



United States Coast Guard Auxiliary
Seventh District

D7 AuxFS



eNewsletter - January 2014

New AuxFS Health Screening Explained on Pg. 2

AuxMan Changes Reflect New AuxFS Name Uniform and Grooming Standards Redefined

Changes to the Auxiliary Manual(AuxMan) were issued in October 2013 to reflect the new AuxFS name. AuxFS replaces the Aux Chef name that has been used since the start of the program. The new name brings the Auxiliary in line with the Active Duty and Reserve forces.

These changes also direct all AuxFS members to have a Coast Guard Medical Officer complete their Food Service Personal Screening form. Requirements for the Hepatitis A vaccination series and its recording in the Medical Readiness Reporting System are also included.

Further changes update the uniform and grooming standards for the AuxFS program. These changes include complete chef coat requirements and some new regulations. Unnatural colored hair is not authorized nor shaved decorative patterns or sections on the scalp. Thumb rings are not authorized. Only one ring may be worn on each hand. Engagement/wedding ring or class/wedding ring sets count as one ring.

What was a recommendation in the past is now regulation. Auxiliarists working as crew on a Coast Guard vessel may wear only the member device on collars and corresponding hats. Auxiliarists may wear the insignia of their highest permanent office on such uniforms for ceremonial events held on that vessel.

For more information—See entire text of the manual changes in the back of this issue.

Teamwork -- Making It Happen Fast

Editor:

I just want to send a thank you to the AUXFSs in the Ponce Inlet AOR.

I received a request this morning for assistance at Station Ponce Inlet. FS1 Catlin Kaple needed AUXFSs to supplement his team from November 5th through the 8th.

Within 3 hours I had confirmed volunteers for all days AND someone from Clearwater willing to come serve for multiple days at another time.

Thank you to the following AUXFS:

Jim Dunn, Judi Bacon, Marlene Page, Joe Bonaccorse, and Brian Garry.

And a special thank you to FS1 Catlin Kaple for opening his galley to us. From my first day there when he was an FS2, he has believed in us.

Elizabeth Gallagher
Astor, FL 32102



**See
John Quinn's
First Day
Inside...**

REQUIRED HEALTH SCREENING FOR AUXFS

Not a process to eliminate an AUXFS from their tasks.

By: Paulette Parent ADSO-HR/AUXFS, District 7

Last year a Coast Guard Directive concerning health screening for all AUXFS members was issued. However, there were many questions about the implementation of the procedure. Those questions have been addressed and the procedure is now being implemented. The Coast Guard has been rather lenient in enforcing the health screening up to this point. The one thing that was not changed was the original "deadline" for the submission of the forms. That date was October 2013. Please do not panic! Even though the deadline is long since past, we as AUXFSs are not in jeopardy at this point. However, we must get the screening done expeditiously in order to prevent problems when the Coast Guard does implement the requirement. This means that you must now get your health screening done in order to avoid being denied access to a galley.

The health screening is rather simple and can be done free of charge at Coast Guard clinics or sick bays. The screening can also be done by a private physician (possible personal cost). In D7 most of the Coast Guard Clinics are aware of this new directive for AUXFSs. As D7 ADSO-HR/AUXFS I am contacting these units to advise them that AUXFS personnel will be making appointments for their health screening.

Some AUXFSs may be concerned about what is included in this health screening. Be assured that this is not a process to eliminate an AUXFS from their tasks due to a health issue. Obviously, many of us have not survived this long without some health issues. Issues that are being addressed are the possibility of communicable diseases or health issues that may impact others. What the screening will do is provide an overall picture of your health to be included in a Coast Guard health data bank. This record is available to authorized Coast Guard personnel throughout the service. Be assured that your privacy is strictly protected and can not be accessed without proper authorization. The benefit to this is that you, as an AUXFS, can go anywhere in the U.S. and serve as an AUXFS and those you serve are protected from communicable health issues.

The Health Screening (PQS) form has been included in this newsletter for your convenience. The form and additional information is also available via email and will be sent to AUXFSs of record by the ADSO-HR/AUXFS. If you do not receive the email please advise and it will be sent to you. If you know of fellow AUXFS who did not receive the email, please either share it with them, or send an email to the ADSO-HR/AUXFS and it will be sent to them.

What information do you need when making an appointment? Your CGAUX. ID, driver license/government is-



sued ID, record of your Hepatitis A shot & booster, list of present prescriptions and other OTC medications, social security number. You should ask the CG Health clinician when making your appointment what else they may require. Once the form is completed, make a copy and send to the ADSO-HR/AUXFS. You can send via email or snail mail. You keep the original.

