based on them generally cook far faster.

Dutch Oven Cooking

Dutch Ovens were developed in England and Holland in the eighteenth century. The basic design has remained unchanged for centuries, but the name has had many variations.

The origin of Dutch Ovens has been argued for some time. Certain individuals feel that it came from the German/Dutch peddlers who sold them, while others credit the Pilgrims with bringing the pots to this country and naming them as a tribute to their former home in Holland. Some feel it is due to a Dutch casting technique patented in England in 1708. Dutch ovens have been around for hundreds of years. Early pioneers carried them on their wagons when they explored and settled our great nation. Today they're a favorite cookware of campers and Scouts. Try using one and you'll soon see why!

A Dutch oven is a must for delicious campout feasts. Just about anything you cook in a regular oven - pies, bread, stew - can be whipped up in a Dutch oven. Cooking techniques such as roasting, baking, simmering, stewing, frying, boiling, steaming, and many others are easily done on the campfire with only a single utensil, the Dutch oven.

The properties of a cast iron Dutch oven which professional chefs appreciate are; 1) very good heat retention and 2) even heat distribution. These enable the chef to maintain precise control of the heat of the pan and guarantee even cooking with no "hot spots", which are common occurrences with other metals such as aluminum pots and pans.

This cast-iron pot can cook on hot charcoal briquettes, on a campfire, on a camping stove designed for Dutch ovens, or by using propane gas.

When using charcoal, place three times as many coals on the lid as underneath the oven. (The flat lid will hold the coals in place.)

For easy clean-up, line the interior of the Dutch oven with aluminum foil.

Always use a wooden spoon to stir, and always cook with the lid on. Unless you like ashes in your food, don't tilt the lid when you remove it.

When you do remove the lid or handle any part of the hot oven, use a pair of cooking gloves (or thick leather work gloves), a lid lifter or hot-pot tongs.

Seasoning A Cast Iron Dutch Oven

The only way to successfully cook in a Dutch oven is to properly season it. When you buy a new Dutch oven it is usually coated with a waxy material to protect it. To obtain the desirable non-stick properties of a well used pot takes a little time and effort.

- Warm the Dutch oven and peel off any labels
- Wash it with mild soapy water, rinse, and dry completely.
- Grease inside and out (pot, legs, and lid) lightly with a good grade of olive or vegetable oil. Solid Shortening can also be used. Do not use lard or other animal products as they will spoil and turn rancid! Do not use a spray on coating, but rather use an oil soaked paper towel or a new sponge to apply the oil coating.
- Place the Dutch oven upside down on oven rack with lid separate and put aluminum foil underneath to catch any excess oil. Bake in a 300-350 degree oven for at least 1 hour. It will probably smoke and stink up the house! You can use a gas grill outdoors to season it and to keep the smell and smoke out of your house.
- Let it cool.
- Store in a dry place.
- It will take more than this initial seasoning for the pot to obtain the desired uniform black patina (like a satin black bowling ball) that provides the non-stick qualities and protects the pot from rust.

- If your Dutch oven rusts or has a metallic taste this is a sign your seasoning has been removed. Repeat seasoning steps. This can also be required after storage or if it smells rancid.
- For serious cases of abuse, steel wool or "Brillo" may be required to get ovens ready to season again.

Care Of A Cast Iron Dutch Oven

- Avoid at first, acidic foods & water, which removes "seasoning" or you have to re-season.
- After cooking remove lid. Do not use as food storage vessel.
- Do not use strong detergents or a hard wire brush unless you plan to completely re-season the oven.
- After scraping out all uneaten food, clean with paper towels.
- Re-heat to remove food if necessary.
- Never scour or put it in a dishwasher.
- Never, and I repeat, NEVER allow cast iron to sit in water or allow water to stand in or on it. It will rust despite a good coating.
- Never use soap on cast iron. The soap will get into the pores of the metal and won't come out very easy, but will return to taint your next meal, though. If soap is used accidentally, the oven should be put through the seasoning procedure, including removal of the present coating.
- Do not place an empty cast iron pan or oven over a hot fire. Cast iron will crack or warp, ruining it.
- Do not get in a hurry to heat cast iron, you will end up with burnt food or a damaged oven or pan.
- Dry oven completely, then lightly oil the entire surface of oven.
- Store with lid off in warm dry place or place a paper towel inside and leave lid ajar.
- The seasoning on your pot will improve with each use if it is properly oiled and cared for.
- Transport your ovens with care and don't drop or let them bounce around and become damaged.
- Bags, burlap cloth, the cardboard box they came in, or lidded wooden boxes can be used to protect your ovens.
- NEVER pour very cold liquid into an empty hot pot or you may cause permanent damage to the oven (cracking).
- Do not drop on hard surface, as they will crack.

