

# ifs

Food · People · Impact

NOVEMBER 2023

# 5

## THINGS YOU NEED TO KNOW THIS MONTH

**IFS CHIEF COOK  
OF THE MONTH**

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**ANGOLA  
THE NEW  
MOVE**

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**EXPERTISE  
NEW  
MANUALS**

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**MERCHANT  
COOK  
OF THE  
MONTH**

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**MEALS ON  
SHIPS**

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# IFS CHIEF COOK OF THE MONTH

Dima is a veteran Chief Cook with 30 years of experience in different roles on all types of vessels, ranging from merchant to offshore.

He has been sailing as a Chief Cook for almost two years with our new client GEOxyz.

## What was your most memorable experience?

I was on an Australian offshore vessel. We had a diverse crew of 23 different nationalities, and the catering standard was like a 4-star hotel, thanks to a great catering crew and an incredible Camp Boss. She was friendly and kind, and also put a lot of trust in us and our skills.

## How do you ensure the crew is happy with the meals?

I listen a lot and offer variations in the buffet. For instance I always serve different types of starch such as potato and rice, but in smaller trays to avoid waste. I give the crew the option to choose how they put their food together. Instead of mixing all ingredients together, I arrange my buffet so that the crew can pick and choose what they like.

“

*You can't do this job on your own. A professional catering crew is essential to overcome challenges and deliver results.”*





# ANGOLA

## THE NEW MOVE

IFS is expanding its operational capability for clients in Angola, with a new batch of brand new offshore containers.

The containers (below) are specially designed for vessels with a small number of personnel on board.

Importantly, the move will allow our clients - such as Tidewater, Boskalis and Seacor- to reduce costs by needing to move less containers in their operations.

“With our 10' DNV certified reefer containers we will increase food deliveries and reduce costs for our clients,” says Job Beekmans, the IFS Area Manager for Africa.

For IFS this is a way to make operations efficient, by grouping the different categories of provisions, like frozen, fresh and dry, streamlining the delivery process.

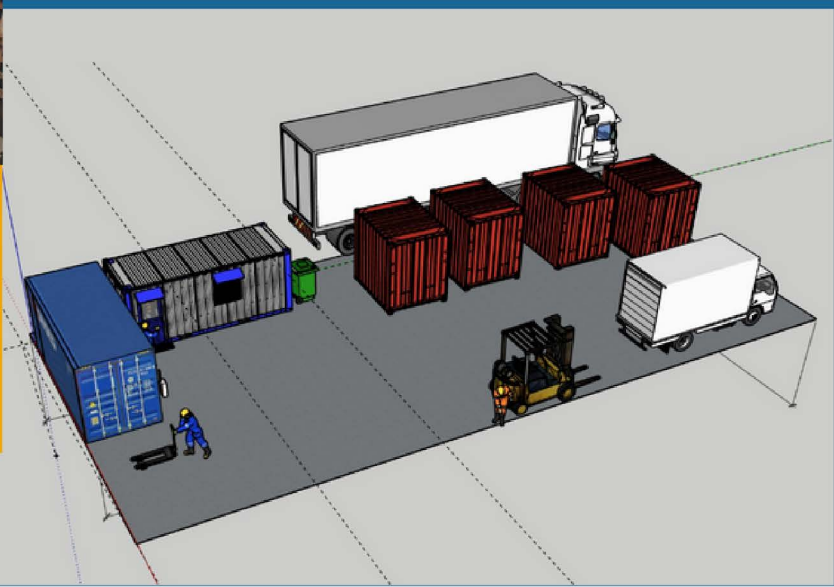


*The new containers have been tested and are awaiting a Bureau Veritas Recertification.*



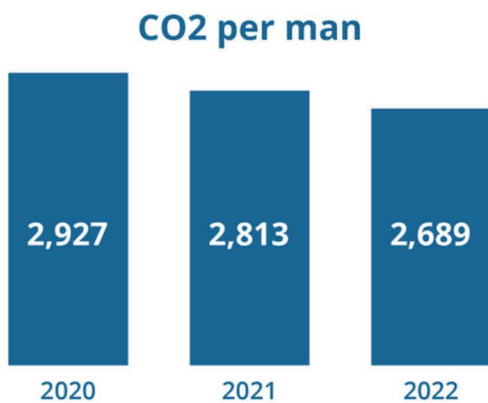
IFS's Senior Catering Superintendent, Andrzej Trzoss, and Alex Bosomtwe, our new catering superintendent for Africa, will set up the project with the supplier Rosex.

