



NEWSLETTER



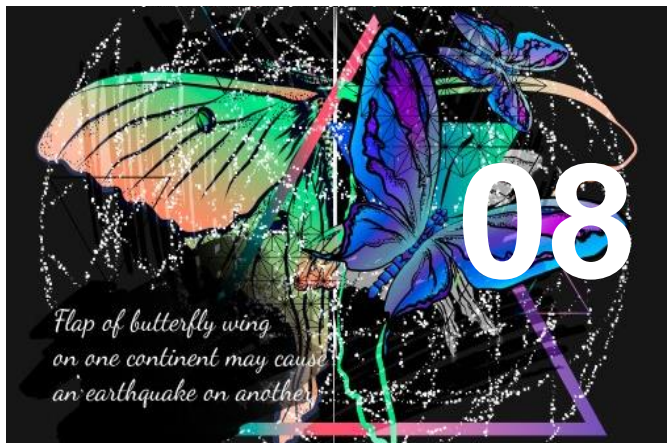
GOOD HEALTH & GOOD LIFE

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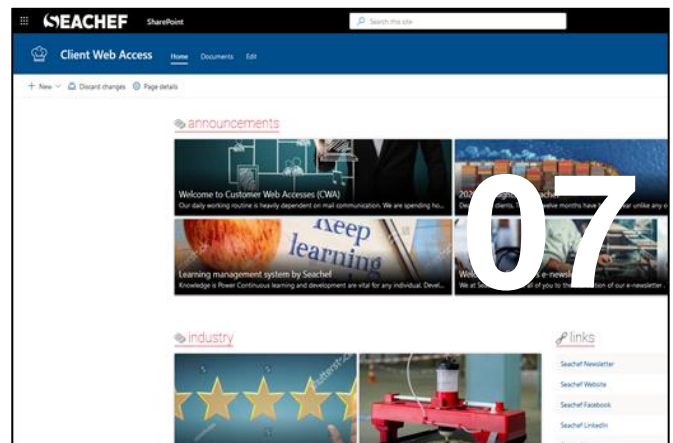
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Our People



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Our Seafarers' Festive Celebrations

2020 Highlights from the MD's desk

Dear Readers,

Welcome again to our Seachef newsletter. We would like to extend our sincere gratitude and appreciation for your kind support and feedback on the issue of our first Seachef newsletter.

Taking this opportunity, I would like to send my very best wishes for a happier, healthier and prosperous New Year.

The last twelve months have been unlike any other. This time last year, none of us could have predicted how dramatically our world would change with the COVID-19 pandemic and the sharpest global recession which created unprecedented challenges for individuals and the society.

Yet, in these challenging times, our values and mission at **Seachef** became stronger than ever before. Our operating procedures, long years of experience, highly competent team, quality controls, efficient purchasing as well as our systems and software are the keys of our success.

Our seafarers and clients are at the heart of everything that we do. Our Business Continuity Plan and adaptability enabled us to continue running our business and providing our first-class services and support to our clients and seafarers all around the globe with the same passion and professionalism as we have been doing for the last 25 years.

Priority for us as always, was to ensure that our seafarers will not stay onboard without food especially during those difficult times! The restriction of crew changes together with the local lockdowns were some of the biggest challenges we had to overcome. Our huge network of global suppliers allowed us the flexibility to supply all our vessels from different ports around the world, with the best quality provisions ensuring their wellbeing and healthy eating.

I would like to sincerely thank each and every one of you who has participated and engaged with our work.

Special thanks to our people, my team and the management of BSM who fully supported me during those challenging times. I would also like to extend my appreciation and thanks to all our suppliers for their excellent support and professionalism ensuring that our seafarers will get the best quality provision on board on a timely manner. Finally, I would like to express my sincere appreciation and gratefulness to all our esteemed and valuable clients for their trust, collaboration and kind feedback which is helping us to become even better.

We have seen a lot over the past several months and no matter what we will see in the months to come, there is one thing that the virus has not touched – UNITY. This lockdown has made us understand that countries across the world must work together forgetting their differences, to achieve peace and live together as one human race. We have and will continue being in this together.

Please feel free to email us at seachef@seachef.com for any suggestions, queries, ideas, recipes or images you may want to share with us. Your feedback will help us to become ever better!