Temperature Control Using Briquettes

Here is a list of the average quantity of charcoal briquettes to use for an average temperature of 350 degrees in a Dutch oven:

Oven Size (Inches)	Briquettes On Top	Briquettes Under
8	8	5 - 6
10	13	7
12	15	9
14	17	11
16	19	13

As you can see, take the size of your oven, for example a 12 inch, add three more briquettes to the top (15), and subtract three from the bottom (9). This will of course vary from food to food, wind conditions, and outside air temperature, but it is a good place to start, and you will eventually get a feel for temperature requirements with a little practice.

The placement of coals is also important. Proper layout under the oven is circular. The coals on the lid should be placed evenly in a circle in the flange of the outer lid. However, four of the coals should be placed toward the center of the lid.

Each additional charcoal briquette will increase the temperature by approximately 25 degrees. So an additional two coals (one on the top of the lid and one under the bottom of the pot) will increase the temperature by another 50 degrees.

Cooking Safety

- Have a fire extinguisher at the ready if cooking with propane or alcohol.
- Only refill alcohol stoves under adult supervision.
- No charcoal cooking onboard the boat.
- Liquid charcoal starters are prohibited.
- No propane cooking allowed inside a boat.
- If cooking with alcohol onboard a boat, ensure full ventilation, test the CO detector. If the CO detector alarms while cooking, turn off the stove and evacuate to topside.
- If cooking in the cockpit, remove all cushions to prevent melting or fires. Be sure to pick a flat base and limit personnel movement to limit tipping motion.
- Constantly monitor any cooking operation, do not leave any running stove or fire.
- Prevent skin and countertop burns by using proper insulated pot holders (mitts and trivets) when handling cookware.
- Only one electric appliance per AC circuit. Although the boats are rated to handle 30 amps, each circuit has a 15-amp circuit breaker and our extension cords are only rated for 15 amps. Each electric griddle on high will draw 1500 watts (13 amps).
- When possible, do all cooking off the boat on a folding table. Be sure to consult the marina rules to ensure propane stoves are allowed on the dock.

Food Safety

Allergens

Just 8 Foods Cause 90% Of Food Allergy Reactions. If there are susceptible crewmembers, then make accommodations.

- Dairy
- Peanuts
- Shellfish
- Tree Nuts
- Eggs
- Fish
- Soy
- Wheat

Biological Contamination

Big 6 (EXCLUDE cooks from ALL food preparation until doctor note saying healthy again)

- BACTERIA: Salmonella (Typhi)
 - Humans only in bloodstream and intestines
 - From RTE foods and beverages
 - Wash hands

- Cook to proper temps
- BACTERIA: Salmonella (more common)
 - Farm animals (poultry, eggs, meat, milk and dairy)
 - Produce
 - Prevent cross contamination and cook to proper temperatures
- BACTERIA: Shigella
 - From flies and water contaminated by animals
 - Think flies at a picnic: Salads (potato, tuna, shrimp, macaroni, chicken)
 - Wash hands
 - Diarrhea
- BACTERIA: E. coli
 - Ground beef (cattle) and produce
 - Cook to proper temps
 - Buy from approved suppliers
 - Prevent cross contamination
- VIRUS: Hep A
 - RTE food and Shellfish
 - Wash hands
 - Jaundice
- VIRUS: Norovirus
 - RTE food and shellfish
 - Wash hands
 - Vomiting and diarrhea

Preparation – 4 Steps to Food Safety

TCS Foods = Foods that are Time and Temperature Controlled for Safety, examples below:

