

SEA BASE



MENU IDEAS FOR CORAL REEF, STEM ECO & KEY WEST SAILING

Welcome to your Sailing Adventure. The National High Adventure Sea Base takes great pride in providing your crew excellent meals at Sea Base and while on your adventure. The following is provided to give your crew some ideas. Your crew can follow the provided menus or use your own creativity.

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FOOD RESTRICTIONS: *It is important that each Crew Leader and Mate know of any of Scouts having a Food Restriction or Allergy that needs accommodated. This information should be submitted prior to arrival so that items will be available. We will do our best to accommodate those requests and be availability on the vessel. We encourage anyone that can bring shelf stable items to supplement their needs, do so.*

You may need to separate some food before meat products are added for vegetarians or accommodate someone to make their own food separately.

TIPS FOR COOKING:

- Take care in preparing and serving meals on time
- When you are ready to cook a meal, lay all the items for that meal out on your table. This way you won't forget anything.
- **ALWAYS wash your hands with soap and water before and during cooking a meal. Dry with paper towel.**
- Read full instructions TWICE before starting your meal

Helpful Hints:

- Crew Chief, appoint a Quartermaster for the trip. The Quartermaster should familiarize themselves with where things are stored. After day 1 on the vessel, crew should ask the quartermaster where items are stored.
- Clean as you cook! Sanitize all surfaces when done.
- Nothing besides soapy water goes down the sink. Everything gets wiped clean before being washed.
- Water boils faster in a covered pot.
- Make it a goal to serve meals with all of the hot food hot.
- **Your Captain will instruct you on how the stove and grill work. If you are unclear ask! Propane can be dangerous if used improperly.**
- All dishes need to be dried and put away before the boat sails.
- Eat fresh (Ice box) food early in your trip. Saved preserved items for later in the trip.
- Once you open a baked product (bread, cookies etc.) finish that packet. In the Florida heat and humidity, these products will go bad quickly once they are opened. Especially the Crackers.
- Ask your Captain for any input they have. (They have done this before).
- Don't be hungry, you are provisioned enough food. Ask your Captain how they handle the cooler.
- ALL meat is precooked, and will take less time to heat than the side dishes.
- Before cooking, survey the crew to determine how hungry they are. Minimize food waste, it fills your garbage can fast.
- Keep a separate bag for recyclables and return to base to recycle them.

PLEASE NOTE THESE ARE SAMPLE IDEAS. THEY CAN BE ADAPTED TO YOUR LIKING AND NOT NECESSARRILY IN THIS ORDER...HAVE FUN WITH IT!

SAMPLE MENUES

Day 1 ARRIVAL DAY

Dinner: BBQ Pulled Chicken, Chips, Cole Slaw or Potato Salad, Cookies)

Day 2

Breakfast: Breakfast burritos, Salsa, Fruit, Orange Juice, Coffee

Lunch: Sandwiches, **Ham**, Turkey, Chicken or Tuna, Cheese, Lettuce, Tomato, Onion, Pickles, PB&J, Fruit, Chips, Cookies

Dinner: Pasta with Meat Sauce, Green Beans, Tossed Salad, Pudding

Day 3

Breakfast: Sea Base Mc Muffins, Fruit, Orange Juice, Coffee

Lunch: Sandwiches: **Ham**, Turkey, Chicken or Tuna, Cheese, Lettuce, Tomato, Onion, Pickles, PB&J, Fruit, Chips, Cookies

Dinner: Chicken Stir Fry, White Rice, Broccoli, Hawaiian Rolls, Fruit Cups

Day 4

Breakfast: French Toast, **Sausage**, Fruit, Orange Juice, Coffee

Lunch: Burgers, Cheese, Buns, Lettuce Tomatoes Onions Ketchup Mustard Mayo, Mac & Cheese, Pudding

Mid-week Dinner: BBQ Chicken Burritos, L, T, O, Cheese, Fiesta Rice, Black beans, Salsa, Cookies

Day 5

Breakfast: Cereal, Oatmeal, Fruit, Juice Coffee

Lunch: Hot Dogs, Vegetarian Baked Beans, Chips, Fruit

Dinner: Steak Night--Steaks, Mashed Potatoes, Tossed Salad, Onions and Mushrooms, Corn

Day 6

CR & Eco return to Base for Lunch & Luau

Breakfast: Pancakes, **Sausage**, Fruit, Coffee, Orange Juice

KWS Lunch: Sandwiches: **Ham**, Turkey, Chicken or Tuna, Cheese, L, T, O, Pickles, PB&J, Fruit, Chips, Cookies

KWS Farewell Luau:

Day 7 KWS: Continental Breakfast @ 8:00 am prior to departure.