“We want to showcase our services further in the Angolan market, so we become an even more attractive proposition to companies with offshore catering needs in this market”, says Job Beekmans, the IFS Area Manager for Africa.





# FACT OF THE MONTH: CO2



Did you know that...carbon emissions per man in all fleets have fallen up to 8.5% since 2020.

Why? IFS's powerful catering management software enables further efficiencies and less waste.



## EXPERTISE: NEW MANUALS

IFS is developing a comprehensive hotel and catering manual to standardize services on board all vessels, ensuring quality, consistency, and safety on board.

*"New crew members can easily see what is expected from them, thanks to the clearly laid out processes and standards,"* says Rodrigo Gelle, IFS Marketing and Training coordinator.

The manual is being developed for all our clients, in order to establish standards on vessels, regardless of crewing changes. With this manual, IFS sets the standard for the galley, messroom, accommodation, and laundry department.





**Benedict Tangalan is an AB Cook with years of experience in the merchant fleet. His journey is unique in the sense of his interests and how he's blended in as an AB Cook, mixing his responsibilities on deck and in the galley with equal quality. IFS met him on board General Cargo Vessel 'Heenvliet'.**

"I became a seafarer because I was the eldest son in my family and I had to work to build my own future, the future of my family and especially to support my younger sister"

### **What is special about being an AB Cook?**

"I value the work I do as an AB cook because it gives me extra passion to work on deck and in the kitchen. When I work as an AB Cook I truly know how important it is to work as a team, with my colleagues, being on two different roles during my time at sea."

# **MERCHANT COOK OF THE MONTH**



"Communicating with each other every day is very important for this as it allows us to stay together during difficult times, and being able to make jokes and keep a clear head during hard moments. This communication is also very good with officers too, being able to make jokes with them helps with the team spirit. It makes our life easier at sea."

### **What's been an unforgettable experience of being a seafarer?**

"Being able to travel around the world and work with colleagues with so many different nationalities. To learn the history of their country and customs. Being on board when the sea is rough is also an unforgettable experience! That can be hard."

### **What is rewarding about your job?**

"It's made me a more responsible man. It has allowed me to believe that I can overcome any problems in life. That is something very good from the work I do."





# COOKING TIP OF THE MONTH !

Did you know that frozen vegetables and fruits can be better than fresh? They are frozen straight after being picked, reducing the loss of nutritional value that affects them, according to several studies. Frozen vegetables and fruits tend to be frozen at the warehouse and don't suffer long transportation journeys, have a longer shelf life, and are not affected by seasonal supplies.

How to freeze your own produce? Our experts say shortly blanching vegetables before freezing helps the vegetables retain their flavor, color, and texture. Ready to eat, with good nutritional value and looking tasty.

Do you want to share cooking advice? Please email [cooksclub@ifs.be](mailto:cooksclub@ifs.be)

## MEALS ON SHIPS

**Chief Cook :**  
**MARK PEREZ**

*Currently on board 'Coral Patula'  
from one of our clients 'Anthony Veder'.*

**Dish :**  
**SIZZLING SQUID EXPRESS**

**No. of crew :**  
**18 POB**

### INGREDIENTS :

- 3 pcs of squid, approximately 2.2 pounds, ring-cut
- 1 whole red onion, coarsely chopped
- 5 cloves of garlic, finely chopped
- 1 whole red bell pepper, coarsely chopped
- 2 pcs green chili padi, slant cut
- 2 tbsp butter
- 1/4 cup non-alcoholic red wine
- 3 tbsp oyster sauce
- 1/2 cup tomato ketchup
- Salt and pepper to taste
- Chopped green onions for garnish

### PROCEDURE :

- Preheat a sizzling pan over high heat until smoke appears.
- Melt the butter into the pan.
- Sauté the squid on high heat.
- Drizzle with wine and let it incorporate for 2 minutes.
- Set aside the squid in a clean bowl.
- Add onion and garlic to the sizzling pan and sauté until translucent.
- Add green chili padi and red bell pepper.
- Pour in oyster sauce, then tomato ketchup.
- Bring back the squid rings.
- Stir well and season with salt and pepper to taste.
- Top with chopped onion chives before serving.

