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CUL-MAR-Skills

**MARitime Soft Skills for Onboard Healthy Nutrition and
CULinary Arts in Seagoing Services**

“EATING ADVENTURE ONBOARD”

from the PAST to the PRESENT



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PREFACE

CUL-MAR-SKILLS PROJECT (MARitime Soft Skills for Onboard Healthy Nutrition and CULinary Arts in Seagoing Services -2023-1-RO01-KA220-VET-000156711)

The CUL-MAR-Skills Project aims to develop a program to train people who will work in the ship's galley or to refresh the knowledge of those who are already working. The courses planned to be developed in this context are as follows:

- Healthy Nutrition for Seafarers
- "Victualing" Course for Ship Galleys
- Ship Food/Beverage Inventory Management course focusing on gaining entrepreneurial skills
- Green Transformation in Blue Galleys, a course focused on waste management
- A ship's cooks training modules are shaped by considering the healthy dietary needs of the ship's crew.

As the courses suggest, the project focuses on today's hot topics, such as entrepreneurship, waste management, green transformation, food waste prevention, and training future ship cooks with the mindset of the future. The project will also contribute to the creation of new job opportunities within the EU Blue Skills strategy.

The CUL-MAR-Skills Project is focused on creating a comprehensive training module tailored to the specific needs of galley staff. The project is led by the **Romanian Naval Academy “Mircea cel Bătrân” (MBNA)**, a historic and highly accredited institution in maritime education. It is joined by a consortium of expert partners: **Piri Reis University** (Turkey), a top maritime university with close ties to the Turkish shipping sector; the **University of the Aegean** (Greece), known for its innovative academic programs and regional development efforts; the **“Nikola Vaptsarov” Naval Academy** (Bulgaria), the country's premier institution for training both civilian and military maritime professionals; and the **Conference of Peripheral Maritime Regions (CPMR)** (France), a network representing over 150 maritime regions that advocates for balanced territorial development across Europe. Together, these institutions combine deep maritime knowledge, regional diversity, and academic rigor to ensure that the project's outcomes, such as training modules and a “Cook Manual for Seafaring Cuisine Services,” will be both practical and impactful.

Although the project emphasizes the creation of courses with contemporary content for the cooks in the galleys of the future, it doesn't ignore the past and aims to collect recipes that have been cooked onboard traditionally, thus aiming to prevent the cultural maritime food heritage from being lost. In this framework, as many traditional recipes as possible from the countries on the European continent have been collected mostly through searching the internet and in some cases, through word of mouth, which have been

verified through an internet search later. The first part of this booklet, called “*Traditional Food Onboard*,” covers these recipes.

The booklet is completed by the second part, entitled “Today's Menus,” which contains recipes that will enable sailors to eat healthily in today's maritime industry.

The comparison of the two sections demonstrates how developments that enable access to fresher and more varied food in maritime operations, coupled with a perspective that recognizes the importance of healthy nutrition, have led to a significant increase in the variety, healthiness, and balance of meals prepared on board ships.

PART I
TRADITIONAL FOOD ONBOARD

INTRODUCTION

Life at sea in the age of sail was as much a test of endurance at the table as it was on deck. Seafarers—whether aboard naval ships, merchant vessels, or pirate ships—relied on a limited yet essential set of provisions designed for longevity rather than flavor: salt pork, hardtack (ship’s biscuit), dried legumes, salted fish, and aged cheese. These ingredients, often stewed into meals like “burgoo,” met the fundamental needs of life far from land. Yet behind these simple rations was a surprisingly inventive culinary practice. Cooks on board didn’t merely ration food; they developed practical, morale-boosting ways to nourish entire crew under some of the most demanding conditions imaginable.

As indicated in the Introduction, this study is part of the **CUL-MAR-Skills Project**, which aims to preserve this seaborne culinary knowledge through the creation of a cookbook and curriculum built on both traditional and modern recipes. These recipes are not only reflections of maritime history but also examples of sustainable, adaptive cooking, developed by necessity and now in danger of being forgotten. By documenting and revitalizing these practices, the project addresses both the nutritional needs of today’s seafarers and the cultural value of shipboard gastronomy. In doing so, it aims to prevent the erosion of this unique maritime food heritage while preparing a new generation of cooks to carry it forward.

This part includes 20 recipes from 13 countries. Since the countries are close to each other, and seafarers from different nations live together on board, it is normal that some recipes are shared among several countries.

Ship's Biscuit

The ship's biscuit was an important part of the sailor's sea diet before the introduction of canned foods. Long journeys at sea required food to be able to survive the voyage. One solution to this was the ship's biscuit - also known as hard tack. Similar food is consumed by seafarers in various parts of the world with different names. For example, in the Ottoman Empire, a kind of hard bread called *peksimet* served the same purpose (1).

There are references to Richard I (the Lionheart) set out from England in 1190 with his ships suitably stored with 'biskit of muslin' (mixed cornmeal made of barley, rye, and bean flour). Ships at the time of the Spanish Armada in 1588 had a theoretical daily allowance of 1 lb. (0.45 kg) of biscuit, but it was Samuel Pepys who first regularized the Navy's 'victualling' (the provision of food supplies) and worked out the first comprehensive table of rations. These included 'one pound daily of good, clean, sweet, sound, well-baked and well-conditioned wheaten biscuit (plus a galleon of beer and other victuals).' Royal Museums Greenwich (2).

Old Ironsides Activity Book, prepared by the Constitution Museum, states that biscuits were still an important part of the sailor's sea diet in Lord Nelson's (1758–1805) time and remained so until bread and canned foods were introduced. Preserved beef in tins was officially issued from 1847, although some tinned items had previously been used for Arctic expeditions. Canned meat was first marketed in 1813.

Bread became a Navy issue item in the mid-1850s and was referred to as 'soft bread' in the Royal Navy to distinguish it from biscuits, which had sometimes been called 'bread'. 'Hard tack' was, however, the most well-known term for the ship's biscuit. The ingredients were stone ground flour, water, and salt, which were mixed into a stiff dough, baked in a hot oven for 30 minutes, and then left to harden and dry.

Ship's biscuit was a hard piece of bread that the Constitution's sailors ate at nearly every meal. The biscuit was baked on land, stored on board the ship, and then sent out to sea with the sailors. Sailors soaked the rock-hard biscuit in their stew to soften it before taking a bite (3).

Ship's biscuit—also known as hardtack or sea biscuit—has taken various forms depending on the country, period, and available ingredients. Though fundamentally simple (usually just flour, water, and sometimes salt), these regional variations reflect different baking techniques, shapes, textures, and uses. Here's a quick overview of how ships' biscuits differed around the world:

Variations of Ship's Biscuit by Country

1. British Navy (United Kingdom) — Hardtack

- Very hard, dry, and dense rectangular or square biscuits with holes punched through to prevent puffing during baking.
- Baked multiple times to remove moisture, giving a long shelf life but a very tough texture.
- Often eaten softened in water, tea, or soup.
- Sometimes called "pilot bread" in the later periods.

2. United States — Hardtack

- Similar to British hardtack, but often cut into squares or rectangles, also perforated.
- Popular among Civil War soldiers and sailors.
- Known for extreme hardness; sometimes nicknamed “sheet iron crackers.”
- Could be dipped in coffee, soup, or molasses to soften.

3. Spain — Galleta Marinera

- Spanish ship’s biscuit (literally “sailor’s biscuit”) was often round rather than square.
- Sometimes slightly sweeter with a touch of fat or sugar to improve taste.
- Used heavily in Spanish maritime voyages and colonial expeditions.

4. Russia — Sukhari / Galeta

- Russian ship’s biscuit known as “galeta” or “sukhari” was a staple for the navy.
- Often round and sometimes thicker, baked until very dry.
- Used with soups or stews aboard naval ships.

5. Scandinavia — Knekkebrød

- Hard, crisp flatbread often made with rye flour, sometimes including seeds or bran.
- While not exactly the same as classic ship’s biscuit, it served a similar purpose in Scandinavian maritime provisioning.
- More flavorful and fiber-rich than plain hardtack.

6. Japan — Kanpan

- Traditional Japanese hardtack called “kanpan” is slightly sweetened and baked to be crisp but not rock-hard.
- Used historically on naval ships and in military rations.

Common Characteristics Across Variations

- Made primarily from flour and water, sometimes salt.
- Baked twice or more for extreme dryness and long shelf life.
- Very hard and dry, requiring soaking or moistening before eating.
- Designed for durability and storage rather than taste.