Tapan Kumar – Managing Director
Seachef Hospitality Services

Our people

Meet Mr. Sarfaraz Shaikh, our Operations Manager at Seachef, who has been with the company for 16 years. With a degree in Hotel Management and Catering Technology, from one of the oldest and finest institutes of Pune city, the 'Maharashtra State Institute of Hotel Management and Catering Technology', Sarfaraz started his career in the hotel industry as an Oriental Chef with specialty in Thai Cuisine. A few years later he decided to enter the marine hospitality and catering sector, so he joined BSM. He started his journey at Seachef back in 2004 as an Assistant Catering Officer at a time when tools and technology were still developing and most of the work was done manually. The communication between the vessel and office was basic and email exchange was not possible after leaving the office. Technology and shipping evolved tremendously through the years, making our and the seafarers' lives a lot more efficient.

Coming from the hotel and catering industry, Sarfaraz got himself involved with the training of the office's cook. He was coaching and guiding him on his daily tasks while also preparing the weekly menu plan of the office staff. At the same time, he was responsible for the provision supplies of more than 40 vessels. Sarfaraz remembers how proud and motivated he felt, being a part of such a great company that provided him with knowledge, skills and experience, tools that helped him to grow professionally and become an expert in the catering and marine hospitality industry. His passion and professionalism helped him to develop and move up the career ladder. With his experience in operations as well as in the training & recruitment of the catering crew staff, Sarfaraz today controls and maintains the victualling of more than 400 vessels ensuring to be in line with the individual vessels' budget and owners' requests. Priority is to ensure that top service and excellent support is always provided to both clients and crew.

Having under your wings the operation supervision of more than 400 vessels requires a lot of planning, time management and most importantly, it requires a highly skilled team of experts, ready to support you. *"Our days at work are full of challenges we need to overcome. Negotiations with ship chandlers and owners about their vessels' budgets, the catering crew on board that you need to train and guide according to your company's policies, procedures, reports – you fight these battles on a daily basis and if you want to win, then you should have your soldiers fighting together as one."* Sarfaraz's people-centric approach helps to maintain a friendly yet professional working environment with his team. He believes that the best way to build a team that will prosper and meet its goals is to make every member understand that they are an integral part of ONE big team. *"Seachef for me is not just a job, it is a passion. I feel so lucky to have such a highly professional and motivated team who always give their 100% in their job. I have managed to build strong working relationships not only with my team but also with our catering crew and captains onboard. Our priority is to ensure that we always provide the best quality food to our crew, on a timely manner."* His focus is to always meet clients' expectations, and through Seachef's services, strive to add value to their businesses.



As a recognition of his dedication and exceptional services offered to the company, BSM awarded him with the 'Certificate of Appreciation' in 2016. At the same year, he was part of the Seachef team, who successfully won the first 'BSM Gold Awards'.

Interview with Capt. Taha Shamsher

Please meet Capt. Taha Shamsher, who is sailing onboard one of our BS vessels, 'MS Antiqua'.

Q: Dear Capt. Taha, please tell us a few words about yourself.

Cpt. Taha: I am Capt. Taha Shamsher sailing as a Master on Container vessels in BS fleet. I have worked for BSM for 23 years and I have been in command for the last 11 years. I come from a background where nobody knew much about the maritime industry. My father was a banker, and my mother had a small business dealing and designing exclusive Indian womenswear. I graduated from St. Xavier school in Mumbai and secured a distinction in Physics, Maths & Chemistry. I managed to get admission in Engineering college in South Mumbai in the Production Engineering. At the age of 18, my life took a turn as I met the uncle of my best friend, who was back then, sailing as a Master onboard various commercial vessels and he shared his stories and adventures with me.

Q: Why did you decide to follow this career path?

Cpt. Taha: I must admit that my best friend's uncle, influenced a lot my decision. I dropped my Engineering studies and started looking for a job as a seafarer. My first job was in Paramount shipping which was manned by Eurasia. I started working as a Deck apprentice at BSM in 1997 with the goal to become a Master.

Q: Tell us about a challenging situation you had at sea and how you handled it.

Cpt. Taha: I remember it was wintertime, and I was in the North Atlantic. We were on a voyage from Valencia to London Gateway. Ahead of us was a huge storm with two low pressure systems passing over the North Atlantic. It was extremely dangerous to pass through the storm, so, I decided to stop the vessel before exiting the Strait of Gibraltar in the Mediterranean and explained to the managers and the charterers about the life-threatening situation we were facing. Passing through that storm we were putting everyone's life at risk, including the safety of the vessel. The decision was not easy but thankfully all parties agreed and so we stayed in the calm waters waiting for the storm to pass. When the weather conditions subsided, I resumed my voyage and reached



Q: How would you describe Seachef?