As a quick recap - what are you, the AUXFS, supposed to do:

- 1) Get the Health Screening (PQS) form
 - 2) Call for an appointment (clinic or a doctor)
 - 3) Have all your paperwork for doctor
 - 4) Copy form and send to ADSO-HR/AUXFS
 - 5) Keep original in your records
- (Thus information does not apply to uncertified AUXFS or future students.)

NOTE: In the case of a private physician completing the form it may be necessary to have the form verified by Coast Guard health service personnel. The ADSO-HR/AUXFS will handle this step should it be necessary.

You are personally responsible to get the health screening done as soon as possible or suffer the consequences. So do it sooner than later and we will all be happy in our service to the Coast Guard and the Coast Guard Auxiliary.

For more information—Paulette Parent
(941) 360-9177, (941) 713-7073 (cell)

AuxFS in Action
Photos Needed

Revised NOV 2013

CURRENT AUXFS HEALTH PQS FORM**Name:** _____ **Member Number** _____**Date:** _____

This PQS update shall be met by all currently qualified AUXFSs who completed the AUXFS PQS prior to end of calendar year 2012.

Provide necessary documentation to the cognizant Medical Officer (MO, independent duty Health Services Technician (HS) or Designated Medical Officer Advisor (DMOA) to show that the AUXFS has been screened by a medical department representative prior to the initial assignment in food service areas, and has received the Hepatitis A vaccination.

Print Name: _____

Title/Rank: _____ (DMOA or IDHS)

Signature: _____

1. All units with Auxiliarists serving as AUXFSs or participating in the preparation of food shall have their health records visually examined by a MO, independent duty HS, or DMOA to verify that the AUXFS does not carry a communicable disease and has received all required vaccinations.
2. All AUXFSs must have their personal health records verified for compliance NLT 01 OCT 2013. If not completed by that date, then an AUXFS shall not be assigned to perform those duties.
3. MOs are defined as the primary vaccination verification authority. In the absence of a MO, an independent duty HS or DMOA is authorized to conduct visual verification of all required vaccinations.
4. AUXFSs are to provide proof that vaccination for Hepatitis Type-A has been completed.
5. AUXFSs can verify receipt of all required vaccinations by presenting their Vaccination Information Sheet (VIS) or its equivalent within their health records to the MO, independent duty HS, or DMOA. The VIS is the national standard for recording all vaccinations and is available from the Center for Disease Control (CDC) at www.cdc.gov/vaccines/pubs/vis.
6. No records or copies of an AUXFS health record or VIS shall be maintained by the MO, independent duty HS, or DMOA. They shall be returned immediately after verification. Upon verification, the MO, independent duty HS, or DMOA shall print and sign their title, name, rank, and date onto the AUXFS PQS form provided by the AUXFS.
7. Current AUXFSs shall submit their PQS forms to their District Director of Auxiliary for service record retention. AUXFSs in training shall submit their PQS form as part of their qualification packages.



Knish Krisis Averted

Food shortages are always serious business. The spring 2013 Twinkie crisis resulted when the company that produced the highly desired pastry shut down production for good. Fortunately for many fans, this product is back on the store shelves. A new baking company is now cranking out the sweet treats. But last fall a second major crisis arose that affected a small but passionate segment of our populous. An equipment fire in the Long Island bakery of the world's largest producer of knishes resulted in a national shortage of these savory pillows of pureed seasoned potatoes.

The *kompany* that fortunately survived the fire is Gabila's Knishes. It was started in 1921 by Elia and Bella Gabay. The "Original Coney Island Square Knish" is square and deep fried. It was first sold by Gabila's from a push cart on Delancey Street in the lower east side of New York. Gabila's now reports that they sell about 15 million knishes a year.

Gabila's tried to satisfy the demand for their famous knishes by suggesting that fans switch to a round, baked knish. Yes, only a temporary solution. But apparently from news reports, many consumers were not happy with the situation. By the holiday season the production problems were resolved and the most desired of knishes once again floated on a sea of hot cooking oil.

If you are not from the New York area or have not eaten in a lot of kosher deli's, you may never have had or even seen a knish. Here are some of the knish concepts for you who kwest for knowledge.

- ❖ Knishes were brought to the U.S. by Eastern European immigrants in the early 1900s.
- ❖ The Yiddish word "knish" means dumpling or cake.
- ❖ A knish consists of a seasoned filling fully or partially covered with dough.
- ❖ Fillings may include mashed potatoes, ground meat, sauerkraut, onions, spinach, cheese and many other items.
- ❖ Knishes may be shaped round, rectangular, square or oval.
- ❖ Knishes may be fried, baked or grilled.
- ❖ Knishes are in the same culinary family as the empanada, the Jamaican patty, the Cornish pasty, the Polish pierogi and the Indian samosa.

