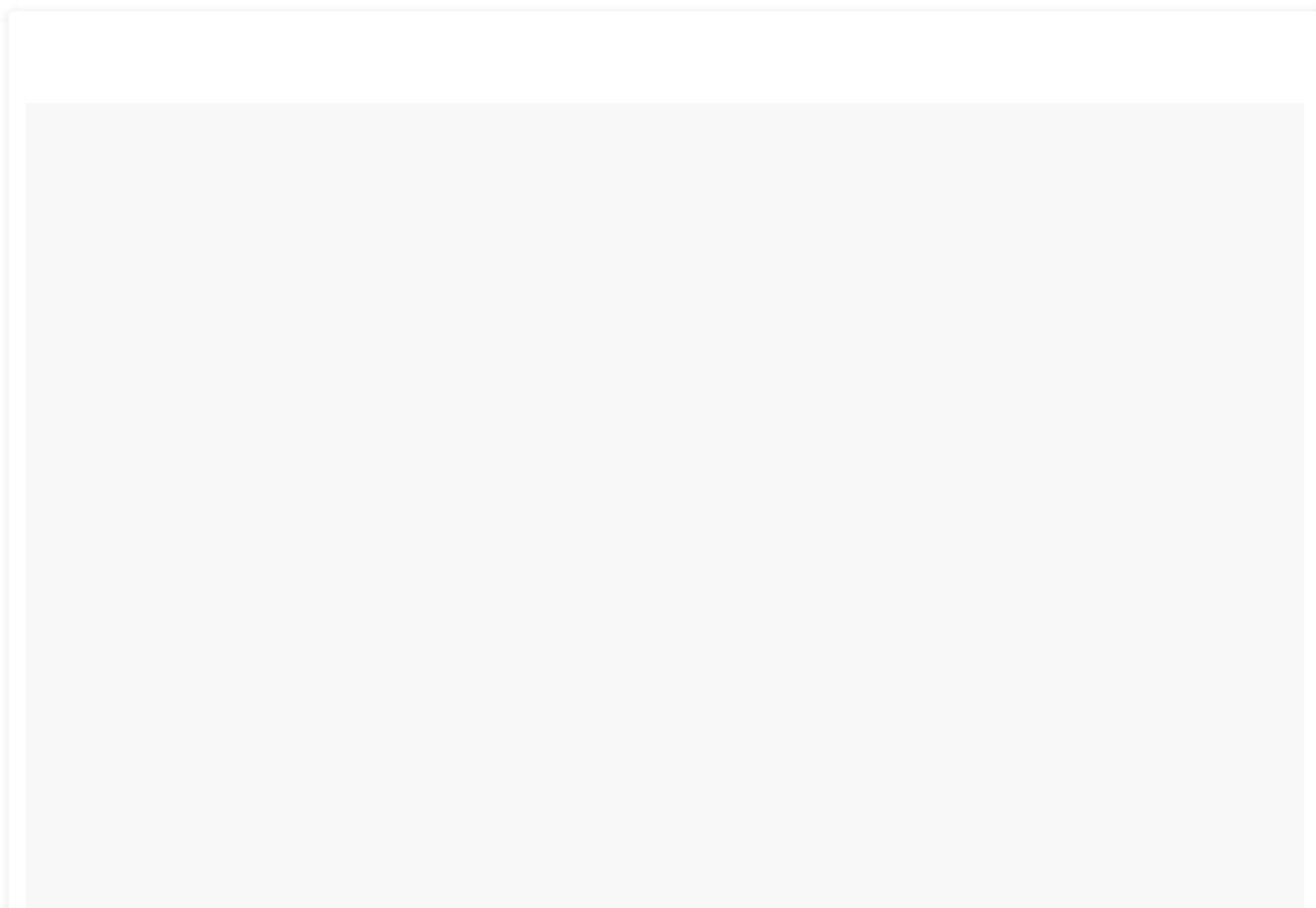
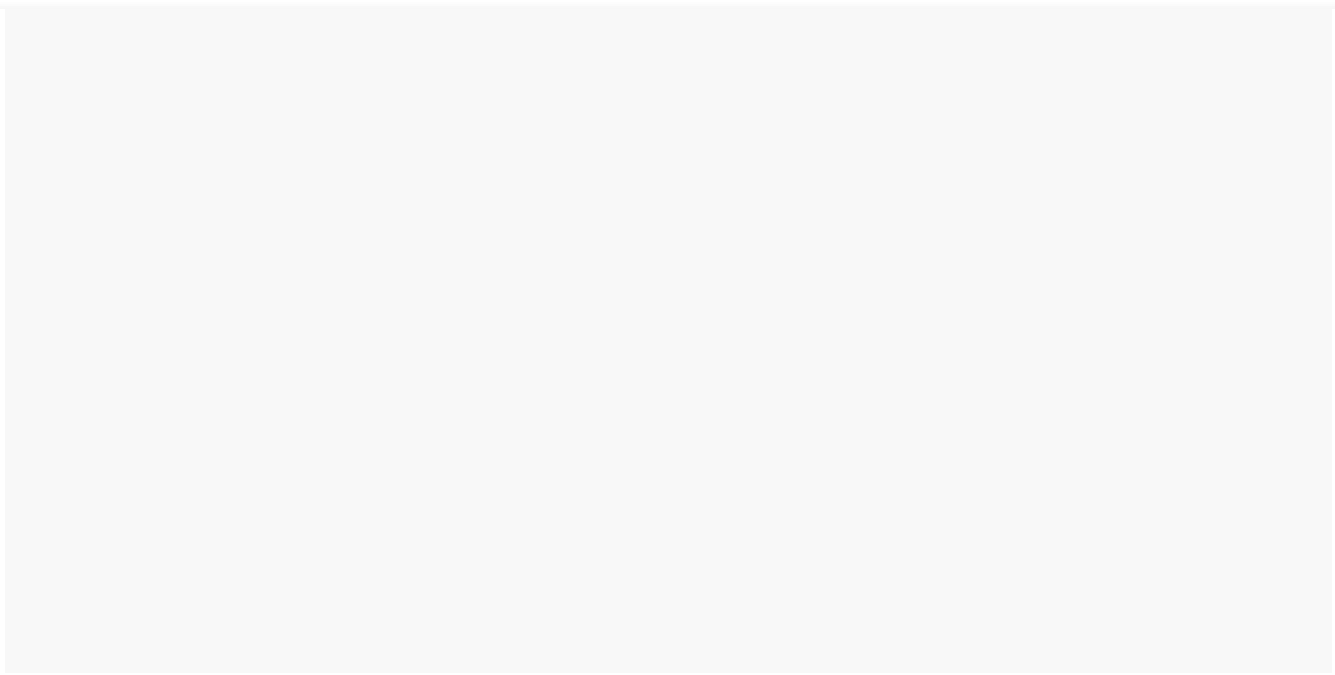