CR & Eco have Breakfast on Base

RECIPES

BREAKFAST:

- The Orange Juice is concentrate, you need to add water.

Breakfast Burritos

- Onion
- Pepper
- Tomato
- Salsa
- Cheese
- 1 carton eggs
- 9 link sausage
- can of mushrooms
- Tortillas

INSTRUCTIONS:

- Chop Onion pepper and tomato and sausage
- Combine vegetables and sausage in a wok or large skillet Cook until onions are soft.
- While cooking vegetables, prepare Frisbees and paper plates, place a tortilla and slice of cheese on each plate,
- When vegetables are soft, drain off excess liquid, add drained can of mushrooms. Add one carton of eggs. Stir with spatula until cooked and T°F is at least 155°F.
- Portion egg mixture onto tortillas. Serve with salsa

Sea Base McMuffins™

- English Muffins
- Cheese
- Sausage Links, cut length wise
- Carton of eggs

INSTRUCTIONS:

- Fill a large pot with water and bring to a boil
- While waiting for water to boil toast English muffins on grill
- After toasting muffins place sausage patties on grill to warm (they are precooked)
- Poor carton of eggs into a zip-lock bag. Remove excess air place in boiling water
- Place slice of cheese on half a muffin
- Place sausage patties on top of cheese
- Remove bag of eggs from water when solid
- Open bag break eggs into large pieces. Place on piece of egg on top of sausage. Place other half of English muffin on top of egg.
- Plate and serve

Note: Cooking eggs in this manner allows for a single piece of egg which will stay together on the English muffin

RECIPES

French Toast

- Eggs
- Milk
- Sugar
- Cinnamon
- White Bread
- Butter
- Syrup
- Apples

INSTRUCTIONS:

- In a bowl combine 1 carton eggs, 2 cups milk, 1 quarter cup sugar and a teaspoon of cinnamon.
- Prepare skillet with a small amount of cooking oil over medium heat
- Dip Slice of Bread in egg mixture
- Fry until light brown.
- When a slice is done put in a large zip-lock to keep warm. Repeat until bread and egg mixture are used up.
- Warm **Sausage** in skillet
- Serve with butter and syrup.

Pancakes

- Pancake Mix
- **Sausage**
- Apples

INSTRUCTIONS:

- Read Directions on Pancake Mix
- Some people prefer to substitute milk for water
- Mix pancake mix according to directions
- Prepare Skillet or griddle with small amount of cooking oil over medium heat
- Carefully pour a scoop of batter onto skillet.
- Fry until golden brown.
- Place cooked pancake in large zip-lock to keep warm.
- Add small amount of oil to skillet, repeat
- Warm **sausages** in skillet
- Serve

Oatmeal

In medium pot boil water. Once boiling remove from water. Add packets of oatmeal and stir until it is desired texture.

Bagels & Cream Cheese

Cold Cereal & Milk

RECIPES

Lemonade and Gatorade is available make for beverages. REMEMBER TO DRINK PLENTY OF WATER!

LUNCHES:

Sandwiches or Wraps

- Deli Meat & Cheese Sandwiches
- Chicken or Tuna Salad
- Turkey or **Ham Meat**
- Cheese
- Lettuce, Tomato, Onion, Pickles
- Fruit, Chips, Cookies
- PB & J

Cheeseburger in paradise or Hot Dogs

- Burgers or **Hot Dogs**
- Condiments / Lettuce & Tomato / Buns
- Baked Beans
- Mac & Cheese

INSTRUCTIONS:

- Take all food to the grill area and prepare there.
- If you place a pot directly onto the grill, rubbing a little bit of dish soap onto the outside will aid in scrubbing the black off. If the grill is equipped with a side burner, use it for the Mack and cheese and beans.
- The burger patties are pre-cooked so they don't take long to cook.
- Boil Water for Mac & Cheese
- Slice tomatoes onion lettuce
- Heat baked beans
- Prepare Mac & Cheese according to directions on box
- Place burger patties on grill until hot. Melt cheese if desired
- Serve.
- Extra buns can be used for garlic bread with the pasta meal or used for sandwiches.