Cooking Lingo

Associate the word(s) on the left with the best definition or related word(s) on the right. This issue's theme is French culinary terms.

potage		A. make ready
coquilles		B. lobster
mille-feuille		C. diced bacon
mise en place		D. whipped cream
moule		E. spring chicken
lardon		F. savory puff
homard		G. mussel
gougere		H. dessert pastry
chantilly		I. soup
poulet		J. shaped dish



A DAY IN THE LIFE OF A NEW AuxFS

With the ink still wet on his AuxFS qualification creds, Auxiliarist John Quinn of Flotilla 29 at Lake Lanier, Georgia goes full force on his first official work day in the galley at CG Station Tybee near Savannah.

Earlier in his life, John Quinn and his spouse Kerry ran a restaurant in Cullman, Alabama. Once the mayonnaise was in his veins he didn't let a busy career as a labor lawyer keep him out of the kitchen. Last spring John went to an AuxFS school in Clearwater, Florida. He then worked this summer to get all of his qualification requirements fulfilled. The fact that the nearest boat station was a five hour drive did not stop this very focused cooking enthusiast.

After a couple of work sessions at Tybee, John had completed the PQS and was ready to go to work. These pictures document the first day of work for this new FS. John is no stranger to Auxiliary TDY. He is a piper with the U.S. Coast Guard Pipe Band and travels to the band's many public performances and rehearsal sessions.

A day that started with a 0500 reveille and ended with a late afternoon patrol was long but rewarding. John's dedication to duty and his proven ability to teach will surely make him a great mentor for some lucky new AuxFS candidate.

Station Tybee is located on Cockspur Island in the Savannah River. It shares this island with the Fort Pulaski National Monument and the Cockspur Island Lighthouse. Its missions are search and rescue, law enforcement, safety inspections, and port, waterway and coastal security. The Station recently received a new 45-foot Response Boat Medium (RB-M).



Airman Brings Home Gold In National Culinary Arts Competition

Aug. 21, 2013

By Staff Sgt. Terri Paden, 15th Wing Public Affairs, USAF

Being an Air Force food service specialist offers Airmen the opportunity to provide one of the most critical elements of mission support-sustenance. However, for one Airman assigned to the 647th Force Support Squadron as a food service journeyman, it also provided an opportunity to make her dreams a reality.

Senior Airman Carmen Gonzalez said she joined the Air Force because she wanted to be a professional chef; a goal she recently put to the test when she took home a gold and silver medal at the U.S. Army's 38th Annual Culinary Arts competition in Fort Lee, Va.

The annual competition serves to raise the standards of culinary excellence and professionalism, nurture creativity, offer a place for participants to showcase their skills and give participants a chance to earn credits toward a certification.

"I did great, better than I expected in such a competitive environment," said the Puerto Rico native. "It was a lot of hard work and long hours, but in the end, getting the competition experience was worth it, winning was a bonus."

Gonzalez said she finally got her big break after three years when she was selected as the sole Airmen to represent the Air Force in the local multi service competition. After an extensive week-long try out that pitted her against 50 other service members, she was then chosen as the only Airman, on a joint team of 12, which would train for the international competition in Virginia.

"We did not select Airman Gonzalez to represent the Air Force, like everyone else, Airman Gonzalez had to compete for a spot on the team," said Tech. Sgt. Katrina Stone, 647th Force Support Squadron food service supply NCO in charge. "Her attention to detail and pride in all that she does win out all the time."

The team trained 12 hours a day, six days a week, for more than four months to perfect basic cooking skills, and properly preparation of hot and cold foods to meet stringent competition standards.

Gonzalez said training for the competition was different than the year she spent studying culinary arts because the military training involved stricter standards and more discipline. She said she also struggled with learning how to prepare cold food products to use for presentation. The training paid off. Gonzalez said she made her winning dish of stuffed chicken with goat cheese and spinach, fluted mushrooms, turned potatoes with balsamic vinegar onions nine times before preparing it for the competition and earning a gold medal in the hot food category. She was also awarded a silver medal for the cold food category and third place for the team category.

As Gonzalez looks to the future, she said she will continue to work on her craft in preparation for the U.S. Army's 39th Annual Culinary Arts competition next year. She's also been invited to participate in the 2014 World Culinary Cup.

Stone said Gonzalez embodies "excellence in all she does" both in and out the kitchen, even when she's not competing.

"We are extremely proud of Airman Gonzalez," said Stone. "I wish I can take the credit for her being outstanding, in truth ... Airman Gonzalez prides herself in doing the best job she can. No matter how small, big, simple or difficult the task, she always put her best foot forward."