How to provision in remote places

There are many global yachting destinations that make a yacht chef's life a whole lot easier. However, there are also just as many off-the-beaten-track spots, located away from crowded Mediterranean anchorages. And with this in mind, it's important that yacht chefs and crew understand how to provision in remote places.

There are always colourful markets with an abundance of fruit and veg, bursting with flavour for you to take your pick of avocados, ripe and ready for today, tomorrow, or the next day. Turn a street corner and you'll stumble across a premium quality butcher, a cheesemonger, an Asian supermarket, and a French bakery. And if in doubt, post on a Facebook forum, and you'll get numerous replies to help you out. You can pretty much guarantee you'll find whatever it is you're looking for.





A post shared by Denison_SuperYachts (@denison_superyachts) on Oct 11, 2017 at 6:19am PDT

Perhaps you're employed on one of these adventure-seeking boats, and you've spent the past couple of weeks, maybe more (it felt like a lifetime), on a windy and turbulent delivery to a remote, postcard-worthy anchorage, so beautiful you have forgotten all about the sleep deprivation and mild seasickness. The boat's still in delivery mode, you can't remember where you stowed the toaster, the deckies are hungry, the girls want their early-morning green smoothies, and you just want to keep the captain happy and keep your job. You're the chef, and everyone's hungry eyes are looking at you. And suddenly, you're far away from your former foodie oasis and you've lost internet connection to your trusty online support network.

So, here are a few tips on how to provision in remote places:

Do your research





A post shared by Nikolas K. (@nikolaskotoulas) on Sep 3, 2017 at 4:03am PDT

Before you set off, set out the course for the boat's upcoming trip with your captain. Identify key destinations and stops during your trip, as these will most likely be your provisioning opportunities. Speak to an agent and find out where the local supermarkets and shops are, if any, and learn of the seasonal produce. Many remote islands get weekly deliveries from the mainland either by air or by boat, and if you're charming enough, you just might be able to put an order in.