On modern ships, **ship’s biscuit** has been largely replaced by more varied, fresh, and nutritionally balanced food options, thanks to advances in food storage, preservation, and supply chains. Since the aim of this study is to compile traditional recipes that are either dying out or still alive, the study

begins with the recipe for ship biscuits, which is perhaps the only food that is common in some form or another on ships sailing all over the world.

Ingredients

2 cups of whole wheat flour

A little water

Baking sheet

Damp cloth

Instructions

1. Preheat oven to 175 degrees.
2. Mix flour and enough water to form a stiff dough. If the dough is sticking to your fingers, add more flour. Cover with a damp cloth and let sit for ten minutes.
3. Fold and beat the dough until it is 1/2 inch thick. Repeat until the dough is smooth.
4. Cut into circles, about 5 inches across. Pierce four times with a fork. Dust lightly with flour.
5. Place it on an ungreased baking sheet and bake for 3 hours, or until dry inside.



Ship's Biscuit (4)

In the following part of this study, dishes that are specific to or derived from the maritime culture or seafaring traditions of European countries will be listed in alphabetical order by country. Naturally, some dishes are specific to a region rather than a country. Furthermore, only recipes available online could be used in this study.

BULGARIA

Ribena chorba

Ribena chorba is a traditional fish soup that is prepared with different kinds of fish or fish heads and chunks of vegetables cooked in a fish broth. Bulgarian fish soup is generally made with a variety of either freshwater or saltwater fish, which are cooked in salted water, cut into pieces, and then simmered with chunks of vegetables, herbs, and spices in a fish broth.

Typical vegetables include potatoes, carrots, onions, peppers, garlic, and tomatoes, while the selection of herbs includes tarragon, lovage, bay leaves, parsley, allspice, thyme, and dill. The soup is often enhanced with a roux of butter and paprika or a mixture of beaten eggs and sour milk. Chopped parsley and black pepper are usually sprinkled on top of the hot soup, and the soup is often drizzled with some lemon juice before serving. A glass of strong *rakija* and a slice of *pitka* (a type of Bulgarian bread) often accompany this soup.

In Bulgaria, fish soup is traditionally prepared on holidays such as Nikulden (5).

Ingredients

- 1 kilo mixed fish
- 1 tbsp olive oil
- Enough water to cover the fish generously in a large pot
- 3 sliced carrots
- 1 sliced onion
- 1 celery stick
- 2 cloves of garlic
- 1 cup rice - use a risotto-style rice
- 4-5 peppercorns
- parsley - finely chopped
- salt - to taste

Instructions

1. Scale and gut the fish.
2. Halve the onion and quickly spear it; this gives it extra flavour.
3. Place the fish in a large pot and cover with water.
4. Add the vegetables and garlic and simmer for ½ an hour.
5. Remove the fish and remove the bones. It might break apart and be a little messy, but it's going back into the pot as small pieces anyway. Strain the soup.
6. Add the olive oil and rice to the soup now and when the rice is ready, put the fish pieces back in. Serve with some crusty bread.



Ribena Chorba (6)

FINLAND

Sailor's Steak Stew

In Finland, this dish is called Sailors' Steak; it's said to be an old favorite in a sailor's galley. It was traditionally made on ships, often in a pot rather than baked in the oven like this version. Also, cheaper cuts of meat were typically used instead of top-round beef. Slowly cooking it under a lid for a long time created a flavorful dish. (7)



Sailor's Steak Stew (7)

Ingredients (7)

- 600 g beef top round
- 1 1/2 tsp salt
- 3 (approx. 300 g) onions
- 1 kg (10–12 pcs) potatoes (starchy variety)
- 2–3 tbsp canola oil
- 5 dl water
- 3 Knorr Bouillon Pur beef stock capsules

- 10 all-spice berries
- 2 bay leaves
- 1 can (3.33 dl) dark beer (I use Guinness)

Preparation

1. Take the beef out of the fridge about an hour before cooking to bring it to room temperature.
2. Cut the beef in half and slice the pieces into thin slices. Season with salt. Peel and slice the onions.
3. Wash the potatoes and peel them if you prefer. Slice them into thin slices.
4. Brown the beef slices in canola oil in 3–4 batches on both sides. Transfer the slices to a plate to rest. Brown the onions as well and transfer them to the plate.
5. Turn off the heat and pour the juices from the meat plate into the frying pan. Add water and beef stock. Stir well to incorporate the flavors from the pan into the broth.
6. Layer the ingredients in a casserole dish, starting and ending with a layer of potatoes. Sprinkle all spice and bay leaves between the layers.
7. Pour the beer over the ingredients and add enough of the broth from the pan to cover them. Cook for about 2 hours at 175°C, covering the dish with a lid halfway through cooking. If cooking on the stove, simmer on low heat for about an hour. Serve with pickles, pickled beets, and salad.



Merimiespihvi – (Sailor's Steak) (8)

GERMANY

Sailor's Stew

This traditional northern German dish of minced cured beef, red beets, gherkins, onions, and herrings or bacon originated on sailing vessels in the 18th century. It was often served topped with a fried egg.

Ingredients

- 1 lb. cured beef
- 1 clove
- 1/2 small bay leaf
- 3 peppercorns
- 2 cups of boiling water
- 4 ounces pickled red beets
- 1 Matjes herring filet
- 12 ounces peeled onions
- 1-2 pickled gherkins
- 2-1/2 ounces pork fat
- 1-1/2 pounds mashed potatoes
- 5-10 tablespoons liquid from pickled gherkins or stock
- 1 clove of finely chopped garlic
- Salt
- Sliced cooked red beets, optional, for garnish
- Fried egg optional, for garnish
- Pickled gherkin optional, for garnish
- rolled pickled herring, optional, for garnish

Instructions

1. Place the meat and spices in boiling water. Cook slowly over moderate heat until the meat is tender. Place the meat on the dish and drain the red beets. Put meat, beets, Matjes herring, onions, and gherkins through the meat mincer.

2. Heat pork fat and add the meat mixture and saute for about 5 minutes until golden in color. Add stock to the mixture and simmer well until blended. Mix in mashed potatoes. Add salt to taste and possibly garlic.
3. Garnish with fried egg, slices of red beets, gherkins, or rolled pickled herring.



Sailor's Stew (9)

GREECE

Kakavia Soup



Kakavia Soup (10)

Kakavia is a traditional fisherman's soup. Kakavia is traditionally made from the day's catch to feed the crew (11). The additional ingredients would include anything that was on hand, usually onions, potatoes, olive oil, and seasonings.

It is said that the fishermen also used to add a small amount of seawater to the soup. The name of the dish stems from *kakavi*, the pot in which it was traditionally cooked. Modern interpretations of the dish don't necessarily use the smallest and the cheapest fish varieties as was done in the early days, but the recipes are still versatile and may even include shellfish, crustaceans, different herbs, and vegetables such as tomatoes, carrots, or celery (12).

Ingredients (10)

- 2 pounds whole white fish (red snapper, cod, monkfish...), scaled and cleaned
- ¼ cup olive oil
- 1 small onion, finely chopped
- 1 celery stalk, diced
- 2 garlic cloves, grated
- 3 potatoes, peeled and diced
- 1 (15-ounce) canned tomatoes, pureed
- Salt and pepper, to taste, lemon wedges, for serving
- 2 tablespoons fresh chopped parsley
- 7-8 cups of water

Instructions

1. Place the water and fish into a pot and season lightly with salt. Bring to boil, then simmer for 20 minutes.
2. Transfer the fish to a platter and strain the broth to catch any fish bones. Discard the bones.
3. Wipe down the pot and add the onion, olive oil, and celery to the pot. Cook over medium heat until soft. Add the garlic and warm it through.
4. Add the potatoes and season with salt and pepper.
5. Add the pureed tomato and cook over medium-low heat for 10 minutes.
6. Add the stock and bring it to a boil. Reduce the heat to medium-low and simmer until the potatoes are tender.
7. Carefully remove the bones and skin from the fish and discard them. Cut the fish into chunks and add them to the soup.
8. Taste and adjust the seasoning if needed.
9. Garnish with parsley and serve with lemon wedges and toasted bread. Enjoy!



Kakavia (13)

The fish in kakavia should always be cooked whole, and the soup is usually served with lemon on the side. A slightly different version that traditionally uses more vegetables is known as *psarosoupa*.

ITALY

Capponada, the Ligurian sailors' salad.

This recipe was originally born to meet the needs of sailors who had to face long sea trips without touching land for many days (14).

The main ingredient of Capponada in fact, is the sailor's crackers called "**Galette del Marinaio**": a thin and round bread "bis- cotto" (baked twice) that remains crispy for at least a whole year. Stuffed aboard ships to survive during long journeys, Galette del Marinaio was so hard that they were usually soaked in seawater before eating.

