

Eat Them To Beat Them: MCTC launches invasive species campaign

In October we launched our invasive species campaign with a live cooking event, demonstrating how people can make tasty and delicious meals from a lionfish – one of the worst kind of invasive species threatening our marine habitats today.

The lionfish is threatening environments and decimating biodiversity as it is not recognised as a predator by other fish and its population is rapidly expanding.

MCTC now plans to work with local suppliers to support the 'invasive species' already identified in the market and supply them to vessels. Its culinary consultants will then work with their galley crews to help them prepare tasty and healthy meals using the fish.

Our cooking demonstration was held on October 26th at the Columbia Steak House in Limassol, Cyprus, and was attended by our team at MCTC. Our Culinary Consultants Tonia Drousiotou, Costas Georgakoudes and Stavros Mouzourou and Senior Catering Manager from TORM Mr Jogvan Andreasen Trondesen, who also participated in the cooking demonstration, showed what meals can be created using the lionfish and how it should safely be prepared.

Lionfish is an ingredient already used in restaurants worldwide. Once cooked, it creates a tasty white and firm flesh. Extra care must be taken while preparing a lionfish as their venomous spikes can still sting even after they are dead. MCTC advises to use needle proof gloves, cut all the spines off and always start from the dorsal spines. Once all the spines are removed, the fish is safe to handle.





A message from our CEO

We are very happy to be back attending regular events and being able to connect with maritime friends once again. We have had a very busy Autumn so far, with a successful Maritime Cyprus and Meet the Buyer event, and we are looking forward to attending Crew Connect Global next month.

Although we are seeing signs of the industry getting back to growth following the Covid pandemic, the global issues and challenges are still ongoing and will take some time to recover. The food supply crisis and increases in food prices is something we are all facing in our daily lives. Working with our suppliers and vessels to order their provisions onboard, the price increase in food is a challenge for us as a catering management provider.

Despite the rising costs, it remains MCTC's priority to ensure seafarers have access to nutritious meals. It has dedicated employees who are following various trends on all food items and using its own data analytical tools to help coordinate with purchasing teams on how the prices of different food items fluctuate from port to port. As part of our services, we can help galley staff plan their budgets, and their recipes to ensure they are still serving high-quality meals and keeping within their budgets.

Christian Ioannou

CEO

Onshore Training in Zanzibar Returns

MCTC was delighted to hold our first training programme in Zanzibar in three years since the Covid pandemic. Due to ongoing restrictions, we have been unable to hold face-to-face training sessions there, so it was great to finally hold them in person.

We had 15 trainees who completed our Safe Food Handling and Nutrition Course with our Culinary Training Consultant Vinod Radhakrishnan over 12 days this month. Well done to everyone who took part in the programme. The onshore course consisted of theory sessions, menu planning and ordering provisions, practical cooking sessions, and finished with a theoretical and practical exam.



MCTC heads to Manila for Crew Connect Global

We are excited to be attending Crew Connect Global in the Philippines next month and reconnecting with maritime friends and making new connections with new friends. It is always a great event and is something we attend regularly. This year the event is being held from 22nd to 24th November and we are looking forward to taking part as an exhibitor.

There is also a packed agenda full of conferences and discussion, with content themes focussing on the environmental agenda, the implications of the Ukraine conflict, assessing the skills gap and what's next for maritime training. We will be at booth number 12, we look forward to seeing you there.



MCTC to launch new training course

We are excited to announce we will be launching our new Galley Inspection Course next year, which will provide participants with the knowledge and expertise to conduct galley inspections. The course will provide the necessary tools and tips for carrying out inspections and knowledge on how to minimise the risk factors that contribute to foodborne outbreaks onboard. It is ideal for anyone intending to get involved in the galley inspection process for the maintenance and improvement of food safety on board. Galley inspections are focused on proper food handling, and the construction and proper maintenance of galley facilities.

Crews invited to Manila conference

MCTC will be holding its Crew Conference in Manila on November 25th and we are inviting all crew members to take part. We will be discussing why good nutrition is important for seafarers and how poor health and nutrition can affect our decisions and the associated health risks. A workshop under the topic of Healthy Eating Healthy Living will be held following the discussion. The conference will be held between 8am and 4pm at Ascott Makati in Manila.

365 Healthy days initiative

While our CEO and Business Development Directors are due to be busy at Crew Connect Global, our colleagues from our Far East Office with MCTC's Dietitian / Nutritionist will be busy with a very interesting workshop: 365 Healthy Days.

The workshop is dedicated to the families of crew onboard and onshore and demonstrates the benefits of healthy eating. The initiative is designed to help bridge the gap between eating healthy both onshore and offshore, by helping crew members' families understand good nutrition and know how to cook healthy meals at home. This year the workshop will cover fresh food vs ready-made food, baking and cooking with children, and understanding sugar content in foods.

The event is taking place from November 22-24 at our Manila onshore training offices.



US Gulf Onboard Visits

Stay tuned! Our expert Culinary Training Consultants will be travelling to the US Gulf to visit vessels for a number of onboard visits. They will be explaining our services and getting to know the crew on board via live cooking sessions.