



Sharing our Favourite Recipes



**EPSCO'S RECIPE FOR MANAGING YOUR
VESSEL'S SAFETY**



FOODLOVERS CLUB

THE JOY OF FILLING UP YOUR TUMMY WITH:

The King's Grill
Sweet Potato & Coconut Soup
Korean Beef
Pastichio
Pizza Neapolitan
Sweet Chili Pork
Pasta Bacon Bake
Summer Pasta Salad
Chicken Fajitas (with Tortillas, Guacamole & Pico de Gallo)
Olive Cake
Afternoon Tea Scones





Andreas 'The King' of his Grill.... & Company



1 - 1.5kg Tenderloin

Serves: 6

For the Marinade:

5 tbs soy sauce

2 tbs sesame oil

3 garlic cloves, minced or crushed

1" piece ginger, peeled and minced or grated

4 spring onions, chopped

2 tsp sugar

black pepper



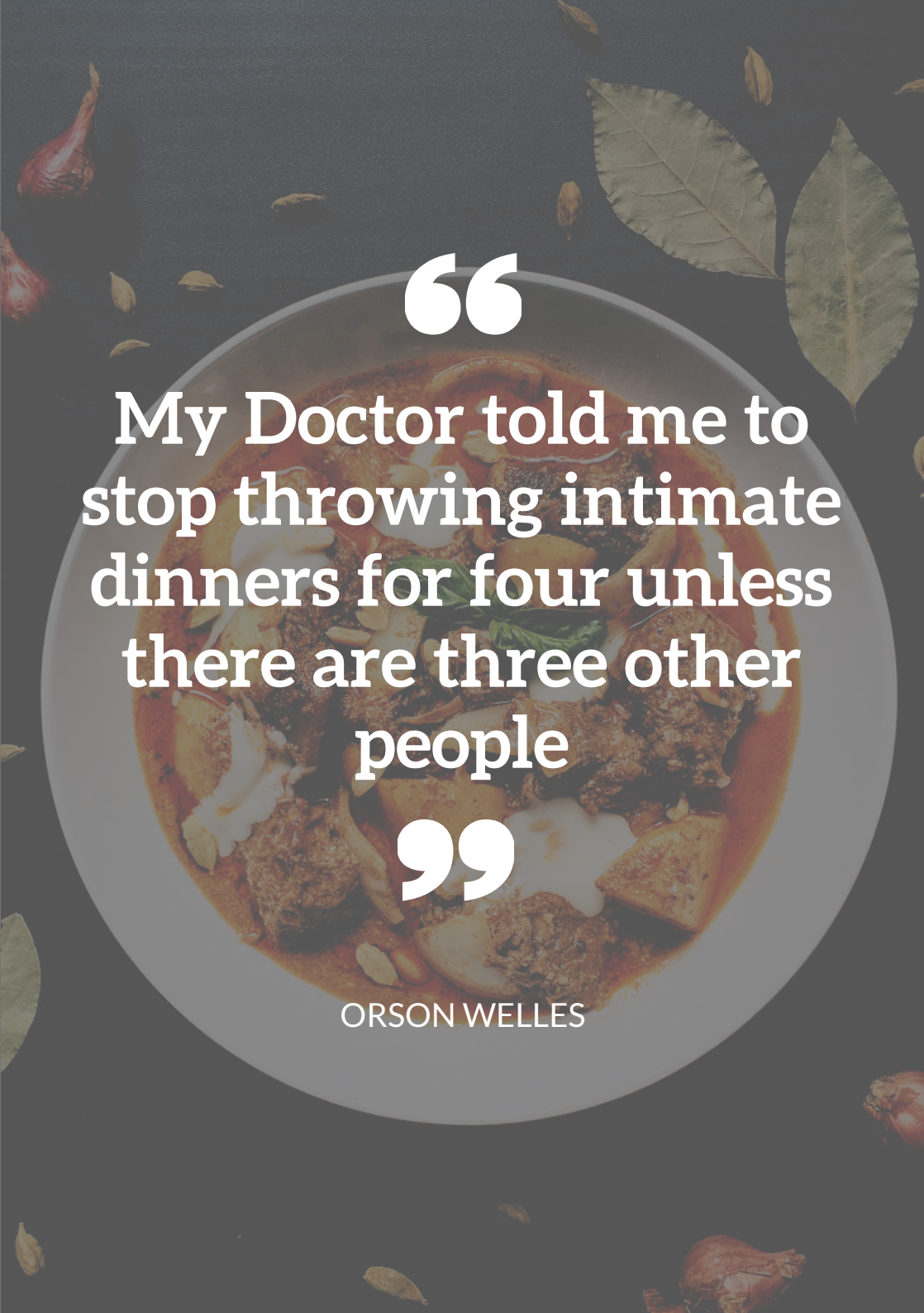
Method

Mix all the marinade ingredients together in a bowl and cover the tenderloin. Turn every now and then and leave in the fridge overnight. If you are pressed for time, leave at room temperature for one hour.

Make sure your BBQ is very hot. Sear the tenderloin over a gas grill or coals until it chars and then move to a cooler part of the grill and cook till the internal temperature is approx. 125 degrees which is medium rare or 120 degrees if you want it rare.

Remove from the grill and allow to rest for 15 minutes so that the meat retains its juices before serving.

Accompaniment:
Whatever you
fancy



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My Doctor told me to
stop throwing intimate
dinners for four unless
there are three other
people

”

ORSON WELLES

EPSCO's Safety Ingredients:

Key services

- Fire Services & Supplies
- Lifesaving Services & Supplies
- Lifeboat & Launching Appliance Services & Supplies (MSC. 402(96))
- Underwater Services & Repairs
- Personal Protective Equipment (PPE)

Additional Services

- Calibration Services & Supplies
- Bridge Equipment & Electronics
- Shipyards & Ship Repairs
- Spare Parts
- Reconditioning of Critical Equipment
- Ballast Water Management Systems

Fleet Safety Services & Launching Appliances Contracts

- Fixed Price Agreement
- Any port worldwide where stations and technicians are available
- Tailored to your needs
- Invoiced on a quarterly basis
- All annual / bi annual safety services
