



NEWSLETTER



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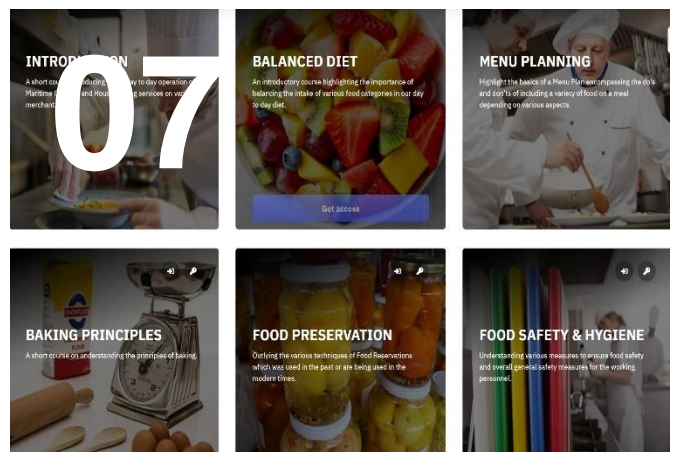
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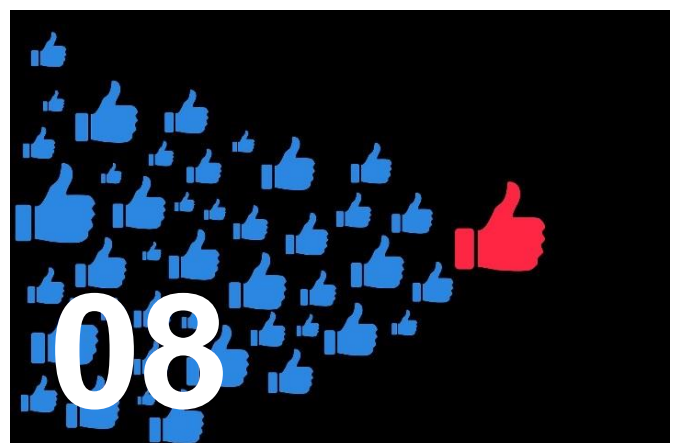
Our people



Relishing recipes



Learning management system by Seachef



Your opinion matters

Welcome note from the MD's desk

We at Seachef welcome all of you to the first edition of our newsletter. The current events amidst the pandemic have unfolded many challenges and we are doing our best to keep our operations running. We sincerely pray for everyone's safety and may we all be blessed with good health. The seafarers are among the worst affected who are longing to be back with their families after months of hardships onboard. We pray the crew changes get back to a full swing at the earliest; until then, we continue to support all onboard to our best of abilities. We would like to thank our Seafarers for keeping the supply chain in motion all over the world during this difficult time. Our thoughts are with their families too.

In this newsletter, we introduce our new colleague Ms. Eva Aristotelous who in her role as Client Relationship Manager will support us get connected to our clients and seafarers better. We shall also use this platform to showcase the life of our catering crew onboard, share information on nutrition and healthy diet, information and updates on training initiatives as well as other updates at Seachef.

To help our catering crew with much needed information and guidance on their day to day work, we have recently launched an online training platform, called Learning Management System (LMS). Herein, they can find meaningful short courses, assignments and tests related to their job. The platform can be accessed by any device, including PCs, smartphones, and tablets.

The recent feedback on our service performance during the pandemic and the overall results of the recent customer survey conducted by us are shared in this newsletter. We thank you for extending your support in completing this important exercise, your valuable input will help us improve upon our services continually in the future.

Before closing we would like to take this opportunity and thank all our suppliers for their excellent and continuous support to all our vessels. Despite all risks and restrictions, they have been ensuring prompt deliveries of various items essential to our vessel's day- to- day operation.

We hope you will find the content of this newsletter interesting and will have a good time going through all the topics. Please feel free to reach out to us at our email address seachef@seachef.com if you have any suggestion or queries. Your feedback will help us become ever better!



