



SEA SCOUT COOKING

Make it Fun! Make it Fast! Make it Easy!

Cooking:

- Finding Help
- What to teach
- What to cook

Cooking on a boat

People aren't born knowing how to cook. They have to learn it. Usually it starts at a mother or father's elbow in the family kitchen. But even then, cooking for many people is a whole new level of challenge for Sea Scouts.

The key to you're having a great dinner at sea is finding the right help in teaching your crew how to master their Galley.

FIND A PRO

What you need is someone who is a better cook than you are to teach your Ship that cooking can be fast, fun and tasty. It's not that you don't know how to cook, you do. But there are always people out there who know more. Your job is to find them and turn them into Sea Scout volunteers.

So, where do you look?

First you really do need to turn to the family and adult leaders you already have. They know people they haven't told you about yet who can help you.

So before I give suggestions of other ways to find the cook who can make your crew a cook I want to start by recommending you take a long at the tools the BSA has already created to help us find the help we need. The you need to go to the Scouting.org take a look at the national parent's assessment tools. Go to <http://www.scouting.org/Home/Venturing.aspx> Under the "Crew Support" heading...look at the PDF called "Program Capability Survey". Send that PDF to every adult in your program and have them fill it out. It will help you figure out whom you need to go for in order to find what you need. You can even remind folk you send this to that you're looking for their contacts.

Someone asked us who we knew, and that's when I remembered this young chef. Stew Navarre is someone that I had met through my daughter. They went to college together. Then he was just some kid from Texas, but he now has two degrees, and is the Executive Chef at two of the hottest restaurants in Downtown Seattle; "Local 360" which gets 93% of everything it cooks from within 360 miles of Seattle, and "Bell and Whete" which takes traditional European dishes and reinterprets them for a modern American audience.

There are tools you can use to find out what and who your parents and volunteers know available on the BSA national Scouting.org website. Use the tools!



But he was quick to say “Yes” when we asked if he’d take one of his rare days off to teach the crew of the Sea Scout Ship Yankee Clipper a few tips they could use in the Galley. Before he settled down in Seattle, Stew was previously the chef onboard a large luxury private yacht, so he has direct experience to pass on the Sea Scouts trying to cook in their tiny galleys.

Ok, you’ve looked internally, and no one knows a Chef Stew or someone connected to the culinary industry. No problem. That just means you need to look outside. First, where do you go out to dinner on a regular basis? Do you have some restaurant where you are a regular, and even know the chef and tell them how wonderful it is to eat at their restaurant? If you do, that’s the first person you should approach to see if they might be willing to help give some tips to kids trying to cook. In many cases all it takes is someone to ask and they will agree. No time now, no worries. Maybe in the future.

The next place you could look is any local commercial ships in your region who are large enough to have a full time chef who feeds a hungry crew. This could start as an outing to see their galley and turn into lessons about life cooking at sea. It can expose youth to a maritime career path they hadn’t thought of, and get them thinking broadly about all the people who have to work hard to keep a ship afloat.

OK, you’ve exhausted the local contacts, any commercial ships, and you still don’t have your teacher. Where do you find a cooking teacher? The next place to go is a culinary school. Sure the finest school in the nation is the Culinary Institute of America in Hyde Park, New York, but they can only help a Sea Scout Ship in Poughkeepsie. But if you search your town for a Cooking School such as <http://www.lecordonbleu.com/> You’ll likely find one. And don’t forget to check your local Community College. Many have culinary programs. You’ll be surprised how many want to make local community connections, and will help you connect with their students.

WHAT TO TEACH

What you teach will depend a bit on how you’re going to cook on your Sea Scout Ship. Some ships have a galley with stove, oven, sink, prep space, a refrigerator, microwave and a coffee maker. Oh that blessed coffee maker. But smaller ships, new ships, whale boats, long boats, open canoes, kayaks, Stand Up Paddleboards and small sailboats won’t have any of that stuff. So you need to determine how you’ll cook

food, store supplies and clean up. There's a learning curve to be sure, and no one solution is right for every Sea Scout Ship.

Commodore Larry Richardson of the Aloha Council in Hawaii says the youth on the SSS Decisive didn't have a traditional galley, but found a great solution on [Amazon.com, a portable stovetop and oven that didn't break their bank.](#) And now the Sea Scouts can handle big meals with ease.



Once you've determined how to handle food, now it's about preparation...in helping young people master the galley.

Basic Cooking Skills: Let's face it. You have to start with some basics about food planning, handling and preparation. Some in the crew will know a thing or two already, but the ones who don't won't want to admit it. So you need to make sure all get the same basic starting level instruction about planning, handling knives, how to chop and how to follow a recipe.

