

OFFSHORE SAILING LIFE ABOARD



Crew selection

- personality
- share of responsibilities
- dealing with friends
- dealing with strangers with claimed sailing experience
- strangers without sailing experience
- being the host
- know any health concerns (diabetic, etc)



Provisioning

- PLAN AHEAD!
- Dietary restrictions / preferences
- Morning beverage preferences
- Storage & refrigeration available
- Cooking utensils and methods available
- Cooler & ice for beverages



Provisioning

- Cooking time
- Storage needs
- Hydration 1.5 liter /person/day
- Not to forget:
TP/paper towels/trash bags /zip locks



Provisioning

Plan to use perishables first & non perishables later in trip

Breads

- flat like pita and tortillas last longer & store better
- bagels, english muffins work

Produce

- store in hanging hammock
- canned goods last longer than fresh

Meats

- start with frozen or pre-cooked & then frozen at home if possible

Long life milk, carton soups & stocks

Beverages

Drink mixes rather than individual cans produce less trash



Cooking



Types of stoves:

- Alcohol
- Gas (propane, butane or combo)
- Kerosene / diesel
- Grill (propane or charcoal)

Planning Cooking

Pressure cooker

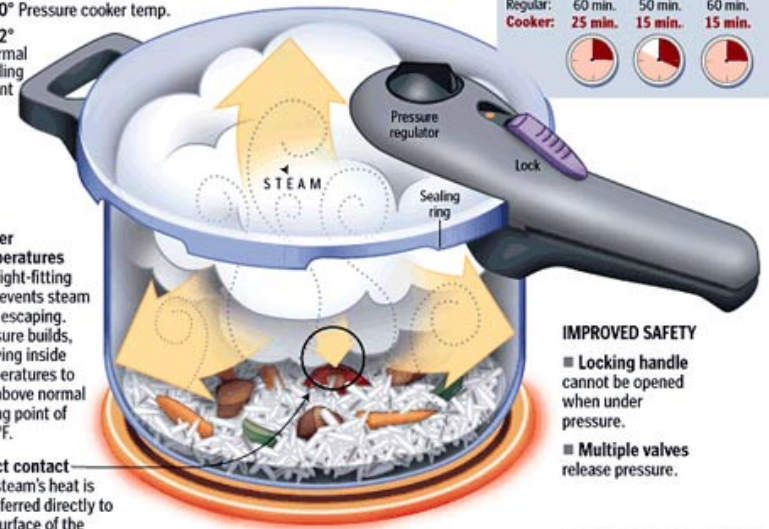


COOKING TIMES (approximate)			
	Whole chicken	Brown rice	Black beans
Regular:	60 min.	50 min.	60 min.
Cooker:	25 min.	15 min.	15 min.



1 Higher temperatures
The tight-fitting lid prevents steam from escaping. Pressure builds, allowing inside temperatures to rise above normal boiling point of 212°F.

2 Direct contact
The steam's heat is transferred directly to the surface of the food.



IMPROVED SAFETY

- Locking handle cannot be opened when under pressure.
- Multiple valves release pressure.

Considerations:

- Cooking time
- Prep time
- Underway vs at dock/anchor

Meal Planning



- Refrigeration
 - 12v or engine driven only
- Do you have a freezer?
- Storage space

No cardboard*

Shrimp & Veggie Spring Rolls

Cooking



At dock/anchor:

- Grill (many docks do not allow)

Propane grill vs Charcoal grill

-Charcoal – also prep next day lunch

-Oven

-Cook top

Lime Marinated Shrimp Skewers

Cooking



Fresh fruit salad

Safety

- non slip surface liner
- don't leave large or sharp objects where they can fall/hurt anyone