For more information—Search "Culinary Arts Competition Ft Lee"



Senior Airman Carmen Gonzalez, 647th Force Support Squadron food service, cuts open a chicken while training for the U.S. Army's 38th Annual Culinary Arts competition in Fort Lee, Va. Gonzalez earned a gold medal for her hot dish of stuffed chicken with goat cheese and spinach, fluted mushrooms, turnee potatoes with balsamic vinegar. She was also awarded a silver medal in the cold food category and third place for the team category. (Courtesy photo)



Food Service Specialist School is the Start to a Successful Professional Career **Strong Start**

Located an hour north of San Francisco, Training Center (TRACEN) Petaluma is the Coast Guard's largest west coast Training Center. It is a neighbor to the famous wineries of Sonoma and Napa Valley. The graduates are the latest cooks, medics, storekeepers, yeoman, information technicians, electronics technicians and operations specialists. It is also home to the Coast Guard Leadership Development Center's Chief Petty Officer Academy.

The Food Service Specialist School is one of the schools located at the Center. The mission of this school is to provide quality initial and continuing training to all Coast Guard FS personnel. Training is conducted in two galleys and traditional classrooms.

The 12 weeks of specialized instruction at FS 'A' school is organized into three phases. The phases are:

PHASE 1

Training begins in the Upper Galley. Here the students begin to learn safety and sanitation, food science and classical cuts. After studying the basic principles of cooking, the students have their first real hands on training where they begin to prepare stocks, sauces, vegetables, potatoes, grains, legumes, pasta, meats, poultry and seafood.

PHASE 2

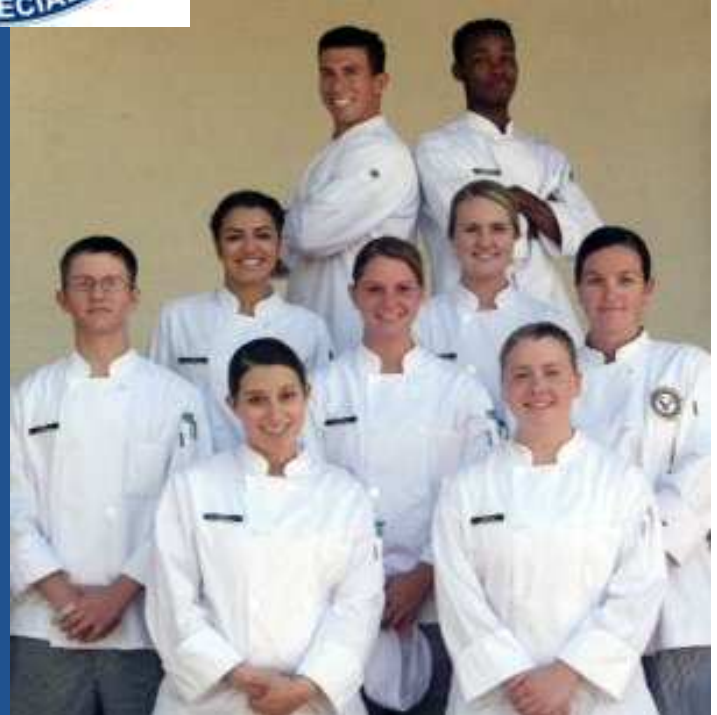
This phase convenes in the Lower Galley where the students work to learn the preparation techniques of soups, salads and sandwiches and begin a journey into the depths of the bake shop. There they learn the basics of preparing cakes, pies, cookies, and various breads.

PHASE 3

Students report to Haley Hall Dining Facility for their final phase of training to put their newly acquired cooking skills to the test. The class starts the job training, where under the guidance of the instructors, they prepare the over 600 meals that are served daily at Training Center Petaluma

Advanced food service training is offered in FS "C" schools. These programs include:

- Dining Facility Finance and Management
- Leadership and Management
- Independent Duty Food Service Officer
- Nutritional Cooking
- Shipboard Baking
- Advanced Pastry and Baking
- Advanced Culinary Skills Training (ACF)



Leadership

Experienced AuxFS

**Brian
Garry**

HOMEPORT
Tampa, Florida

CAREER
Boxing Referee

HIGHLIGHT DUTY
USCGC Marlin

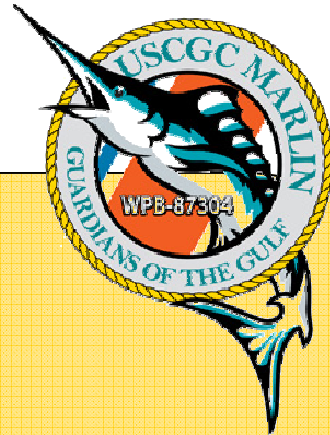
QUALIFICATION
Boat Crew-TCO-IT



SERVICE



Brian Garry, AuxFS



Ahoy Mates,

For 25 years I served as the "Third Man in the Ring", as a world class professional boxing referee. I have officiated 59 World title matches, and 1,350 pro bouts in over 5 continents, 22 countries, 15 States and 34 cities in the Florida. I was honored to be inducted into the Florida Boxing Hall of Fame class of 2009, along with Angelo Dundee(RIP), Dr. Ferdie Pacheco, Pinklon Thomas and my boxing coach, Jimmy Williams.

