SuperYacht Cuisine

DEEP BLUE II

Oceanco
43.80m / 143'8"
Built 1996
Refit 2017
10 Guests
9 Crew
An Interview with Deep Blue II Chef, Giovanni Mineo.

WHY DID YOU DECIDE TO BECOME A CHEF?

Because since I was small I was passionate about cooking while watching my cousin, a famous Sicilian chef.

WHERE AND HOW WERE YOU TRAINED?

I studied in a Hotel management School (a vocational school for chefs) in Sicily and attended different cooking courses all over Italy.

TELL ME ABOUT A DIFFICULT SITUATION AND HOW YOU HANDLED IT?

During the preparation of an important dinner, for a certain number of people, at the last minute another group (almost twice the number) arrived. Since I hadn’t time to re-prepare the courses, I reduced the portions of every dish, preparing immediately a new side dish and inventing a showy decoration to complete the halved food with its taste and beauty.

WHAT IS YOUR FAVOURITE WINE?

One of the best wines that I prefer is the Italian Sassicaia of Tenuta San Guido.

IS THERE A CHEF YOU ADMIRE THE MOST? WHO AND WHY?

My favourite chef is the first Michelin star Chef Massimo Bottura. I admire him because even if he has a classical and traditional Italian preparation he has embraced different food, creating unique fusion food.

WHAT TRENDS ARE YOU NOTICING REGARDING WINE AND FOOD PAIRINGS?

One of the trends that recently draws my attention is the combination of unusual wine and fish. For example red wine, scented wine like Trentino black Pinot and Rose (obviously at lower than normal temperature).

WHAT IS YOUR FAVOURITE CUISINE? HOW MANY DIFFERENT TYPES OF CUISINE ARE YOU CAPABLE OF PRODUCING?

I am Italian. Accordingly my favorite cuisine remains that of my beautiful country but I am skilled in preparing various types of different food: vegetarian, vegan, raw, gluten-free, French, Caribbean, fusion, Chinese, Thai and especially Japanese.

WHAT IS AN EXAMPLE OF A SPRINGTIME MENU YOU WOULD PREPARE FOR A CHARTER CLIENT?

For a springtime menu, I would select very carefully from the available seasonal products. I would prepare for starter Ricciola (fish) Camaccio with citrus and bean seasoning.
For the first course, Risotto with Asparagus and red prawns or Spaghetti with clams and violet potatoes on cream of peas.
For main course, golden eggs of cuttlefish with a sauce of wild fennel with snap peas, cucumber and ginger or gingery sautéed watercress and shiitakes.
And for dessert, light (or vegan) strawberry cheese cake or vanilla-roasted rhubarb and strawberries.

**IF YOU WERE ASKED TO REDUCE FAT AND SODIUM IN A MENU, WHAT WOULD YOU DO TO MAINTAIN FLAVOUR IN THE QUALITY OF THE DISH?**

First of all, I would avoid refined salt, preferring the Celtic or salt originating from the Himalayas that have less sodium, or I’d choose a natural herb salt or a gomasio seasoning: sesame seeds, salt and seaweeds. For what concerns fat, I’d use the ones squeezed to cold and raw oils as Coconut, olive, sesame, nut. Soya bean ones that don’t increase cholesterol and are good for your heart and arteries. Then instead of patina/cream, I’d use natural yoghurt that has 10 times less K/cal than panna/cream.

**WHAT DO YOU DO TO STAY CURRENT ON NEW TRENDS? DESCRIBE TWO OR THREE OF THE MOST INTERESTING INDUSTRY TRENDS.**

I never stop researching, as soon as I have the possibility in terms of time, I take part to some refresher courses on the new trends. The last two that were the most interesting were: a haute cuisine and raw vegan and organic confectionery course that paid attention to the balancing of fats and sugars and the second was the realization of baked products with protein organic flours with super nourishing natural seeds with the rising of flavour, texture and health that brings benefits to the organism.

**WHEN ARE YOU HAPPIEST AT WORK?**

I’m happy when my plates get back in the kitchen completely empty and they ask for extra. And at the end of the charter I receive congratulations.

**TELL ME 3 THINGS THAT YOU CONSIDER TO BE YOUR STRENGTHS.**

The ability to cook the classical traditional dishes of the Italian cuisine, the ability in cooking dishes of different cultures and the ability to invent and to succeed in the experimentation of new recipes.

**TELL ME ABOUT AN ACCOMPLISHMENT THAT YOU ARE MOST PROUD OF IN YOUR CAREER.**

The finishing line of which I am proudest is to have begun to work on Luxurious yachts and to have the approval of my new recipes by the clients.
Lunch

Sushi-Uramaki-Nighiri
Shrimps and mix salad
Stuffed pasta with mushrooms or pears and cheese or fish
Crabs and mix salad
Caesar salad
Quinoa or spelt salad with pesto baby shrimps and smoked salmon

Crème brulée
Mandarin-mango-orange-pistachio-red orange-lemon-strawberry sorbettos
Cappuccino truffle
Light cheesecake and berry sauce

Dinner

Lobster “Catalana” with mousseline sauce, cherry tomatoes, basil, onions, oregano and curry baby potatoes with almonds
Sliced beef with salad, parmigiano and balsamic vinegar
Lamb ribs / veal steak/ chicken rolls
Grilled Salmon with spinach and red pepper sauce
Lunch

Whole grain spaghettis with fresh tomato sauce, basil pesto, eggplants and mozzarella fondue

Stone crabs with mustard sauce, wild rice curry, coconut milk, spinach and mashed potatoes

Italian tiramisù with dark chocolate

Dinner

Grilled swordfish in “Salmoriglio dressing”, lemon olive oil, oregano and crunchy vegetables

Red snapper fillet with citrus bread crumbs and grilled zucchini, peppers, mushrooms, chicory with vinaigrette dressing

Lunch

Feta cheese and iceberg salad, olives, cherry tomatoes, cucumbers, sweet onions and spring rolls with sweet soya sauce

Prosciutto di Parma with mix salad and melon – “Bruschetta” toasted bread with cherry tomatoes and olive pâté

Mini apple crumble with homemade vanilla ice-cream

Light cheesecake and berry sauce

Dinner

Scampi gratin with orange panko “Japanese style”, broccoli gratin with gruyère cheese

Turkey rolls with spinach, red peppers, lime ginger sauce and carrots with thyme