Tapan Kumar – Managing Director
Seachef Hospitality Services

Our people

Eva Aristotelous is an experienced Client Relationship Manager with a demonstrated history of working in the maritime industry. She is a member of the Chartered Institute of Public Relations (CIPR) with experience in public relations and communications. Eva has been with BSM for the last 17 years. When she initially joined the organisation, back in 2003, she was supporting the BSM Cyprus office, formerly known as Hanseatic Shipping, on internal and external communications while she was promoting the public awareness of the company. During her career within BSM, Eva has served the organisation in different roles, from Public Relations and Communications Expert to Human Capital Executive. *"I believe that in order for a business to be successful it should be focusing on two things - people and clients. The two are interdependent and cannot be viewed in isolation. This is something that BSM knows very well how to do and I feel fortunate to be a part of such a great organisation".*

In her current role as a Client Relationship Manager, Eva will focus on the business development of Seachef ensuring clients' delight and high level of services and excellence is always provided as per Seachef's quality standards. *"Becoming a member of a professional and motivated team like Seachef, that is dedicated in making an impact on the maritime industry and the lives of the seafarers, is simply amazing",* Eva says. Eva will be based out of our Cyprus office. We all at Seachef welcome her to our team and wish her the very best in her new role.



Eva Aristotelous – Client Relationship Manager
Seachef Hospitality Services

Interview with Chief Cook Manoj Kumar Kululiyal

Born and raised in Uttarakhand, a city located in the northern part of India, Manoj Kumar Kululiyal grew up knowing what he wanted to be in life. He was lucky enough to discover his passion for cooking and the sea at an early age. He followed his dream to attend the university in Uttarakhand where he studied Science and later, he completed his studies in Hospitality at Radha Krishna Hospitality Services in Mumbai. His studies equipped him with skills and knowledge that helped and prepared him for a seafaring career.

Manoj demonstrated his cooking skills from a very young age. As he recalls, the first dish that he cooked for his family was butter chicken, a traditional dish that is still being served in his hometown. Thinking back, Manoj remembers himself feeling so proud at that time for managing to prepare this dish for his family completely on his own.

Soon after completing his studies, he got himself involved in the maritime industry from where he had the opportunity to share and gain knowledge and this helped him to grow professionally and go up the ladder of his career. Today, Manoj is counting 23 years in the industry. He has sailed on different types of vessels like Ruby River and Baosteel Elevation.

Manoj joined BSM in October 2005 as Chief Cook on board the Tanker vessel "Century River". His skills and competencies helped him to grow within the BSM family. For the last 15 years, Manoj has been sailing with BSM serving thousands of palatable dishes to our crew.

The daily routine of a chief cook, as Manoj says, is very demanding. It is like being the captain of the kitchen. "There are different nationalities with different dietary preferences. My job is to please everyone's taste buds and at the same time ensure a healthy diet for the crew by providing meals that have all the necessary vitamins and nutrition required for their healthy eating." Manoj spends time with the crew to learn about their dietary preferences and ensures no food goes to waste. He is responsible for the provisions, the stores, the menus and the hygiene of the galley.



Chief Cook Manoj Kumar Kululiyal

Manoj is proud and passionate about his work. Over the years, he has learned to adapt his flavours to all different nationalities while his knowledge on healthy eating is tremendous. He is also passionate about fishing and farming. He remembers himself spending his holidays on the farm as a young child, with his family taking care of their animals. Manoj is dreaming of having his own restaurant one day and dedicating the rest of his life to cooking different dishes of traditional authentic Indian food.

"The secret to success is to never stop learning, working hard and having passion for your work", Manoj says. He describes himself as a dedicated, humble, and cheerful person.

Interview with Messman Vladislavs Zakatovs

Vladislavs Zakatovs, a messman on board our vessels, believes that passion is a key to success. Born and raised in Riga, a city located in Latvia, Vladislavs grew up dreaming of becoming a seaman. He was at the age of 16 when he discovered his passion for sea and cuisine so, after completing his secondary education, he decided to go to the university and study for his seaman's licence. He started his shipping career as an ordinary seaman and two years ago he decided to try his skills in the cuisine as a messman.