The second ingredient is **preserved fish**, in particular **salted anchovies** and *mosciamme* (from the Arabic mosammed, meaning dry), i.e. sun dried fish fillet. In the past, mosciamme was produced by drying the fillet of dolphins, now fortunately replaced with tuna fillet. This is also a food easy to store during long sea voyages.

Perhaps to comfort the spirit and console the homesickness, these two ingredients were then seasoned with flavors that reminded sailors of the smell of their land far away: olives, capers, and olive oil.

Today, it is easy to find in Capponada also fresh tomatoes, basil leaves, and hard-boiled eggs, which were the products that were very rare on board the small boats of the past.

The origins of this dish are attributed by some to **Camogli**, the sailors' village on the coast near Genoa.

Ingredients (14)

- 4 Sailor's Crackers (or 4 slices of toasted bruschetta bread)
- 1 tablespoon of wine vinegar
- 3 ripe tomatoes or 10-12 cherry tomatoes
- 4 salted anchovies, cleaned and boned
- 100 g (3,5 oz) tuna mosciamme (dry tuna fillet) cut into thin slices (or 200 g of good quality canned tuna)
- 2 tablespoons of salted capers, well rinsed
- 2 tablespoons of olives, pitted (preferably Taggiasca olives)
- 4 tablespoons of extra virgin olive oil
- Salt
- 10 leaves of basil

Instructions

1. Break the Sailor's Crackers with your hands into pieces (or cut the bruschetta bread in cubes) and lay them at the base of the serving plate. Sprinkle with 4 tablespoons of water and 1 tablespoon of wine vinegar, and add very little salt.
2. Cut the tomatoes into slices and place them on the bread. Add very little salt again so that the tomatoes release their vegetable water over the bread.
3. Then add the mosciamme in thin slices, the salted anchovies in pieces, olives, and capers.
4. Season with extra virgin olive oil and, at the end, decorate with basil leaves.
5. Let the salad rest at room temperature for at least an hour before serving, preferably with a plate on top that applies a slight pressure.
6. Stir gently before serving and adjust to taste with salt and vinegar if necessary.



Capponata, the Ligurian sailors' salad (14)

POLAND

Paprykarz

Paprykarz is a Polish canned fish spread that originated in the 1960s in the city of Szczecin. It was originally made by mixing minced fish (typically leftovers from fish processing), rice, tomato paste, vegetable oil, onions, and especially **paprika**, which gives it its distinctive red-orange color and slightly spicy flavor. The result is a savory, somewhat tangy, spreadable mixture. Although it has not been consumed by seafarers, it has strong connotations with the port, the sea.

There are some studies on the cultural significance of paprykarz which aim to discuss how a food product concentrates the leading themes of maritime culture, and how paprikash becomes a metonymy for the complexity of meanings associated with the sea (15).

Key features of paprykarz can be summarized as follows: Its main ingredients are minced fish (often cod or pollock), rice, tomato paste, onion, oil, and paprika. Its texture is Pâté-like, soft, and spreadable. It has a savory flavor, mildly spicy from the paprika, with a slightly sweet and tangy tomato background. People typically eat it cold or spread it on bread or crackers. Paprykarz is a nostalgic comfort food for many Poles, especially associated with school lunches and travel during the communist era.

Though paprykarz is often simply called *paprykarz szczeciński*, similar versions are made elsewhere, and modern variations may include different types of fish or spices.

Ingredients (16)

½ c / 100 g of uncooked rice

1 lb. / 500 g of fish filets (I'm using cod, but any kind of fish would do)

Pinch of salt and pepper

3 medium onions

3 tbsp of butter

2 bay leaves

3-4 allspice berries

3 carrots

26 oz / 750 g of diced tomatoes (canned)

1 tsp of paprika

ADDITIONALLY:

Eight 8-oz / 220-ml canning jars

Instructions

1. Cook rice in salted water and set aside.
2. Cook fish, sprinkled with a bit of salt and pepper, in a little grease. Set aside to cool a bit. Once cool, break up with a fork until it is pretty fine.
3. Dice onions and sauté in a large pot in a bit of butter for about 5 minutes on medium-high heat with bay leaves and allspice berries. Wash, peel, and grate carrots on the largest side of a box grater, add to onions, and sauté for another 5 minutes.
4. Add tomatoes and heat through. Add paprika, rice, fish, freshly ground pepper (about $\frac{1}{4}$ teaspoon), and salt to taste (about a teaspoon). Mix well.
5. This recipe makes quite a bit, so I place it in jars and pull one out when I'm ready to eat. To do so, sanitize your jars and lids, place the mixture into jars while still warm, place the lids on, and cool. Place it in a shallow pot and fill with water just below the lid. Boil for 60 minutes. Take out and cool (unrefrigerated). After 24 hours, repeat the process, but boil for 40 minutes. After another 24 hours, repeat the process but boil for 30 minutes only.
6. I like this dish cold, so I place one jar in the fridge and store it until it is cooled.
7. Serve cold, on bread.



Paprykarz (16)

PORTUGAL

Bacalhau



Bacalhau (17)

What is Bacalhau?

Bacalhau is codfish that has been salted and dried in the sun. This ancient preservation method allows the cod to be stored indefinitely at ambient temperatures, without the worry of bacteria or mold growing on the highly saline dried codfish. salted codfish became a staple part of the Portuguese Navy's diet from 1497 with the discovery of vast reserves of cod off the shores of Newfoundland.

This traditional Portuguese dish became popular during the Age of Discovery in the 15th and 16th centuries, when Portuguese sailors needed a way to preserve fish for long voyages, and salt cod proved to be an ideal solution.

However, bacalhau didn't just become a favorite among the navy men or sailors. Dried and salted codfish followed the Portuguese back to land and became a staple all across the country as it served as an inexpensive and easy-to-preserve substitute for Catholics required to forgo land-based meat during holidays and other religious events.

Originally, the fish was caught in the cold waters of the North Atlantic, particularly off the coast of Norway, and then salted and dried on board the ships. This allowed the fish to be stored for months without spoiling, making it a valuable source of sustenance for the sailors. There are several interpretations of the bacalhau, most famously as little fried balls called 'Bolinhos de bacalhau'. To prepare it, after selection, the cods are washed to remove excess salt and soaked in water for 8 hours. They are then dried in the chambers for 3 days. A second 4-hour soaking is applied. Then back to the tunnel for another 2 days and rest in 7°C for about a month (17).

Ingredients

- 1 pound dried salt cod, soaked overnight and cooked
- 7 tbsp olive oil
- 1 1/2 pounds russet potatoes, peeled, cut into matchstick-size strips (about 6 cups)
- 1 large onion, thinly sliced
- 1 bay leaf, 8 large eggs
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 4 tbs chopped flat-leaf parsley leaves, divided
- 18 black olives

Instructions

1. Flake the fish, ensuring all bones are removed.
2. Heat 4 tablespoons of oil in a large, heavy non-stick frying pan over medium-high heat. Add the potatoes in batches, frying until crisp and golden, about 7 minutes per batch. Transfer the potatoes to kitchen paper to drain.
3. In the same pan, add 1 tablespoon of oil, then the onion and bay leaf, sautéing until golden, about 15 minutes. Discard the bay leaf.
4. Reduce the heat to low. Add the remaining 2 tablespoons of oil to the onions in the pan and stir in the fish and potatoes.
5. In a large bowl, whisk the eggs with 1/2 teaspoon of salt and 1/2 teaspoon of pepper. Add the egg mixture and 3 tablespoons of parsley to the fish and potatoes in the pan. Cook over medium heat, stirring occasionally, until the eggs are softly set, about 3 minutes.
6. Transfer to a serving dish and garnish with olives and the remaining 1 tablespoon of parsley.



Bacalhau (18)

ROMANIA

Saramură De Pește

Saramura de peste is a traditional dish of fishermen along the Danube River. It might be Romanian, Bulgarian, Serbian or Lipovian — nobody knows its origins — but the taste is genuine and exquisite. (Intrepid Urban Adventures, 2018) (19).



Saramură De Pește (19)

Ingredients (20):

- Medium-sized carp (1.5 to 2kg or equivalent in smaller fish)
- 200 ml white wine
- 50 ml vinegar or lemon juice
- 200 g onion
- 500 g red bell peppers
- 50 g garlic (chopped and diced)
- 50 g chili (chopped and diced)
- Parsley
- Coarse salt and pepper to taste

Instructions

1. Cut the head of the carp off, clean the guts, and keep the scales on.
2. In a large pan, cover the bottom with coarse salt and place it over high heat.

