

# LITTORALICIOUS

MODERN SCIENCE AND REGIONAL RECIPES FROM THE SEA

## One purpose: Nurture.

Every recipe, every technique, every piece of science exists to help you nourish the people you feed — and yourself.

### SHORE LARDER

Seasonal ingredients, sourcing intelligence, port provisioning guides. The coastal pantry, stocked with intention.

### THE METHOD

Techniques, recipes, galley efficiency protocols. Step-by-step, science-backed, tested at sea.

### HERITAGE

Coastal traditions, cultural preservation, chef ideas worth stealing. The stories behind the dishes.

### THE EVIDENCE

Peer-reviewed research, food chemistry, nutrition data. We read the papers so you don't have to.

### THE BRIDGE

World chef news, yacht industry intelligence, regulations, competitions. What matters this week.

### NEWSLETTER

Monthly digest. First of every month. Science, sourcing, heritage, and industry — curated for the galley.

### THE FOUNDER

Arnaud Callier

A decade in superyacht galleys taught me something: the best meals I ever made weren't the most impressive. They were the ones that left people feeling genuinely better. Calmer. More energized. More themselves.

That's what Littoralicious is about. Not showing off. Not content for content's sake. Just the knowledge and tools to nurture people through the food we make.

*50,000+ nautical miles · M/Y Symphony · Vava II · Christina O. · Cloud 9 · Kismet*

## Join the Newsletter

Monthly. First of every month. No spam. Unsubscribe anytime.

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