Talk to the locals

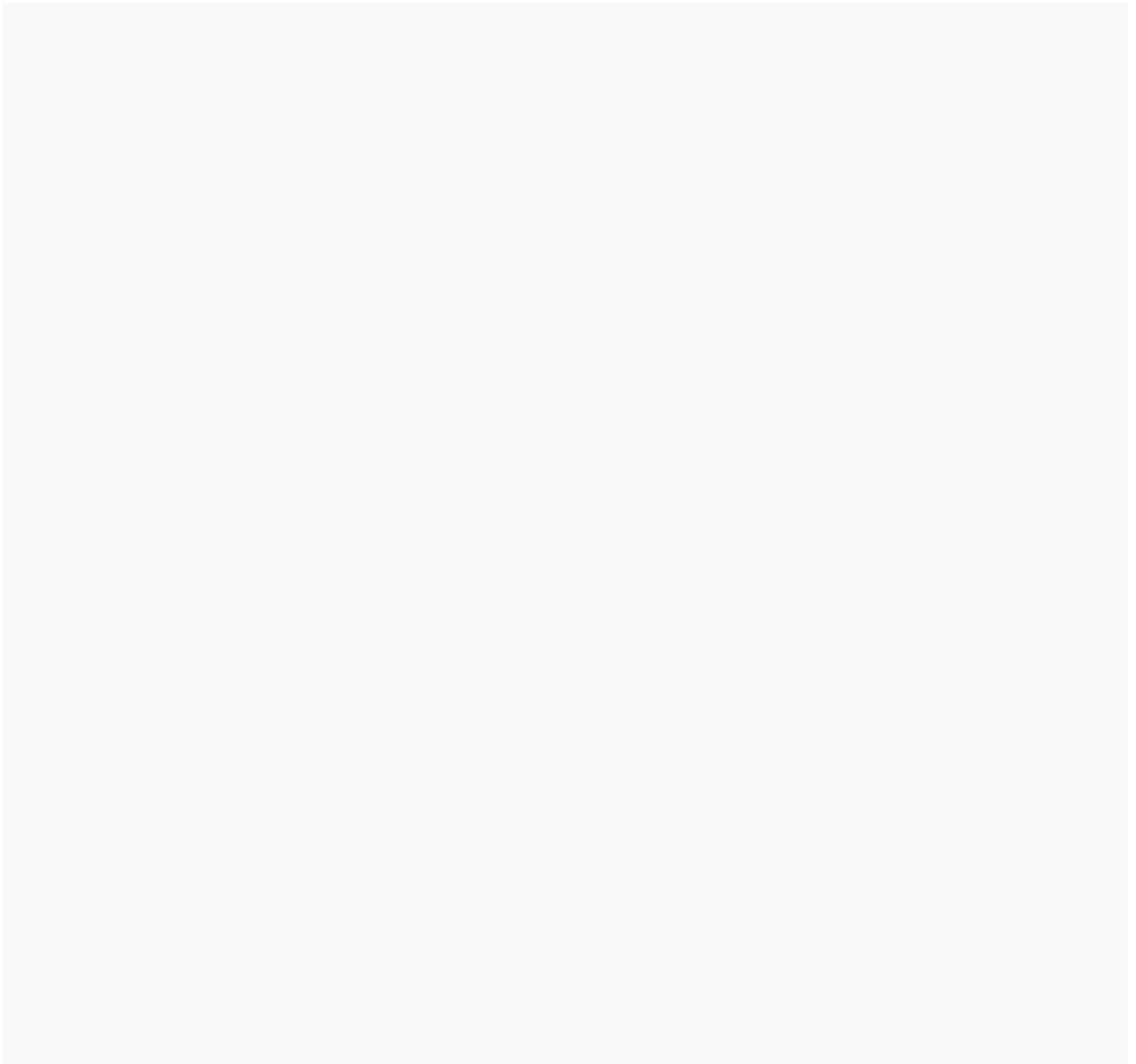


A post shared by Nicola Reid (@nicolajreid) on Mar 10, 2017 at 5:23pm PST

Once your feet hit dry land, strike up a conversation with anybody who you cross paths with and ask questions about where they source their food. If you can mutter a few words of the

local lingo, you may find yourself donning a machete and foraging with locals, which is not only an incredible experience itself, but you'll be a hero when the tender pulls up on the aft deck full of coconuts from someone's backyard. Duck into a local restaurant – it's amazing what chef's have in their freezers. Find out if there's a local market, be early, don't get your hopes up, but expect a limited supply of good quality local ingredients and a lot of dry stores to challenge your culinary imagination.