3. Cook the fish on the salt bed, turning each side every 3 minutes until fully cooked. Scales will protect the flesh from burning or overcooking.
4. After cooking, clean the scales and set the meat aside to rest.
5. Meanwhile, in a saucepan, sauté the onion, red bell peppers, garlic, and chili. Add salt and pepper according to your taste.
6. Place meat and vegetables on a large oven tray and add the white wine and vinegar or lemon juice.
7. Bake in the oven for 20 minutes at 180°C.
8. Serve with polenta or potato purée and sprinkle finely chopped parsley over the top.

SCANDINAVIA

Scouse

Scouse originates from the word 'lobscouse', which was a stew often eaten by sailors throughout Northern Europe (21). Lobsouse is almost as synonymous with sailors as rum and ship's biscuit, and was something many sailors looked forward to both on land and at sea (22). Scouse is a form of stew popular in Northern Europe. The English word scouse is a shortened form of lobsouse, taken from similar words like the Norwegian lapskaus, Swedish lapskojs, and Danish labskovs. The dish, which likely originated in the Baltic, is a traditional sailor's stew consisting of salted meat or fish and thickened with ship's biscuits. Today, the word is closely related to the port city of Liverpool, to the point where inhabitants of Liverpool are colloquially called "Scousers" (23).

Labskaus is considered the signature dish of Hamburg, Germany. A mixture of canned corn beef, potatoes, onions, and beets is fried into a glowing pink mush and served with fried egg, herring, and pickles. It tastes better than it looks and can be found on the menu of restaurants all over Hamburg. In general, it could be considered the signature dish of the entire Schleswig-Holstein area of Northern Germany, as Bremen and Lübeck also claim labskaus as one of their specialties. There are similar dishes with similar-sounding names all around the Baltic Sea. Lapskaus in Norway, lapskojs in Sweden, and skipperlabskovs in Denmark. The nickname "scouser" used for people from Liverpool comes from their local dish, lobsouse, and corned beef hash in the States, especially red flannel hash from New England could definitely claim an origin in labskaus. The strange thing about labskaus is that it has no meaning in any of the languages where the dish is popular. Most etymologists believe the name comes from the Lithuanian *labas kaušas* and Latvian *labs kauss*, which mean "good ladleful" or "good bowl", but neither of these countries has a similar dish (36).



Swedish Lapskojs (24)



Bremen Labskaus (24)



Norwegian Lapskaus (24)



Danish Skipperlabskovs (24)



Liverpool Scouse (24)



Red Flannel Hash Labskaus (24)

Liverpudlians are known as Scousers, and many have their own special recipes for this delicious Liverpool staple. Recipes can vary from the ingredients to the method and most families will make the claim that theirs is the 'best' scouse in Liverpool.

Ingredients (25)

- 500g Diced beef chuck
- 500g Lamb mince
- 3 Medium onions
- 5 Carrots
- 600g Peeled potato
- 1 Leek
- 1 litre of Beef stock

- 2 tbsp Tomato puree
- 2 tbsp Black treacle
- 1 tbsp Wholegrain mustard

Instructions

1. Heat a large saucepan or stock pot over a high heat, using vegetable oil brown the beef until fully coloured and remove from the pan.
2. Seal lamb mince in the same pan until completely coloured.
3. Reduce to a medium heat and add chunky diced onion, peeled and roughly chopped carrots cook until they begin to soften. Add beef back to the pan and stir.
4. Stir through tomato puree until fully combined, add peeled potatoes cut into large chunks (halves or quarters), depending on the size of the potatoes.
5. Add beef stock or water (use 2 beef stock cubes).
6. Bring to a gentle simmer and cook until the beef is tender or until the potatoes start to break down and thicken the Scouse, approximately 2 hours.
7. Add sliced leeks, treacle, and mustard and cook for a further 20 minutes, check seasoning, and add salt if required.

Serve with crusty bread, pickled red cabbage, or beetroot.

Dandyfunk - A Sailor's Dessert

Ship biscuit soaked until soft like a dumpling, topped with some of the sailor's rationed molasses, creates the treat dandyfunk (26).



Dandyfunk Preparation (38)

A few weevils that were a common problem on shipboard in the flour and water ship biscuit can be seen in the photo, if one looks at it carefully. The ship biscuits are being soaked in water to create a consistency similar to a dumpling. To make dandyfunk, molasses will be added after the biscuits are soft.



Dandyfunk (26)

In addition to dandyfunk, which in the old days was made with a little processing of the ship's biscuit to satisfy the sailors' sweet tooth, there is another recipe with the same name. This recipe,

found on the USS Constitution Museum website, requires more ingredients and a longer preparation time, and is probably from a later time.

Ingredients (27)

1 piece of Ship's Biscuit (see Ship's Biscuit recipe) or 1 cup crushed, unsalted crackers, 1 tablespoon vegetable shortening or lard

2 tablespoons dark molasses

Instructions

1. Preheat oven to 350 degrees.
2. Put the biscuit or crackers into a plastic bag and crush into crumbs.
3. Mix crumbs with the shortening and add the molasses. Mix well.
4. Put the mixture into a small, oven-safe dish.
5. Bake 15 minutes (or until it's brown and bubbling).



A biscuit reportedly baked in 1854 and served as a ration on board USS *Constitution* in 1861 (27)

Pickled Herring (Inlagd Sill)

There are many theories as to how surströmming became part of Sweden's culinary culture. The most colourful story traces its roots back to Swedish sailors in the 16th Century. The sailors were running low on salt -- which was commonly used to preserve food -- and their barrels of herring began to go bad. They sold the rotten fish to some locals at a Finnish port, but a year later, when the sailors returned, the Finns requested more rotten herring because they had enjoyed it so much. This prompted the Swedish sailors to try it themselves and produce more of the fish (28).

Prime surströmming is made by catching herring when they are spawning in the spring and storing them in barrels for about two months. The partially fermented herrings are then transferred into tin cans to continue the fermentation process. Anywhere between six months to a year later, when the cans start to bulge due to the build-up of gases from the fermentation process, they are shipped to stores all over Sweden for sale (28).



Pickled Herring (29)

The herring of Scandinavia is truly a harvest of the sea. As the season for them approaches, fishermen gather on the shores ready for action. When the clouds of gulls which announce the run are sighted, men and boats take to the sea for the hard toil of gathering one of the most important "crops" of Scandinavia (30).

Ingredients

- 3 quarts of cold water
- 2 sail herring, cleaned and cut into fillets
- 1 large onion
- 1 cup of cider vinegar
- 1 cup of water
- 1 tablespoon peppercorns, 1 bay leaf

Instructions

1. Pour into a large bowl.
2. Put the herrings into the water
3. Drain herring and cut into 2-in. square pieces. Set aside to soak 3 hrs.
4. Put a layer of herring into a shallow bowl, and clean and thinly slice 1 large onion
5. Separate onion slices into rings.
6. Top with some of the onion rings. Repeat layers of herring and onion.
7. Pour over the vinegar-water mixture.
8. Chill thoroughly in the refrigerator for several hours or overnight to blend flavors.
9. When ready to serve, drain off the liquid. Toss the herring and onion lightly to mix and put into a serving bowl.
10. Garnish with sprigs of parsley.



Garnished herrings (31)

SPAIN

Marmitako

Marmitako is a seafood stew, traditionally cooked at sea by fishermen. The name marmitako comes from the container in which this dish was cooked, the *marmita*, a metal pot with a lid (32). It was born out of necessity in the Basque fishing boats, whose sailors had little to eat out at sea. With a few potatoes, fish, and not much else, this dish was born. Today, marmitako is considered a staple of Basque maritime cuisine and is commonly served in homes and traditional restaurants, especially during tuna fishing season (33).

Marmitako is a traditional Basque and Cantabrian fish stew from northern Spain, especially popular in the regions of the Basque Country and Asturias. The name "marmitako" comes from the word *marmita*, meaning "pot" or "cooking pot" in Basque, and it loosely translates to "from the pot." It's a rustic, comforting meal that shows regional ingredients (34).

Ingredients (35)

- 375 g bluefin tuna loin
- 350 g red onion
- 200 g Italian green bell pepper
- 150 ml olive oil
- 200 ml white wine
- 225 g chorizo bell pepper pulp
- 200 g of very ripe tomatoes
- 1500 g of boiling potatoes
- 2.5 L fish stock
- Basque chili peppers

Instructions

1. Cut the onion and green bell pepper into *brunoise*.
2. Cook in olive oil at low heat for 40 minutes.
3. Add the chopped tomato and cook for another half hour over medium heat.
4. Stir in the Choricero pepper and cook for 15 minutes more.
5. Turn up the heat and add the wine, allowing the alcohol to evaporate.
6. Add the cracked potatoes and allow them to absorb the flavor of the sautéed vegetables.
7. Add the fish stock and cook the stew for about half an hour so that the broth thickens a little without drying up.
8. Turn off the heat and add the tuna belly into 3×3 cm cubes (or to taste) and cover.