- Budget yearly costs for safety servicing in advance

Fleet Diving Service Contracts

- Fixed Price Agreement
- Specified ports worldwide
- Tailored to your fleet rotations and port schedules

SCMP (Ship Certificate Management Programme)

- Tracking Certificates & Services
- Reminder of due services to clients
- Online facility
- Available FOC to our clients



Tereza's Velvety Sweet Potato & Coconut Soup



Ingredients

Serves: 3

1tbsp coconut oil
1 onion
2 cloves garlic
½ thumb ginger
½ fresh red chili
750g sweet potatoes
2 tbsp peanut butter
500ml tinned coconut milk
200ml boiling water
500ml vegetable stock
Juice of half a lime
Salt & pepper

Method

Fry onion in the coconut oil until softened. Then add the sliced garlic, ginger and chilli.

Add the diced sweet potatoes and fry for 10 minutes

Add curry paste, coconut milk, peanut butter, vegetable stock and boiled water. Simmer until the potato is soft.

Remove from heat and add the lime juice, salt & pepper

Blitz until smooth

For topping (optional):

- Add a tablespoon of single cream
- Crushed salted peanuts
- Chili flakes



Ingredients

¼ cup brown sugar
¼ cup light soy sauce
2 tsp sesame oil
½ tsp red pepper flakes
¼ tsp ground ginger
1 tbs vegetable oil
2 garlic cloves (crushed)
1lb beef (either minced or cut in strips)
2 spring onions
¼ tsb sesame seeds

Serves: 4



Margarita's Tasty Korean Beef

Method

Whisk sugar, soy sauce, sesame oil, pepper flakes and ginger in a bowl.

Lightly fry the garlic then add the meat and cook thoroughly (drain the excess fat).

Stir in soy sauce mixture and spring onions. Simmer for a couple of minutes.

Sprinkle a little spring onion and sesame on the top before serving.

Serve with rice.



Ingredients

Serves: 6

- 1 packet spaghetti (medium)
- ½ kilo pork mince meat
- 1 tin tomato sauce
- 1 small bowl of finely chopped parsley
- 1 large onion
- 2 tsp dry mint
- 1 tsp salt
- ½ tsp pepper
- 5 tbsp sunflower oil

Ingredients for béchamel cream

- ½ bowl of sunflower oil
- 2 ltrs of light milk
- 5 tbsp of flour
- 4 eggs
- 1 tsp salt



Athina's Traditional Pastichio



Method

Step 1:

Dice the onion and fry in the oil with the minced meat on a low heat until cooked.