"The role is demanding, yet exciting while it requires to have good organisational skills", Vladislavs says. His daily routine requires proper planning and time management. Within the day he may need to perform different duties, but his day always starts with some good cleaning of areas like the galley ways, the mess and the receiving room in the senior officer's cabin. "Hygiene is a must, so it always comes first", Vladislavs says. Once done with the cleaning, he assists the chief cook in his cooking duties and serving the food to the crew.



Messman Vladislavs Zakatovs

Vladislavs describes himself as a people-centric person who likes to have friendly yet professional relationships with his team members. He believes that good communication in the workplace is crucial as it can help people be happier thus more productive at work. Being at sea away from home, family and loved ones for so long is not easy. It can lead to homesickness and frustration among the crew so it is important to maintain a healthy working environment where people can be open to talk about anything.

Aside cooking Vladislav also likes reading and travelling and he feels lucky that his job offers him the opportunity of traveling around the world. His favourite cuisine is French, and he loves Chicken Fricassee very much. For Vladislavs, life is about opportunities and challenges. This is also one of the reasons he chose to work in the shipping industry. "Challenges help you to shape your character, progress and become better, personally as well as professionally", he says.

Vladislavs wants to grow within the company and go up the ladder of his career. He is eager to learn new things which will help him to improve his knowledge, skills and competencies.

He describes himself as a hard-working and positive person who likes to work in teams. He believes that communication, cleanliness and attentiveness are important skills that can help to be a good messman.

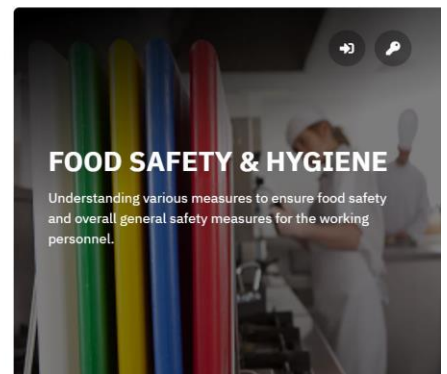
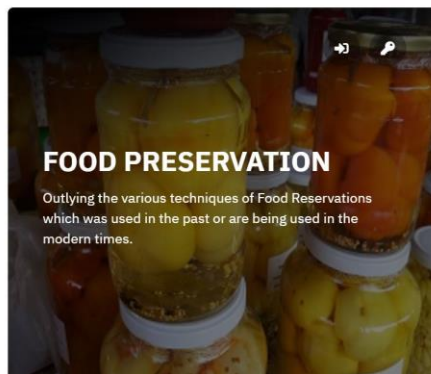
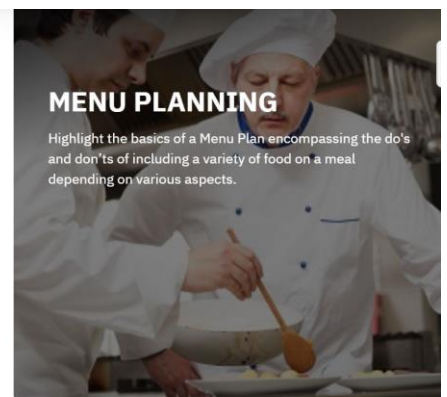
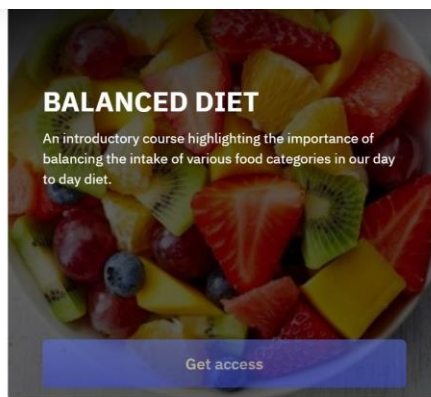
Learning management system by Seachef

Knowledge is power

Continuous learning and development are vital for any individual. Developing new skills and knowledge can improve productivity, performance as well as self-confidence.

To support the learning and development of our catering staff onboard as well as ashore and offer them an opportunity to enhance their performance Seachef has launched an online **Learning Management System (LMS)**.

LMS has a user-friendly functionality. It provides a series of online courses, specifically designed for the catering teams ashore and at sea as well as evaluation tests and exercises related to catering, hospitality, and nutrition. It is available to all catering staff and it is accessible from any device, including PCs, laptops, smart phones (iOS and Android) and tablets. Users can also download the Moodle app on their smart phones to access LMS.