Be resourceful



A post shared by Nicola Reid (@nicolajreid) on Apr 18, 2016 at 3:46pm PDT

With whatever ingredient you've fortuitously found, learn how to use it in your cooking in many different ways. Ie, pickle it, dry it, pan-fry it, blend it, eat it raw, mix it with coconut milk... Tackle the issue of limited fresh produce by ensuring you have all the necessary fishing gear on board. And identify the crew's resident fisherman, in order to reel in that winning catch of the day to impress your guests and fellow crewmates. Dig deep into those bilges, vac pack, and freeze before you leave!

To find out how Monaco-based gourmet selectors, Maison Del Gusto are redefining the 'Superyacht Provisioner', [click here.](#)

It's not all tartan, tweed, and whisky: highlights from the Hebrides

Off Scotland's west coast, lies the Hebridean archipelago. The two different island groups, known as the Inner and Outer Hebrides, are made up of over fifty islands, presenting an alternative cruising destination to adventurous superyachts.

These Scottish islands are unspoilt and untouched. Dramatic, rugged mountainscapes frame empty beaches with crystal clear waters, abundant with bird and sea life. Each island has its own unique charm, and there's something different to enjoy and explore wherever you decide to visit. You're likely to need to adapt your attitude (and clothing) to suit the weather, but chances are, you'll be pleasantly surprised...

INNER HEBRIDES

Mull



Tobermory waterfront | Image credit: coastmagazine.co.uk

As the second largest island of the Inner Hebrides, the Isle of Mull boasts some spectacular scenery. Take a walk to Duart Castle and enjoy the views over the emerald waters of the Sound of Mull, or for the more adventurous hikers, take on the Munro of Ben More. In Tobermory, enjoy a stroll along the waterfront, lined with beautiful brightly coloured independent craft shops, a cosy pub, and the fantastic [Cafe Fish](#), a humble eatery serving up one of the best seafood platters from the islands. Tobermory is also home to Mull's only single-malt whisky, made at Tobermory Distillery, where you can enjoy a tour and a tasting.

Iona



Iona Abbey | Image credit Michael Colin Campbell PhotoGraphics

Although only a small island, Iona has a lofty reputation. The island possesses an idyllic charm, beauty and tranquillity. The main attraction is Iona Abbey, but there's much more to discover. There are a handful of beautiful craft shops, including the Iona Craft Shop, where you'll find a beautiful collection of homewares, clothing, and gifts. Take a walk up to Dun I and enjoy the 360-degree views surrounding the island. There are a couple of hotel pubs where you can sit and enjoy a drink overlooking the white sands and aquamarine waters, which resemble a tropical paradise, and have inspired many artists, including the Scottish Colourists.

OUTER HEBRIDES

Lewis & Harris



Luskentyre Beach | Image credit: travel.allwomenstalk.com

Lewis and Harris refer to the same island but distinguish between the north (Lewis) and south (Harris). Picture-postcard beaches are aplenty on the western coast, namely Luskentyre and Seilebost. There are also many prehistoric sites, including the neolithic Callandish Stones and preserved blackhouses. Home to Harris Tweed, you'll find many beautiful woollen fabric designs across the island, all handwoven in the Outer Hebrides. Stornoway is somewhat of a hub, with many craft shops, pubs, and cafes. You can enjoy a stroll or a bike ride around the grounds of nearby Lews Castle.

St Kilda



Puffins | Image credit: Alamy Stock Photo

Lying just under 45nm from the west coast of the Outer Hebrides, the archipelago of St Kilda is certainly off the beaten track. Since the last islanders evacuated in the 1930s, its allure has continued to grow, emerging as a World Heritage Site. St Kilda shows off the best of Scotland's 'great outdoors', boasting the highest cliffs in Britain, spectacular birdlife including the island's infamous puffins, adventurous hiking and an intriguing history. Sailing to St Kilda is, for many, a bucket list adventure.

The top 5 wines you need to try this Christmas

Wherever you are this Christmas, ensure your onboard cellar is stocked up with the finest wines in preparation for your festivities at sea. From start to finish, let the wine do the talking...