Joining the USCG-AUX, 7-9, back in 2008 was a memorable event in my life. Having been rejected by the military (Medical-Knee), back in '63 and '64, was disappointing. So my goal was to SERVE as best as I could. After swearing in, I busied myself with as many Quals/Certs as possible" FSO-PE-TCO-CREW-PV until I learned of the AUX-FS training program. Graduating in Mar, 2012 prepared me for actual duty assignments at USCG-Stations in our St Pete Sector AOR that runs from Yankee Town, to Fort Myers.

Being able to be in uniform and on base serving our Gold-Mates was most rewarding, and enjoyable. Additionally, one of my two major highlights as an AUX-FS was to deploy and serve aboard the USCGC-MARLIN for 4 days. My other highlight was the Sector St Pete 'Change of Command' ceremony. That day found me serving the "major brass", as well as enlisted, reserve, and my own Aux mates.

Being up bright & early at the Galley, 0500, or 0530 is not difficult for my schedule. The hustle and busle of the Galley shuffle appeals to me. I like to work where time urgency, management action and creative thinking all play a role. The majority of FS-Chiefs.. encourage new ideas and recipes to offer our Shipmates the very best in food service. In every galley I have served, from Station St. Pete, to Air-Station Clearwater, and from Cortez to Ft Myers where the Marlin is berthed is full of energy, and excitement early on the clock.

Fresh coffee and baked items fill the air with aromas that wet the appetite. My being on the Serving Line 'Slings Hash' always yields a good verbal-exchange with my Gold-Side mates. Meeting interesting fellow Coasties from around the USA and the globe is fascinating and an honor.

Never will I forget my first day of OJT at Air-Station-Clearwater when FS-1, with a quick 'Good Morning', told me to get ready 5 plates of 30 eggs. I was told to crack and separate the yokes from the whites in order to prep them for the griddle and serving line. "Eggs as requested, live Fire, anyway you want 'em, except SUNNY -SIDE UP", FS-1 cautioned. We did breakfast, lunch, and dinner that day, plus baked 300 chocolate chip cookies and made bread from scratch. Whew... my 'Dogs' were dragging inside my ODU-Boots. I would have to say, "That was a full days work in a little over 9 + hours".

Napoleon said: 'The Army marches on it's stomach'. Well, our Coast Guard shipmates sail and fly on their stomachs as well. Keep 'em fed and they will fare well.

Brian Garry

Learning to Bake – Lesson 1

Goal – Bake a Cake Mix Cake

Learning Objectives

1. Learn to understand and follow a cake mix recipe.
2. Learn to properly prepare cake pans.
3. Learn to test cake for doneness.
4. Learn to remove cake from pans once fully baked.

Introduction

Learning to bake is fun. You will get a great sense of satisfaction when you successfully complete a baking project and see the smiles on the faces of those who partake. Baking differs from cooking in that careful measurement of ingredients is key. Following the recipe carefully is also critical. Rarely will you be able to correct a big mistake. The good news is that if you read the recipe fully before starting and then follow each step carefully you will get a good result. Modern cake mixes are designed to be forgiving. A little overbaking will be OK. A little too much mixing will be OK. The only thing to fear is having to throw away a two or three dollar investment and that probably won't happen.

Getting the cake out of the pans after it is baked is the only real challenge in using a cake mix and typically it is not difficult if you understand the process. As a cake bakes the outside of the cake caramelizes. It wants to stick to the sides and bottom of the pan. As the baker it's your job to keep the cake from sticking. Here are some tips.

1. Prepare the cake pans(8" or 9" round) by greasing the sides and bottom with solid shortening. Dust the shortening with all purpose flour(not self-rising) and tap the sides of the pan to release any excess flour. Dump out the excess flour. This will create a barrier to the caramelization and should keep the cake from sticking to the pan. You have to use solid shortening(like Crisco or butter), don't use just oil for greasing, it's too thin. Yes, you can use a cake spray that has a mix of flour and oil. This is a special baking spray and not just regular pan spray. I recommend that you start with the above method.
2. To be extra careful cut a piece of parchment paper (next to the foil in the grocery store) to fit the bottom of the pan. After the greasing the pan put the parchment in the inside bottom of the pan and grease the parchment. Then dust with the flour as above.
3. After each cake round is done, cool it in the pan on a wire rack for approximately 15 minutes. The bottom of the pan should still be warm to the touch, but not hot. This means that the grease is still in a semi-liquid state and will release easily. Tap each side of the pan gently and look for it to separate from the pan sides. Once it is fairly loose, put a plate over the top of the pan and invert the pan and plate in one smooth motion. This will take both hands.

