

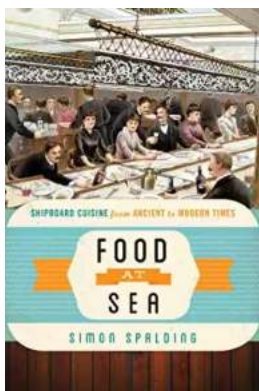
From Ancient to Modern Times: Shipboard Cuisine - Food On The Go

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In today's fast-paced world, where travel has become a part of our daily lives, it is fascinating to explore the history of shipboard cuisine, from ancient times to the modern era. Throughout history, sailors and explorers have relied on food that could withstand long voyages and harsh conditions at sea. Shipboard cuisine has evolved over time, adapting to the changing needs and tastes of seafarers. In this article, we will delve into the captivating journey of shipboard cuisine, from its humble beginnings to the incredible variety of options available on modern-day cruises.

Ancient Shipboard Cuisine - Sustenance for Exploration:

When we think of ancient shipboard cuisine, images of bland rations and monotonous meals might come to mind. However, the reality was much more varied and intriguing. Ancient seafarers had to rely on food that would last for months or even years. This meant preserving food through smoking, salting, and drying. Anchovies, olives, salted fish, and hardtack (a type of hard, dry biscuit) were common staples aboard ancient vessels.



Food at Sea: Shipboard Cuisine from Ancient to Modern Times (Food on the Go)

by Simon Spalding (Kindle Edition)

★★★★☆ 4 out of 5

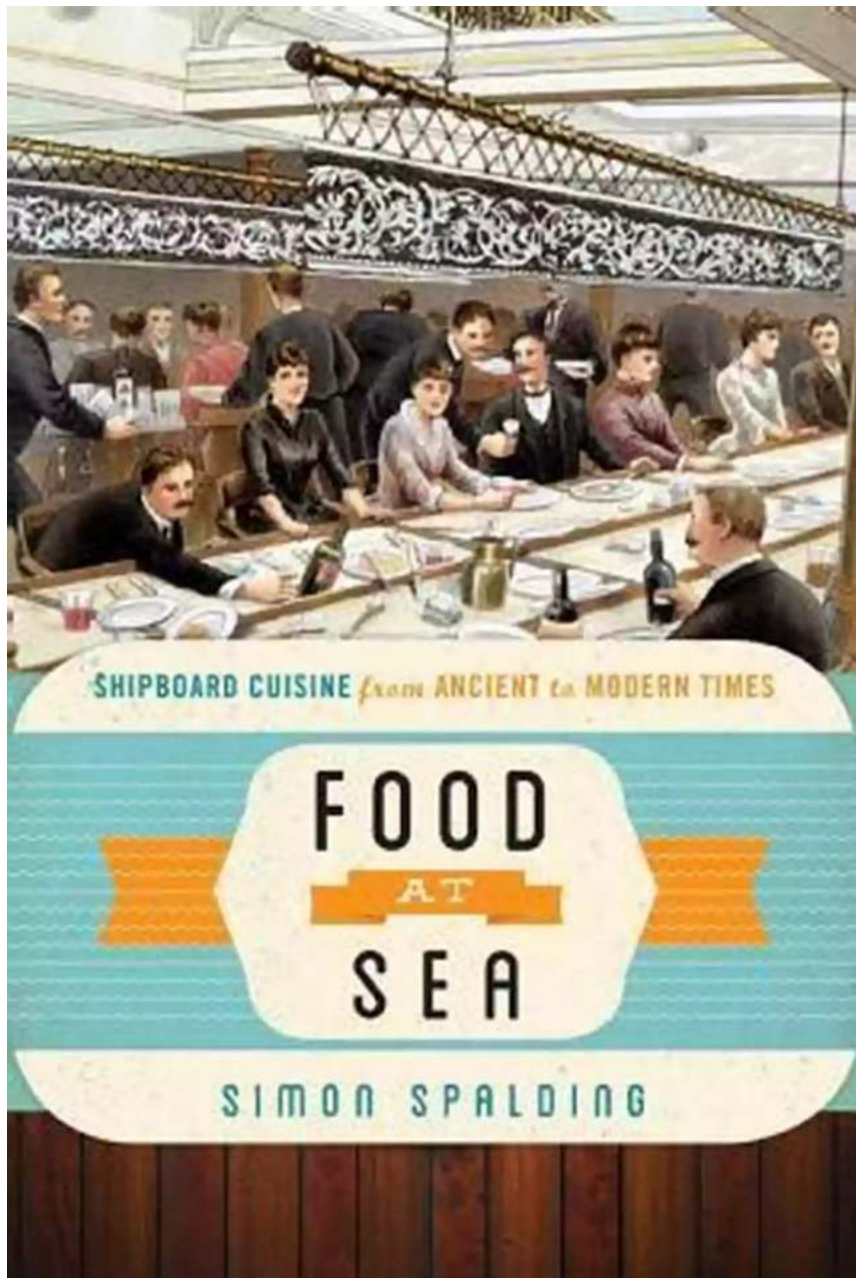
Language : English

File size : 8837 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 280 pages
Hardcover : 152 pages
Item Weight : 11.7 ounces
Dimensions : 5.51 x 0.5 x 8.5 inches

