

27-04-2017

Dear Master & Chief Cook,

In this month's Garrets Monthly Newsletter you will find information on essential HACCP equipment, as well as tips on manual handling. You will also meet one of our Vessel Account Managers, Mr. Jack Mills, from our Romford Office. Attached in this month's newsletter is a separate fact sheet on Ciguatera Fish Poisoning.

Do not forget to send in your favourite recipes to share with your fellow seafarers! If your recipe is published, we will send you a limited edition Garrets apron and cap.

Visited Vessel of the Month NYK - NBA Monet

Superintendent Mr. James Tan conducted a vessel inspection and training on-board NBA Monet on 13th April 2017.

The catering areas were maintained to a high level of cleanliness and the catering team had an excellent knowledge of good catering practices. Overall, the vessel scored an impressive 97% in the inspection report.



The Chief Cook on-board is Carpio Bernard Centina and is ably assisted by Steward Sulit Cyrus Antones.

Captain Domingo A Castro stated:

“ Chief Cook has great catering knowledge and all crew members love the food he prepares. ”

Steward Sulit also stated:

“ He is the best Chief Cook that I've worked with and I have gained a lot of knowledge from him. ”

**Meet one of our Vessel Account Managers -
Mr. Jack Mills**



My name is Jack Mills and I am one of the Vessel Account Managers based in the UK. I joined Garrets in January 2016.

My role is to source and procure the highest quality food provisions, whilst achieving competitive market rates, from suppliers across the world. I monitor a high number of Vessels/Fleets of different crew nationalities to ensure monthly spend is within budget rate. The job can sometimes be very challenging however on the flip side I am motivated by the fact that my role plays an important part in ensuring good health and well-being for the Crew on board.

I live not far from the Thames Estuary in the East Anglia of the UK. I am very fortunate to have views of Vessels visiting the London Terminal along the river from my own garden.

In my spare time, I enjoy competing and racing go karts across the southern region of the UK. When not racing or working, I quite simply enjoy not doing much at home and spending time with family & friends.



Complete the quiz and see how much you know about food hygiene. Answers can be found at the end of the Newsletter.



1. What type of soap should you use when washing your hands?

A - Un-scented, B - Hand cream, C - Bactericidal, D - Antiseptic

2. Where in the fridge would you store cooked meat?

A - Top shelf, B - Middle shelf, C - Bottom shelf, D - In the door

3. What is the recommended temperature for a fridge?

A - 1-10°C, B - Below 12°C, C - Below 5°C, D - Below 15°C

4. Where in the fridge would you store uncooked bacon?

A - Top shelf, B - Middle shelf, C - Bottom shelf, D - In the door

5. What type of food could pose a campylobacter risk?

A - Toast, B - Poultry, C - Chips, D - Fruit

6. Which yoghurt should you eat first if today's date was 4th November?

A - Use by 26th November, B - Use by 10th November

C - Use by 11th November, D - Use by 20th November

7. Bacteria are too small to see with the naked eye.

A - True, B - False

8. What does bacteria need to assist it to grow?

A - Warmth, B - Food, C - Water, D - All of these

9. What is the recommended temperature for a freezer?

A - 8°C, B - 10°C, C - 0°C, D - 18°C





HACCP Equipment - Food temperature probe and wipes

Food thermometers take the guesswork out of cooking and gives you some peace of mind and reassurance that food is cooked and served at the correct temperature. There's a wide range of them out there on the market, from simple ones with a dial to fancy digital ones that promise quick results. They're an important part of any galley.

Know your thermometer types

Not all kitchen thermometers are created for the same purpose. Garrets recommend that an all-purpose thermometer is purchased for your galley.

All-purpose thermometers: This is the one to get if you only want one type of thermometer for your kitchen. These thermometers come in both analog and digital forms, and they

usually can read a wide range of temperatures, so you can use it for anything from baked goods to deep-frying. These thermometers come with a pointed probe that you can insert into the centre of foods.

Learn how to use thermometers properly

- Knowing the best place to take a temperature can be tricky. With meat, you want to push the probe into the centre of the thickest part, but make sure it's not touching any bone. For whole poultry, like chickens and turkeys, take the temperature where the thigh meets the rest of the body, since that part is thick and takes the longest to cook. For thin pieces of meat such as hamburgers, stick the probe in sideways.
- Besides knowing where to put the probe, you also need to give the thermometer time to do an accurate reading. "Instant-read" is, unfortunately, a misnomer — read the label of the thermometer to see how long it takes to get a true reading, as it usually requires 20 to 30 seconds of holding it steady to get the right temperature.



Clean your thermometer

- Nobody likes to use a dirty thermometer, as it can cause cross contamination. Immediately after each use, clean with a purpose made probe wipe or wash the probe end in hot soapy water. Don't forget to turn off digital thermometers to preserve battery life, and make sure everything is dry to prevent rust.



