

Provisioning from Mexico for Long Periods at Sea:

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By Linda Edeiken..s/v JACARANDA

Puddle Jump Presentation, Puerto Vallarta, 3/15/10

(While she hasn't Puddle Jumped yet, Linda has provisioned several times for two month stints in the Revillagigedos Islands and for long term spells in the Sea of Cortez)

Cooking Strategy:

My "First Line" strategy of using my provisions consists of fresh veggies/fruits, frozen meats, butter, store-bought bread and boxed milk. My "Second Line" strategy that kicks in as time goes on and fresh things are gone consists of canned/boxed food, long storage food (i.e. rice and pasta), oils, powdered milk and baking my own bread.

I interweave both so I do not end up with all canned food, rice and pasta at the end of the trip. i.e. Mix canned chicken with frozen chicken for casseroles, mix powdered milk with box milk.

Inventory: I keep a computerized inventory that I can print out and update by hand as I use things.

Then it becomes a shopping list for later. See a sample layout at the end of this document.

Shopping/Some suggestions to purchase: Do not bring new foods on board that you have not tried or tasted - try them before you go!

- "Just add water things": pancake mix, instant oatmeal, hot chocolate, cake or muffin mixes, drink mixes, powdered eggs
- Long lasting veggies that can go
 - Potatoes
 - Cabbage
 - Jicama
 - Chayote
 - Onions - white last longer than yellow which last longer than spanish (red)
 - Garlic
 - Granny smith apples - Tart apples last longer than sweet, softer varieties.
- Veggies for the refrigerator:
 - Zucchini
 - Carrots
 - Bell peppers
 - Small cucumbers
- Dried Fruits/Veggies:
 - Blueberries
 - Apricots
 - Dates
 - Dried tomatoes - my special ingredient for extra rich taste to sauces, casseroles, etc.
- Boxed Milk and Juices - I don't buy fresh milk anymore, the boxed is so good
- Boxed food (or canned to reduce garbage):
 - Media crema (like half and half; use it to make sour cream)
 - Diced tomatoes
 - Mushrooms
 - Salsa
 - Flor de Calabaza (Squash blossoms -very mexican -- great in omelets, quesadillas)
- Canned veggies: I hate canned veggies - esp. peas and mushy asparagus but I carry the following because I found some good recipes for them

Corn (regular, baby, and creamed)
Spinach (fish and spinach - see recipe below)
Beets (salad with roquefort cheese and walnuts - see recipe below)
Hearts of palm
Artichoke hearts
Water chestnuts
Potatoes

- Unrefrigerated eggs: I usually carry 4 dozen or more (see stowage)
- Snacks and hors d'oeuvres (very Mexican): Japonese nuts and Hot Nuts (brand)
- Sushi stuff: nori, wasabe, pickled ginger, special sushi rice, rice vinegar
- Canned meats, butter, cheeses are available from US sources (see source sheet):
I don't like spam; I heard the canned beef from Costco is pretty good.
- Wine and beer, soft drinks -stock all you can - expensive in French Polynesia

Stowage

Important Rule: No apples with onions or citrus; No potatoes with onions

Do not store apples with onions - onions emit a gas which damages the apples
Do not store apples with citrus since the citrus will cause the apples to ripen.
Do not store onions with potatoes since the potatoes will begin to sprout.

Fresh Things last longer when they are:

Really fresh - watch for expiration dates, unwashed eggs direct from the farmer
Cooler
Well -Ventilated
Dry

I usually wash or wipe most vegetables in mild bleach water and let them air dry completely before storing them - this helps eliminate mold

I like long-life "green" vegetable bags for refrigerated veggies - use a separate bag for each veggie and make sure the vegetables are dry before putting them away.

Check unrefrigerated veggies/fruit frequently, turn them over, and discard moldy ones - wrapped limes in silver foil last longer. I try to refrigerate my limes as soon as room becomes available.

Use old odd socks to slip over glass bottles and jars to eliminate rattle and breakage.

Things that I do not refrigerate after they are opened:

- mayonnaise - must keep uncontaminated - squeeze bottles are great for this
- mustard
- Things in brine: pickles, capers, olives
- Oils
- Vinegars
- Kraft Parmesan cheese in the green container
- Jelly/jam

We drink a lot of limonadas so I squeeze some limes and keep some juice in freezer.