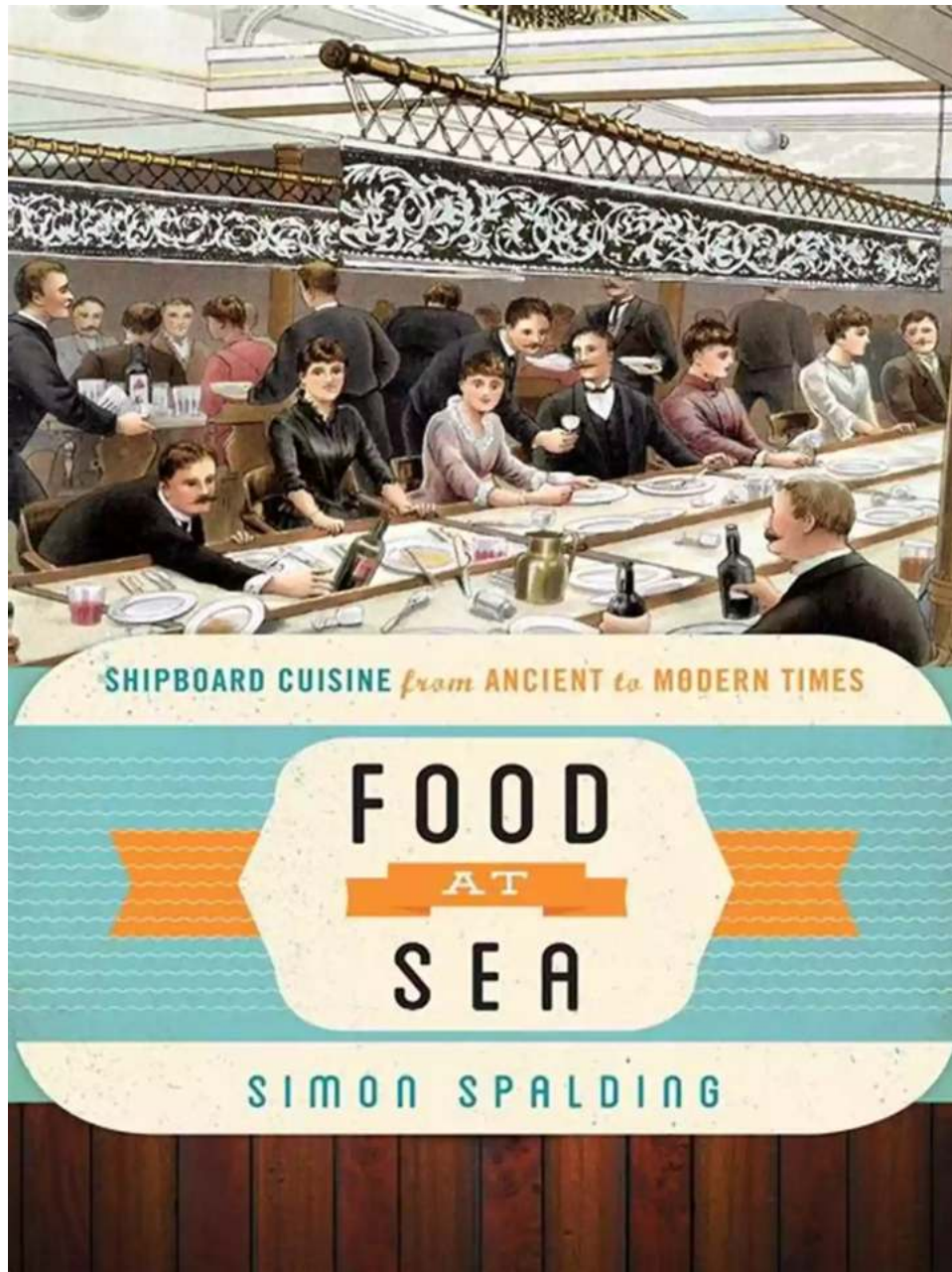


The ancient Greeks and Romans were renowned seafarers and explorers, and their ships carried not only essential food supplies but also delicacies from different regions. These would include wine, cheese, and spices to add flavor to their voyages.