Cpt. Taha: For me Seachef is the leader in quality catering services in the Maritime Industry. Its vast experience, well-trained and highly skilled staff, as well as the quality of service and products provided make Seachef so successful. Seachef understands the dietary needs of the seafarers and the importance of maintaining a healthy diet for them, which contributes to their wellbeing. Seachef's team is very supportive and provides guidance and training to our Cook as and where needed.

With Seachef, the quality of service and provisions can never go wrong. We trust them, and we feel comfortable with our cooperation. Especially during the COVID-19 pandemic with the extended stay of our crew onboard, Seachef was always there to support us from day one, ensuring that no crew remains without food. This is how a professional company treats its people. Thank you for your ongoing support!

Interview with Chief Officer Mykhaylo Zubak

Please meet our Chief Officer Mykhaylo Zubak

About me

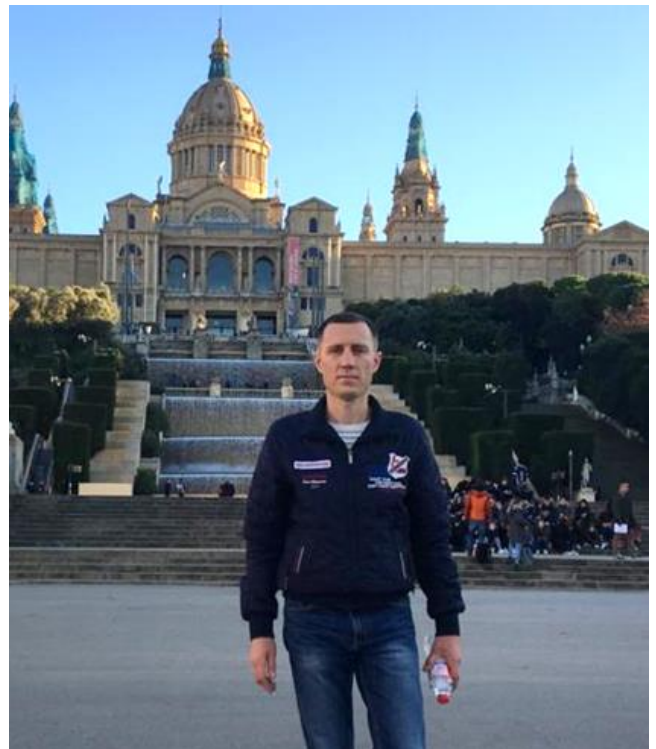
My name is Mykhaylo Zubak, and I am working as a Chief Officer (C/O) in BSM. I was born in 1985 in Chisinau, the capital city of Moldova. After completing my high school studies in 2003, I enrolled in the Maritime Engineering faculty at the Odessa National Maritime Academy. After my first experience at sea as an Engine Cadet in 2005/2006, I decided to study Maritime Navigation as well. In 2009 I graduated from both the Maritime Engineering and the Maritime Navigation faculties of the Odessa National Maritime Academy. My total sea experience is 15 years, 11 of which has been with BSM.

Challenges of the role and the industry

One of the biggest challenges I faced in my career was during my first dry dock at a shipyard. We had to take care of all tasks involved during dry docking and at the same time arrange for the installation of a scrubber within a limited amount of time. It was my first experience on a shipyard, working on such a demanding task, with a mixture of different nationalities, cultures, people I didn't know and worked with before, so, there were many challenges to overcome. However, the whole team worked together, and we managed to complete the whole process successfully.

The role of the Chief Officer is very demanding. It is a huge responsibility to be directly in charge of conducting deck maintenance, cargo operations, and other various shipboard jobs safely. The C/O must be able to manage all tasks without losing sight of any important one.

Nowadays, the main challenges of the shipping industry are connected to the pandemic – the restriction of crew changes, the local lockdowns, the decreasing markets and the strain on the global supply chain resulted in a decrease of the freight rates mainly on containers and bulk carriers. Another issue is the illegal drug trafficking, in some countries, where they are using vulnerable parts of the vessel to hide and transfer the drugs. This is a big challenge for the shipping industry and the crew as well.



My relationship with the crew

I try to maintain a healthy working environment and relationship with the crew as I believe it influences their motivation, happiness, and productivity. We openly discuss any issues or disagreements that we may have but always in a professional manner.

A few words about Seachef

Maintaining a healthy diet is very important especially when on board. The food and services provided to us by Seachef is of high quality. We have a great variety of food which covers all our dietary needs and taste. The team is very helpful and provides full support to us. Seachef is constantly improving its services and this keeps us all very satisfied. The team is doing a great job!