Carefully lift the pan off of the cake round. If the cake sticks a little don't rush the process. In a minute or two tap the sides of the pan and try to remove it. If the cake will not release cut serving slices right from the pan like you would do with a pie. It will still taste good. Then next time use more grease and flour.

3. Put the cake rounds on a wire rack and slowly remove the parchment. Let the cake fully cool for 1-2 hours before moving it or doing any icing. This will allow the cake to fully set-up and not break easily.

Lesson Activities

1. Purchase a cake mix and the other required ingredients listed on the box. This will usually be eggs and vegetable oil. The eggs should be large, not extra large. The oil may be any common vegetable oil like canola or corn. I used a Duncan Hines Classic Yellow cake mix for my testing. I would stick to a well-known basic yellow or white cake mix for this lesson.
2. Study the box information carefully. The Nutrition Information is important. The Coast Guard has very specific standards for Trans Fat so this is a good way to learn how to check ingredients for fat content. Read the entire recipe through two times and get a picture in your mind of the steps.



3. Assemble all of the ingredients and equipment before starting. This is your mise en plas or organization. Try to use round cake pans for this lesson.
4. Preheat the oven as per the box. It is very important that the oven is fully up to temperature before putting in the cake. The box will indicate different temperatures for metal and glass pans and for dark or coated pans. Don't use the confection oven mode for this lesson.
5. Prepare the cake pans and batter in accordance with the box. Keep in mind the tips above. Don't be in a hurry.
6. Bake the cake on the center rack of your oven. Don't let the pans touch each other or the sides of the oven. Good airflow is important.

Learning to Bake – Lesson 1 *Continued*

7. Study the baking time chart on the box for the time indicated for the size and type of pan(s) you are using. A bundt pan generally takes the longest amount of time and cupcakes the shortest. Stick to round pans for this lesson.

8. Check the cake frequently after about two-thirds of the cooking time indicated on the box. Look through the oven door window if possible. If you have to open the door that's ok. Just peek in and close the door slowly. When the top is golden brown check for doneness with a toothpick. The box will give some instructions on this.

Here is a little more information. Insert the toothpick in the center of the cake. The cake bakes from the sides in to the center. The center firms up last. If the toothpick comes out with liquid on the inserted tip you have still got a ways to go. Keep watching. If small crumbs are on the tip you are close to a finish. Check every minute until the pick comes out clean. Use more than one pick if you need to. Close the oven door after each test. This process will be somewhat tedious at first but you will soon develop a sense of how fast a cake bakes. Your second cake will be much easier and you will soon have confidence in your checking for doneness. On this lesson cake if you have to get to darker brown before it's done that's fine. Under any circumstances don't walk away from an almost done cake. Brown cake is great, burned cake is for the trash.

9. After you remove the cake to a wire rack, study the sides of the cake and see if they are already separated from the pan. The cake shrinks a little as it bakes and cools. Here again you are learning what to look for when deciding to remove a cake from the oven. Check it every few minutes to see if the separation is starting.

10. Follow the cooling instructions on the box. Remove the cake from the pans following the tips above.

11. Buy a can of good quality frosting at the grocery store. Do your best on getting the frosting on the fully cooled cake. Put it in the refrigerator for an hour or two (or overnight) before you frost if you want to make the job a little easier. You can even freeze the rounds and frost them frozen. That's what many commercial bakeries do. Bake this week and frost next week. This is great for parties.

No matter what happens you will probably get a cake that tastes great. In future lessons, we will cover making scratch cakes and frostings. But remember if you don't tell your friends and family that you used a mix they won't know the difference. Taste tests have shown that mix cakes often win out over scratch baked cakes.

Please take photos of your cake (good and bad) and send them to me. War stories are also encouraged. If it was not a good experience, I will take out the bad language. Happy baking. Don



Winter Vegetables



Farmers markets, produce stands, supermarkets and the local grocery all have bountiful collections of winter vegetables. In District 7, the most common are beets, broccoli, cabbage, carrots, cauliflower, sweet potatoes and winter squash. But not let us forget parsnips, turnips and rutabagas. Add to that a “mess” of greens and you’ve got some serious cooking to do.

All of these can be prepared in very healthy ways. History tells us that southern cooking is heavy with butter, cream, pork fat and ham hocks. These days vegetables can be prepared by baking, roasting, steaming, braising, grilling and boiling. All of this can be done with very little or no fat.

Seasoning is the key to putting luscious vegetables on your or your unit’s table. Think beyond salt and pepper. Horseradish, flavored vinegars, wasabi, sriracha sauce, zaatar, nutmeg and other herbs and spices offer lots of opportunity for creativity.