1. **Planning.** How much food does it take to feed 13 people for seven days? This is not something your average 15 year old is going to know. So they need a little help figuring it out.
2. **Cook something easy** to help them all learn the basics of following that recipe, how to hold a knife, what is the difference between 1 tsp. and 1 Tbsps? They look so similar, but if you use the wrong one it can sink your dinner.
3. **Remember to cover safety in the Galley.** Show her where the fire extinguisher is located and tell her how to use it. You should also give them instructions about the dangers in the kitchen, such as grease fires. Be sure they understand they should never put water on a grease fire, and if they can't use the fire extinguisher, they can use baking soda to douse a grease fire. Caution them about putting a hand or arm over hot steam, as this can result in a painful burn.

Cooking on a Boat is Different: Carolyn Sherlock's [Boat Galley Blog](#) says the first thing to know is that cooking on a boat really is different from home

- 1) What's on Board is what you've got. That means you need to plan well, and be innovative
- 2) Limited Space. Wow, that Galley is Small. There's so little space for prep and cooking. Have multi-function things. Don't bring things that don't do anything. Boxes. Plan ahead for limited space. Don't plan three pot meals if you only have two burners.
- 3) Cooking from scratch is intimidating. Bring a couple of cookbooks
- 4) No electrical appliances. You can beat and mix by hand....but it's hard. Plan things you can mix that way.
- 5) The Motion of the boat. That thing is always moving under you and it changes what you'll make and when. Sandwiches when you're sailing beat hot water spilling all over the galley. That said, there's nothing like hot coffee or coco when you're sailing in cold weather.

WHAT TO COOK

So, what should Sea Scouts cook? Truth is, they can cook anything. We suggest all ships invest in a few good cookbooks for youth that will give them ideas to pick from. Some of the best choices include:

- a. [Real Food, Real Fast by Sam Stern](#): Cooking tips by a teen.
- b. [Better Homes and Garden Cookbook](#): An old book that stands the test of time.
- c. [The Joy of Cooking](#): Sure, and oldie...but a goodie.

Then there are a few other basic tips to remember. Garbage and cooking can be messy, so you need to think about ways to minimize the mess. So for example, Scouts, Sea and other, seem to love bacon. But it creates grease which is hard to deal with aboard. So am I saying, "No Bacon." Perish the thought. But come up with ways to minimize the issue. Mostly pre-cook it and freeze or vacuum seal and simply finish it in the pan. That way you get that great smell in the boat but with little or no grease to deal with

And that bacon would be great in....

Breakfast Burritos

http://www.boyscouttrail.com/content/recipe/simple_breakfast_burritos-202.asp

....by the way The Boy Scout Trail has a great list of recipes that Sea Scouts can modify for use on ship at <http://www.boyscouttrail.com/boy-scouts/boy-scout-recipes.asp>

Pre-Cooked Dirty Rice

Another quick tip comes from my friend Erin from the Sea Scout Ship Morning Star in Sherman Oaks, California. Pre-cook some rice, and store it for later. Slice up some cajun sausage, sauté with diced bell pepper, onion, and garlic, throw in rice and some seasoning, and you have a flavorful, quick, and filling version of "dirty rice." Erin says it's, "...SOOOO much better than "hamburger helper."

There are a lot of web sites out there that can help you find easy recipes to use on a boat. These kinds of sites know the limitations on boat galleys and compensate with tasty, easy to copy, meals for dinner, lunch or breakfast.

Fish or Chicken Tacos

<http://theboatgalley.com/fish-chicken-tacos/>

Think ahead a bit, and at breakfast you could also be prepping lunch.

Pasta Salad

<http://theboatgalley.com/rice-pasta-salad-recipe/>

Split Pea Soup in a Thermos

<http://theboatgalley.com/split-pea-soup-in-a-thermos/>

Hot Chicken Sandwich



(Prep 5 mins, Cook 15 mins, Serves 1)

- 1 sub roll, sliced
- 2 large frozen chicken tenders
- 2 tablespoons hot wing sauce
- 1/2 cup mozzarella cheese
- Blue cheese dressing, for dipping

Prepare chicken tenders according to product instructions (oven or fried). While hot, toss in wing sauce and add to the sliced sub roll. Top the remaining sub roll (cut side) with mozzarella cheese. Add sandwich to an oven heated to 500 degrees F until the edges are browned and the cheese is melted. Serve with blue cheese dressing.

From <<http://www.artofmanliness.com/2013/10/31/5-awesome-recipes-for-the-mans-man/>>

Get out there on the water...and eat well

With just a little planning and a little help from parents or friends in the community, your ship could be turning out memorable meals such as the three cheese baked Macaroni and Cheese that powered the crew on the Sea Scout Ship Yankee Clipper as she sailed off across Puget Sound at night this spring on

her way to Mert Wells Regatta.