Decant things that come in large storage sizes into smaller, more handy containers that are more convenient to get to (I keep a small bottle of oils, vinegars, jarabe syrup for limonadas within arm's reach of the stove while the large storage supply is elsewhere).

- Unrefrigerated Eggs: To turn or not to turn..... I turn mine every few days; as they get older, some may go bad so break each egg in a separate cup to make sure it is good before adding it to a dish. Eggs purchased directly from a farmer that have not been washed will last longer.
- Freezing cheese: Freeze fresh, soft cheeses, such as mozzarella and goat cheese - put in a ziplock storage bag before tossing it in the freezer. I freeze Cream cheese but it gets crumbly - re-emulsify it by adding a little lime juice and whipping vigorously while it is still very cold. I freeze soft-ripened cheeses such as Brie and Camembert. Semi-soft cheeses, like Monterey Jack, Munster, Havarti, and Gorgonzola, tend to become crumbly after freezing. Hard aged cheeses, such as Cheddar, Asiago, and Manchego, do well in the freezer.

Bread:

Bimbo Linaza - preservatives make it last forever (well, almost)

Tia Maria brand tortillas - last a long time

Black bread (a german pumpernickel I buy in La Paz) - I freeze this for a treat later on

Making bread

beer bread

sourdough with starter

challah - egg bread

Artisan bread (see handout) - the best, easiest bread ever!

Seal-a-Meal - I do have a food sealer that I use for freezing portions of casseroles, some dry goods, nuts, rice packets, brownie mixes, etc.

Underway

- Pre-make some Passage food -

Tamales - buy homemade - my favorite - delicious/portion size/hardly any clean-up/ freezes.

Casseroles - italian chicken, chili, enchiladas - freeze in portions (see recipes below)

Spaghetti sauce

Roast chicken from a rotisserie place - cut into servings or debone for a great passage meal

Rice

Mashed potatoes

Tips for easier clean- up in the galley

- Underway try to have dinner prepared and cleaned up before dark
- Color code your glasses to eliminate extra dishes. This way you eliminate a sink full of glasses that had just held water
- Don't discard fairly clean napkins - save them to reuse for counter wipe-ups, etc.

For convenience - minimize measuring while underway

- Premix - salad dressings, coatings such as Panko with salt and pepper (panko or japanese bread crumbs is one of my essentials for fish), cookie dough dry ingredients
- Pre-measure dry goods such as pancake mix into 1 cup baggies, ready to mix rather than having to stop and measure.

Know where the Snacks are for night watches

Use your Pressure Cooker - it is also safer to use since the top is locked on and it will keep things warm longer.

Grow sprouts - to add to your fresh inventory

Make your own yogurt

Garbage

***Remove all packaging before you leave - as much as you can ***

Transfer what you can into reusable ziplocks that can be washed and reused. The only plastic I try to carry are ziplocks to be used and washed and reused, green vegetable bags, and some plastic bottles that I wash and reuse.

Separate organic/glass/cans in one bag to be thrown overboard in the deep; wash and cut up all plastic and deposit into one bag to be disposed of when you get to port. Always always, no matter where you are, cut up plastic six pack drink holders since they pose a special hazard to turtles and other sea life. I use trash compactor bags to store my plastic garbage since they are stronger and do not tend to leak or break down as fast. If you wash the plastic well, you will minimize the smell. Cut up your plastic to reduce volume.

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## **Recipe Section**

### **Beet and Roquefort Salad with Walnuts**

Adapted by Linda Edeiken, s/v Jacaranda, from Silver Palate Cookbook

2 cans sliced beets (pickled beets are even better)\*  
3 tablespoons red wine vinegar  
3 tablespoons olive oil \*\*  
1/2 cup shelled walnut halves  
1/4 lb. Roquefort cheese  
Freshly ground pepper to taste

Cut the beets into julienne.

In a mixing bowl toss the beets gently with the vinegar and olive oil. Taste and add more of either if you like; there should just be enough to coat the beets. Cover and chill until serving time.

To serve, toss the walnuts with the chilled beets and arrange in a shallow serving bowl. Allow to return to room temperature. Crumble the roquefort evenly over the top and grind on black pepper to taste. Serve immediately.

