

A top-down view of a rustic, light blue ceramic bowl filled with a colorful vegetable salad. The salad includes sliced yellow and red bell peppers, red onions, green zucchini, red tomatoes, and white feta cheese. The bowl is set on a wooden surface, with a patterned cloth and two cherry tomatoes visible in the background.

INT'L. SALADS

Freshness on the plate

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- CRAFTSMANSHIP - SALADS basics & usage ✓

Courses: Salads

Collections: PURPOSE & HISTORY

Source: OCTOPUS OCEAN - Germany



Ingredients

PASSION • MOTIVATION •
CREATION

ASSESSMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

EDUCATION

For galley crew sailing on all
oceans

FACEBOOK

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SWISS SAUSAGE SALAD

[https://www.facebook.com/
reel/2167533324070119](https://www.facebook.com/reel/2167533324070119)

BELOVED VINAIGRETTE

[https://www.facebook.com/
reel/2976087849409205](https://www.facebook.com/reel/2976087849409205)

Directions

A dip or dip sauce is a common condiment for many types of food. Dips are used to add flavour or texture to foods such as pita bread, crackers, raw vegetables (crudités), fruit, seafood, diced meat and cheese, potato chips, tortilla chips, falafel and sometimes even whole sandwiches in the case of gravy. Unlike other sauces, the sauce is not poured over the food, but the food is usually dipped or pressed into the sauce. Dips are often used for finger food, appetisers and other types of food. Thick dips based on sour cream, crème fraîche, yoghurt, mayonnaise, white cheese or beans, avocado or aubergine are thicker than spreads, which can be diluted to make dips. Dips in various forms are eaten all over the world, and sauces have been used for dipping for thousands of years.

NOTES

Greece & Turkey are real dip strongholds, where they are part of the variety of mezze, the famous sumptuous starter platters. Well-known dips include tzatziki & taramasalata, as well as feta creams, aubergine dips & spicy paprika-based spice pastes such as the Turkish acili ezme. Hummus & baba ganoush come from Arabic cuisine – creamy dips made from chickpeas or aubergine, sesame paste and spices. Dipping is also popular in Asia, where soy sauce, sweet chilli sauce and peanut sauce are popular accompaniments to sushi, spring rolls and dim sum. Of course, you can also dip sweet foods.

- CRAFTSMANSHIP -

Caprese, Tomato / Mozzarella ✓

Courses: Salads

Collections: Italian recipes

Source: OCTOPUS OCEAN - Germany



Ingredients

- ☐ 8 gr Salt
- ☐ 4 gr Pepper, white - ground
- ☐ 4 gr Basil, dried
- ☐ 1,4 kg Tomatoes, fresh
- ☐ 80 ml Olive oil
- ☐ 80 ml Balsamico vinegar
- ☐ 720 gr Mozzarella

ASSESSMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

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Directions

1. Cut an X into the bottom of the tomatoes. Some chefs also like to cut off the stem at this point to allow a better heat penetration.
2. Bring a pot of water to a rolling boil. Drop the tomatoes into the water, after 10 - 15 sec., depending on the tomato's age & ripeness, remove them with a slotted spoon. Plunge the tomatoes into very cold ice water.
3. Pull away the skin. If the tomatoes were properly blanched, the skin will slip easily away and there will be very little flesh clinging to the skin.
4. Cut the peeled tomatoes in slices of 0.8 cm thickness. Place them on small plates.
5. Take the Mozzarella cheese out of their packaging. Remove any brine by washing it under cold running water. Blot dry the cheese. Cut the Mozzarella cheese in small slices of 0.5 cm thickness. (Use a very sharp knife for that.)
6. Variantly layer one slice of tomato and one slice of Mozzarella cheese.
7. Sprinkle with salt, white pepper & dried basil.
8. Finally sprinkle over some olive oil and some Balsamico vinegar but don't pool the plate.

- CRAFTSMANSHIP -

Carrot salad ✓

Courses: Salads

Collections: French recipes

Source: OCTOPUS OCEAN - Germany



Ingredients

- ☐ 2 kg Carrots
- ☐ 160 ml Vinegar,
herb flavoured
- ☐ 4 Lemons, fresh
- ☐ 4 tbsp Honey
- ☐ 4 tsp Salt
- ☐ 300 ml Rapeseed oil
- ☐ 2 tsp MaRjoram

ASSESEMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

EDUCATION

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Directions

1. Wash / peel the carrots.
2. Grate them into strips using a grater and place them in a large bowl.
3. Cut the lemon in half & squeeze out the juice.
4. Pour the lemon juice into a small bowl or a glass and mix it with the vinegar.
5. Stir in the honey and the salt. Let it sit for a few min. until the honey has dissolved.
6. Stir in the oil, mix well.
7. Marinate the carrots with the dressing.
8. Sprinkle marjoram over the salad for garnish.
9. Enjoy your meal!