My hobbies

I would describe myself as a sportsman. I like mountain biking, traveling and visiting resort places where I can do different sports activities.

Customer Web Access (CWA)

Our daily working routine is heavily dependent on mail communication. We spend hours reading and replying to emails while handling all other important tasks and meetings of the day. Understanding how busy our days at work are, Seachef decided to develop a customer platform with the aim to improve its communication with its customers, and at the same time, to reduce the number of emails exchanged.

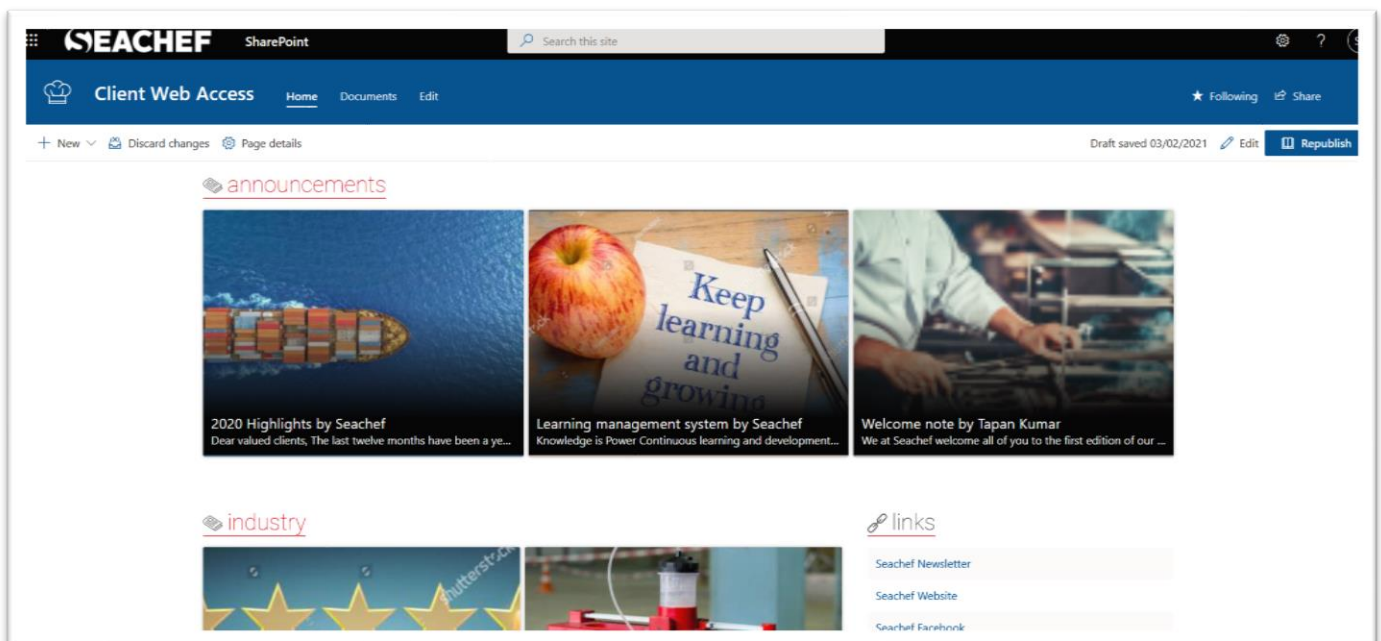
Delighting our customers is what we do. We strive to provide them with tailor-made solutions and first-class services that help them to achieve their business goals. The new platform is called Customer Web Access (CWA) and it has been specially designed to cater to the needs of our customers.

The new CWA, that we offer free of charge, allows customers easy online access to all their files, reports, correspondence, e-invoices, and budgets. Each customer has their own individual main folder, with subfolders for each vessel. The customers can only access their own personal individual folders.

In the various vessels' subfolders, the customers can access their own secure files and find information related to their vessels, such as monthly invoicing, various reports and analysis prepared by Seachef, correspondence and messages.

Amongst other features, CWA also provides integrated useful links to industry related external websites, industry articles, news and updates about Seachef and its services, links to various useful documents that we share with our customers as well as access to Seachef's e-newsletter and social media channels.

This is an added value that perfectly reflects what we stand for at BSM: outstanding customer centricity and transparency.