Be sure to have warm meals while underway on log passages at least once per day

Quick cooking vs long

Cous cous

vs

Rice

Pasta

vs

Potato

Steak

vs

Roast

Caned beans

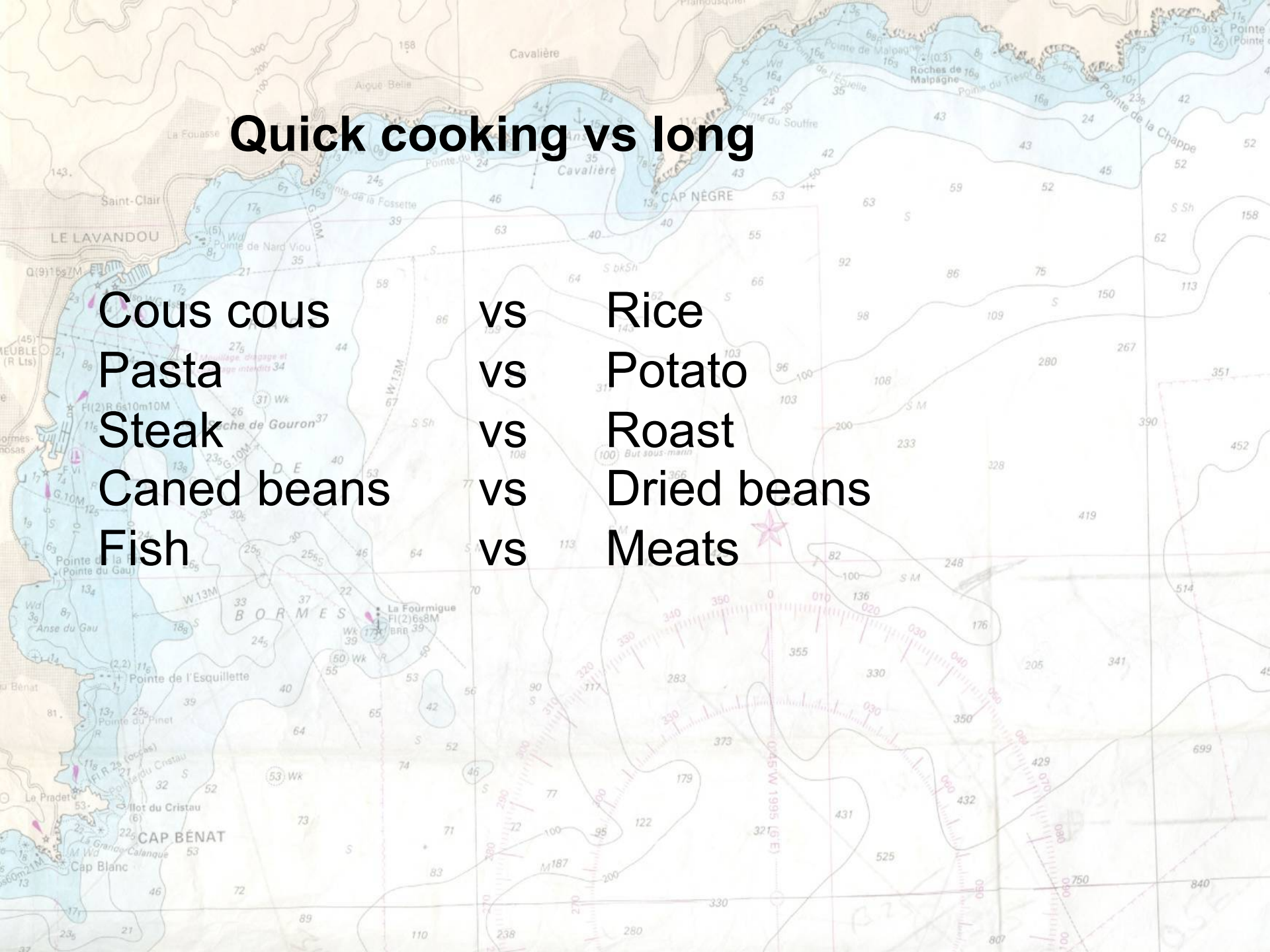
vs

Dried beans

Fish

vs

Meats



Meal plan ideas for one week

Breakfasts: (7)

- Eggs & bacon & home fries
- whole wheat Pancakes & sausage
- Honey pecan french toast w fresh fruit salad
- Bagels & cream cheese
- Fresh fruit, yogurt & granola
- Banana nut muffins
- Vegetable or Ham & cheese omelett

