

# the Galley Chef



*A Healthy Guide For Hearty Eats Onboard The Vessel*

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## INTRODUCTION

The Galley is the heart of the boat, just like the kitchen is the heart of the home; where we come together over a meal to nourish our bodies and our souls. Some of our best memories are centered around food. That is why it is extremely important that meal time be a positive and safe experience. As a cook, it is necessary that you become well acquainted with the proper method to handle and prepare meals onboard the vessel. It is our desire that the “Galley Chef” will help you on your way to providing the safest and most enjoyable eating environment for you and your crewmembers.



## FOOD STORAGE

**S**toring food properly is the first step in handling food safely. Once provisions are brought aboard the vessel, items that need to be frozen or refrigerated should immediately be put away.

### ✓ Pre-cool Fridge and Freezer

Check to ensure that the refrigerator is cooling between 32° to 40°F and that your freezer is cooling between -5° to +5°F. If the temperatures are off, you may need to adjust the dials on the unit to attain the right temperature. If you notice that the refrigerator or freezer is consistently too warm despite efforts to adjust the temperature, you should inform the captain because this represents a fairly serious danger.



## MEAL PLANNING

**P**aying attention to nutrition and planning out your meals in advance combined with proper food handling techniques are key parts of the cook's job. Other crew members rely on you to know and understand how important your job is to their health and well-being while onboard the vessel.

### √ The Food Balancing Act

Preparing a balanced diet of lean proteins, fresh fruits, whole grains, nuts and vegetables gives the crew the energy they need to maintain peak performance. A balanced diet also helps the crew to feel better physically and psychologically.

Every meal should contain a source of protein (the leaner the better), carbohydrate and vegetable. Your goal should be to prepare balanced meals that incorporate enough calories and nutrients for everyone.





*“First and foremost... I am blown away. The Galley Chef has tremendous benefit and value to not only the industry, but to those individuals that take their occupation as a Galley Chef seriously. The industry is in need of cooks, and any tools that we can provide those individuals that are interested in this occupation are of tremendous benefit. Thank you for providing all of the necessary tools within this book and keeping Health, Safety and the Environment as its primary focus; you nailed this one! The Galley Chef should be placed on every workboat.”*

**Gregg Trunnell - Director, Pacific Maritime Institute**



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