



## MCTC competition winners cook up a storm

**T**he 2022 winners of MCTC's annual cooking competition have been announced, with four culinary specialists taking the plaudits.

Lowell Jun M. Pormiento, chief cook on the BW Lena; Lovely Ogquing Gatdula, second cook with the Arctic Princess; Darrel Dimaandal, chief cook of the Maestro Sapphire; and Eddie M. Laureta, chief cook for the Paranagua Express claimed victory after serving up mouth-watering roast dinners, the theme for this year's contest.

The winning dishes were porchetta (Lowell), holiday ham in maple glaze (Lovely), holiday's herb crust fillet mignon roast (Darrel) and roasted ham with pineapple (Eddie).

Every year, galley crews on ships managed by MCTC clients are invited to create visually alluring dishes with irresistible flavours and aromas.

Christian Ioannou, MCTC Group CEO, added: "The calibre of every cook taking part in this competition is always incredibly high. As a trained chef, I take great pleasure in seeing galley crew, who dedicate so much time and effort to mastering their profession, demonstrating incredible flair and cooking techniques when competing against one another. Everyone who has taken part this year should be immensely proud of themselves."



# Message from our Managing Director

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**A**s we approach Spring/ Summer we had hoped for calmer climates following the world learning to live with covid, but sadly we hadn't anticipated the war in Ukraine. MCTC is supporting crew and clients where possible – and also trying to ensure the food supply chain continues smoothly.

It's a difficult time for all concerned, and our thoughts go out to all embroiled in this sad situation. If we can offer more assistance, then please do let us know. We appreciate everyone's support while we all navigate the uncertainty together. Crew have been upbeat and supportive of one another. Mealtimes unite crew, and I know our Chief Cooks and Galley staff have all been trying to support where possible.

It's at challenging times when we realise meal times help to bring crew together, which is why the cook is so vital and the galley is really the heart of the vessel. It's at mealtimes where crew socialise, so it's an important time of day. It's also one of the reasons why MCTC is pleased to support Cooks Day, on 30th May 2022, where we are encouraging crew to either bake a cake to celebrate the galley staff – or simply upload the Cooks Day logo to social media.

**Christian Ioannou**  
Managing Director



# What Can You do to Support Cooks Day?

**T**here's lots of ways, here's just a few simple ideas:  
Encourage your seafarers to let you know their favourite dishes to show cooks how important mealtimes truly are. Working behind the scenes in the galley can feel like you are shut off from life onboard, so we want cooks to know they matter and how important mealtimes are to everyone.

Please share our chocolate cake recipe with crew onboard and encourage them to bake a cake to celebrate your galley crew. You can get the whole crew

involved and holding a cooking competition to see how can bake the best cake. To view the recipe, [please click here](#)

Ask everyone to use the Cooks Day logo on their social media channels. We want the maritime sector to come together united to show our appreciation for cooks.

Another way, let us know why you value your cooks? MCTC can share comments on our social media pages. Please email: [info@mctconsultancy.com](mailto:info@mctconsultancy.com)

Whatever you do, make sure you let us know about it.



## Social Media

A reminder to follow us on:  
Twitter / Facebook / LinkedIn

Please click on the icons to access our social media sites

# Healthy Food: Our Booster Shot



**O**ur Health & Nutrition Conference focused on immunity and supporting a stronger immune system through wholesome nutritious food. During the conference, MCTC dietician Nichole Stylianou explained how we are all focussing on our immune systems and how to make them stronger since the Covid-19 pandemic.

“Immune systems are essential for our survival. Our bodies are like a perfect machine. If something is dysfunctioning then it leads to other problems in our organism. Without it our bodies are vulnerable to bacteria, parasite and viruses. Our immune systems protect us from pathogens and keeps us healthy.”

The panel of speakers for the online conference included MCTC , CEO Christian Ioannou, MCTC Culinary Training, Consultant Tonia Drousiotu, and Captain Kuba Szymanski, Secretary-General of InterManager.

Ms Stylianou added it was important for people to ensure they are including a variety of foods in their diet to help boost their immune systems, to ensure they were getting the right amount of nutrients. Some of these nutrient-rich foods include spinach, avocado and eggs. To listen to the full webinar and hear further advice from our panel of experts, [please click here](#)

## Green Agenda

**P**romoting sustainability is extremely important to us and we are pleased to report our Green Agenda is going from strength to strength. There are small changes we can all do to ensure a sustainable future.

We’ve already succeeded in reducing our company’s carbon footprint through using more local suppliers. Our Purchasing Officers have carried out numerous audits to ensure a reduction in packaging on products too from suppliers.

We’ve also started installing filtered water stations on vessels to reduce the use of single-use plastics onboard.



Christina Ioannou, MCTC Purchasing Officer, said: “We are promoting our Green Agenda through all areas of our business, and I’m proud of the work being implemented to encourage growth and change to support a greener environment for future generations.”



# Fitness Challenge



**A**s part of our wellbeing support, we at MCTC would like to invite you and your crew to our new initiative called 'Fitness Challenge Day'. Together with the physical training instructors we took part in this initiative.

"Exercise plays a major role in maintaining physical and mental health. Exercise delivers oxygen and

nutrients through the body tissue and benefits the cardiovascular system to work efficiently.

Through that heart and lung health improve and the body has more energy to deal with rough daily schedule", MCTC dietician Nichole Stylianou explained. By the way, our record is 11 minutes and 42 seconds and the challenge is can you beat it?

## Instructions:

### Tabata!

**30 seconds each exercise and 10 seconds' rest**

#### 4 Rounds

Jumping Jacks  
Knee Trucks  
Sitting Leg Scissors  
Lateral Squats / Jump Squats  
Waling Plank / Hover  
Squat with Heel Lift  
Shuttle  
Shoulder Taps

### Final Challenge!

**100** High Knees  
**90** Mountain Climbers (45 and 45)  
**80** Opposite Ankle Taps (40 and 40)  
**70** Lunges (35 and 35)  
**60** Standing Bicycles  
**50** Stairs  
**40** Spiders (20 and 20)  
**30** Dips  
**20** Push Ups  
**10** Burpees