Test and calibrate your thermometer

- A thermometer is only useful if it's accurate! If you're not sure, test food thermometers by placing them in ice water or boiling water. It should read 0°C in ice water, or 100°C in boiling

water (let it sit in there at least 30 seconds to get an accurate reading). If your thermometer is not reading accurately, look up the manufacturer's instructions on how to calibrate it, or get a new one.

What is manual handling?

The Manual Handling Operations Regulations define it as 'any transporting or supporting of a load (including the lifting, putting down, pushing, pulling, carrying or moving thereof) by hand or by bodily force'. In effect, any activity that requires an individual to lift, move or support a load, will be classified as a manual handling task.

What are the risks of manual handling?

More than a third of all reportable injuries of over three days, involve manual handling, and around 10% of major injuries are linked to manual handling. It has a major impact on all workplaces, and costs the economy hundreds of millions of pounds every year.

Anyone involved in the moving and handling of goods could be at risk. Injuries and suffering can be linked to any work involving handling of loads. There are risks in handling even light loads if a repetitive task is being carried out in poor conditions. Poor



ergonomics and workplace layout are a factor in many hazardous manual handling tasks.

Basic principles of manual handling

Here are some basic principles that everyone should observe prior to carrying out a manual handling operation:

- Ensure that the object is light enough to lift, is stable and unlikely to shift or move
- Heavy or awkward loads should be moved using a handling aid
- Make sure the route is clear of obstructions
- Make sure there is somewhere to put the load down wherever it is to be moved to
- Stand as close to the load as possible, and spread your feet to shoulder width
- Bend your knees and try and keep the back's natural, upright posture
- Grasp the load firmly as close to the body as you can
- Use the legs to lift the load in a smooth motion as this offers more leverage reducing the strain on your back
- Carry the load close to the body with the elbows tucked into the body
- Avoid twisting the body as much as possible by turning your feet to position yourself with the load



Arabic Fattoush Salad

Serves 4

Ingredients

- 1 tablespoon vegetable oil for frying
- 2 small pitta breads, torn into pieces
- 1 large cucumber, finely diced
- 550g halved cherry tomatoes
- 1/2 red onion, finely diced
- 45g freshly chopped flat-leaf parsley
- 20g freshly chopped mint
- 2 tablespoons extra-virgin olive oil, or to taste
- 1 tablespoon fresh lemon juice, or to taste
- 1 clove garlic, crushed (or more to taste)
- Coarse sea salt and freshly ground black pepper to taste
- Ground sumac to taste
- Crumbled sheep-milk feta cheese



Method

1. Heat vegetable oil in a large pan over medium-high heat.
2. Place pitta pieces into the pan without crowding. Fry in batches until golden brown and blot dry with kitchen paper.
3. Combine cucumber, tomatoes, red onion, parsley, mint, olive oil, lemon juice, garlic, sea salt, ground black pepper and sumac in a bowl.
4. Gently toss salad with fried pitta pieces.
5. Adjust seasonings to taste.



Chicken Shawarma

Serves 4 - 6

Ingredients

- 1 kg chicken thigh fillets or chicken breast, skinless and boneless

Marinade

- 1 large garlic clove, minced (or 2 small cloves)
- 1 tbsp ground coriander
- 1 tbsp ground cumin
- 1 tbsp ground cardamom
- 1 tsp ground cayenne pepper (reduce to ½ tsp to make it not spicy)
- 2 tsp smoked paprika
- 2 tsp salt
- Black pepper
- 2 tbsp lemon juice
- 3 tbsp olive oil

Yoghurt Sauce

- 1 cup Greek yoghurt
- 1 clove garlic, crushed
- 1 tsp cumin
- Squeeze of lemon juice
- Salt and pepper



To Serve

- 6 flatbreads or pita bread or homemade soft flatbreads
- Sliced lettuce
- Tomato slices

Method

1. Combine the marinade ingredients in a large zip-lock bag or bowl.
2. Add the chicken and use your hands to make sure each piece is coated.
3. Marinate overnight or up to 24 hours.
4. Combine the Yoghurt Sauce ingredients in a bowl and mix. Cover and put in the fridge until required (it will last for 3 days in the fridge).
5. Heat grill/BBQ or large heavy based pan on stove on medium heat. You should not need to oil it because the marinade has oil in it and also thigh fillets have fat. But if you are worried then oil your hotplate/grill.
6. Place chicken on the grill and cook the first side for 4 to 5 minutes until nicely charred, then turn and cook the other side for 3 to 4 minutes (the 2nd side takes less time).
7. Remove chicken from the grill and cover loosely with foil. Set aside to rest for 5 minutes.

To Serve

1. Slice chicken and pile onto platter alongside flatbreads, Salad and the Yoghurt Sauce.
2. To make a wrap, get a piece of flatbread and smear with Yoghurt Sauce. Top with a bit of lettuce and tomato and Chicken Shawarma. Roll up and enjoy!