Registration process:

Inform the Seachef team about the catering staff (provide passport details) that is requiring access to the LMS by sending an email to shaarang.angane@seachef.com with a copy to madhavi.nagre@seachef.com.

- Go to <https://lms.seachef.com/my/> and log in to LMS.
- All current courses are self-registrable.
- Completed courses are followed by short assignments in form of a quiz or test.
- An autogenerated certificate is issued to the users upon successful completion of each course.

Your opinion matters

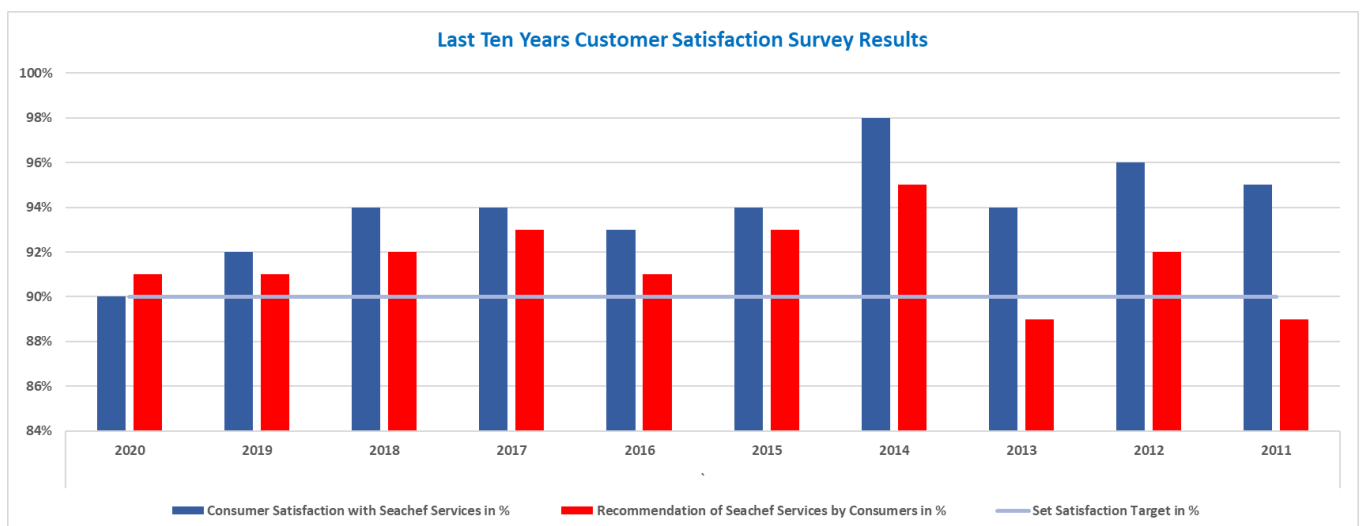
At Seachef we live by our values, vision, and mission. We are committed to provide continuous support and high-quality service to our clients and crew onboard the vessels even under the most difficult circumstances like a pandemic.

The world faced a complete lockdown with no crew changes being allowed to take place. The need to support our seafarers during those difficult times was bigger than ever before.

The Seachef team took immediate actions and activated its internal protocols and Business Continuity Plan to ensure that all its crew would remain in good health. Enough provisions to cover the needs of three months were provided to every single vessel managed by Seachef. We were closely monitoring the situation on all areas where cases of Covid-19 were identified. We were and still are constantly receiving and following the latest best practices from the WHO and health professionals on containment of the virus to adopt the best possible actions.

The feedback and comments received by our catering crew on the continuous support, services as well as quality of provisions provided to the vessels by Seachef, despite the difficulties and the lockdown, were encouraging and positive. This is also reflected on the results of the annual surveys that Seachef is conducting among seafarers. The consumer satisfaction rate of more than 90% on a year to year basis proves Seachef's commitment towards high safety and quality standards. We would like to take the opportunity to thank all our catering crew for the support, trust, and appreciation they are showing to the Seachef team.