9. We cover the pot and remove it from the burner and let it continue cooking for 3 minutes with its own heat.
10. Serve.
11. We can accompany this dish with Basque chili peppers sprinkled with olive oil and Maldon salt.



Marmitako (32)

UNITED KINGDOM

Flip

A Flip is a beverage that is made with alcohol, sugar, spices, and eggs, which is typically mixed between two glasses (it is “flipped” between them) and was popular from the 17th to 18th centuries. The drink was most popular in English (and later American) port towns and taverns. Typically, after the drink was run between the two vessels, a piece of wrought iron left in a fire would be used to reheat the drink, contrasting some of the rich sweetness with some burned flavors (36)

The Recipe (37, 38)

The flip is a type of cocktail that had mostly disappeared from drink culture by the latter half of the 20th century, but it's as historic as a cocktail can get. The drink first appeared in print in the late 1600s and has been credited to British sailors—a crew recognized for creating a variety of other cocktails including the Grog, Daiquiri, and so on—who would consume it as a health tonic (which is also how many other cocktails came to be created). The original flip was a mixture of rum, molasses, a whole egg, and warmed ale, but this formula eventually evolved to omit the ale, and it now most commonly involves a spirit or fortified wine such as sherry or port, sugar, and a whole egg.



Flip (39)

TURKIYE

Sailors' Style Dried Bean

Since the living conditions on board ships are different from those on land, a number of reasons have made the dry bean meal more special.

Eating dried beans on Mondays is a naval tradition in the Turkish naval forces. There are two main reasons why Mondays are chosen and why the dish cooked is dried beans:

Firstly, the ships receive their weekly rations on Monday. This is because Monday is turning day and the start of the weekly shift. Each day's meal is prepared the day before (legumes must be soaked the night before). since there are not enough fresh provisions to prepare meals on Sunday, dried legumes are used to cook for the next day, and dried beans, which are easier to prepare than others, are easily digested and do not spoil easily, are the most logical option at this point. Since there were no refrigerators on board ships in the past, the most traditional one is the one cooked without meat and with small grains.

The second reason is that warships undertake long voyages lasting weeks or even months. Since being at sea for long periods weakens the perception of time, dry beans are served on Mondays to remind the personnel of the beginning of the week. Additionally, since being constantly at sea reduces the consumption of freshwater after a certain point, the consumption of artificially distilled water increases. Since pure water is not rich in minerals, personnel may suffer from indigestion. at this point, dried beans have become an indispensable and traditional dish on Mondays, as it is both a meal that facilitates digestion and a source of protein and fiber (40).

Ingredients (41)

- 2 cups of dried beans
- 2 tablespoons of olive oil
- 1 tablespoon of butter
- 1 large onion
- 2 medium-sized tomatoes
- 3-4 sweet green peppers
- 1 tablespoon tomato paste
- 1 tea glass grated tomato
- 1 bay leaf
- 1 clove of garlic
- salt
- black pepper
- 5-6 cups of water

Instructions

- Soak 2 cups of dried beans in the evening. In the morning, drain the soaking water and boil for about 25 minutes by adding enough water to cover the beans by 2-3 fingers.
- Chop the onion. Cut the pepper into rings.
- Cut the peeled tomatoes into cubes.
- Put the olive oil and butter in a pot and heat it. Add the onions and roast until they turn pink.
- Add the peppers and continue roasting. Add the tomato paste and fry until it starts to smell.
- Add the tomatoes and tomato puree and continue roasting.
- Add the water, bay leaf and 1 clove of garlic and stir.
- Add the half-boiled beans. Cover the lid and cook until the beans are soft.
- Add salt and pepper and boil for a while more.
- Remove the bay leaf and serve hot.



Sailors' Style Dried Bean (42)

Traditional Food for Special Days in the Turkish Navy

There is an amazing menu that only appears on inspection days at both the Naval Academy and the Naval War College. It consists of “*Crispy Bread Lentil Soup, Dalyan Meatballs with Puree, Seasoned Rice, Samsa, and Ayran*” (43).

Lentil Soup (44)

- 3 tablespoons of sunflower oil
- 1 onion (coarsely chopped)
- 1 tablespoon of flour
- 1 carrot (coarsely chopped)
- 1 potato (large, coarsely chopped)
- 1 teaspoon of salt
- 1 teaspoon of black pepper
- 1,5 cups of red or yellow lentils
- 6 cups of hot water (prepared with 1 meat water tablet)

For the topping of the lentil soup:

- 3 tbsp oil
- 2 tbsp butter
- 1 tsp red pepper powder

Instructions

1. Add 3 tablespoons of oil into a deep pot for the lentil soup. Roast 1 large chopped onion with oil.
2. Add 1 tablespoon of flour to the roasted onions and continue roasting until it smells and turns color. Add one carrot and potato chopped into large pieces into the pot and continue to mix.
3. Add salt, black pepper, and 1.5 cups of lentils that you have drained after washing in plenty of water, and mix well for the last time.
4. Add 6 cups of hot water to the pot.
5. Then close the lid and cook for about 40 minutes, stirring occasionally until the potatoes and carrots are soft.
6. After the lentil soup is cooked, pass it through a hand blender to get a smooth consistency. After cooking for 5 more minutes, remove from the stove.

7. Heat 3 tablespoons of oil and 2 tablespoons of butter in a pan. Add 1 teaspoon of crushed red pepper and remove from the stove after heating the oil for 2 minutes.
8. Put the lentil soup in a bowl and serve it after pouring the hot oil over it.



Lentil Soup (45)

Dalyan Meatball

Dalyan Meatballs is a baked or smoked ground meat dish prepared in the form of a loaf. This recipe, unique to Turkish cuisine, is easy and delicious to prepare **(46)**

Ingredients (47)

- 1 kg medium-fat ground beef
- 2 onions
- 5 tablespoons galete flour
- 1 tablespoon salt
- 1 teaspoon black pepper
- 1 teaspoon red chili powder
- 1 teaspoon cumin
- 1 large clove garlic
- 1 egg yolk, the white of which will be applied
- 4 eggs
- 2 carrots

For the vegetable sauce

- 3 tablespoons olive oil
- 1 onion
- 300 g mushrooms
- 1 bowl of frozen peas
- 1 teaspoon salt
- Half teaspoon black pepper
- 1 tablespoon tomato paste
- 4-5 large tomatoes
- 1 cup water

Instructions

1. First, peel the carrots and boil them in a pan until they are slightly soft.
2. In a separate pan, cook two eggs with two cups of water for 4 minutes.
3. Knead the minced meat well with all the ingredients.
4. Roll it out on the greaseproof paper in the size of a tray by pressing it with your hand.
5. At the beginning of the minced meat, place the boiled carrots longitudinally where you will roll the minced meat and place the boiled eggs next to it and roll the minced meat completely.
6. Spread the reserved egg white on the meatballs.
7. Bake in the preheated oven at 180° for 20 minutes on the lower and upper setting.
8. Meanwhile, for the sauce, cut the onion into cubes and fry it in oil.
9. Then add the peas, mushrooms, tomatoes, tomato paste and tomatoes and cook for a while, add the spices and water and cook for a while.
10. After 20 minutes, remove the meatloaf, pour the sauce into the gaps around the edges and bake in the oven for another 20 minutes. I served this dish with mashed potatoes and you can serve it according to your desire.



Dalyan Meatball (48)

Seasoned Rice (rice with onions, nuts, diced liver, and currants)

Ingredients (49)

- 2 tablespoons of butter
- 2 cups of rice
- 1 onion - chopped
- 2 tablespoons pistachio
- 2 tablespoons currants
- 2 tablespoons granulated sugar
- Allspice
- Cinnamon
- Salt
- Black pepper

Instructions

1. In a rice cooker, add the olive oil and butter and melt the butter, then add the onion and fry until it turns pink.
2. Add the bell pistachios and continue roasting. Add the rice, season with salt and fry.

3. Squeeze the juice from the currants softened in water and add, then add the spices and stir. Finally, add the water and sugar, stir, then cover the pot and bring to a boil over high heat.
4. Then cook the pilaf over low heat for 15 minutes until the water is absorbed, then uncover, place a paper towel, cover again and let it steep.