Add the parsley, mint, salt, pepper and tomato sauce and cook until the juice has reduced.

Step 2:

Boil the spaghetti until al dente and then drain.

Step 3:

Pour the oil into a large saucepan on a low heat. Add one tablespoon of flour and stir. Add the rest of the flour (one spoon at a time) whilst stirring continuously and making sure the mixture doesn't become lumpy. Add the milk slowly whilst stirring. Add the eggs. Stir until the mixture bubbles and thickens.

Add seasoning.

Pour a little of the béchamel mixture into an over proof dish (just enough to cover the bottom of the dish).

Layer half of the spaghetti on top of the cream and then add the mince meat. Pour the remaining spaghetti on top of the mince and then pour over the remaining béchamel cream.

Bake in the oven for 45 minutes at 200 degrees.

*Marc's
Pizza Neapolitan*



Ingredients

Poolish recipe: (Poolish is a highly fluid yeast-cultured dough)

300ml Water

300g Flour

10g Fresh Yeast

10g Honey

Combine all the ingredients together in a bowl and cover with a lid. Place it in the fridge overnight.

Dough recipe:

Poolish

700g Water

40g Sea Salt

1250g Flour

Mix all the ingredients together until it forms a dough.

Divide the dough into 10 balls (approx. 250g each). Cover with plastic wrap and leave for 2 hours in room temperature.

On a lightly floured surface, roll out to the size of a plate.

Cover with any toppings of your choice.

Bake in the oven at 220 degrees for about 10 minutes.

Enjoy!





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One of the very nicest things about life is the way we must regularly stop whatever it is we are doing and devote our attention to eating

”

LUCIANO PAVAROTTI



Governor Maria's Sweet Chili Pork



Ingredients

Serves: 4

- 1kg Pancetta
- 6 Garlic cloves (chopped)
- Ginger (about 2 inches) finely sliced
- 3 spring onions (chopped)
- 2 red bell peppers (cut in strips)
- 2 yellow bell peppers (cut in strips)
- 1 carrot (cut into thin strips)
- 2 chopped red chilies
- $\frac{1}{4}$ cup soya sauce
- 3 tbsp honey or agave syrup
- 1 cup water

Chopped coriander, chilies and sesame for decoration.



Method

Sear the pancetta until slightly golden, then cut into chunks and leave to rest in its juices.

Lightly fry the garlic cloves, sliced ginger and spring onion until golden in colour and remove from pan.

Fry the bell peppers and carrot, then add the pork and its juices, garlic, ginger, chilies and spring onion.

Add the soya sauce and honey (or agave syrup) and stir.

Add the water and let simmer until the meat is cooked and the juice is reduced to a honey glazed syrup.

Add more soya sauce or honey to taste if required.

Garnish with coriander, chili and sesame.

Serve with
Jasmin Rice



Marina's Family Favourite Pasta Bacon Bake



Ingredients

Serves: 6

- 1 packet of penne pasta
- 1 onion - chopped
- 1 cup mushrooms - chopped
- 1 or 2 packets of bacon cut into strips
- 1½ cups grated cheddar cheese
- 1 vegetable stock cube (dilute in half cup of water)
- 2 eggs
- 1 small carton fresh cream
- A little olive oil
- Salt & pepper to taste



Method

Boil and drain pasta then pour into an oven proof dish

Fry onion and when nearly cooked, add the bacon and mushrooms.

Add salt, pepper and the vegetable stock and simmer for about 5 minutes. Pour into the pasta and add the grated cheese. Mix well.

Beat the eggs in the fresh cream and pour over the pasta mixture.

Cook in a pre-heated oven for 25-35 minutes on a medium heat



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Life is too short for self-hatred and celery sticks.

”

MARILYN WANN



Angela's Summer Pasta Salad



Serves: 6

Ingredients

1 packet pasta twists
1½ bunches of coriander
3 tomatoes
2 cucumbers
3 spring onions
2 large tins tuna (crumbled)
2 tbsp capers
1 red bell pepper (grill & remove skin)
1 yellow bell pepper (grill & remove skin)
Handful of dried mint

For the dressing

6 tbsp olive oil
3 tbsp white wine vinegar
2 tbsp wholegrain mustard
salt / pepper

Method

Cook pasta until al dente. Drain and pour over cold water to cool. Finely chop all the ingredients and mix everything together then pour over the dressing. Refrigerate for at least two hours before serving.