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- CRAFTSMANSHIP -

Classic Egg salad ✓

Courses: Salads

Collections: Modern culinary creation

Source: OCTOPUS OCEAN - Germany



Ingredients

8 servings

- ☐ 16 Eggs (size M)
- ☐ 4 tbsp Mayonnaise
- ☐ 2 pinch Salt
- ☐ 2 pinch Pepper (black, freshly ground)
- ☐ 2 tbsp white wine Vinegar
- ☐ 6 tbsp Sour cream
- ☐ 1 tsp Mustard

ASSESSMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

Directions

Classic egg salad is a staple at any party buffet and is sure to please everyone. It's a recipe that's easy to prepare in advance.

To make a classic egg salad, first hard-boil the eggs in a pot of water **for about 10 minutes**.

Then remove the eggs from the pan, leave them to cool, peel them and chop them into small pieces.

Next, mix the mayonnaise with salt, pepper, vinegar and sour cream in a bowl until well combined.

Fold in the eggs and leave to stand in the fridge for three hours. Once it has been left to stand in the fridge, season the salad again with salt, pepper and, if desired, a little mustard, and sprinkle with freshly chopped parsley or chives before serving.

NOTE

This salad is also delicious spread on warm bread straight from the oven or served as a simple side dish with crisp vegetables.

Always leave an egg salad to rest in the fridge for a few hours, as this is when the flavours really come into their own.

Kept chilled, it will keep for 2–3 days.

- CRAFTSMANSHIP -

Coleslaw ✓

Courses: Salads

Collections: English recipes

Source: OCTOPUS OCEAN - Germany



Ingredients

- ☐ 1 White cabbage, shredded
- ☐ 1 Red onion, finely sliced
- ☐ 2 Carrots, grated
- ☐ 6 tbsp Mayonnaise
- ☐ 2 tbsp Lemon juice, fresh
- ☐ 2 tsp White wine vinegar
- ☐ 2 tbsp Mustard
- ☐ 2 pinch Sugar, to taste
- ☐ Salt & Pepper, to taste

ASSESSMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

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Directions

1. Put the chopped cabbage, carrot and onion into a big bowl.
2. In a smaller bowl, mix together the mayonnaise, lemon juice, vinegar and wholegrain mustard.
3. Season with salt and freshly ground black pepper and stir to thoroughly combine. Pour over the vegetables.
4. Toss the slaw with the dressing.
5. Serve immediately or cover and leave in the fridge for up to 2 days until ready to use.

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http://www.bbc.co.uk/food/recipes/coleslaw_68108

- CRAFTSMANSHIP -

Cucumber salad ✓

Courses: Salads

Collections: French recipes

Source: OCTOPUS OCEAN - Germany



Ingredients

- ☐ 8 gr Salt
- ☐ 4 gr Pepper white, ground
- ☐ 3,2 kg Cucumber fresh
- ☐ 200 ml Rapeseed oil
- ☐ 70 ml Herb-flavoured vinegar
- ☐ 40 ml Water

ASSESSMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

EDUCATION

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Directions

1. Cut off the ends of the cucumber & peel it using a (vegetable peeler).

Cut thin slices of the cucumber.

Fill in a bowl moderately sized.

Season it with salt & white ground pepper.

Stir carefully everything.

2. Put the bowl with the seasoned cucumbers aside for 45 min. until the salt extracts the liquid from the cucumbers. This extract builds the season pickle and its special taste.

3. Pour in the vinegar. Stir again carefully.

4. Finally add the oil.

This must be done at the end because the oil will close any seasoning development and emulsify with the vinegar/gained cucumber pickle juice.

5. Store refrigerated.

Take out of the fridge 0,5 hour before service & serve in a small bowl accompanying to the main course.