RECIPES

DINNERS:

BBQ Chicken Sandwiches

NOTE: each container of BBQ chicken is for 2 meals so make sure it is divided and stored properly.

- Heat ½ the container of BBQ chicken in a pan on low. Heat until hot (165°F)
- 9 Buns
- 1 large bag of chips
- L, T, O, Cheese –options for on sandwiches
- Cole Slaw or Potato Salad –premade, just serve it.
- Lorna Doones

Pasta with Meat Sauce

- Pasta
- 9 burgers, thawed
- Spaghetti Sauce
- Onion Pepper
- Tomato
- Mushroom (can)
- Lettuce Tomato cucumber Pepper Onion

INSTRUCTIONS:

- Chop vegetables
- Place large covered pot of water on stove and bring to a boil
- Place Lettuce tomatoes cucumbers peppers and onion in salad bowl
- Place chopped onion pepper and tomato in wok or skillet cook on medium heat until onion and pepper are soft.
- Chop up burgers and add to vegetables, add mushrooms and sauce. Continue to cook on medium heat.
- When water is boiling add teaspoon of cooking oil to water, salt the water, add pasta, stir, cook for approximately 10 minutes, stirring every 2-3 minutes.
- Drain and Rinse pasta
- Warm Green beans over high heat
- Plate Pasta, Sauce, and green beans
- Serve salad separately
- Put out salad dressing and parmesan cheese

RECIPES

Chicken Stir Fry

- Onions
 - Peppers
 - Tomato
 - Broccoli
 - Mushrooms
 - Chicken Breast
 - White Rice
- **INSTRUCTIONS:**
- In a Medium covered Pot bring water to a boil
 - Chop vegetables
 - Place chopped vegetables in wok or large skillet
 - Chop Chicken Breast
 - Add three packets of white rice to boiling water cover and remove from heat
 - When onions and peppers are soft add drained can of mushrooms and chicken breast. Add teriyaki and or soy sauce to taste. Continue cooking over medium heat.
 - Portion the rice onto plates, Portion stir fry onto plates and serve.

Chicken Fajitas/ Fiesta Rice

- Pepper
- Onion
- Tomato
- Garlic Powder
- Cajun Seasoning
- Chicken Breast

INSTRUCTIONS:

- Chop Vegetables
- Place vegetables in wok or large skillet and cook over medium heat
- Slice Chicken Breasts
- Place a tortilla on each plate
- Add chicken to vegetables, spice to taste, cook on high heat for approximately 3 minutes.
- Portion the meat/vegetable mixture onto tortillas.
- Serve

BBQ Chicken Burrito / Midweek Meal

- Use reserved BBQ Chicken. Heat as mentioned on Meal 1.
- Prepare other ingredients similarly to above Fajitas
- Fill tortillas with chicken & other items of your choice, roll and eat or they can be heated on the grill rolled until crispy on the outside.

RECIPES

Steak night

- Steaks
- Mashed potatoes
- Gravy
- Tossed salad
- Corn

INSTRUCTIONS:

- The Steaks are the one meat that is not precooked! Wash your hands before and after handling them.
- Prepare remaining vegetables for tossed salad (Use them up this is the last night.)
- Fill a Medium to large pot with water, cover and place on high heat.
- Remove steaks from individual wrappers. Salt, pepper season to taste. (Your captain may have some specific directions.)
- Light grill
- To cook to medium
- Place all steaks on a medium to high flame. Cook until juices pool on top of steak. Flip cook on medium heat for 6 minutes.
- When water boils. Slowly add potato pearls stirring rapidly. Add pearls until desired thickness. Add butter stir and cover.
- Make gravy according to packet instructions.