Fizz



Image credit: greatbritishwine.com

Recommended: 2010 NYE Timber Tillington Single Vineyard, England

Available from: [Onshore Cellars](#), France

Description: Move over Champagne (for now). This year, toast Christmas with a glass of NYE Timber, the pioneers of English sparkling wine. If it's good enough for a royal wedding, then it's certainly a winning wine to toast Christmas onboard, offering elegance, finesse, and, well, something different. This gently bubbling wine has been produced in relatively small quantities (only 4117 bottles – that should be plenty) and represents the superior quality Pinot Noir and Chardonnay vines of the Tillington Vineyard in West Sussex.

Tastes like: red currant, cranberry, raspberry, almond, toast, brioche.

Food pairing: The perfect partnership with pre-dinner canapés, but why not keep it flowing through the main event; a traditional Christmas turkey, or a nut roast.

White



Image credit: godzone.com

Recommended: 2016 Exiled Pinot Gris, Man O'War, Waiheke Island, New Zealand Available from: [Superyacht Support](#), New Zealand

Description: Taking its name from the historical Royal Navy Battleships, Man O'War boasts Waiheke island's only sea-front Cellar Door (so anchor in the bay and load up the tender!). A tribute to Napoleon, this prized Pinot Gris is abundant with fruit character. Since New Zealand is largely considered as a superyacht gateway to the South Pacific, where islanders enjoy seafood at Christmas time, a zesty Pinot Gris with finesse and structure such as this one is just what you want. The refreshing acidity, followed by the long, dry, thirst-quenching finish will set you up spectacularly well for your next course (and your next glass).

Tastes like: ginger, mandarin, citrus.

Food pairing: Fresh grilled fish and shellfish with lime, ginger and coconut.

Rosé



Image credit: esclans.com

Recommended: 2011 'Les Clans' Rosé, Château d'Esclans, Côtes de Provence, France Available from: [Shore Support](#), St Maarten

Description: Rosé could be considered as the underdog of Christmas wine since it not only serves as a beautiful aperitif, but it is also food friendly wine that complements all components of a Christmas feast. This pink-golden hued Provence rosé is top shelf juice that offers a 'je ne sais quoi'. Actually, I do know what. The cuvée blend of six grape varietals (mostly Grenache), combined with ten months of oak ageing, is what makes this a stand-out wine that's silky smooth and bursting with flavour, character and depth.

Tastes like: dried cherry, red currant, spice, caramel, stone fruit, vanilla, coconut.

Food pairing: Caribbean seafood barbeque with prawns and lobster, and lighter meats such as turkey or chicken.

Red



Image credit: wayfarervineyard.com

Recommended: 2013 Wayfarer Pinot Noir, Mother Rock Vineyard, Sonoma, USA Available from: [Cellars Wine & Spirits](#), USA

Description: When deciding on a red wine – beware of tannin, a foe of the Christmas banquet. A medium-bodied red with supple tannins befriends traditional turkey, such as this seductive ruby red New World Pinot Noir from Sonoma, California. Aptly named the Wayfarer, it is fitting for festivities at sea. The opulence and luxuriousness of this tippie brings so much to the table, enhancing the flavours of all elements of a traditional Christmas dinner (brussel sprouts and all).

Tastes like: raspberry, red currant, cranberry, plum, cassis, cherry, walnut, spice.

Food pairing: An ideal companion for traditional Christmas turkey with all the trimmings, but it can also be enjoyed with duck, ham or poached salmon.

Dessert



Image credit: vintages.com

Recommended: 2013 Inniskillin Oak-aged Vidal Icewine, Eiswein
Available from: [No 12 Wines](#), Malta

Description: There's always room for dessert, so save something special for your Christmas dinner's finale. Responsible for putting Canada on the international wine map, Inniskillin's thirst-quenching icewine, made from super-ripe frozen Vidal fruit harvested at a cool -10 ° C in the Niagara Peninsula, creates spine-chilling thoughts of Christmas before you've even taken your first sip of this golden elixir. But let's hope you're celebrating Christmas onboard in less frigid climes! A rare example of quality oak-aged icewine, this dessert wine offers the complexity and intensity to accompany an array of festive desserts.

Tastes like: honeyed tropical fruit, peach, mango, apricot marmalade, spice, toasty vanilla, candied brown sugar.