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- CRAFTSMANSHIP -

Greek pasta salad ✓

Courses: Salads

Collections: Greek recipes

Source: OCTOPUS OCEAN - Germany



Ingredients

- ☐ 8 gr Pepper, black, ground
- ☐ 4 gr Oregano, dried
- ☐ 4 gr Garlic powder
- ☐ 125 gr Onions red, fresh
- ☐ 400 gr Cucumber, fresh
- ☐ 250 gr Tomatoes, fresh
- ☐ 400 gr Fusilli, pasta
- ☐ 60 ml Olive oil
- ☐ 20 ml Red wine vinegar
- ☐ 80 gr Olives, black
- ☐ 240 gr Feta cheese

ASSESSMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

Directions

1. In a large pot of salted boiling water, cook pasta Fusilli according to package directions until al dente. Drain and transfer to a large serving bowl.
2. Make dressing:
In a small bowl, whisk together olive oil, red wine vinegar, oregano & garlic powder.
3. To serving bowl. Add chopped cucumbers, diced tomatoes, pitted and chopped olives & thinly chopped onions.
4. Add dressing and toss until evenly coated.
5. Season with salt & pepper and then top with crumbled feta.

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<http://www.delish.com/cooking/recipe-ideas/recipes/a47991/greek-pasta-salad-recipe/>

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- CRAFTSMANSHIP -

Insalata Capricciosa ✓

Courses: Salads

Collections: Italian recipes

Source: OCTOPUS OCEAN - Germany



Ingredients

- ☐ 2 Iceberg salads, fresh
washed / spin drained
- ☐ 2 Cucumbers, fresh
- ☐ 8 Tomatoes, washed
- ☐ 8 Eggs, hard-boiled
- ☐ 8 slices Ham, cooked
- ☐ 8 slices Edam cheese
- ☐ 4 tins Tuna (in water)
- ☐ 600 gr Corn, tinned

ASSESSMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

EDUCATION

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FACEBOOK

Craftsmanship - a culinary
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Directions

1. Cleaning the iceberg lettuce:
Remove the outer, wilted leaves.
Cut out the core.
Halve the lettuce, cut it into long strips, and then
into bite-sized pieces / leaves.
Thoroughly wash the chopped lettuce in cold
water and spin dry.
2. Wash the cucumbers, peel them, cut them
lengthwise into quarters, remove the seeds, and
cut into bite-sized pieces.
3. Wash the tomatoes, remove the stem, and cut
into even pieces.
4. Cook the eggs in boiling water for 9 - 11 minutes,
cool in ice water, and peel.
5. Cut the ham and Edam cheese into strips.
6. Place the tuna from the can in a sieve and drain.
7. Place the corn from the can in a sieve, rinse under
hot water, and drain.
8. Arrange the iceberg lettuce in a bowl and garnish
with cucumber pieces, tomatoes, corn, eggs, ham
and cheese strips, and tuna pieces.

Italian or French dressing goes well with this.

- CRAFTSMANSHIP -

Radi - Bavarian salad ✓

Courses: Salads

Collections: French recipes

Source: OCTOPUS OCEAN - Germany



Ingredients

- ☐ 8 gr Salt
- ☐ 8 gr Chives, frozen
- ☐ 2 kg Radish white, fresh
- ☐ 200 ml Rapeseed oil
- ☐ 70 ml Vinegar,
herb-flavoured
- ☐ 40 gr Mustard, medium
- ☐ 8 g Sugar

ASSESSMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

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Directions

1. First wash and then peel the white radish.

You have 2 options:

2. Cut in thin slices with a sharp knife.
Or (if on hand) use a "spiral" slicer and cut the white radish in garlands like an accordion.
3. Combine the vinegar with the salt and the sugar.
Stir well until salt and sugar dissolves.
4. Add the mustard and stir until it emulsifies. Now add the oil and the chives. Stir again.

For service:

5. Place the slices or garlands of the white radish on plates and sprinkle with the vinegar/oil dressing so called "vinaigrette".
6. Serve immediately.

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- CRAFTSMANSHIP - Ribbons of Courgette ✓

Courses: Salads

Collections: Levantine recipes

Source: OCTOPUS OCEAN - Germany



Ingredients

- ☐ 800 g courgette / zucchini
- ☐ 2 tsp Marjoram
- ☐ 2 Lemon zest & juice
- ☐ 4 tbsp extra virgin Olive oil
- ☐ 1 tsp Salt
- ☐ 1 tsp Pepper, black

ASSESSMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

EDUCATION

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Directions

1. After washing, cut off the ends of the courgette / zucchini.
2. Cut the courgette / zucchini lengthwise into thin strips using a vegetable peeler or, even better, with a mandolin.
3. Discard any spots that are just starting to peel.
4. Squeeze the juice from the lemon into a bowl after grating it.
5. Stir in the olive oil.
6. Alternately arrange the courgette /zucchini ribbons on a serving plate.
7. Season with salt & pepper, sprinkle a little marjoram on top, and drizzle with the lemon dressing.