Our year on year participation level from our crew onboard our vessels averages between 85 to 95 percent which shows that our crew takes active interest in participating in these annual surveys. This year, the total number of respondents increased to 4,902 seafarers representing 51 different nationalities. This is a big leap of 66% compared to last year's figure of 3,246 seafarers. The survey results are distributed to various stakeholders within the organisation and to our clients and customers externally as needed.



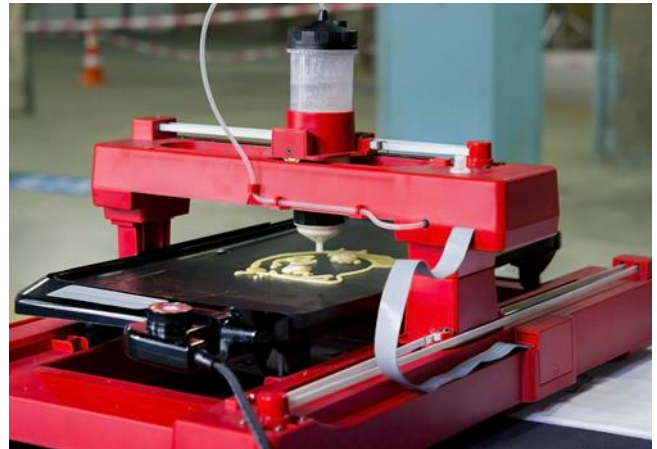
3D food printing: From imagination to reality

What used to be a science-fiction fantasy a few years back, now becomes a reality. 3D food printing technology aims in revolutionizing the food innovation and production through creativity, customizability, and sustainability.

What is food 3D printing?

3D food printing is the process of manufacturing food products using a variety of additive manufacturing techniques ⁽¹⁾. There are different types of 3D printers out in the market but the most advanced are the ones which have pre-loaded recipes and allow the user to remotely design the food on a computer. The food can be customized either in shape, colour, texture, flavour or nutrition according to the needs and taste of the user.

Manufacturers and enterprises from different industries such as Aerospace, Automotive, Packaging, and Food are already testing and leveraging the benefits of this technology. A German nursing home is already making 3D printed mashed food products which are served to elderly people facing difficulties in chewing ⁽²⁾.



NASA who was doing a research on how 3D printing could be used to make food, is now ready to launch into space the first 3DChef robot who will be making 3D printing pizzas for the astronauts ⁽³⁾.

The 3D food printing market is estimated to reach \$525.6 million by 2023 while the food tech industry around \$250 billion by 2022, according to 'Research and Markets' ⁽⁴⁾.

The world's population is growing, and experts believe that current food supplies will not be able to supply the population in the future, thus, investing in sustainable food sources will be critical.

The Future of 3D Printing in the food industry

Some of the ways in which 3D printing will affect the future of the food industry include:

- The management of inventory for food manufacturers will become easier and cheaper as they would be able to manufacture food based on demand.
- Raw materials are expensive and represent a large fraction of the cost for food manufacturers. 3D printed food will allow them to reduce costs while offering more sustainable food.
- it allows for better management of resources thus reducing wastage of food products.
- It can boost food innovation and cooking creativity so chefs and cooks will be able to create beautiful looking food in a variety of shapes and colours.
- Manufacturers will print only 3D parts on-demand and as they are needed which in return will help companies to reduce inventory and storage costs ⁽⁵⁾.

The impact of 3D printed food on health

Is it safe to eat 3D printed food?

3D food printers are using fresh ingredients and allow stricter control over food portion sizes thereby reducing overconsumption. 3D printed food is just typical eatable ingredients processed in such a way that they can be extruded through a nozzle onto a surface.

The 3D printers can even control the preservatives, seasonings and other chemicals added to the food, which leads to a healthier meal plan. Also, it controls the necessary amount of protein, sugar, vitamins, and minerals that goes into the food we consume ⁽⁵⁾.



Food Sustainability

3D food printing can also be healthy and good for the environment as it can help to convert alternative ingredients such as proteins from algae, beet leaves, or insects into tasty products. It also offers food customization so it can be customised to needs and preferences of the individuals which can help to the prevention of diseases. Eating nutritious food is paramount to living a healthy life.