As a variation you can omit the Roquefort and sprinkle the salad generously with chopped fresh dill.

\*The original recipe calls for 8-10 medium fresh beets: Wash beets well, and trim stems and roots without piercing the skin. Drop the beets into a large kettle of boiling salted water and cook until tender, 20-40 minutes. Drain, cool, and peel beets, and cut into julienne.

\*\* The original recipe calls for walnut oil.

## **One Pan Fish and Spinach**

Linda Edeiken, s/v Jacaranda (from s/v Orea)

From: Sea of Cortez Dock Parties and Potluck Dinners, Barbara Brewer Campbell, 2001

4-6 fish fillets  
1 tablespoon olive oil  
1/2 onion, chopped  
4 cloves garlic, diced  
1 tomato or red bell pepper, diced (I often mix them)  
1/2 teaspoon Italian seasoning  
1/2 teaspoon oregano  
1 can spinach  
1 lime, halved  
1/2 cup sour cream (you can substitute a soft cheese like chihuahua, monterey jack)

Rinse fillets and set aside. Using a large skillet/frying pan, saute the onions in the olive oil about 5 minutes. Add garlic and red veggie (red bell pepper, tomato, or small can of pimentos). Heat over medium flame for a few more minutes. Add fish and gently lay the spinach on top of the fillets. Squeeze the lime over the fish and spinach. Next, spoon the sour cream on top of the spinach. Cover and cook for 2 minutes. Remove the lid, ease the spinach to the side, and turn the fillets. Cook for two more minutes. Serve immediately.

Note: to prepare this dish for a pot luck dinner, increase the ingredients accordingly, layer in a 13x9 inch baking dish and bake in a preheated oven at 350 degrees for 30 minutes.

## **Italian Chicken Casserole**

Linda Edeiken s/v Jacaranda from Italian Cooking magazine

2 italian or other sausage  
Smoked bacon, two pieces(optional)  
1 chicken or rabbit cut in serving pieces  
1 cup white wine  
olive oil  
2 shallots  
4 cloves garlic  
1/2 to 1 small can of tomato paste  
1/2 cup dried lentils  
2 cups vegetable stock (use bouillon cubes)  
1 can chick peas  
1 can cannellini beans (can substitute white beans or black beans)

Saute bacon, shallots, and garlic in a large stock pot . Remove.

Brown sausage in olive oil. Remove.

Brown chicken. Remove.

Return shallots, garlic, bacon and sausage.

Add wine.

Reduce by half. Add tomato paste.

Mix and add chicken, chick peas, lentils, and cannellini beans. Add vegetable stock. Add enough stock to almost cover chicken.

Braise for 45 minutes or until chicken is cooked through.

## **Chicken Enchilada Casserole**

Linda Edeiken s/v Jacaranda  
(from s/v Iwa)

1/4 cup vegetable oil  
1 large onion, chopped  
1-2 cloves garlic, pressed  
3/4 cup flour  
1/4 cup chile powder  
8 oz. canned tomato sauce  
4 cups chicken broth  
4 skinless chicken breast halves, cooked and shredded  
1 package (12) corn tortillas, cut in 1 inch strips  
1 1/2 cups jack cheese, shredded  
salt to taste

In a deep fry pan, heat oil over medium flame. Add 1/2 cup of the chopped garlic and onion. Saute until barely soft. Add flour and chile powder, stirring until well blended. Add tomato sauce and stir until mixture is a thick paste. Lower the flame to simmer. Using a whisk, add a little broth at a time to avoid lumps, continuing to stir between additions of broth until the sauce is thick enough to coat a spoon. Set aside. Cover the bottom of a large baking dish with some of the sauce mixture. Place a single layer of tortilla strips over the sauce, covering the bottom of the pan. Pour a little of the sauce over the tortilla strips, being careful not to use too much at a time, just enough to moisten lightly. Start layering with the remainder of the onion, chicken, cheese, tortilla strips, and sauce. Repeat layering until all ingredients are used and finish with the last bit of sauce. Cover the dish with foil and place on a cookie sheet in a 350 degree preheated oven until bubbly (about 30 minutes). Let stand 10 minutes before serving.