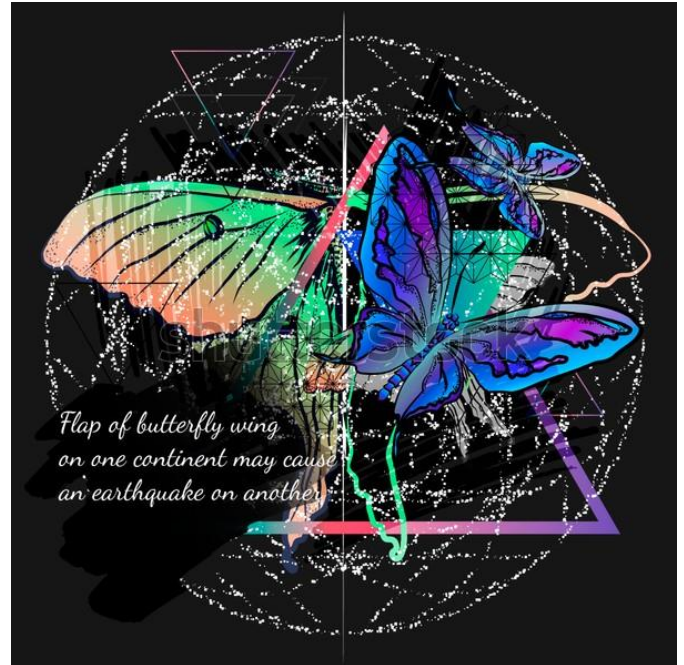
The Butterfly Effect of COVID-19 on the Supply Chain

The Butterfly Effect Metaphor

How often do you hear nowadays people talk about the butterfly effect and how it can impact a system? The butterfly metaphor is used in chaos theory to describe how a small event like a butterfly flapping its wings, can have huge consequences in a system, for example, a typhoon.

During the last fourteen months our world witnessed a situation like never. None of us would have predicted that a single action that occurred in a small city like Wuhan in China, would have triggered the COVID-19 outbreak. We may never know if it was poor food safety standards that caused all this, but what we do know that the whole world has turned upside down.

Global supply chains could be similarly interlinked to the butterfly effect due to the complexity and interdependency of their structure. Supply chain is the industry that brings the world together as it links countries to international markets facilitating global trade. Yet, it has always been vulnerable to shocking situations that occur in the major exporting countries. So, could it be that the butterfly effect of COVID-19 has exposed the Achilles' heel of the system?



The supply-chain disruption

The pandemic which emerged in China in December 2019, triggered a global health and economic crisis with widespread implications on the supply chain system and consequently the maritime transport and trade. China is considered to be the 'world's factory'. As estimated by the World Economic Forum (WEF) in the last one and a half decade, China has emerged as the world's largest exporter with about US\$2.3 trillion worth of goods exported annually. It holds 16% of total global exports and accounts for nearly 20% of global intermediate products. It is one of the major manufacturing and distribution hubs thus its role and importance to the global trade is fundamental. Any major disruption, like this pandemic, puts the global supply chains at risk and causes severe implications for foreign manufacturers that depend on the country for inputs and to countries that mainly depend on China for trade.



With the implementation of lockdowns first in China, and gradually in the rest of the world, global activities got disrupted. The transportation sector, upon which global supply-chain activities depend, remained partially closed. The disruptions affected the ports and shipping and undermined the smooth movement of trade flows and supply chain operations. Various industries faced challenges in their supply chain such as shortages of raw materials, lead time issues, blank sailings on global shipping routes, port closures, reduced working hours at ports, labour shortages as well as truck/transport capacity constraints.

Consequently, this resulted in volume declines, transit delays, delays from port to customers and lack of capacity¹. Global business and industrial activities as well as the financial economies have been extremely challenged by the inconsistent volume demand, and the increased costs from late or non-payments from clients and cancelled credit lines from physical carriers¹.

Any disruption to global maritime transportation networks can have far-reaching implications for a highly globalized world economy. According to the Institute of Shipping Economics and Logistics (ISL), container throughput index (the number of people and goods that pass-through shipping ports daily) declined from 113.3 in January 2020 to 107.7 in May 2020 – a drop of 9.5%².



According to a survey¹ conducted by the Shipping and Freight Resource, around 59% of global shipping and freight professionals have been affected by the pandemic. Shipping and freight experienced volume declines while more than 50% were hit with transit delays. Around 50% were hit by delays from port to customers and 40% had to address issues related to the lack of capacity. The ability of the maritime supply chain to quickly adapt to the new normal and unprecedented conditions was fundamental.

The disruptions in transport and logistics and the significant shifts in demand have also impacted the movement of food products along the supply chains. They imposed unexpected stresses on food systems, and created many challenges for the whole process, from field to consumer.