Medieval Shipboard Cuisine - A Taste of Adventure:

As maritime trade expanded during the medieval period, shipboard cuisine began to incorporate an eclectic mix of ingredients and flavors from different parts of the world. Spices, in particular, played a vital role in adding taste and preserving food. Ships sailing on long voyages often brought various spices such as cinnamon, cloves, and pepper.

During this time, dried meat such as jerky became a popular travel food due to its longer shelf life. Salted pork and beef were also commonly consumed. Fish, whether fresh or salted, remained a crucial source of protein for sailors.



The Age of Sail - A Culinary Revolution:

With advancements in navigation and shipbuilding during the Age of Sail, seafaring became a more comfortable endeavor. This also had significant implications for shipboard cuisine. Ships became larger, allowing for more space to store fresh produce and livestock, leading to a more varied diet.

The British Royal Navy, for example, recognized the importance of providing nutritious meals to its sailors to maintain morale and health. The concept of "rum rations" and "lime juice" was introduced to combat scurvy, a condition caused by Vitamin C deficiency. The crew could now enjoy fresh meat, fish, vegetables, and fruits, providing a more balanced and appealing diet during their lengthy voyages.



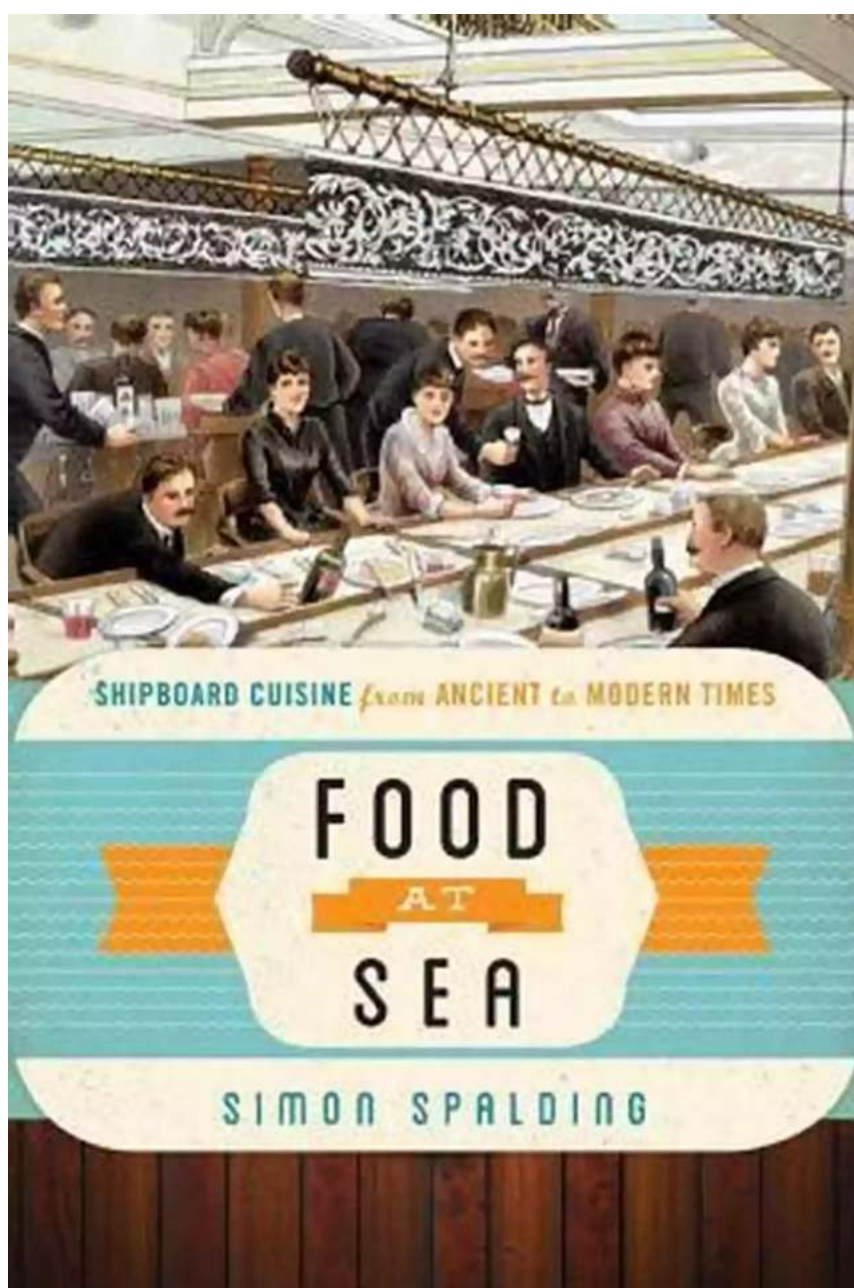
Modern Shipboard Cuisine - A Gastronomic Affair:

As cruise ships gained popularity in the 20th century, shipboard cuisine underwent a revolution. Those embarking on cruise vacations were no longer concerned solely with sustenance but sought an extraordinary culinary experience. Cruise lines now offer an astonishing variety of dining options, catering to diverse tastes and preferences.