With the drive for product customization, sustainability, and time savings, this technology can change how people buy food and how food is made thus it can significantly change the process of food manufacturing and the resulting supply chain.

There is really no limit to the scope and the future of the 3D printing industry. Very soon, you might be eating pastas, pizzas, brownies or quiche all printed from a 3D food printer.

Sources:

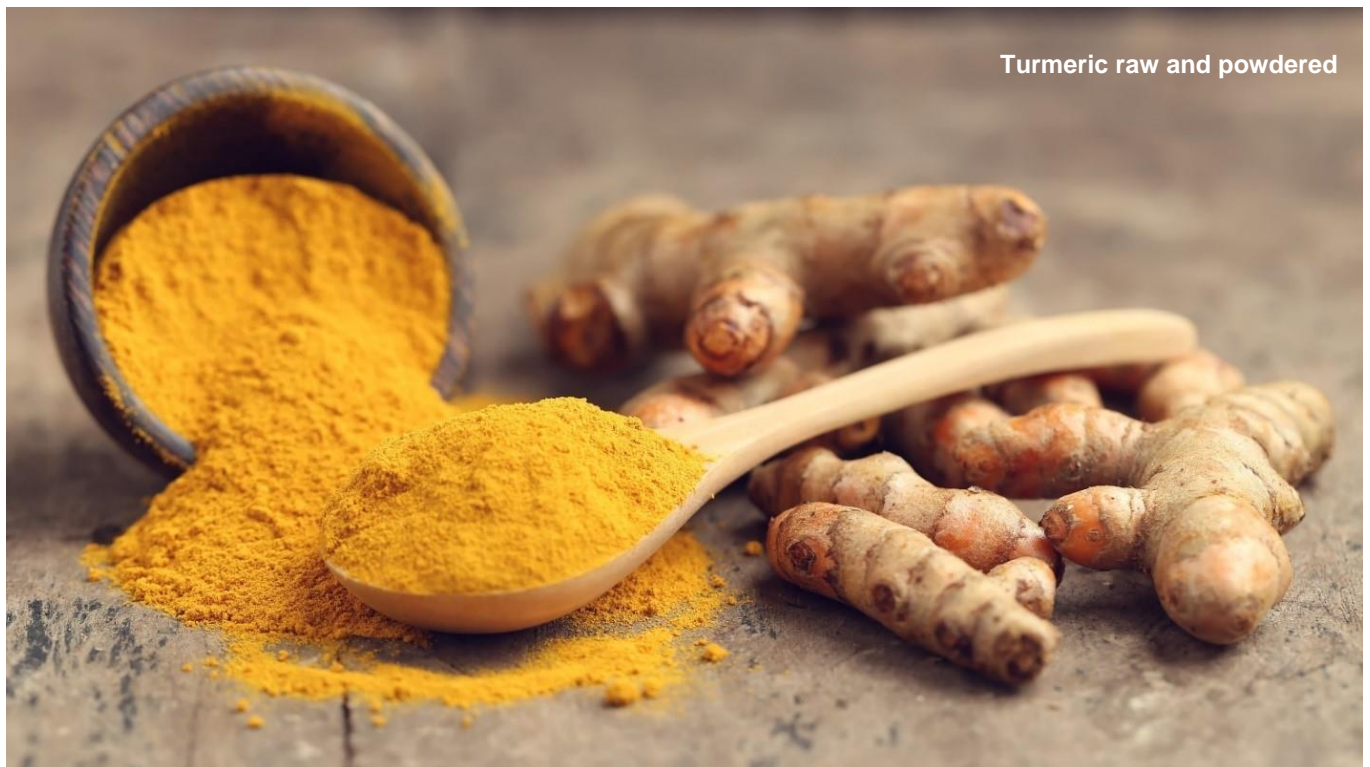
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- (2) <https://www.outsource2india.com/eso/mechanical/articles/3d-printing-impact-food-industry.asp>
- (3) <https://www.zdnet.com/article/nasa-astronauts-may-soon-be-able-to-3d-print-pizzas-in-space/>
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Health and nutrition

Turmeric and curcumin

Turmeric is a bright yellow spice that is closely related to ginger. Originally from India, it is used for cooking while it is well known and used for its medicinal benefits.