Winter Vegetable Recipes Galore

Southern Living Mag and Other Sites Provide Recipes for Good Winter Eats

Rather than reprint a lot of recipes for winter vegetables this will give you a lead into the treasure trove of recipes for Southern Auxeffeezz on generally reliable web sites. Many winter vegetable recipes involve some form of roasting or grilling. Often root vegetables are roasted and then made into a mash or puree. If none of this lights your fire relax, Florida will have strawberries and tomatoes soon.

Southern Living magazine
Search for "Southern Living vegetables root"

Food and Wine magazine
Search for "Food and Wine winter recipes"

Savure magazine
www.saveur.com/article/-/Winter-Vegetable-Recipes

Mother Earth News
Search for "Mother Earth News winter Dupree"

Cooking Light magazine
Search for "Cooking Light winter recipes"

Food Network
www.foodnetwork.com/recipe-collections/winter/index.html



Roasted Vegetables

A Basic Starting Point

Editor's Note: This is a "what you have on hand" recipe.

Yield: As available

Special Equipment: Cookie sheet pan or 1/2 commercial sheet pan

Ingredients:

Carrots, peeled and cut into large pieces
Parsnips, peeled and cut into large pieces
Onions, skin off and cut into fourths
Beets, washed and trimmed
Olive oil to coat
Kosher salt, to taste
Black pepper, to taste
Rosemary, fresh if available or dry
Other herbs and seasonings, to taste

Optional: Red potatoes and/or sweet potatoes may also be roasted.

Notes: If using fresh garlic, add it later in the cooking and check it often to prevent burning. Or you can sauté garlic in a small pan and add it to the finished vegetables.

The finished vegetables may be dressed with a light vinaigrette.

Preparation:

Preheat oven to 375 degrees F.

Toss all ingredients in a large bowl to coat with olive oil and seasonings.

Place in a single layer in the sheet pan.

Roast in the center rack of the oven for 25 minutes and stir for even browning.

Continue roasting. Check for doneness every 5 minutes. Vegetables should be fork tender.

Serve at once or refrigerate to reheat later.

Source: Don Hunt



Bean Sprouts – Winter Fun

Bean sprouts. You've eaten them at salad bars and in stir-frys, but where do they come from? They are the sprouts of beans, generally mung beans. How long do they take to grow? Just a few days from start to harvest. Go to the internet and do some research. You will be covered up in information. Vegans, raw food aficionados, dieticians and just plain healthy eaters will offer you many ways in which you can become a sprout expert. Well maybe the expert in your house. Don't let this avalanche of information scare you away. You are Coast Guard and always prepared!

I have been sprouting beans for years. Here is the simple truth to making sprouts happen.

Raw sprouts are sometimes risky for those with compromised immune systems. Ask your doctor if you think you may have an issue. Think about how many times you have ordered take-out and lived to tell about it. You can always use them in a stir-fry.

1. Go to a health food store, Asian grocery store or bulk grains department of a large grocery store. Buy one pound or less of mung beans. Yes, it's a funny name, but they are not hard to find. This will not set you back much and will be your total cost to completing this project.
2. Get a used, clean one gallon pickle jar. The lid is not needed.
3. Get a 6"x6" piece of cheesecloth or old panty hose and a rubber band that will snugly fit around the top lip of the jar. See the picture of my sprouting rig.
4. Pour approximately 1/4 cup of mung beans in the jar. This should cover the bottom, but not be deep. There is no rocket science here. Do your best.
5. Pour about 2" of cold tap water into the jar. Put the jar in a dark closet inside your home.
6. After 24 hours of soaking the beans will have absorbed some water and will start to enlarge slightly. Pour the water out through the panty hose covered top. It acts as a sieve.
7. Put the jar back in the dark closet.
8. Once or twice a day rinse and drain the beans. Put the jar back.
9. After 3 or 4 days you will have sprouts. The shoots should be two to three inches long before harvest.
10. Remove the sprouts from the jar. Rinse the sprouts and clean off the little green seed covers if you want. I just eat them with the sprouts.
11. Store the sprouts in a plastic bag in the refrigerator for 2 to 4 days.

*For more information: Search for **Sprouted Foods or Mung Bean Sprouting***





Joint Services Culinary Arts Competition

**2014 Rules and Dates to be Announced Soon
Could a Team be in the Future for AuxFSs?**

The U.S. Army Culinary Arts Competition at Fort Lee is the largest culinary competition in the North America. Since 1973, the competition has been held each year with the exception of 1991 and 2003, during Desert Storm and Operation Iraqi Freedom.

The competition is sanctioned by the American Culinary Federation and showcases the talents of military chefs from around the globe in all branches of the U.S. Armed Forces.

The competition in 2013 provided some much anticipated updates to the format such as the new Masters Category and few more updates to continue to focus on the student chef. The dates and rules for the 2014 competition will be announced early in 2014.