Food products and agriculture are transported via bulk carriers, containers road transport and air freight. Though bulk shipments have not seen any major disruptions, air freight has been severely disrupted as global air cargo capacity dropped due to airports restrictions. The International Air Travel Association (IATA) stated a decline in the air cargo tonne-kilometres (CTKs) by 13.5% during the first six months of 2020³.



All links of the food supply chain was severely shaken: from farm production to logistics and even the overall demand. Even though not all food products have been equally affected yet, all have experienced disruptions at different stages of the supply chain. Farm production, as it heavily depends on manual labour, has suffered the most due to the limits on the mobility of workers resulted from the global and local measures imposed to contain the spread of the virus⁴. The necessary social distancing measures may also reduce the efficiency in operations especially in small and busy spaces where employees work close to each other, like food packaging.

According to the World Food Programme (WFP), the pandemic could almost double the acute global hunger and make an additional 130 million people be at high risk by the end of 2020; from the current 135 million this number is estimated to go up to 165 million.

Undoubtedly, this pandemic has revealed many of the long-standing vulnerabilities and risks of the supply chains system. It should serve as a catalyst for organisations to examine their processes and business models and assess their readiness to manage their interdependency on the global supply chains when adverse impacts, like a pandemic, occur.

Lessons Learned

This has been a learning curve for all as it revealed that most countries were not effectively prepared to handle the impact of a pandemic on their entire supply chain. We should move on and, in a post-Covid-19 world, be wiser and use what we learned from recent events to prepare for the future.



Investing in technology is fundamental. During the pandemic we saw that operations with stronger digital infrastructure fared better than those without. They enforced their business continuity plans and continued to effectively communicate and manage within a remote working environment.

The post-pandemic world can open new opportunities for innovation, growth, and other advantages. It is crucial to carefully assess all options regarding changes in the supply chain design to ensure the best economic, social and environmental outcomes⁶.

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Empty Calorie Foods

Empty Calorie Foods

Many modern foods and drinks contain empty calories. These are calories that come from foods with almost no nutritional value. Learning and understanding how to recognize empty calorie in foods can help a person to develop healthier eating habits.

What are empty calories?

The term empty calories apply to foods and beverages primarily or solely composed of sugar, fats, oils, or alcohol. These calories supply food energy but almost zero nutrition such as vitamins, minerals, protein, fibre, or essential fatty acids. The added fats and sugars make these empty calorie foods taste good, which can cause people to crave them¹.

Solid fats are fats that are solid at room temperature, like butter, beef fat, and shortening. Some solid fats are also found naturally in foods. They can also be added when foods are processed by food companies or when they are prepared. Carbohydrate-based desserts are the prime source of empty calories.

Empty calories come from added sugars and solid fats, as well as some processed oils.

Where can they be found?

Foods and beverages containing empty calories:

- carbohydrate-based desserts, such as cakes, cookies, granola bars, and more
- sugary drinks, soda, energy drinks, and fruit juice
- candies and chocolate bars
- some meats, including bacon, sausages, and hotdogs
- some full-fat foods, such as butter, shortening, and ice cream
- processed oils, such as soybean and canola oil
- condiments, such as ketchup, mayonnaise and more
- fast food and other snacks, including burgers, wraps, pizza, French fries and more
- fatty cheese and ice cream, and other full-fat dairy products as they contain a good amount of solid fat
- alcohol like beer, wine, hard spirits and another alcoholic beverages.



How do they impact our health?

Consuming a lot of foods and drinks with empty calories can lead to weight gain and nutritional deficiencies. For example, a person consuming lots of empty calories may not get enough:

- vitamins
- minerals
- protein
- essential fatty acids or fibre



Below table, by the U.S Department of Agriculture (USDA) indicates the levels of empty calorie consumption as an upper limit for individuals who take 30 minutes or less of moderate exercise daily.

| Gender | Age (years) | Total daily calorie needs | Daily limit for empty calories |
|--------|-------------|---------------------------|--------------------------------|
| Male | 2–3 | 1000 | 135 |
| | 4–8 | 1200–1400 | 120 |
| | 9–13 | 1800 | 160 |
| | 14–18 | 2200 | 265 |
| | 19–30 | 2400 | 330 |
| | 31–50 | 2200 | 265 |
| | 51+ | 2000 | 260 |
| Female | 2–3 | 1000 | 135 |
| | 4–8 | 1200–1400 | 120 |
| | 9–13 | 1600 | 120 |
| | 14–18 | 1800 | 160 |
| | 19–30 | 2000 | 260 |
| | 31–50 | 1800 | 160 |
| | 51+ | 1600 | 120 |

According to a research conducted by the USDA², it was found that the average intake of empty calories for men aged 20 and above was 923 calories per day.