Modern cruise ship kitchens resemble those of luxury restaurants, with professional chefs crafting innovative and exquisite dishes from around the world. Buffets boast an array of choices, with themed nights showcasing cuisines from

various regions. Specialty restaurants offer fine dining experiences, featuring celebrity chefs and unique menus.

Furthermore, dietary restrictions and preferences are given great attention, with vegetarian, vegan, gluten-free, and other specialized menus available to accommodate the individual needs of passengers. The availability of fresh ingredients and advanced storage systems ensure that meals remain delicious and appetizing throughout the voyage.



The Future of Shipboard Cuisine - Innovation and Sustainability:

The world of shipboard cuisine continues to evolve, embracing innovation and sustainability. Cruise lines are striving to incorporate locally sourced ingredients and reduce food waste. Some ships even have onboard hydroponic gardens to provide fresh greens for salads and herbs for flavoring.

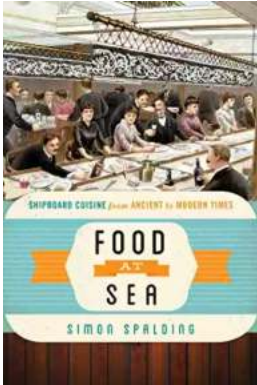
Advancements in technology have made it possible for ships to store and prepare meals with minimal resources, making onboard dining a green and efficient practice. Moreover, with the growing popularity of expedition cruises to remote destinations, ships are exploring the unique culinary traditions of these regions, offering passengers a chance to savor authentic local dishes.

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Shipboard cuisine has come a long way from the simple rations of ancient sailors to the culinary extravaganza on modern cruise ships. Explorers and seafarers throughout history have relied on innovative preservation techniques and essential ingredients to sustain themselves at sea. The evolution of shipboard cuisine reflects not only the advancements in maritime technology but also the ever-changing palate and expectations of travelers.

So, the next time you embark on a cruise or sail to distant shores, take a moment to appreciate the rich history and immense variety that shipboard cuisine has to offer. From experiencing ancient recipes passed down through generations to indulging in dishes created by renowned chefs, shipboard cuisine truly takes food on the go to a whole new level of excitement and exploration.

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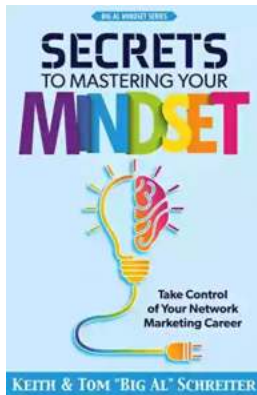


Food at Sea: Shipboard Cuisine from Ancient to Modern Times traces the preservation, preparation, and consumption of food at sea, over a period of several thousand years, and in a variety of cultures. The book traces the development of cooking aboard in ancient and medieval times, through the development of seafaring traditions of storing and preparing food on the world's seas and oceans.

Following a largely chronological format, Simon Spalding shows how the raw materials, cooking and eating equipments, and methods of preparation of seafarers have both reflected the shoreside practices of their cultures, and differed from them. The economies of whole countries have developed around foods that could survive long trips by sea, and new technologies have evolved to expand the available food choices at sea.

Changes in ship construction and propulsion have compelled changes in food at sea, and Spalding's book explores these changes in cargo ships, passenger ships, warships, and other types over the centuries in fascinating depth of detail.

Selected passages from songs and poems, quotes from seafarers famous and obscure, and new insights into culinary history all add spice to the tale.



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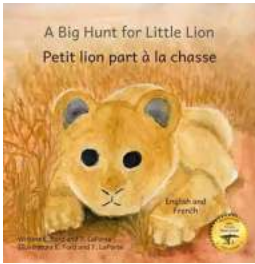
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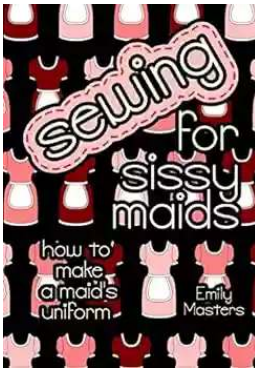
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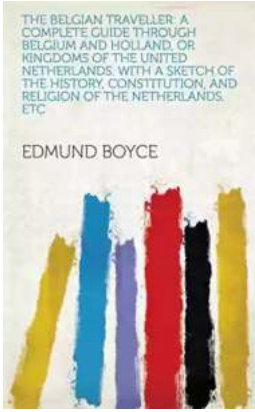
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