



Raymond McCormack  
USCG Master Captain # 3748275  
360-609-1346  
[ray.mccormack@comcast.net](mailto:ray.mccormack@comcast.net)  
<http://www.marine-captain.com/>

---

As a delivery skipper with over 69k miles and 2600 days on the water we have figured out meals. Its during the hawaii crossings that you really come up with creative meals. Some of these ideas are based on frozen items will others are based on non refrigerated items. By the way items marked with a ☺ are some of my favorites.

### Frozen meals and items:

- Vacuum bag freezer meals. This can be anything from soup dishes, stroganoff, spaghetti with meat balls, instant pot meals, etc .... You just put the bags in boiling water and serve when it gets hot.
- Instant Pot meals -> go in vacuum bags, and its fast at making meals because of pressure cooking
- Lasagna .... Always a crowd pleaser, make sure it fits in your oven.
- Mary Calendar pot pies ..... also a crowd pleaser.
- Pork loins ..... be sure to have cloves of garlic, and seasoning and cook in the oven or BBQ.
- Trader joes, chicken and rice, add whatever you want to it.
- Crescent rolls, cinnamon rolls, and other rolls; the ones in the tubes

### Refrigerated items:

- Bags of salad are great to have on board, but they only last a few days. Cabbage is a great substitute and can be used cooked or as a staple for salads.
- Eggs will last a long time in the fridge; and if you can get fresh the farm then you don't have to refrigerate them, but you do have to wash them before cracking them; also boiled eggs are a great source of protein and energy and easy to eat on deck
- Green onions will last a long time. And if you cut the bases off and put in water they will grow allowing you more over time .....
- Celery, lasts a long time in the fridge, great staple in meals
- Garlic, cheese, bagels .... Bagels can be frozen and will last quite well when taken from the freezer to the fridge.
- Tortillas will also quite a while and can be used in many different ways for meals.
- Yogurt
- Butter
- Cream cheese
- Celery and carrots

## Non refrigerated items:

- Packs of rice, noodles, and sauce packs, lipton cups of soup. These can be mixed with other things to make meals.
- Canned fruit and granola, combined with yogurt makes for a great energy breakfast
- Canned vegetables, canned meats like chicken and tuna, spam.
- Boxed mash potatoes, au gratin potatoes
- Boxed irradiated milk
- Chips, nuts, beef jerky
- Nutella, jams, jellies, peanut butter
- Cups of soup
- Oatmeal packs
- Lots of various spices
- Mayo, ketchup, and mustard squeeze bottles

## Meal ideas:

- Super cup of soup; open up the cup of soup but don't completely tear off the top, crunch down the noodles, crack an egg and add, add chopped green onions, add bacon bits, pour boiling water in and close the lid for 5 minutes. Enjoy 😊
- Noodle mix; sautee canned chicken with spices and butter; cook that with cabbage, lipton cup of soup mix, and a noodle mix; add some other things like celery



- Fish tacos  
We catch fresh fish on our ocean crossings mainly. Fish tacos are always a favorite. Chop up cabbage, green onions, diced tomato, mayo & lime juice, maybe ploy sweet chili sauce; Warm tortillas in oven between damp towels, stir fry fish in sweet chili sauce; combine fish, cabbage, onions, and tomatoes in tortilla then dress with mayo & lime juice 😊
- Breakfast spam  
Dice spam into skillet, start cooking, stir in bacon bits, and sugar 😊
- Hole in wall  
Put a hole in a piece of bread, or use half a bagel, butter, put in skillet, crack an egg into it; cook both sides
- Onion egg  
Butter in the skillet, onion ring, crack an egg in the middle, cook both sides

- Crescent roll wrap

Wrap a piece of cheese, slice of spam into crescent rolls, roll them up and bake

- Mashed potatoes surprise

Make up boxed mash potatoe, add diced garlic, put chili or sloppy joe mix on top, add green onions, salsa, little bit of cheese, bacon bits

- Tuna fish salad and tuna melts

Once again we usually use fresh fish, usually bake the fillet then break it up into small pieces in a bowl, add chopped garlic, chopped onions, little bit of old bay or other seasoning and some mayo; can be enjoyed on crackers. Or put on a bagel with cheese and bake in the oven for tuna melts ☺



- Breakfast yogurt

Canned fruit, yogurt, and ganola ☺