Food pairing: Icewine serves as a dessert in itself, as well as enhancing anything from a pavlova with tropical fruits to Christmas pudding, a trifle and/or a cheese board.

Fiji is an island paradise for those that love the water

The Fijian archipelago is an amalgam of stunning scenery, colourful cuisine, adventurous activities, and lovely locals. If you weren't already planning a trip, you soon will be, as these tropical Pacific isles leave little else to be desired...

Island hopping



Image credit: turtleairways.com

A short distance from Nadi Airport, Port Denarau is a great starting point for exploring Fiji's 300-odd paradisiacal islands. Both a tourism and transport hub, the port is packed with restaurants, bars, supermarkets, accommodation and even an 18-hole golf course. Along with the marina's wealth of facilities, it also provides safe berths for superyachts up to 85 metres. Once you slip the mooring lines, you'll be spoilt for choice with the variety of stunning anchorages to explore. If you've missed the boat, Pacific Island Air provide resort and island transfers, as well as scenic flights via helicopter or seaplane around the Mamanuca and Yasawa island groups.

Don't miss: Vanua Balavu (Bay of Islands), where you can anchor among the stunning mushroom-shaped pinnacles popping out of the turquoise sea.

A warm welcome



Image credit: lonelyplanet.com

As soon as you take a tender ride ashore, you'll be greeted with a warm, harmonious chorus of 'bula' (hello) from the smiling, friendly locals. Prepare yourselves for the traditional 'sevusevu' ceremony. As visitors, you must seek acceptance into a Fijian village by donning a 'sulu' (sarong) and presenting 'kava' (a mildly sedative traditional Fijian drink reminiscent of cold peppery tea) to the village Chief. You'll be welcomed by chanting and, if you're lucky, you'll be treated to a 'meke', in which the villagers will conjure up legends, spirits and Fiji's history in a traditional song and dance, and inspire you to take up the ukulele.

Don't miss: Visit the Fiji Museum in Suva, where you can learn about the history, customs and traditions of Fiji's formerly ferocious 'Cannibal Isles'.

Island time



Image credit: fijiluxuryvacation.com

Set your watch to island time, and enjoy the easy-going pace of Fijian life. Whether you're taking a leisurely stroll or setting off on an adventurous climb, walking around the islands is something to be savoured. Soak up the sun, admire lush green volcanic patchwork quilt scenery, stunning stretches of white sandy beaches, sweet smells of vibrant flowers and beautiful birdsong surrounding you. Fiji boasts a mild, tropical climate, and undoubtedly, you won't be able to resist cooling down under the crystal-clear cascading waterfalls.

Don't miss: Scale Mt Tomanivi, an extinct volcano and Fiji's highest mountain in Viti Levu or go with the flow at Waitavala, a natural water slide on Tavenui, aptly dubbed 'Garden Island'.

Aquamarine adventures



Image credit: theinertia.com

Fiji offers a wide variety of water-based activities. It's worth checking out the world-famous wave, Cloudbreak, where you're bound to spot some pros in the mix. There are plenty of surf breaks around the islands to suit all abilities, but let's be the honest, duck diving is exhausting, so why not enjoy Fiji's exhilarating underwater world of world-class dive sites?

Expect to see an abundance of sea life, including vibrant coral reef, tropical reef fish, manta rays, turtles, and sharks. If you fancy a more leisurely cruise above the water, hire a paddleboard or kayak, and don't forget to pack your snorkelling gear!

Don't miss: Swim with feeding manta rays in Cuvu Bay on Naviti Island. For daredevils, dive with eight different species of sharks in the Blue Lagoon, including Bull Sharks and Tiger Sharks.

Sundowners & dining



Image credit: hiconsumption.com

As the pink golden hue of the setting sun casts onto the ocean, and Fiji's rugged volcanic islands silhouette onto the horizon, ensure your sundowner is within arm's reach. If the tannic taste of kava doesn't do it for you, then an ice-cold local beer should do the trick. For the sweeter tooth, wash down the salt water of the day with a cocktail, crafted from local rum.

Due to the easily accessible fresh, local ingredients, the Fijian diet is traditionally very healthy and much of the cuisine centres around seafood, coconut and other flavoursome fruit and vegetables. Navigate through the rabbit warren of stalls abundant with colour and flavour at the Namaka market in Nadi, or barter with local fisherman for their catch of the day at the Lautoka wharf.