Serve and enjoy!

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- CRAFTSMANSHIP -

Salade Nicoise ✓

Courses: Salads

Collections: French recipes

Source: OCTOPUS OCEAN - Germany



Ingredients

- ☐ 800 g Beans, green
- ☐ 8 Tomatoes, washed
- ☐ 4 Onions, small
- ☐ 4 Tuna flakes
(canned tuna in water)
- ☐ 8 Eggs, hard-boiled
- ☐ Olives, deseeded
(e.g., black or green)
- ☐ Salt & Pepper to taste

ASSESSMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

EDUCATION

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Directions

Blanch the green beans in a pot of boiling water for until AL DENTE.

Drain & shock in ice water.

While the beans are cooking, prepare the tomatoes, onion, and olives.

Drain the tuna and break it into large pieces.

In a bowl, gently combine the beans, tomatoes, onions, tuna, and olives. Season with salt and pepper.

Arrange the salads on plates and garnish with quartered eggs.

Serve with light VINAIGRETTE dressing

NOTE

The Salade Niçoise is a classic French dish that originates from the city of Nice. This salad variation is known for its fresh, Mediterranean flavors and the use of high-quality ingredients typical of the region. It combines different tastes and textures in one dish and is ideal for enjoying a light yet nutritious snack on warm days. The variety of fresh ingredients makes this salad not only delicious but also very healthy.

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- CRAFTSMANSHIP - Swiss Sausage salad ✓

Courses: Salads

Collections: Italian recipes

Source: OCTOPUS OCEAN - Germany



Ingredients

- ☐ 500 gr Lyoner or Mortadella
- ☐ 200 g Gouda
- ☐ 2 Onions red
- ☐ 1 tsp Mustard
- ☐ 1 tbsp Marjoram
- ☐ 50 ml Herb vinegar
- ☐ 75 ml Rapeseed oil
- ☐ 2 tbsp Water
- ☐ Salt, Pepper, pinch of Sugar

ASSESSEMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

EDUCATION

For galley crew sailing on all oceans

FACEBOOK

Craftsmanship - a culinary voyage

Directions

1. Cut the Lyoner / Mortadella sausage and the Gouda into slices about 2 mm thick using the fine slicer tondo 13.
2. Cut everything into thin strips & place them in a bowl.
3. In a separate bowl, add the mustard and marjoram along with a pinch of sugar.
4. Add vinegar & water and stir vigorously.
5. Finally, add the oil & season with salt & pepper.
6. Mix with the Lyoner & Gouda and let it marinate for about 1 hour.
7. Then arrange on 4 plates and slice the red onions about 1 mm thick using the fine slicer tondo 13, and distribute them over the salad.
8. Let it sit briefly, serve, and enjoy. Bon appétit!

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<https://www.facebook.com/reel/859791936758400>

- CRAFTSMANSHIP - Tabbouleh, Cous Cous ✓

Courses: Salads

Collections: Italian recipes

Source: OCTOPUS OCEAN - Germany



Ingredients

- ☐ 200 gr Cous Cous
- ☐ 800 ml Water for cooking
- ☐ 800 gr Tomatoes, fresh
- ☐ 400 gr Spring onions,
washed & thinly sliced
- ☐ 150 gr Parsley, fresh
washed & spin-drained
- ☐ 150 ml Olive Oil
- ☐ 120 ml Lemon juice, fresh

ASSESSMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

EDUCATION

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Directions

1. Rinse the Cous Cous in a sieve until the water runs clear.
2. Drain well, then transfer to a bowl.
3. Bring 800 ml water to a boil.
Pour over boiling water, cover with cling film & leave to soak for 30 min. or so while you prepare the rest of the ingredients.
4. Wash the parsley bunch under cold running water. Spin-dry the parsley.
5. Keeping the parsley in a bunch, chop the leaves roughly. Don't worry about the inclusion of some of the stalks; this all adds to the flavour.
6. Put the chopped herbs in a large bowl and add the tomato (deseeded & diced) and the finely sliced spring onion.
7. Thoroughly drain the Cous Cous, then add to herbs. Mix, along with lemon juice & olive oil.
8. Mix thoroughly, season and serve!