- Milk and dairy
- Eggs
- Meat, poultry, fish
- Shellfish and crustaceans
- Baked potatoes
- Heat treated plant food (rice, beans, veggies)
- Tofu or soy protein
- Sprouts and sprout seeds
- Sliced melons, tomatoes, cut leafy greens (like romaine, spinach, etc.)
- Untreated garlic and oil mixtures

RTE = Ready To Eat foods (no more prep, washing or cooking is needed)

How do you prevent food poisoning? Did you know that an estimated 1 in 6 Americans will get sick from food poisoning this year alone? Food poisoning not only sends 128,000 Americans to the hospital each year—it can also cause long-term health problems. You can help keep your crew safe from food poisoning while cruising by following these four simple steps: **clean, separate, cook** and, **chill**.

1. Clean: Wash Hands, Utensils, and Surfaces Often

Germs that can make you sick can survive in many places around your kitchen, including your food, hands, utensils, cutting boards, and countertops.

Wash your hands the right way:

- Use plain soap and water—skip the antibacterial soap—and scrub the backs of your hands, between your fingers, and under your nails for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
- Rinse hands, then dry with a clean towel.
- Wash your hands often, especially during these key times when germs can spread:
 - Before, during, and after preparing food
 - After handling raw meat, poultry, seafood, or their juices, or uncooked eggs
 - Before eating
 - After using the toilet
 - After changing diapers or cleaning up a child who has used the toilet
 - After touching an animal, animal feed, or animal waste
 - After touching garbage
 - Before and after caring for someone who is sick
 - Before and after treating a cut or wound
 - After blowing your nose, coughing, or sneezing
 - After handling pet food or pet treats.

Wash surfaces and utensils after each use:

- Wash cutting boards, dishes, utensils, and countertops with hot, soapy water, especially after they’ve held raw meat, poultry, seafood, or eggs. Sanitize in diluted Clorox rinsing solution.
- Wash dish cloths often in the hot cycle of your washing machine.

Wash fruits and vegetables, but not meat, poultry, or eggs:

- Cut away any damaged or bruised areas, then rinse fruits and vegetables under running water without soap, bleach, or commercial produce washes.
- Scrub firm produce like melons or cucumbers with a clean produce brush.
- Dry produce with a paper towel or clean cloth towel.
- Don’t wash meat, poultry, eggs, or seafood to avoid spreading harmful germs around your kitchen.
- Produce labeled as “pre-washed” does not need to be washed again.

2. Separate: Don’t Cross Contaminate**Use separate cutting boards and plates for produce, meat, poultry, seafood, and eggs:**

- Use one cutting board for fresh produce or other foods that won’t be cooked before they’re eaten, and another for raw meat, poultry, or seafood. Replace them when they are worn.
- Use separate plates and utensils for cooked and raw foods.
- Use hot, soapy water to thoroughly wash plates, utensils, and cutting boards that touched raw meat, poultry, seafood, eggs, or flour. Sanitize in diluted Clorox rinsing solution.

Keep certain types of food separate:

- In your shopping cart, separate raw meat, poultry, seafood, and eggs from other foods and place packages of raw meat, poultry, and seafood in plastic bags if available. When you check out, place raw meat, poultry, and seafood in separate bags from other foods.
- Place raw meat, poultry, and seafood in containers or sealed, leakproof double plastic bags. Bags containing meat should be in contact with ice in the cooler. Freeze them if you are not planning to use them within a few days.
- Keep eggs in their original carton (or rugged camping carton) and store them in the main compartment of the cooler.

3. Cook to the Right Temperature

Food is safely cooked when the internal temperature is high enough to kill germs that can make you sick:

- Use a food thermometer to be sure your food is safe. When you think your food is done, place the food thermometer in the thickest part of the food, making sure not to touch bone, fat, or gristle.
- Refer to our Minimum Cooking Temperatures Chart to be sure your foods have reached a safe temperature.

Keep food hot (135°F or above) after cooking:

- If you are not serving food right after cooking, keep it out of the temperature danger zone (between 40°F -135°F) where germs grow rapidly by using a heat source like a chafing dish, warming tray, or slow cooker.