Unexpectedly, Fijians put on a great afternoon tea. There's not a finger sandwich in sight, but roti bread served with butter, jam and a cup of black tea. If you want to step things up a few notches, plenty of Fiji's island resorts offer exquisite dining with diverse menus.

Don't miss: Cloud 9, a floating wood-fired pizza bar served on

turquoise blue water with a side of paradise.

The Things I Wish I Could Have Told The Younger Me

Dear younger me...

You need to take a step back and celebrate your life. You've travelled to unimaginably beautiful places, sharing experiences with people who have supported you, believed in you and inspired you. Enjoy the journey as much as the destination. You'll never forget the first time you caught a fish, nor that night watch with the full moon rising, nor the humpback whale breaching off the starboard bow. You'll be forever grateful.



Pace Yourself

Right now, you're worn out. Take more preventative measures to ensure you don't make yourself ill or get injured while you're onboard. Sadly, you'll learn that the hard way (but, admittedly, you'll have fun while you're learning it). If only you knew how much more your crewmates would respect you and admire you for not giving into peer pressure and staying out late. You would thank yourself for not having that last drink too. Listen to your body and know when you need to rest. Diet is important, but don't obsess over it. Eat clean, and eat well. Keep fit. Hang out with those happy-go-lucky people who enjoy doing active things. Get up early and be on time. It's noted.

Be You

Don't give up on your hobbies and talents – these are part of your identity. Educate others, encourage them, and your support will be reciprocated. Why do you care what other people think? Don't concern yourself with your reputation in the industry. Stay on track, and it will take care of itself.

Don't Lose Focus

You're getting complacent. Stay motivated. If your job's becoming too easy – make a change. Put yourself forward, take ownership and you'll feel empowered by your new responsibilities. Your position onboard is constantly evolving. You have so many skills which are valued. Just don't spread yourself too thin. If you're going to do it, do it well. Make sure you acknowledge your crewmates' efforts as well as your own.

Be Inquisitive

You'll regret not asking more questions, so make more of an effort. Be inquisitive, be curious and remember; you never stop learning. Whenever it's relevant, share your own stories, knowledge, and wisdom.

Don't Panic

When you're put in a situation you're not prepared for – breathe, keep calm, and get on with it. Most importantly, learn from your mistakes. Remember: your seniors, including your Captain, have undoubtedly made these mistakes before. Don't take yourself so seriously, make light of it and unless it's inappropriate to do so, laugh.

You're Going To Have Bad Days

You'll get knocked down, but don't beat yourself up. Rumination won't help you and neither will self-pity. Respect your crewmates and take (most of) their advice onboard. Acknowledge that there's more than one way of doing things, but this is how they do it. Navigate your position in the pecking order, but don't ever lose your assertiveness. Know yourself, have the confidence to be direct and stand up for yourself if someone speaks out of turn, otherwise, you'll end up losing yourself.

Speak To Your Friends

You've got an incredible support network. As time goes on, you'll find it easier to distinguish between true and superficial friendships. Keep in touch with your friends, family, and crewmates – they will always be there for you. Don't forget their birthdays! Don't suffer through things by yourself. Voice your concerns, don't be afraid to show your emotions and take others' advice. Make sure you're there for others when they need you too.

Be Patient

There will be highs and lows. Charters don't last forever, nor does that turbulent upwind delivery, and the vexatious mate who never cuts you any slack will surrender some eventually.

Say Yes

Take people up on their offers and make the most of the opportunities presented to you. Conquer your fears and release your inhibitions. Go off-piste; don't follow the others. I promise you will not regret it. Explore, connect with new people, learn the local language, try different cuisines and have an open mind throughout, meanwhile encouraging those around you to do the same.

Stay Strong

You'll sometimes feel like you want to quit. Don't. Stay motivated and take pride in your career. Don't let anyone or anything lead you to believe that this is not a real job. It is. Maybe you didn't plan on doing it for this long, or perhaps you wish you had climbed further up the ladder, but remember where it's taken you and the experiences you've had. Trust your intuition and know when it's time to move on. Stop comparing yourself to others, appreciate that everyone takes different paths, and you will feel liberated. You would be in a strong financial position – if only you would stop spending your savings!

Don't sweat the small stuff and focus on the bigger picture. Have an end goal in mind, but prepare to make other plans along the way.

You're living the best days of your life – you just don't know it yet.

Fair winds and safe travels,

Your older self...

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