Seasoned Rice (50)

Samsa Dessert

Samsa is a type of dessert that is known, made, and loved in a wide geographical area stretching from North Africa to the Balkans. Samsa dessert, which has become a tradition to be eaten on special occasions in the navy, is a type called “Military Samsa.” ‘Askeri’ means “military” in Turkish. This recipe offers a delicious option that can easily be prepared at home. Enriched with walnuts or hazelnuts in the filling, this pastry will impress all. The origins of Askeri Samsa date back to nomadic Turkish cultures, and there are different recipes for it depending on the region (51).

Ingredients (51)

- 500 grams of flour
- 200 grams of butter or margarine
- 1 cup of liquid oil
- 1 packet of baking powder
- 1 teaspoon of salt
- 2 eggs
- 1 cup of yogurt
- 1 cup of powdered sugar (for the filling)

- 300 grams of walnut or hazelnut pieces (for the filling)
- 1 teaspoon of cinnamon (optional)

Instructions

The preparation of Military Samsa consists of several stages. Here is the step-by-step recipe:

1. Preparing the Dough: - Place the flour in a large mixing bowl and make a well in the center. - Add the butter, vegetable oil, eggs, and yogurt. - Add the baking powder and salt, then knead all the ingredients together to form a soft dough. - Wrap the dough in plastic wrap and let it rest for about 30 minutes.
2. Preparing the Filling: - Finely grind the walnuts or hazelnuts in a food processor. - Mix with sugar and cinnamon to prepare the filling.
3. Shaping the Samsa: - Divide the rested dough into mandarin-sized pieces. - Roll out each piece with a rolling pin and place some filling in the center. - Seal the edges of the dough to form a triangle or half-moon shape.
4. Baking: - Bake in a preheated 180°C oven for approximately 25-30 minutes until golden brown.
5. Serving: - Sprinkle powdered sugar over the hot Military Samsa and serve warm or cold.



Samsa Dessert (52)

PART II

PRESENT-DAY MENUS

INTRODUCTION

In the past, malnutrition led to sailors losing their health, poor performance on ships, and low morale among sailors, demonstrating the importance of nutrition. The most striking example of this is scurvy.

Scurvy is a disease caused by an extreme deficiency of vitamin C, and it includes negative effects such as anemia, limited mobility, fatigue, bleeding, pain in the arms and legs, swelling in certain parts of the body, skin problems, gum disease, and tooth loss. Known since ancient Greek and Egyptian times, scurvy was recognized as a disease of sailors during long sea voyages when it was difficult to obtain fresh produce. Additionally, scurvy was widespread in many parts of the world during periods of war and famine. Cabbage (especially raw or fermented cabbage pickles) is rich in vitamin C, so sailors used to consume it to compensate for this deficiency. In the 18th century, British sailors carrying sources of vitamin C, such as lemons, oranges, or cabbage, had an important turning point in the fight against scurvy.

Today, with the increased availability of food and the consumption of vitamin- and mineral-enriched bread in regions where vitamin C-rich foods are not accessible, the incidence of scurvy has decreased significantly. However, it is still possible to encounter the disease in individuals with insufficient vitamin C intake (53). The developments that have enabled sailors today to access more, fresher, and more varied food on ships than in previous years can be listed in the following topics:

1. Cooling and Freezing Systems

Modern cooling technologies allow food to be stored for long periods without spoiling. Deep freezers allow products such as meat, fish, and vegetables to remain fresh for long periods.

2. Advanced Food Packaging Techniques

Methods such as vacuum packaging and modified atmosphere packaging (MAP) extend the shelf life of food. Thanks to these techniques, fresh products can be stored for longer periods without spoiling.

3. Larger and Better-Equipped Galleys: Kitchens on modern ships are larger and more technologically equipped. Equipment such as ovens, microwaves, steamers, and cold rooms makes it possible to prepare a variety of meals.

4. Supply Chain and Logistics Improvements: Fast and regular supply can be provided at ports. Regular replenishment can be made according to daily needs before embarking on long voyages.
5. Development of Canned and Ready-to-Eat Food Production: Tasty and nutritious ready-to-eat meals and canned foods offer practical and long-lasting options for sailors. Whereas in the past there were only limited options, such as salted meat, today, different menus are possible.
6. Increased Food Safety and Health Standards: International maritime regulations have become stricter regarding food hygiene and safety. This leads to higher-quality and healthier food consumption.
7. Easy Access to Frozen and Fresh Products: Thanks to modern shipping routes and transportation networks, ships can now access a wide variety of fresh and frozen products from different cultures.
8. Food Waste Management and Planning: Better stock management and reducing food waste ensure more efficient use of available resources. This ensures that sufficiently varied food is available throughout the voyage.

Thanks to these developments, today's sailors can continue their sea voyages with a healthier, more varied, and tastier diet, rather than relying solely on dried meat, salted fish, and dried legumes as in the past.

Understanding the effects of healthy nutrition on the mental and physical well-being and performance of seafarers has led to an increase in research on this topic. On the other hand, the ease of access to abundant and varied ingredients on ships that sail long distances has eliminated the need to create menus with limited ingredients and has accelerated efforts to create nutritious menus for seafarers. In this section, a selection of recipes prepared in light of these developments will be featured.

BREAKFAST

EGGPLANT MENEMEN (TURKISH-STYLE SCRAMBLED EGGS WITH EGGPLANT)

Dish Type:	Main (Breakfast)	Yield:	2 servings
Prep Time:	10 minutes	Cooking Time:	10 minutes

Ingredients:

- 2 tbsp olive oil
- 1 small eggplant (appx 200 g), diced
- 1 green pepper, chopped
- 2 medium tomato, grated
- 2 eggs
- Salt and black pepper to taste
- Optional: ¼ tsp pepper flakes (Aleppo pepper)

Method:

1. Heat olive oil in a nonstick pan over medium heat.
2. Add diced eggplant and sauté until soft and lightly browned (approx. 5 minutes).
3. Add chopped green pepper and cook for 2–3 minutes until softened.
4. Stir in grated tomato and season with salt, pepper, and optional pepper flakes.
5. Simmer for 2–3 minutes until slightly thickened.
6. Crack eggs directly into the pan and gently scramble until just set.
7. Serve hot, optionally with bread.

Nutritional Information (Per Serving): ~180 kcal | High in protein and fiber | Supports satiety and digestion | Vegetable-based



Eggplant Menemen (54)

WHOLE WHEAT BREAD WITH AVOCADO & WHITE CHEESE

Dish Type:	Main (Breakfast)	Yield:	2 slices (1 per serving)
Prep Time:	5 minutes	Cooking Time:	2 minutes

Ingredients:

- 2 slices of whole wheat bread
- 40 g white cheese, crumbled
- ½ ripe avocado
- Optional: Pinch of chili flakes or lemon zest

Method:

1. Toast the bread slices until crisp.
2. Mash avocado with a fork and spread evenly over the toast.
3. Sprinkle crumbled white cheese on top.
4. Garnish with chili flakes or lemon zest if desired. Serve immediately.



Nutritional Information (Per Serving): ~220 kcal | Rich in complex carbs and healthy fats | Helps blood sugar balance | Long-lasting energy

SEAFARER'S POWER BREAKFAST BOWL

Dish Type:	Main Breakfast	Yield:	2 portions
Prep Time:	20 minutes	Cooking Time:	10

Ingredients:

- 2 eggs (boiled or scrambled – high in protein)
- ½ cup cooked oats (slow-digesting carbs and fiber)
- ¼ avocado (healthy fats)
- ½ cup sautéed spinach or kale (iron + vitamin C)
- 1 small tomato, chopped (vitamin C + antioxidants)
- 1 tbsp olive oil (for cooking or drizzling – heart-healthy fat)
- 1 slice whole grain or rye bread (complex carbs + fiber)
- 1 orange or kiwi on the side (excellent source of vitamin C)
- Optional: chia seeds, sunflower seeds, or a spoon of sauerkraut (for probiotics and micronutrients)

Method:

1. Cook oats in water or milk until soft. Season lightly with cinnamon or a pinch of salt.
2. Boil or scramble eggs in olive oil.
3. Sauté spinach or kale in a small amount of oil until wilted. Add a pinch of salt and pepper.
4. Assemble the bowl: Place oats at the bottom, add eggs, avocado slices, greens, and tomato.
5. Toast the bread, and serve on the side.
6. Add fresh fruit (like an orange or kiwi) to the plate.
7. Top with seeds or sauerkraut if available for added nutrients.