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- CRAFTSMANSHIP -

Tomato / Onion salad ✓

Courses: Salads

Collections: Italian recipes

Source: OCTOPUS OCEAN - Germany



Ingredients

- ☐ 8 gr Salt
- ☐ 4 gr Pepper, white - ground
- ☐ 4 gr Basil, dried
- ☐ 1,4 kg Tomatoes, fresh
- ☐ 80 ml Olive oil
- ☐ 80 ml Balsamico vinegar
- ☐ 720 gr Mozzarella

ASSESSEMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

EDUCATION

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Directions

1. Cut an X into the bottom of the tomatoes. Some chefs also like to cut off the stem at this point to allow a better heat penetration.
2. Bring a pot of water to a rolling boil. Drop the tomatoes into the water, after 10 - 15 seconds, depending on the tomato's age & ripeness, remove them with a slotted spoon.
3. Immediately plunge the tomatoes into very cold ice water.
4. Pull away the skin. If the tomatoes were properly blanched, the skin will slip easily away and there will be very little flesh clinging to the skin.
5. Cut the peeled tomatoes in slices of 0.8 cm thickness. Place them on small plates.
6. Take the Mozzarella cheese out of their packaging. Remove any brine by washing it under cold running water. Blot dry the cheese. Cut the Mozzarella cheese in small slices of 0.5 cm thickness. (Use a very sharp knife for that.)
7. Layer one slice of tomato & one slice cheese.
8. Sprinkle with salt, white pepper & dried basil.
9. Finally sprinkle over some olive oil and some Balsamico vinegar but don't pool the plate.

- CRAFTSMANSHIP -

White cabbage salad ✓

Courses: Salads

Collections: German recipes

Source: OCTOPUS OCEAN - Germany



Ingredients

German Coleslaw It is a light but flavourful salad that pairs well with many dishes, especially meat.

Serves 8

- ☐ 1 small White Cabbage, thinly sliced
- ☐ 2 tsp Salt
- ☐ 3 tsp Sugar, or to taste
- ☐ 2 tsp Caraway, to taste
- ☐ 2 small yellow onions
- ☐ 2 tbsp vegetable oil
- ☐ 4 tbsp white Vinegar,
- ☐ 100 ml Water / veggie broth
- ☐ Pepper black, to taste

ASSESSMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

Directions

Remove any wilted outer leaves from the cabbage and cut it into quarters. Remove the hard core and cut the cabbage into fine strips, then transfer them to a large bowl.

1.) small white cabbage

Sprinkle salt & sugar over the cabbage.

Use your hands to massage the cabbage for about 6-8 min.; until it becomes soft.

Drain any excess liquid and set the bowl aside.

Peel & finely chop the onions.

Method 1:

Heat the oil in a frying pan over medium heat. Add the onions and caraway seeds, and cook for about 5 minutes, stirring regularly, until the onions are soft. Add the water (or vegetable broth) and vinegar. When the water and vinegar are hot, pour the mixture over the cabbage and mix well.

Method 2:

Don't cook the onion and caraway seeds; instead just add them to the bowl with the cabbage. In a small bowl, combine the water, oil, and vinegar and pour over the cabbage. Add 2 tsp caraway, 2 tbsp vegetable oil, 4 tbsp white vinegar, 100 ml water.

Season with pepper to taste and refrigerate the Krautsalat for at least 2 hours before serving.

EDUCATION

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As an alternative to caraway, you can also season it with marjoram and coriander. A dash of cream gives it a mild and pleasant flavour (a tip from my mother-in-law)

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<https://www.recipesfromeurope.com/german-coleslaw/>

- CRAFTSMANSHIP -

Warm potato salad ✓

Courses: Salads

Collections: German recipes

Source: OCTOPUS OCEAN - Germany



Ingredients

8 SERVINGS

- ☐ 1800 gr Potatoes,
cooked & peeled
- ☐ 4 small white Onions
- ☐ 500 ml Vegetable stock
- ☐ 6 tbsp Vinegar
- ☐ 2 tsp Mustard
- ☐ 4 tbsp Oil
- ☐ Salt + Pepper

ASSESSMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

EDUCATION

For galley crew sailing on all oceans

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Directions

Thoroughly wash the skin of the potatoes.

Fill the potatoes in a large pot and cover with cold tap water. Sprinkle salt in the water.

Bring to a boil.

Cook the potatoes until doneness. (Fork test)

If the fork goes in easily, the potatoes are ready.

Pour the potatoes into a sieve.

Place the cooked potatoes on a baking tray and leave them to cool

Cut the cooled potatoes into slices 0.5 to 1 cm thick

Finely chop the onion, fry in a pan with oil until translucent, then mix with the potatoes in a bowl.

Warm the vegetable stock and stir in the vinegar and mustard. Pour over the potato salad, stir through and season to taste with salt & pepper.

Cover and leave to stand for 20 min.

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