Lunches:(6)

- bacon cheddar burgers w lettuce tomato pickle & potato salad
- grilled tomato & cheese sandwiches
- tortolini pesto pasta salad
- cape cod chicken salad sandwiches w chips & pickles
- Thai fresh shrimp spring rolls w /warm soba noodles
- humus olives & pita, greek salad
- turkey & swiss sandwiches on whole wheat or white
- PB&J or Tuna salad sandwiches on whole wheat or white
- Taco salad w veggie quesadillas, chips, salsa, sour cream & guacamole

Dinners(pick ~5 with two out)

chicken mushroom spinach lasagna w tossed salad & garlic bread

grilled swordfish w pineapple salsa & baked potato

bbq baby back ribs w homemade sweet spicy southern-style bbq sauce; cole slaw

grilled lime marinated shrimp skewers w black beans & rice, caesar salad

pineapple chicken kebabs w sweet plantains & grilled veggies

chicken soft tacos, seasoned rice & salad

bourbon grilled salmon w couscous & lemon dill baby carrots

veggie& cheese stuffed chicken breast w steamed veggies & quinoa

sides

garlic bread

potato - garlic mashed, baked, scallop, oven fries

sumer squash steamed or grilled

mushroom parm polenta

zucchini steamed or grilled

green beans

carrots

quinoa

couscous

ginger rice

black beans & rice

plantains

salads

spinach salad with warm bacon dressing
gorgonzola walnut & cranberry
arugula
greek salad
caesar salad

snacks on hand at all times

oranges
bananas
chewy granola bars
apples
pretzles
potato chips
chocolate bars
tortilla chips & salsa
mixed nuts

Desserts

dark chocolate bark w nuts & seeds (melt)
rum balls (no bake)
caramel pecan turtle treats (melt)
chocolate chip cookies (bake)
apple blueberry tart (bake)
carrot cake w cream cheese frosting (bake)
fresh fruit sorbet (freezer & blender)
soft ginger molasses cookies (bake)

Communications



- into/out of port/harbor
- with coast guard
- with other vessels
- during races
- within the boat communication (e.g. skipper to foredeck when mooring/anchoring)
- hand signals
- Important to not lose your cool*

Seasickness

- Bands
- Drugs



Dramamine
Scopolamine
Stugeron

- Natural remedies
 - ginger
 - candied ginger
 - ginger beer /ale

- Avoid alcohol, spicy/greasy food or reading
- Stay on deck/fresh air/watch horizon / steer the boat!
- If you do get sick – leeward side always & rehydrate!



Watch Rotations

FINDING YOUR CHARTER

- Even number people sample

0600-1200 A

1200-1800 B

1800-2000 A

2000-0200 B

0200-0600 A

0600-1200 B

- Odd number people
rotate half way through watch

- Experience considerations -

teams of two on
watch at a time

- Solo – alarm “watch
commander”