This shows that men, on average, consume two to three times their recommended intake of the solid fats and added sugars category. For women aged 20 and above, the average intake of empty calories was 624 calories per day. So, women, on average, consume almost two to four times their recommended intake of that category.

How to Make Healthy Choices?

Foods to eat instead for a healthier diet mostly come directly from the soil, natural food, or are otherwise not or the least processed. It is important to always read the packaging before buying or consuming any food products.

- fresh fruits: apples, oranges, berries, bananas, melons
- vegetables, fresh or frozen: carrots, leafy greens, broccoli, beets
- whole grains: whole wheat bread, brown rice, whole grain pastas, lean protein: eggs, beans, fish, nuts, poultry, and other lean meats
- legumes: beans and lentils
- dairy: low-fat milk, cheeses, and yogurt



Some Useful Tips

Replacing snacks and foods containing empty calories with foods that contain enough protein, whole grain carbohydrates, and fibre. Also, by combining proteins with carbohydrates when snacking can help a person feel fuller for longer.

Choose fruits instead of snacks. Although fruits contain vitamins and minerals and are therefore not empty calories, people should be aware of how much sugar they consume in the form of fruit juice. For example, one full glass of an orange juice contains 7.5 teaspoons of sugar and 160 calories. It is better to eat fresh fruits instead of ready-made juices.



Replace Empty Calories with Healthy Foods

It is vital to understand the nutritional value of the foods we consume daily. People can become more aware of empty calories by checking the nutritional analysis on the labels of the food products before choosing to consume them, for sugar and fat content, as well as making more healthful choices when possible.

| Foods with empty calories | Good substitutes |
|---|---|
| Sweetened applesauce | Unsweetened applesauce |
| Regular ground beef (75% lean), which contains solid fats | Extra lean ground beef (95% or more lean) |
| Sugar sweetened cereals | Plain oatmeal |
| Processed oils | Extra virgin olive oil |
| Fried chicken | Baked chicken breast without skin |
| Soda, fruit juice, and sports drinks | Water, black coffee, and herbal teas |
| Candy, cakes, and cookies | Fresh fruits |

Empty calories can quickly add up and take a person over their daily calorie recommendations. Excessive consumption of solid fat and added sugars can lead to weight gain and certain health complications.

Replacing or reducing snacking and avoiding sweetened drinks may also be helpful. Focusing on fresh fruits, vegetables, and whole foods while eliminating packaged and processed foods can help a person reduce their consumption of empty calories³.



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Health and Nutrition

GINGER

Ginger belongs to the family Zingiberaceae, which also includes turmeric, cardamom and galangal. It is an aromatic, pungent and spicy root, which adds a special flavour and zest to Asian stir fries and many fruit and vegetable dishes. Fresh ginger root is available all year round.

Ginger is the underground rhizome of the ginger plant which is widely used as a spice. It is firm and has a striated texture. The flesh of the rhizome can be yellow, white or red in colour, depending on the variety. The skin is brownish in colour that may be thick or thin, depending on whether the plant was harvested when it was mature or young. Ginger is considered nutritional due to its antioxidant and anti-inflammatory properties, which, according to many researches, helps to prevent cell damage while it also helps in curing and preventing chronic diseases. The health benefits of ginger include treating nausea, easing menstrual cramps, regulating blood sugar levels, and relieving indigestion, according to research.



Some basic recipes with ginger:

- Add to some almond milk with turmeric to make golden milk.
- Combine freshly grated ginger, lemon juice, cane juice or honey and water to make ginger lemonade.
- Sprinkle grated ginger, sesame seeds and nori strips on top of your rice side dishes for a wholesome presentation
- Combine ginger, soy sauce, olive oil and garlic to make an appetizing salad dressing.
- Add ginger and orange juice to pureed sweet potatoes.
- Grated ginger can be combined with fruits or stuffing for example for baked apples.
- Spice up your healthy sautéed vegetables by adding freshly minced ginger.



Relishing Recipes

Seafood Linguini by Leonard Rodriguez – LPSQ Superintendent BSM Cyprus



Ingredients

- Squid inked linguini (150 grs p.person)
- Salmon fillet
- Brown sugar (500 grs)
- Granulated sea salt (170 grs)
- Small octopus
- Oyster sauce
- Garlic
- Shrimps (30 grs p.person)
- Garlic powder
- Olive oil
- Yolk (p.person)
- Nutmeg fresh powder
- Pecorino cheese (50 grs p.person)
- Shot of wine (optional)

Preparation process

Shrimps preparation: Peel the shrimps and sprinkle them with some garlic powder and Cayenne based on your personal taste. Cover with plastic film and leave to marinate overnight.