## **Fish Sausage**

Linda Edeiken s/v Jacaranda (from s/v Ornen, Tortuga, Blue Chablis and others)  
From: Sea of Cortez Dock Parties and Potluck Dinners, Barbara Brewer Campbell, 2001

This is great warm for breakfast but I also serve it cold for appetizers with some mustard. There is no fishy taste!

2-3 large fillets of firm fish, ground or finely chopped (about 6-8 cups)  
1 teaspoon garlic powder  
1 teaspoon ground thyme  
1 teaspoon ground sage  
1 1/2 teaspoons pepper  
2 teaspoons salt  
2 teaspoons poultry seasoning  
1-2 teaspoons cooking oil  
1/4 teaspoon chile powder (optional)

In a large bowl, mix the fish and seasonings very well (use your hands if you like!). Shape into 2 inch patties and fry in a non-stick skillet with a little oil.

### Variations:

- Italian sausage: Substitute 1 teaspoon Italian seasoning and herb/garlic seasoning instead of the thyme and sage.
- For smoked flavor, add 1/2 teaspoon liquid smoke
- For a spicier version, substitute 1/2 teaspoon chile powder, 1 teaspoon creole seasoning instead of the poultry seasoning. Reduce the salt to 1 teaspoon.

Distributed by Linda Edeiken, s/v Jacaranda

## **Artisan Bread in Five Minutes a Day**

by Jeff Hertzberg and Zoe Francois

WOW! Delicious bread that doesn't have to be time consuming! No kneading! The secret: By pre-mixing high moisture dough (without kneading) and then storing it in the refrigerator for up to two weeks, the only daily steps you have to do when you want a loaf are shaping and baking. It's very versatile and the book has recipes for baguette, pizzas, pita, pretzels, bagels, sandwich loaves, and buttery pastries.

### **Artisan Bread: The Master Recipe: Boule (Free-form Loaf)**

Makes four 1 pound loaves. The recipe is easily halved or doubled.

3 cups lukewarm water (about 100 degrees or a little warmer than body temp.)  
1 1/2 tablespoons granulated yeast (2 packets)  
1 1/2 tablespoons kosher or other coarse salt  
6 1/2 cups unsifted all purpose flour (measured with the scoop&sweep method)  
Cornmeal  
Resealable, lidded (not airtight) plastic food container.

### **Mixing and Storing Dough**

#### **1. Mix thoroughly in a few minutes but don't knead - kneading is unnecessary.**

Add yeast and salt to lukewarm water in a resealable, lidded (not airtight) plastic food container. Don't worry about getting it all to dissolve.

Mix in flour - kneading is unnecessary. Add all the flour at once, measuring it with dry-ingredient measuring cups by scooping up flour, then sweeping the top level with a knife; don't press down into the flour or it will compress it and throw the measurement off. Mix with a wooden spoon. If you are hand-mixing and it becomes difficult, reach in with very wet hands and press the mixture together. You're finished when everything is uniformly moist, without dry patches. This step is done in a matter of minutes, and yields a dough that is wet and loose enough to conform to the shape of its container.

#### **2. Allow to rise about 2 hours**

Cover with a lid (not airtight) that fits well to the container you're using. Allow the mixture to rise at room temperature until it begins to collapse (or at least flatten on the top) - approximately 2 hours. Longer rising times up to 5 hours will not harm the result. You can use a portion of the dough any time after this period.

#### **3. Refrigerate the dough for 3+ hours**

Fully refrigerated wet dough is less sticky and is easier to work with than dough at room temperature. So the first time you try this method, it's best to refrigerate the dough overnight (or at least 3 hours) before shaping a loaf.

### **On Baking Day**

#### **1. Shape a grapefruit-size loaf in a minute**

Sprinkle the surface of your refrigerated dough with flour. Pull up and cut off a grapefruit-size piece of dough using a serrated knife. Hold the mass of dough in your hands and add a little more flour so it won't stick to your hands. Resist the temptation to get rid of all stickiness by adding too much flour. Gently stretch the surface of the dough around to the bottom on all 4 sides, rotating the ball a quarter of a turn as you go. Most of the dusting flour will fall off. The bottom will appear bunched but will flatten out. The correctly shaped ball will be smooth and cohesive. Take no more than 30-60 seconds.