“watch commander” alarm ~ \$150



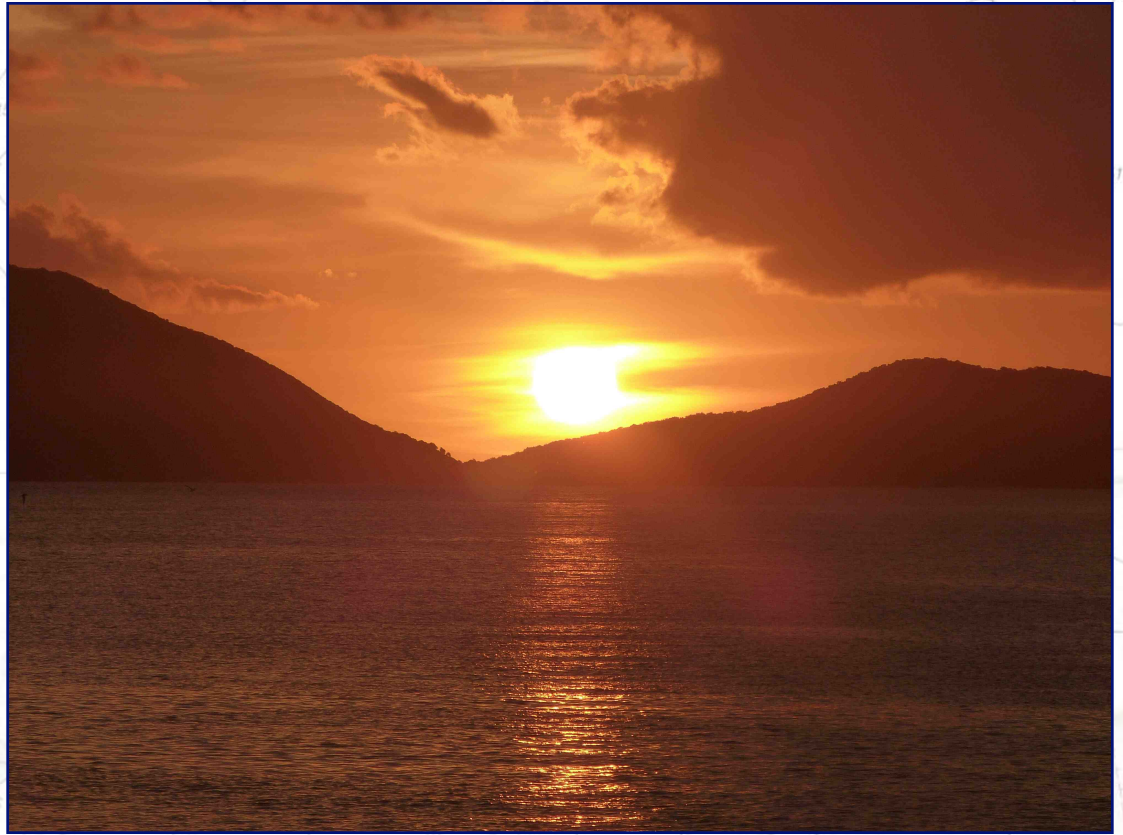
Pre-Cruise Checklist

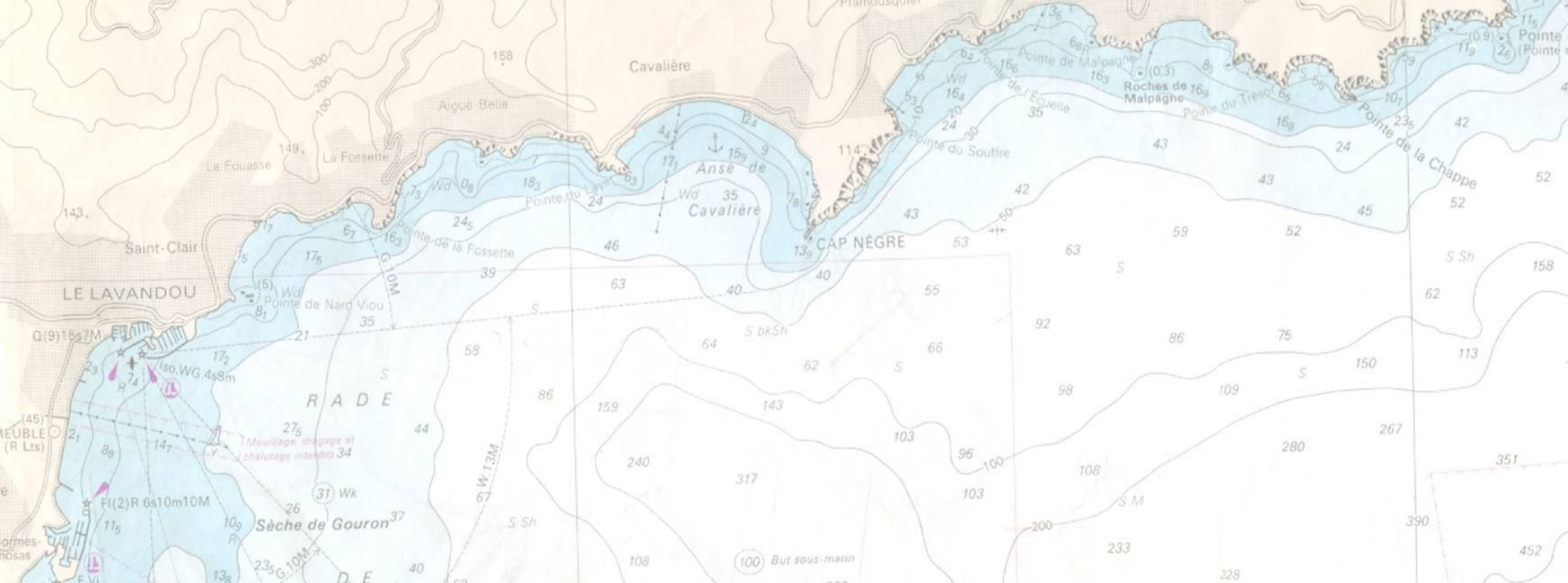
- ✓ Have you checked your provisions on board?
- ✓ Checked emergency equipment – all crew know location
- ✓ Checked communications equipment
- ✓ Checked all is stowed well?
- ✓ Water tanks and fuel tanks full?
- ✓ Heads checked and operational?
- ✓ Outboard and dinghy checked?
- ✓ Shore power disconnected and stowed?