Curcumin is the active compound in turmeric. It has potent antioxidant and anti-inflammatory effects and has an important role in the health management. That is why it is the focus of most research surrounding turmeric. It also plays a pivotal role in the prevention of diseases and pathogenesis. Many researches and studies show that curcumin may be effective in preventing chronic diseases such as cancer, heart disease and diabetes. It may also aid wound healing and pain reduction.



Turmeric raw and powdered

One problem with curcumin medicinally is that it is not easily absorbed by your body, but its absorption can be enhanced by pairing it with fats or other spices such as black pepper.

It is believed that turmeric may be one of the most effective nutritional supplements in existence. Many high-quality studies show that it has major benefits on the human body and brain. Here are the top 10 health benefits linked to turmeric as per scientists:

- Contains bioactive compounds with medicinal properties.
- Natural anti-inflammatory compound helps body fight foreign invaders and support in repairing damage.
- Increases antioxidant capacity of body.
- Curcumin boosts brain derived neurotrophic factor.
- Curcumin lowers the risk of heart disease.
- Turmeric may prevent and even help treat cancer.
- Curcumin may be useful in preventing and treating Alzheimer's disease.
- Curcumin supplements help to reduce pain and inflammation due to Arthritis.
- Curcumin has benefits against depression.
- Curcumin may help delay aging and age-related chronic disease.

Relishing recipes

Bean Burrito

Prep: 20 min | Cooking: 10 min | Serves: 6 pax

Nutrition per serving: kcal: 284.4 | trans-fat: 0.3g | saturated-fat: 3.5g | carbs: 54g | sugars: 1.8g | fibre: 12g | protein: 6g | salt: 16.05mg



Ingredients

- 400 g meat or chicken
- 8 flour tortillas
- 300 g can of black beans
- 1 head of lettuce
- 1 bell pepper (optional)
- 1 medium-sized tomato
- 1 small onion
- 1 tsp chopped cilantro
- 1 cup of shredded cheese

Procedure

Start with chopping the vegetables and toppings – some lettuce, a tomato, a small onion, and some cilantro. Heat a can of black beans on medium flame. Heat flour tortillas on a griddle or just microwave each one for 10-15 seconds. Lay each tortilla flat and spread a few spoonsful of beans through the centre. Add optional toppings, such as cheese, rice, or salsa, wrap them up, and you're done!

Turmeric pilau with golden onion

Prep: 20 min | Cooking: 5 min | Serves: 6 pax

Nutrition per serving: kcal: 323 | fat: 8g | saturates: 1g | carbs: 60g | sugars: 4g | fibre: 1g | protein: 6g | salt: 0.01g



Ingredients

- 400 g basmati rice
- 4 tbsp olive oil
- 1 ½ tsp cumin seeds
- 1 tsp black mustard seeds
- 2 large onions halved and sliced
- Just under 1 tsp turmeric
- 2 large chillies deseeded and thinly sliced

Procedure

Thoroughly rinse the rice until the water looks completely clear. Drain, then tip into a large pan of salted water. Bring to the boil and cook for 6 mins until just tender but check after 5 mins. Drain well, cool and chill. Heat the oil in a large wok and fry the spices until they start to pop. Add the onions, then cook, till onions turn golden brown, add the chillies and stir in the rice. Fry for one minute, season with salt if required and serve.



FUN TIME FUN TI

Fun Time!



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1. Many times, you need me. The more and more you take me further, the more and more you leave me behind. What am I?
2. What begins with T, ends with T and has T in it?
3. Why are 1968 pennies worth more than 1967 pennies?
4. What can one catch that is not thrown?
5. Why are movie stars considered cool?
6. Which is the fastest country in the world?
7. What has a head, a tail, but does not have a body?
8. What is it that goes up, but never comes down?

Answers Fun Time: 1. Footsteps | 2. Teapot | 3. Because there is one more penny in 1968 pennies than in 1967 pennies. | 4. A Cold | 5. Because they have so many fans. | 6. Russia ("rush ya") | 7. Coin | 8. Age

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