Maria's Fajitas

....The Full Works

STEP 1

Tortilla Ingredients

2 cups all purpose flour

½ tsp salt

3 cup water

¾ tbsp olive oil

Makes 8

Method

Pour the flour and salt into a large bowl. Add the water and oil and stir.

Place the dough onto a floured surface and knead for 10-12 minutes.

If needed, add a little more flour or water until the dough is smooth.

Cover with a towel and let it rest for about 10 minutes.

Cut the dough into 8 equal rolls and then lightly flour your surface and roll out into a 7 inch circle.

Warm a non stick plan and cook the tortillas over a medium heat and until lightly browned (about 1 minute on each side).

Serve warm

Ingredients

Chicken Fajitas

STEP 2

- 4 chicken fillets (cut into strips)
- 2 medium onions (sliced)
- 2 red bell peppers (sliced)
- 2 yellow bell peppers (sliced)
- 1 tbsp cornstarch
- 2 tsp chili powder
- 1 tsp salt
- 1 tsp paprika
- 1 tsp white sugar
- ½ tsp garlic powder
- ¼ tsp cayenne pepper



Method

Fry the bell peppers and onions until golden then leave to the side.

Fry the chicken fillets until cooked then lower the heat and season with all the other ingredients.

Add the peppers and onions and ¼ cup of water.

Cook on a medium heat for about 5 minutes until the water has reduced.

Guacamole / Pico de Gallo



STEP 3 Guacamole Ingredients

2 avocados (blended)
2 tomatoes (chop into cubes)
1 medium size onion (chopped)
3 cloves garlic (crushed)
Juice of 1½ limes
1 fresh chili
Salt & Pepper
Cilantro (handful), chopped
1 tbsp olive oil

Method

Mix all ingredients together with a fork and season with salt & pepper.

STEP 4 Pico de Gallo

Chopped tomatoes, chopped red onion, chopped cilantro, finely chopped garlic and lime juice.

Mix all ingredients together & voilà!

Serve with sour cream, grated cheddar cheese and shredded Romaine lettuce.



Loukia's Yummy Savoury Olive Cake

Ingredients

- 4 cups of farina flour
- ½ cup of corn oil
- ½ cup of olive oil
- 1 cup of carbonated orange juice
- 3 tsp of baking powder
- 1 cup of seedless black olives cut into pieces
- 1 cup of chopped coriander
- 1 medium onion, finely chopped
- 3 tbsp of dry mint
- 2-3 tbsp of concentrated orange juice (squash) for spread (optional)

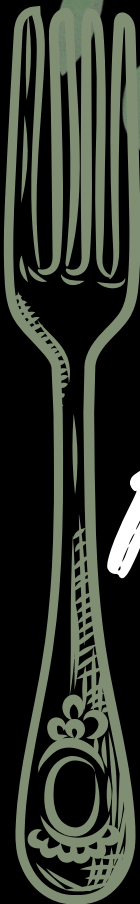


Method

- Sift the flour with the baking powder into a bowl.
- Add the corn oil, olive oil, the carbonated orange juice and knead.
- Add the olives, coriander, onion, mint and knead again.
- Empty the mixture into a round greased tin.
- Pour the concentrated orange juice over the dough (optional).
- Bake at 175 degrees for about an hour.



Buon Appetito



A taste for next time....

Afternoon Tea Scones



Ingredients

1lb self raising flour
3oz butter
2oz caster sugar
3oz sultanas
Pinch of salt
Half pint milk
4 level tbs baking powder
1 level tbs baking soda

Method

Mix all dry ingredients together, then rub in the butter until the mixture resembles fine breadcrumbs.

Pour in the milk to make the dough.

Turn out onto a lightly floured worktop and knead in the sultanas. Roll out to 2cm thick.

Cut using a 5cm round pastry cutter and place onto a baking tray.

Brush the tops with a little milk.

Bake in a preheated oven at 220C for 10 to 12 minutes.

Serve with
strawberry jam &
clotted cream



Next Edition ...
"All About Cake"





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