Sleeping aboard

- Ear plugs
- Eye mask
- Water bottle
- Pack light in soft sided bags





Thai sweet chili sauce

1/2 cup rice vinegar (or substitute white vinegar)

1/2 cup + 2 Tbsp. white sugar

1/4 cup water

3 Tbsp. fish sauce

2 Tbsp. sherry (or cooking sherry)

3 cloves garlic, minced

1/2 to 1 Tbsp. dried crushed chili (1 Tbsp. makes spicy-hot sauce)

1+1/2 Tbsp. cornstarch dissolved in 3-4 Tbsp. cool water

Preparation:

Place all ingredients - except the cornstarch-water mixture - in a sauce pan or pot. Bring to a rolling boil.

Reduce heat to medium and let boil for 10 minutes, or until reduced by half. (Note that the vinegar will be quite pungent as it burns off. Generally, I find rice vinegar less strong than regular white vinegar).

Reduce heat to low and add the cornstarch-water mixture. Stir to incorporate and continue stirring occasionally until the sauce thickens (about 2 minutes).

Remove from heat and taste-test. You should taste "sweet" first, followed by sour, then spicy and salty notes. If the sauce isn't sweet enough, add a little more sugar.

If not spicy enough, add more chili. Serve with spring rolls or udon noodles



Lime marinated Shrimp Skewers

1/2 cup lime juice
1/2 cup orange juice concentrate
1/2 Tb salt
1/4 TB pepper
1/4 Tb chili pepper
3/4 tb cumin
dash cayenne (to taste)
1tsp oregano
1/2 TB garlic
1/2 cup veg oil

Marinate peeled shrimp for 1 hour up to overnight.
Skewer and grill for 2-3 min per side.
Broil in oven about same time.

Shrimp/Veggie Spring Rolls

2 ounces rice vermicelli

8 rice wrappers (8.5 inch diameter)

8 large cooked shrimp - peeled, deveined and cut in half

Fresh herbs such as: basil, mint, cilantro

Julienned carrots and cucumbers

Also substitute tofu for shrimp or

DIRECTIONS:

1. Bring a medium saucepan of water to boil. Boil rice vermicelli 3 to 5 minutes, or until al dente, and drain.
2. Fill a large bowl with warm water. Dip one wrapper into the hot water for 1 second to soften. Lay wrapper flat. In a row across the center, place small amount dipping sauce, 2 shrimp halves, a handful of vermicelli, basil, mint, cilantro and veggies, leaving about 2 inches uncovered on each side. Fold uncovered sides inward, then tightly roll the wrapper, beginning at the end toward you. Repeat with remaining ingredients.
3. Serve rolled spring rolls with the dipping sauce.