

## Cooking on a Boat



Cooking on a boat can mean everything from cooking at the marina, where you're plugged into power, to cooking at a calm anchorage, to cooking during a passage.

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'Can you pop out and pick up a few things for me at the Supermarket?'



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## Cooking on a Boat



If you want to be independent and spend as many days as possible away from marinas then you will need to find ways to conserve fuel, electricity, propane, and water and make your provisions last as long as possible.

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## Cooking on a Boat



- **SIMILARITIES & DIFFERENCES**
- **PREPARING AHEAD**
- **SAFETY IN THE GALLEY**
- **PROVISIONING AND FOOD STORAGE**
- **COOKING HINTS AND TIPS**
- **HANDY PRODUCTS**
- **BOOKS & BLOGS**

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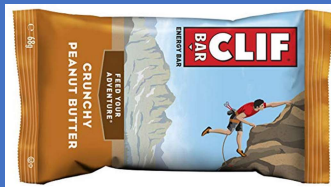


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## SIMILARITIES



- If you like to cook delicious, nutritious, attractive meals at home, then you'll probably want to do that at home as well.
- If you merely eat for fuel, that's likely how you'll eat while on the boat.



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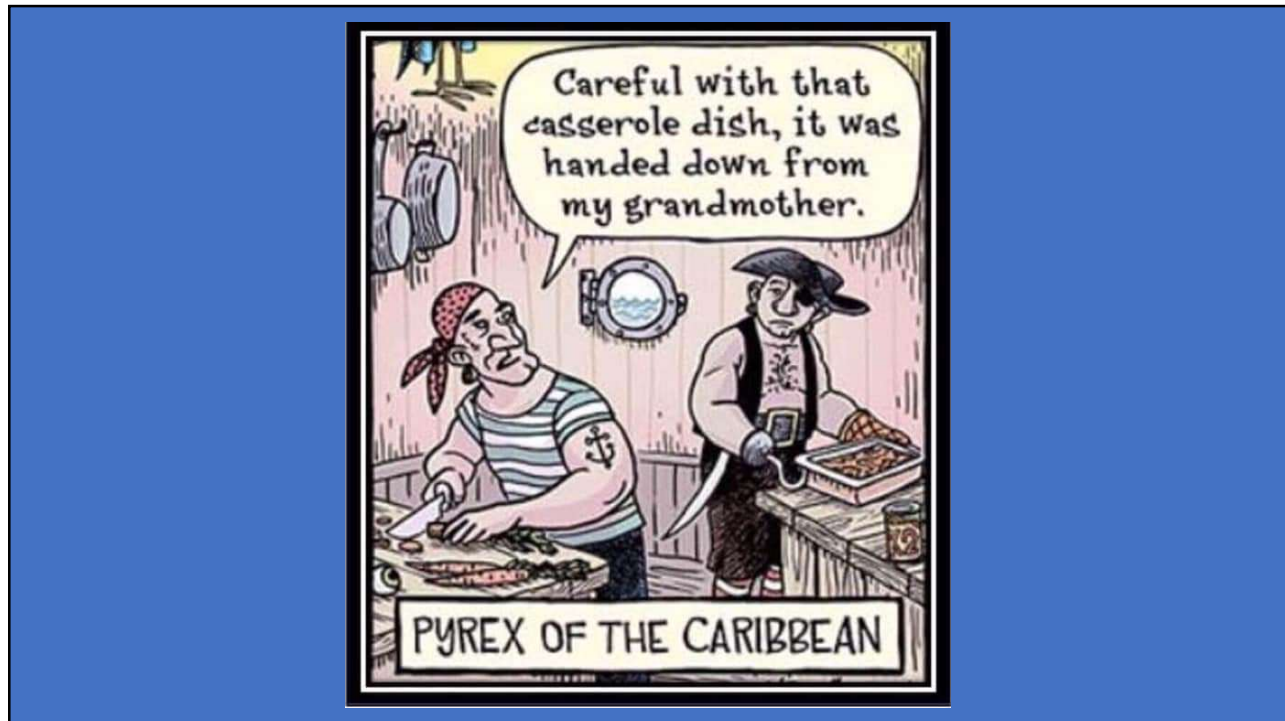
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## DIFFERENCES



- Limited galley space
- Limited amount of fuel, electricity & water
- Limited amount of burners
- Won't have as many prepared foods around
- Won't be able to pop out to the grocery store
- Limited amount of pots and pans
- Food will be stored in different ways
- Limited space in oven
- Few or no electrical appliances
- Biggest difference: you will be in constant motion.

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## SOLUTIONS






- Nesting bowls, measuring cups, measuring spoons
- Silicone collapsible items
- Spice racks
- Be creative in finding usable counter space
- Find smaller pans that fit your burners & oven
- Make more one-pot meals
- You'll be making more foods from scratch
- Know exactly where everything is stowed
- Use foot pump for water, wash dishes in salt water
- Get good hand powered tools

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# SOLUTIONS



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# SOLUTIONS



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## PREPARING AHEAD

- Know your crew
- Plan your menus
- Scan your recipes and put in plastic sleeves
- Plan for snacks
- Decide who will be cooking
- Plan watch schedule around daily shared meal
- Over plan
- Do prep work at home or dock



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## SAFETY IN THE GALLEY

- Fire extinguisher and blanket
- Brace yourself
- Gimbal your stove
- Lock pots on stovetop
- Use lids and splatter guards
- Secure EVERYTHING