2. Prepare a baking sheet with a "Pizza peel" - Sprinkle the sheet with cornmeal to prevent the loaf from sticking to it.
3. Rest the ball loaf and let it rise on a pizza peel for about 40 minutes. It doesn't have to be covered . You may not see much rise during this period; more rising will occur during baking.
4. Preheat the oven to 450 degrees 20 minutes before baking. If you have one, place a baking stone on the middle rack. Place an empty broiler tray for holding water on any shelf that won't interfere with the rising bread.
5. Dust and slash. Dust the top of the loaf with flour and slash a 1/4 inch deep cross or pattern in the top using a serrated bread knife.
6. Bake with Steam for 30 minutes at 450 degrees: After a 20 minute preheat, place the bread on the stone or put the baking sheet in the oven (even though the oven isn't up to full temperature). Pour 1 cup of hot water into the broiler tray and close the oven door to trap the steam. Bake for 30 minutes or until the crust is nicely browned and firm to the touch.
7. Cool completely preferably on a wire rack for best flavor, texture, and slicing.

### **Store or Freeze the Remaining Dough**

Store the remaining dough for the next 14 days. Do this in the lidded (not airtight) container. Even one day's maturation (storage) improves the flavor and texture. Cut off and shape more loaves as you need them over the 14 day storage period.

(The dough can also be frozen in 1 lb. portions in an airtight container and defrosted overnight in the refrigerator prior to baking day. )

**Variation: Herb Bread** - Add 1 teaspoon dried thyme leaves (2 teaspoons fresh) and 1/2 teaspoons dried rosemary leaves (1 teaspoon fresh) to the water mixture.

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Sources for Canned Meats, Cheese, Butter

from Linda Edeiken, s/v JACARANDA

1. Canned turkey, chicken, pork, beef, ham and beans, broths

BRINKMAN TURKEY FARMS, INC.
 16314 US RT. 68
 FINDLAY, OH 45840
 419-365-5127 FAX 419-365-1284
info@brinkmanfarms.com

<http://www.brinkmanfarms.com/form.htm>

2. Canned cheese, canned butter, canned meats

Bruce & Phyllis Hopkins
Best Prices Storable Foods
P.O. Box 3182
Quinlan, Texas 75474
(903) 356-6443 (9am-6pm Central)
(903) 356-6233 - fax

<http://www.internet-grocer.net>

3. Canned Cheese

Washington State University
<http://cougarcheese.wsu.edu>
800-457-5442
509-335-4014
Fax
800-572-3289
509-335-6775