Nutritional Information (Per Serving): ~150 kcal | Contains probiotics | Good for digestion



Seafarer's power breakfast bowl (55)

HONEY-YOGURT OAT CUPS

Dish Type:	Dessert / Light Breakfast	Yield:	2 portions
Prep Time:	5 minutes	Cooking Time:	x

Ingredients:

- 4 tbsp rolled oats
- 1 tsp honey
- ½ cup plain yogurt
- Optional: 1 tbsp crushed walnuts or seasonal dried fruit

Method:

1. In two small bowls or cups, add 2 tbsp oats per serving.
2. Spoon yogurt over the oats.
3. Drizzle with honey.
4. Garnish with crushed walnuts or dried fruit if available.
5. Chill for a few minutes or serve immediately.

Nutritional Information (Per Serving): ~150 kcal | Contains probiotics | Good for digestion | Easy no-cook preparation



Honey-yogurt oat cups (56)

GINGER-LEMON TEA / TURKISH BLACK TEA (UNSWEETENED)

• Dish Type:	• Beverage	• Yield:	• 1 cup
• Prep Time:	• 2 minutes	• Cooking Time:	• 5–10 minutes

Ingredients:

- Option A – Ginger-Lemon Tea:
 - 1 tsp fresh grated ginger (or ¼ tsp powdered)
 - Juice of ¼ lemon
 - 1 cup hot water
- Option B – Turkish Black Tea:
 - 1 tsp loose Turkish black tea
 - 1 cup hot water

Method:

- Option A: Steep ginger in hot water for 5–7 minutes, add lemon juice, strain if needed.
- Option B: Brew tea in a çaydanlık or infuser for 10 minutes. Serve without sugar.

Nutritional Information (Per Serving): ~5–15 kcal | Hydrating and digestive | Supports immunity | Very low energy consumption



Ginger-lemon tea / Turkish black tea (unsweetened) (57)

LUNCH

Lunch should provide higher energy and sustain the slow release of carbohydrates and protein to fuel the rest of the day. In this framework, the following menus are better for lunch:

SALMON EN PAPILLOTE WITH MEDITERRANEAN RATATOUILLE

• Dish Type:	• Main	• Yield:	• 2 servings
• Prep Time:	• 10 minutes	• Cooking Time:	• 20-25 minutes

Ingredients:

- 2 salmon fillets (approx. 120 g each)
- 1 small zucchini, sliced
- 1 small eggplant, diced
- 1 small red bell pepper, sliced
- 1 small onion, thinly sliced
- 1 small tomato, chopped
- 1 tbsp olive oil
- Salt and black pepper to taste
- Optional: fresh thyme or rosemary
- 2 sheets of parchment paper

Method:

1. Preheat oven to 180°C (350°F).
2. Toss all vegetables with olive oil, salt, pepper, and optional herbs.
3. Lay out parchment paper sheets. Divide the vegetables evenly in the center of each.
4. Place a salmon fillet on top of the vegetables. Season the salmon with salt and pepper.
5. Fold parchment paper into a sealed packet (en papillote).
6. Bake for 20–25 minutes at 190 °C until salmon is cooked through and vegetables are tender.
7. Serve directly on parchment or a plate with the packet opened for a steaming effect.

Nutritional Information (Per Serving): ~400 kcal | Rich in Omega-3s | Heart-healthy | Oven-baked for low energy use | Minimal cleanup.

This recipe is high in omega-3 and protein, paired with light veggies – excellent for sustained energy.



Salmo mel papillote with Mediterranean ratatouille (58)



Chicken stir-fry with vegetables and brown rice (59)

CHICKEN STIR-FRY WITH VEGETABLES AND BROWN RICE

Dish Type:	Main	Yield:	2 servings
Prep Time:	10 minutes	Cooking Time:	15-18 minutes

Ingredients:

- 200 g chicken breast, thinly sliced
- 1 cup assorted vegetables (carrot, bell pepper, broccoli), sliced
- 1 tbsp soy sauce (low sodium)
- 1 tbsp olive oil
- 1 garlic clove, minced
- 1/2 cup cooked brown rice
- Salt and black pepper to taste
- Optional: 1 tsp sesame seeds or grated ginger

Method:

1. Heat olive oil in a pan or wok over medium-high heat.
2. Add chicken slices, season lightly with salt and pepper, and sauté until browned (approx. 5–6 minutes).
3. Add garlic and vegetables, stir-fry for 5–6 minutes until vegetables are tender-crisp.
4. Add soy sauce and mix thoroughly.
5. Serve with cooked brown rice on the side or mixed in. Garnish if desired.

Nutritional Information (Per Serving):

~450 kcal | Balanced in protein, fiber, and complex carbs | One-pan meal | Reduces water and energy usage. This food has balanced macronutrients (protein + complex carbs); energizing and not too heavy.

WHOLE WHEAT PASTA WITH SUN-DRIED TOMATOES AND BLACK OLIVES

Dish Type:	Main	Yield:	2 servings
Prep Time:	5 minutes	Cooking Time:	10–12 minutes

Ingredients:

- 100 g whole wheat pasta
- 4–5 sun-dried tomatoes, chopped
- 6 black olives, pitted and halved
- 1 tbsp olive oil
- 1 garlic clove, optional
- Chopped parsley or basil



Whole wheat pasta with sun-dried tomatoes and black olives (60)

Method:

1. Cook pasta in boiling salted water until al dente. Drain.
2. Sauté garlic in olive oil (if using), then add sun-dried tomatoes and olives.
3. Toss the cooked pasta into the pan and mix well.
4. Garnish with chopped herbs and serve.

Nutritional Information (Per Serving):

~320 kcal | Whole grain carbs | Shelf-stable ingredients | High in fiber and healthy fats. Since this recipe has slow carbs and healthy fats, it is ideal for fueling physical tasks. It contains slow carbs and healthy fats, ideal for fueling physical tasks.



Whole wheat pasta with sun-dried tomatoes and black olives (61)

CHICKPEA & TUNA SALAD WITH FRESH HERBS

Dish Type:	Main	Yield:	2 servings
Prep Time:	10 minutes	Cooking Time:	No cooking required

Ingredients:

- 1 small can of tuna (in water or olive oil)
- ½ cup cooked chickpeas
- 1 tbsp chopped parsley
- 1 tbsp lemon juice
- 1 tbsp olive oil
- Salt and pepper to taste

Method:

1. Drain the tuna and mix in a bowl with chickpeas and chopped parsley.
2. Add lemon juice and olive oil.
3. Season with salt and pepper.
4. Serve chilled or at room temperature.

Nutritional Information (Per Serving): ~300 kcal | Uses canned and dry staples | Protein-rich | Sustained energy for long work hours. Since it has high protein + fiber, it is good for active midday work.



Chickpea & tuna salad with fresh herbs (62)

BULGUR PILAF

Dish Type:	Side	Yield:	2 servings
Prep Time:	5 minutes	Cooking Time:	15–20 minutes

Ingredients:

- ½ cup coarse bulgur
- 1 small onion, finely chopped
- 1 tsp tomato paste or grated tomato
- 1 tbsp olive oil
- 1 cup hot water or vegetable stock
- Salt to taste

Method:

1. Heat olive oil in a small pot. Add onion and sauté until translucent.
2. Stir in tomato paste and cook briefly.
3. Add bulgur and mix well.
4. Pour in hot water or stock and season with salt.
5. Cover and simmer on low heat for 15–20 minutes until liquid is absorbed.
6. Let rest 5 minutes before fluffing and serving.

Nutritional Information (Per Serving): ~180 kcal | High in fiber | Long shelf-life grain | Supports gut health. Bulgur pilaf contains whole grain complex carb, pairs well with proteins for sustained energy.



Bulgur Pilaf (63)

GAVURDAĞI SALAD

Dish Type:		Salad / Side	Yield:	2 servings
Prep Time:		10 minutes	Cooking Time:	No cooking required

Ingredients:

- 2 tomatoes, finely diced
- 1 tbsp pomegranate molasses
- 2 cucumbers, finely diced
- 1 tbsp olive oil
- 2 tbsp chopped walnuts
- Salt to taste
- 2 tbsp finely chopped parsley
- Optional: sumac or pul biber

Method:

1. Combine tomatoes, walnuts, and parsley in a mixing bowl.
2. Drizzle with pomegranate molasses and olive oil.
3. Season with salt and optional spices.
4. Toss well and serve fresh.

Nutritional Information (Per Serving): ~160 kcal | Rich in antioxidants | Uses local, seasonal ingredients | No cooking needed. In addition, this is a refreshing, vitamin-rich side dish that enhances the lunch's variety.