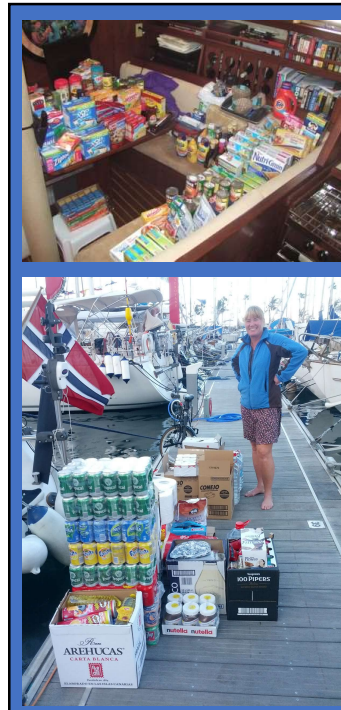


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## PROVISIONING & STORAGE

- Meats
- Seafood
- Drinks
- Eggs
- Cheese
- Fruits & Veggies
- Bread
- Canned goods
- Cereals, crackers, & chips
- Pasta, rice, etc...
- Baking supplies

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## HANDY TIPS 1

- Fridge
- Snacks
- Provisioning spread sheet
- Grocery store
- Local markets
- Joy dish soap
- Tetra packs
- V8 Juice
- Canned butter
- Bleach solution
- Couscous



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## HANDY TIPS 2

- Fun snacks
- Bamboo cutting boards
- Potlucks
- Silicone spoon rest
- Aprons
- Damp towel
- Thermos
- Non-stick frying pans
- Nesting pots
- Cast iron pans

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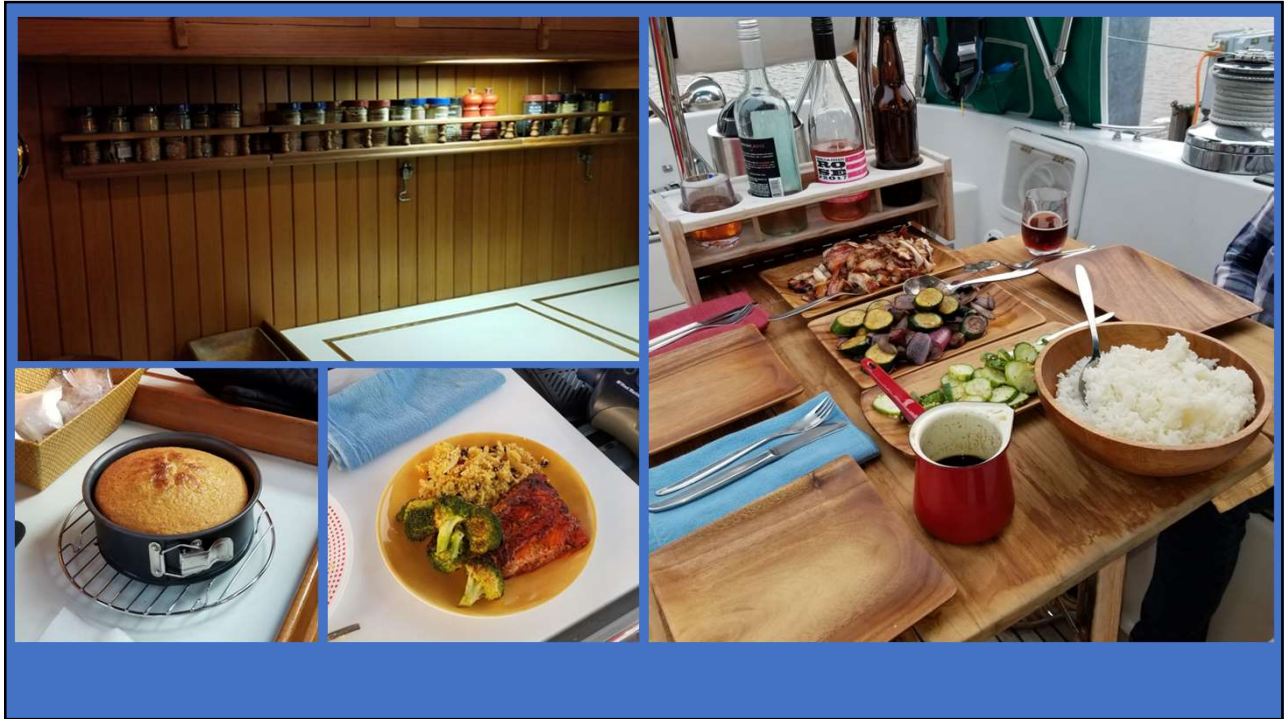


### HANDY TIPS 3

- Color coded cloth napkins & mugs
- Energy bars
- Powdered Gatorade & Nuun tablets
- Leftovers, cook 2 meals at once
- Overnight oatmeal for breakfast
- Spice Rack
- Non-slip dishes
- Non-slip pads

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## Products 1

- Manual food processor
- Hand potato masher
- Folding trivets
- Sticky pads
- Flat silicone trivets
- Clippy things for pot lids
- Silicone measuring cups









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## Products 2

- Diffusers
- Cast iron pans
- Microplane
- Thermal cooker
- Pressure cooker
- Instant Pot
- Produce bags

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## Products 3

- Immersion blender
- Boater's Pals
- Mesh produce bags
- Clip-on pasta draining screen
- Neoprene wine holders
- Knife Sharpener
- Mandoline

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