Sample Inventory Sheet

Linda Edeiken s/v Jacaranda

| LOCKER | Food | Base Quantity | Used Quantity | Full Inventory | Notes |
|---------------------------|-----------------------------------|----------------|---------------|----------------|--|
| STBD Lower | Apricots (dried) | 2 bags | | | |
| STBD Lower | Brownie mix | 1 | | | 1 Betty crocker -bag |
| STBD Lower | Cake frosting | 2 | | | 1 BC Rainbow chip,1 Pillsbury milk chocolate |
| STBD Lower | Chicken (canned) | 7 lg. cans | | | COSTCO - Kirkland brand 354 gm. |
| STBD Lower | Chiliorio | 1 sm. can | | | Autentico (pork) |
| STBD Lower | Chocolate | 3 bags | | | Dove chocolates |
| STBD Lower | Chocolate | 2 blue tins | | | Trader Joes Dark Chocolate Wedges |
| STBD Lower | Cocktail Sauce | 1 bottle | | | |
| STBD Lower | Coconut Milk | 3 | | | |
| STBD Lower | Cream | 10 sm. can | | | |
| STBD Lower | Jam/jelly - Strawberry | 2 jars | | | 1 med., 1 small |
| STBD Lower | Mayonnaise | 8 plastic jars | | | Best foods or Hellman's |
| STBD Lower | Mole sauce | 1 sm. jar | | | |
| STBD Lower | Mustard | 2 | | | Dijon - 1 small can; 1 jar |
| STBD Lower | Parmesan cheese (Kraft) | 3 | | | 2 lg., 1 small |
| STBD Lower | Peanut butter | 1 lg. | | | PS Organic crunchy |
| STBD Lower | Republic of Tea | 3 cans | | | 3 Matte Latte (loose) |
| STBD Lower | Salmon (canned) | 6 sm. cans | Dec.8,2009 | | COSTCO - Kirkland brand 198 gm. |
| STBD Lower | Salsa | 3 | | | 2 salsa verde jars, 1salsa verde can |
| STBD Lower | Soy sauce | 1 | | | |
| STBD Lower | Specialty Sauces | 7 bottles | | | Stonewall Kitchen: 1 Maple chipotle grill, 1 roasted garlic, 1 pomegranate, 1 sesame ginger teriyaki; 1 Pineapple coconut mango tequila, |
| STBD Lower | Tarter sauce | 1bottle | | | |
| STBD Lower | Tomato (diced) | 8 box | | | |
| STBD Lower | Tomato (roasted) | 2 cans | | | Trader Joe's - Organic Tomatoes, diced & fire roasted with green chiles |
| STBD Lower | Tomato Sauce | 1 box | | | |
| STBD Lower | Tomatoes (sundried) | 1 bag | | | |
| STBD Lower | Tuna (canned) | 14 sm. cans | Dec.8,2009 | | COSTCO - Kirkland brand 198 gm. |
| STBD Lower | Wasabi | 2 sm. cans | | | |
| PORT Sette Aft Under Seat | Artichoke Hearts | 7 can | | | |
| PORT Sette Aft Under Seat | Asparagus | 2 cans | | | |
| PORT Sette Aft Under Seat | Beans - black | 4 can | | | |
| PORT Sette Aft Under Seat | Beans - garbanzo | 7 cans | | | |
| PORT Sette Aft Under Seat | Beans - refried | 3 cans | | | 1 large, 2 small |
| PORT Sette Aft Under Seat | Beans - white kidney (Cannellini) | 1 can | | | |
| PORT Sette Aft Under Seat | Beets (canned) | 5 cans | | | |
| PORT Sette Aft Under Seat | Capers | 2 jar | | | small |
| PORT Sette Aft Under Seat | Corn - baby | 1 can | | | |
| PORT Sette Aft Under Seat | Corn - kernels | 3 can | | | small |
| PORT Sette Aft Under Seat | Cuitlacoche | 1 can | | | small |
| PORT Sette Aft Under Seat | Fruit - Mandarin oranges | 7 cans | | | 4 large, 3 small |
| PORT Sette Aft Under Seat | Fruit - pineapple | 2 cans | | | small |
| PORT Sette Aft Under Seat | Fruit - strawberries | 1 cans | | | |
| PORT Sette Aft Under Seat | Green Chiles | 3 can | | | 1 very large, 2 small |
| PORT Sette Aft Under Seat | Hearts of palm | 4 can | | | |
| PORT Sette Aft Under Seat | Jam/Jelly - Jalapeno | 2 jars | | | |
| PORT Sette Aft Under Seat | Jam/jelly - Mint | 1 jar | | | |
| PORT Sette Aft Under Seat | Lentils (black) | 1 bag | | | |
| PORT Sette Aft Under Seat | Lentils (green) | 2 bag | | | |
| PORT Sette Aft Under Seat | Mushrooms | 7 sm. cans | | | sliced |
| PORT Sette Aft Under Seat | Olive Tapenade | 1 jar | | | green |
| PORT Sette Aft Under Seat | Olives (black) | 8 cans | | | 6 large (whole), 2 small (chopped) |
| PORT Sette Aft Under Seat | Olives (green) | 4 | | | 2 bags, 2 jars |
| PORT Sette Aft Under Seat | Olives (kalamata) | 1 jar | | | |
| PORT Sette Aft Under Seat | Pickles (dill) | 1 jars | | | |
| PORT Sette Aft Under Seat | Pickles (sweet) | 3 jars | | | |
| PORT Sette Aft Under Seat | Potatoes (canned) | cans | | | |
| PORT Sette Aft Under Seat | Soup - chile poblano | 1 box | | | |
| PORT Sette Aft Under Seat | Spinach (canned) | 6 can | | | |
| PORT Sette Aft Under Seat | Tomato sauce | 1 jar | | | Prego |
| PORT Sette Aft Under Seat | Tomatoes (cubed) | 3 cans | | | |
| PORT Sette Aft Under Seat | Tomatoes (sundried in oil) | 1 jar | | | small |
| PORT Sette Aft Under Seat | Water chestnuts | 1 can | | | small |