If you would like to share your favourite recipes or share your best practices/tips with your fellow seafarers, then please send them to: superintendents@garrets.com and we will publish them in the Garrets Monthly Newsletter.

Next month's publication will contain advice on Gluten Free Diet and Food Allergies. Also, meet Craig Townsend one of our Vessel Account Managers.

Safe Voyage!

(Quiz Answers, 1 = C, 2 = A, 3 = C, 4 = C, 5 = B, 6 = B, 7 = A, 8 = D, 9 = D)



Ciguatera Fish Poisoning

How does Ciguatera fish poisoning occur?

Illness occurs after eating contaminated seafood, particularly tropical reef fish such as grouper. It is more prevalent in places where reef fish is caught, such as the Caribbean, southern Florida, Hawaii, the South Pacific, and Australia. There is no evidence of person-to-person transmission. Fifty thousand cases of ciguatera fish poisoning are estimated to occur each year worldwide. Ciguatoxic fish are found on a sporadic basis and not all fish from a given species or location will be toxic.

What is Ciguatera Fish Poisoning?

Ciguatera fish poisoning (CFP) is a common foodborne illness caused by eating subtropical and tropical fish that contain toxins produced by a marine microalgae called *Gambierdiscus toxicus*. The *Gambierdiscus toxicus* algae are found primarily in subtropical and tropical areas where it lives on dead corals. Ciguatera-toxic fish accumulate these toxins naturally through their diet. Ciguatera-toxic fish accumulated these toxins by consuming the algae or by feeding on other fish that have consumed the algae.

How soon after exposure does the infection occur?

Illness may occur within 1 to 24 hours after exposure. Gastrointestinal symptoms appear first, accompanied or followed by neurological symptoms up to 2 days later.

What are the symptoms of Ciguatera fish poisoning?

Mild intoxication may involve only gastro-intestinal upset (nausea, vomiting, diarrhoea, gut pains) or headache, fatigue and fainting which resolves in a day or two. More severe poisoning may cause one or more of the following neurological signs and symptoms:

- 1 Itching, which may be intense and unrelenting for days or weeks
- 2 Alterations in sensory perception, where contact with cold surfaces or taking cold drinks may provoke burning or electric-shock-like sensations
- 3 Tingling or painful sensations in hands, feet or genitals
- 4 Dizziness, low blood pressure, cardiac abnormalities
- 5 Joint and/or muscle pain, lassitude
- 6 Symptoms can last for days, weeks, months or (rarely) years following a single ciguatera poisoning incident.

Ciguatera Fish Poisoning

How is the Ciguatera fish poisoning diagnosed?

Ciguatera fish poisoning is diagnosed by stool or food sample cultures. Detection for ciguatera, however, requires specialized analytical methods and/or particular bioassays.

What is the treatment for Ciguatera fish poisoning?

Unfortunately, there is no single specific remedy for the treatment of ciguatera fish poisoning.

The most successful management of the disease has been accomplished by supportive and symptomatic treatment such as induced vomiting.

How can Ciguatera fish poisoning be prevented?

Ciguatoxic fish cannot be detected by appearance, taste or smell. Raw and cooked whole fish, fillets or parts have no signs of spoilage, discoloration or deterioration. Avoid or limit the consumption of large reef fish weighing over 6 lbs, especially the highly susceptible species like barracuda, grouper, jack, moray eel, red snapper, sea bass, and sturgeon.

Avoid consumption of large predatory fish

Ciguatera poisoning is amplified through the food-chain, becoming most concentrated in predatory fish. The Ciguatoxin is very heat-stable. Normal cooking (boiling, steaming, frying) will not reduce or eliminate the toxin.

What to do if you suspect Ciguatera fish poisoning On Board?

- Step 1.** Save suspected food in an airtight container and hold in cold storage, if voyage to continue then hold in freezer
- Step 2.** Report suspected food borne illness to vessel management, Marine authority & Garrets International Ltd
- Step 3.** Identify and isolate same batch of suspected fish, mark up with permanent pen "do not use by order of Garrets International Ltd"
- Step 4.** Clean and sanitise all cooking equipment used to store, prepare, cook & serve the suspected food borne illness food (if cook affected then another unaffected crew member can carry out this task)
- Step 5.** Isolate affected crew to cabins ensuring they continue to hydrate with water or citrus, sugar and water dilution
- Step 6.** Collect stool samples from all the affected crew and store in a non-food refrigerator for future testing by a medical lab
- Step 7.** Vessel Officer to check affected crew every 15 - 30 mins until loose stools and nausea stop
- Step 8.** Continue to hydrate crew until they return to a normal health state
- Step 9.** Avoid consumption of fish or shell fish for 8-12 weeks as this can cause a reoccurrence of symptoms
- Step 10.** Garrets will provide additional advice and guidance on batch disposal/credit, testing (if required) & food safety.