4. Chill: Refrigerate and Freeze Food Properly

Refrigerate perishable foods within 2 hours:

- Bacteria that cause food poisoning multiply quickest between 40°F and 135°F.
- Your cooler should stay at 40°F or below. Use an appliance thermometer to be sure.
- Never leave perishable foods out of refrigeration for more than 2 hours. Refrigerate food exposed to temperatures above 90°F within 1 hour. If TCS food rises above 70°F, then discard.
- Place leftovers in shallow containers and chill promptly (contact with ice) to allow quick cooling.
- Never thaw or marinate foods on the counter. The safest way to thaw or marinate meat, poultry, and seafood is in the refrigerator. Cooking food directly from the freezer is acceptable.
- Freezing does not destroy harmful germs, but it does keep food safe until you can cook it.
- Discard uncooked fresh meat after 2 days, even if refrigerated at 40°F. Discard opened packages of lunchmeat after 4 days. Unopened lunchmeat will last 2 weeks.

Minimum Cooking Temperature and Time

Cook Temperature Control for Safety (TCS) foods to the appropriate temperature before serving.

	<p>165°F (74°C) for <1 second (Instantaneous)</p> <ul style="list-style-type: none"> • Poultry—including whole or ground chicken, turkey, or duck • Stuffing made with fish, meat, or poultry • Stuffed meat, seafood, poultry, or pasta • Dishes that include previously cooked TCS ingredients (raw ingredients should be cooked to their required minimum internal temperatures)
	<p>155°F (68°C) for 17 seconds</p> <ul style="list-style-type: none"> • Ground meat—including beef, pork, and other meat • Injected meat—including brined ham and flavor-injected roasts • Mechanically tenderized meat • Ground meat from game animals commercially raised and inspected • Ratites (mostly flightless birds with flat breastbones)—including ostrich and emu • Ground seafood—including chopped or minced seafood • Shell eggs that will be hot held for service
	<p>145°F (63°C) for 15 seconds</p> <ul style="list-style-type: none"> • Seafood — including fish, shellfish, and crustaceans. • Steaks/chops of pork, beef, veal, and lamb. • Commercially raised game. • Shell eggs that will be served immediately.
	<p>145°F (63°C) for 4 minutes</p> <ul style="list-style-type: none"> • Roasts of pork, beef, veal, and lamb • Roasts may be cooked to these alternate cooking times and temperatures depending on the type of roast and oven used: • 130°F (54°C) 112 minutes • 131°F (55°C) 89 minutes • 133°F (56°C) 56 minutes • 135°F (57°C) 36 minutes • 136°F (58°C) 28 minutes • 138°F (59°C) 18 minutes • 140°F (60°C) 12 minutes • 142°F (61°C) 8 minutes • 144°F (62°C) 5 minutes
	<p>135°F (57°C) (no minimum time)</p> <ul style="list-style-type: none"> • Food from plants, including fruits, vegetables, grains (rice, pasta), and legumes (beans, refried beans) that will be hot held for service

Galley Equipment Inventory

The list below contains the items that are useful for having in the galley when preparing cooked meals. Most items can be found on either boat; and care should be taken to ensure that the items are returned to the proper boat. Some items are on found on one boat, such as: Waffle Iron, Crock Pot, and the Large Pot.

- Electric Hotplate
- Electric Waffle Iron
- Electric Crock Pot
- Propane or Alcohol Stove
- Grill Lighters
- Iron Griddle
- Frying Pan
- Measuring Cup
- Small Pot (1-2 quart)
- Medium Pot (4-6 quart)
- Large Pot (8-12 quart)
- Salad Mixing Bowl
- Paper Towels
- Paper Plates
- Wicker Plate Holders
- Flatware (K, F, S)
- Bowls
- Cups/Glasses
- Can Opener
- Metal Spatula (Griddle)
- Plastic Spatula
- Wooden Spoon
- Plastic Serving Spoon
- Plastic Slotted Spoon
- Plastic Pasta Ladle
- Plastic Ladle
- Large Knife
- Small Knife
- Cutting Board
- Potato Peeler
- Tongs
- Hot Pan Holder
- Clorox
- Dish Soap
- Pot Scrubbers/Sponge
- Microfiber Towels
- Hand Sanitizer
- 2 Washtubs
- Garbage Bags
- ZipLock Bags