Gavurdağı salad (64)

AYRAN WITH FRESH BASIL

Dish Type:	Beverage	Yield:	1 glass
Prep Time:	2 minutes	Cooking Time:	No cooking required

Ingredients:

- 100 g plain yogurt
- 50–70 ml cold water
- Salt to taste
- 2–3 fresh basil leaves, finely chopped

Method:

1. Whisk yogurt with water and a pinch of salt until smooth.
2. Stir in finely chopped basil.
3. Serve cold.

Nutritional Information (Per Serving): ~90 kcal | Probiotic and hydrating | Supports digestion and electrolyte balance. Ayran with fresh basil is hydrating, replenishes electrolytes, light, and complements main dishes well.



Ayran with fresh basil (65)

DATE ENERGY BALLS WITH WALNUTS AND RAISINS

Dish Type:	Dessert / Snack	Yield:	2 servings (6 balls)
Prep Time:	10 minutes	Cooking Time:	No cooking required

Ingredients:

- 6 dates, pitted
- 2 tbsp walnuts
- 1 tbsp raisins
- Optional: cinnamon or coconut flakes

Method:

1. Blend dates, walnuts, and raisins in a food processor until sticky and combined.
2. Form into small balls using your hands.
3. Roll in cinnamon or coconut if desired.
4. Store in an airtight container. No refrigeration needed.

Nutritional Information (Per Serving): ~140 kcal per 2 pieces | Energy-boosting | No added sugar | Long shelf life.

This recipe contains natural sugars and fats, so this is a great post-lunch pick-me-up or midday snack.



Date energy balls with walnuts and raisins (66)

DINNER

EZO GELIN SOUP

Dish Type:	Starter	Yield:	2 small bowls
Prep Time:	10 minutes	Cooking Time:	20–25 minutes

Ingredients:

- 2 tbsp red lentils
- 1 tbsp rice
- 1 tbsp bulgur (kuskus)
- ½ small onion, grated
- 1 tsp tomato paste
- 2 cups water
- Dried mint, chili flakes, butter

Method:

1. Sauté grated onion and tomato paste in a small amount of butter.
2. Add lentils, rice, and bulgur (kuskus). Stir well.
3. Pour in water and bring to a boil.
4. Reduce heat and simmer for 20–25 minutes, stirring occasionally.
5. Season with dried mint and chili flakes before serving.

Nutritional Information (Per Serving): ~160 kcal | High in plant protein and fiber | Gentle on digestion | Low-cost and energy efficient.

Ezo Gelin soup is a traditional lentil soup; warm, soothing, and filling without heaviness.



Ezo Gelin soup (67)

GINGER & CARROT SOUP

Dish Type:	Starter	Yield:	2 servings
Prep Time:	5 minutes	Cooking Time:	20 minutes

Ingredients:

- 1 tbsp olive oil
- 2 carrots, chopped
- ½ onion, chopped
- 1 tsp fresh grated ginger
- 2 cups water or vegetable stock
- Salt and pepper to taste

Method:

1. Sauté onion, carrots, and ginger in olive oil for 3–4 minutes.
2. Add water or stock and bring to a boil.
3. Simmer for 15 minutes until carrots are soft.
4. Blend until smooth. Adjust seasoning and serve hot.

Nutritional Information (Per Serving): ~130 kcal | Immune-supportive | Made from long-storage ingredients | Light and easy to digest.

Ginger Carrot Soup is comforting, anti-inflammatory, and ideal for digestion before sleep.



Ginger & Carrot soup (68)

CHICKEN & VEGETABLE STEW (CLAY POT STYLE)

Dish Type:	Main	Yield:	2 servings
Prep Time:	10 minutes	Cooking Time:	35–40 minutes

Ingredients:

- 200 g chicken thigh or breast, cubed
- 2 tbsp olive oil
- 1 small onion, diced
- 1 small potato, cubed
- 1 carrot, sliced
- ½ green pepper, chopped
- 1 small tomato, chopped
- 1 bay leaf
- ½ tsp dried thyme
- 1 cup water
- Salt and black pepper, to taste

Method:

1. Heat olive oil in a clay pot or saucepan. Brown chicken on all sides.
2. Add onion, potato, carrot, and green pepper. Sauté briefly.
3. Stir in tomato, herbs, salt, and pepper.
4. Add water to just cover the ingredients.
5. Cover and simmer over low heat for 35–40 minutes until vegetables are tender.
6. Serve hot directly from the pot.

Nutritional Information (Per Serving): ~380 kcal | One-pot, nutrient-rich | Low waste and energy-efficient | High in protein and fiber. This meal is good for dinner, because it is warm, hydrating, light but satisfying – great for winding down.



Chicken & vegetable stew (clay pot style) (69)

WHOLE WHEAT PASTA WITH TOMATO SAUCE (ONE-POT)

Dish Type:	Main	Yield:	2 servings
Prep Time:	5 minutes	Cooking Time:	10–12 minutes

Ingredients:

- 100 g whole wheat pasta
- 1 cup of water
- ½ cup canned tomato
- 1 tsp olive oil
- Garlic, herbs, salt to taste

Method:

1. Combine all ingredients in a single pot.
2. Bring to a boil, then reduce heat and simmer until pasta is cooked and liquid is absorbed.
3. Stir occasionally to prevent sticking.
4. Serve immediately, optionally with cheese or herbs.

Nutritional Information (Per Serving): ~300 kcal | Energy- and water-efficient | Balanced and satisfying | Easy preparation. It is good for dinner since it is light, easy to digest.

TUNA PATTIES WITH YOGURT DIP

Dish Type:	Main	Yield:	2 servings (4 small patties)
Prep Time:	10 minutes	Cooking Time:	6–8 minutes

Ingredients:

- 1 can of tuna, drained
- 2 tbsp oats
- 1 egg
- 1 tbsp parsley, chopped
- Salt and pepper to taste
- Oil for pan-frying
- Yogurt, 2 tbsp (for dip)
- Lemon juice, 1 tsp
- Dried mint or dill, optional

Method:

1. In a bowl, combine tuna, oats, egg, parsley, salt, and pepper.
2. Form mixture into 4 small patties.
3. Pan-fry on medium heat until golden and crispy, 3–4 minutes per side.
4. Mix yogurt with lemon juice and herbs to make the dip.
5. Serve patties hot with yogurt dip on the side.

Nutritional Information (Per Serving): ~250 kcal | High in protein | Shelf-stable ingredients | Makes use of canned tuna and oats. It contains lean protein, low-fat, and is easy to digest at night.



Tuna patties with yogurt dip (70)

DRIED FIG DESSERT

Dish Type:	Dessert / Snack	Yield:	2 servings
Prep Time:	3 minutes	Cooking Time:	Optional 1–2 minutes (for softening)

Ingredients:

- 8 dried figs
- 500 ml milk
- Optional: cinnamon or orange zest

Method:

1. Soak the dried figs in hot water for about 1 hour until soft.
2. Chop the softened figs into small cubes and place them in a bowl.
3. Heat the milk in a saucepan until it's just slightly hotter than yogurt-fermenting temperature. Then remove it from the heat.
4. Pour a ladleful of the hot milk over the figs and mash them well with a wooden spoon or blend them slightly for a smoother texture.
5. Add the mashed figs back into the pot with the rest of the milk and stir once.
6. Pour the mixture into small serving cups.
7. Cover each cup with a napkin, plate, or plastic wrap, then cover them all with a clean kitchen towel to keep warm.
8. Let them "sleep" (ferment) at room temperature for about 2 hours.
9. After that, uncover and refrigerate for 2–3 hours until fully chilled.

Nutritional Information (Per Serving): ~120 kcal | High in fiber | Naturally sweet | No refrigeration required. Dried fig dessert has natural sweetness; it aids digestion and satisfies cravings lightly.



Dried fig dessert (71)

SUGAR-FREE OAT PUDDING

Dish Type:	Dessert	Yield:	2 portions
Prep Time:	5 minutes	Cooking Time:	10 minutes

Ingredients:

- ½ cup rolled oats
- 1 cup of water or milk
- 1 tsp cinnamon or cocoa powder (optional)
- Pinch of salt
- Optional: vanilla extract

Method:

1. In a small pot, combine oats, liquid, and flavorings.
2. Simmer over low heat for 8–10 minutes until thick and creamy.
3. Let cool slightly before serving.
4. Serve warm or chilled.

Nutritional Information (Per Serving): ~180 kcal | Low glycemic index | Filling | Helps manage sugar intake onboard. This is a light dessert/snack with fiber; it helps regulate blood sugar before bed.



Sugar-free oat pudding (72)

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