Octopus preparation: Wash the octopus and add oyster sauce. Cover with plastic film and leave to marinate overnight.

Salmon fillet Preparation

- Prepare a mixture of 3 parts of brown sugar with 1 part of sea salt ratio (add thyme / garlic based, on personal preferences)
- Cover the salmon fillet bottom, sides, top with mixture
- Cover with plastic film, trying to touch the salt mixture to avoid extra humidity
- Leave to marinate overnight
- Next morning, wash the salmon with cold water
- Allow it to rest at room temperature, you will find a thin layer of fish oil on top of it when its ready



Cooking the proteins

- Fire up a smoker, if available, with wood chunks, or just use the oven
- Cook the octopus at 120°C for about 45 minutes
- Collect all dips from octopus and save it for the linguini
- Put the octopus aside, add the shrimps and spread on top the remaining juices from overnight marinated octopus
- Collect the juice from shrimps and save it for the linguini. Cook until they turned reddish
- Put the salmon steaks in the smoker or in the oven and cook for 30-40 minutes
- Collect all dips from the salmon and save it for the linguini

- If you wish you can melt some sweet jam in the microwave, add it on top of the salmon while in smoker, and then add some pepper
- Take the skin off the salmon carefully
- In an olive oil drop, smash or slide some garlic and add it to the smoked octopus and shrimps
- Now it is ready to eat with the side dish of your preference
- Take the skin of the salmon off, cut it in small pieces and fry it in a pan until the skin turns crispy
- Collect the leftover fat from frying with the oils from the octopus / shrimps and add yolk / pecorino / parmigiana and some nutmeg powder and pepper
- Boil the linguini in warm water for 7 minutes; once ready, add the sauce you have just prepared. If you want your sauce to be less creamy you may add some water and even wine
- Add the shrimps, octopus and the small pieces of the salmon to the linguini
- When served you may garnish it with some ground black pepper and some extra parmigiana.



Bon Appétit!

Meet Leonard Rodriguez

Leonard joined BSM as a Deck Cadet in 1997 and through hard work he managed to reach the level of the Master. After a few years at sea, he moved ashore and joined the Venezuela office as a Superintendent, and in 2016 he was transferred to the BSM CY as an LPSQ Superintendent. He has always had a passion for cooking which flourished even more during the lockdown. *“Cooking helps me to take away the stress of the day and overcome the lockdown-induced anxiety. It is good for my concentration too. While I’m cooking, I let go of all the negative thoughts and feelings. I feel that cooking at home is good for my mental health as well! It also gives a feeling of satisfaction, especially when your dishes are appreciated by your family. The combined experience of feelings that you get from the different smells, colours, taste and textures, stimulates the brain and helps it to release endorphins which creates happiness; something that you can share with your family if they participate in the process. I highly recommend this to everyone; join the adventure of cooking and enjoy the journey”.*

Special thanks to our colleague Leonard Rodriguez, for sharing with us this delicious recipe! Much appreciated.



BSM has so many talented people, ashore as well as onboard that we are all proud of. If you want your recipe to be included in one of our upcoming newsletters, please feel free to share it with us at seachef@seachef.com. We are all looking forward to trying your special dishes!

Our Seafarers' Xmas and NYE Celebrations

The global pandemic has plunged seafarers around the world in unprecedented situations. Despite the many challenges they faced, seafarers have shown immense dedication, courage and understanding during those difficult times. They have worked many months longer at sea than planned, they have endured complicated transits to return home, and undergone quarantine periods.

At Seachef we have been working hard to ensure that our key workers are supported and have enough provisions to cover their needs and maintain a healthy diet during their extended staying at sea. We pray for you and we are grateful for all your efforts, your patience and your loyalty in keeping the shipping industry alive. You are the heroes of our seas!

We would like to extend our sincere gratitude to all our seafarers, for these beautiful photos that show us that the pandemic cannot take their smile away! A very big thank you to all our seafarers for keeping our world spinning! Keep safe and never lose faith.



Seachef Hospitality Services

401, Olympia, Hiranandani Gardens, Powai, Mumbai – 400076, India
Tel.: +91-22-40017300, Fax: +91-22-40017333, www.seachef.com