The Coast Guard is well represented in each year's competition. In the 2012 competition, the duo of Petty Officer 1st Class Edward Fuchs and Chief Petty Officer Jason Stagnitto won the nutritional hot food challenge. Fuchs placed second in the chef of the year competition. The Coast Guard team, comprised of 16 food service specialists, earned a judges special award and placed fourth overall.

The competition event includes exciting live demonstrations and culinary displays, all open for public viewing. This format mirrors the structure of the World Culinary Olympics held every four years in Erfurt, Germany. The competition has it all; ice sculptures, pastries, seafood, wild game and amazing centerpieces made of everything edible. From aiolis to zabaglione, you will see it here. This is where you can really see these young military chefs in action.

Sources: Joint Culinary Center of Excellence and Compass

Petty Officer 2nd Class Jason Kellogg and other Coast Guard food service specialists work on a meal during the student skills portion of the 37th annual Military Culinary Arts Competition.
USCG Photo by Petty Officer 3rd Class David R. Marin.



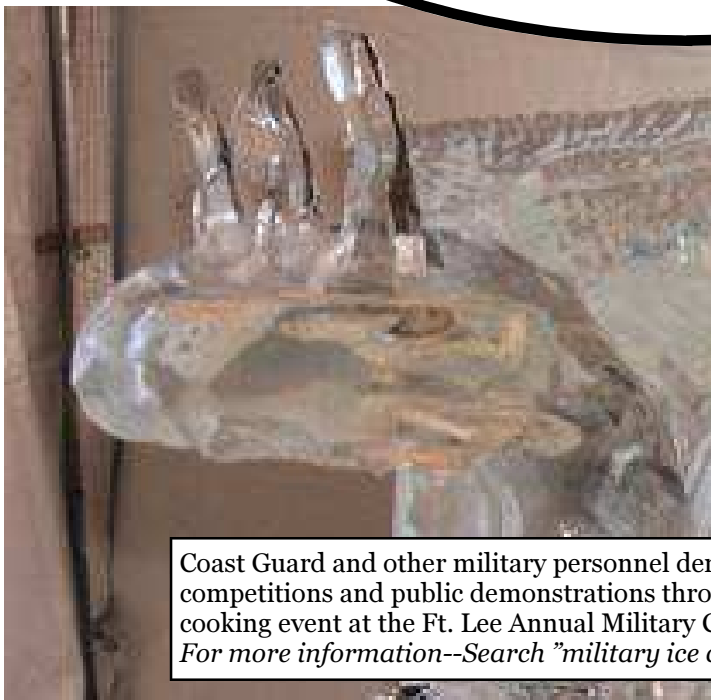
Petty Officer 2nd Class Jason Kellogg prepares a meal during the Student Skills portion of the 37th annual Military Culinary Arts Competition.

U.S. Coast Guard photo by Petty Officer 3rd Class David R. Marin.





ICE CARVING
Coast Guard Style



Coast Guard and other military personnel demonstrate ice carving skills at various culinary competitions and public demonstrations throughout the year. Ice carving is the only non-cooking event at the Ft. Lee Annual Military Culinary Competition. For more information--Search "military ice carving" or "ice sculpture"



Vinaigrette

The Swiss Army Knife of Chefs

Who hasn't had vinaigrette dressing on a salad. Even as a kid, the salad at the school cafeteria was drowned in a vinaigrette dressing of sorts. Vinegar, salad oil, salt and pepper. In the last twenty years I have seen this humble dressing grow to a major influence in the cooking world. Today it can be found as a dressing of many flavors and boosted by many exotic ingredients. It can also be seen as a sauce for fish or grilled meats in the fanciest of restaurants. Hot, warm or cold it finds its way on many menus. So if you still only do the salad oil and vinegar vinaigrette here is all you need to know to climb to the top of the vinaigrette mountain.

Five Basic Elements

A vinaigrette normally has five basic elements. Within each element there are many ingredient options. The elements are blended in different ratios to achieve different flavor profiles and consistencies.

1. Oil. Starting with salad oil and progressing to relatively expensive nut oils, oil is the major mouth feel component. Depending on the natural flavor of the oil it may also be a flavor component. Canola oil has little or no flavor while extra virgin olive oil has quite a bit of flavor. Common culinary oils include:

- Vegetable oil
- Canola oil
- Saffron oil
- Olive oil
- Extra virgin olive oil
- Grape seed oil
- Hazelnut oil
- Walnut oil
- Sesame oil

Oils may be commercially flavored. Examples are the chili oil and basil oil on the grocery shelves. The oil element may actually be a fat like bacon grease, but we'll stick to bottled oil for now.

2. Acid. The acid element is usually some type of vinegar. The vinegar may be commercially or home flavored. The acid is usually the major flavor component of the vinaigrette. Common vinegars include:

- White distilled vinegar
- Apple cider vinegar
- Red wine vinegar
- White wine vinegar
- Rice wine vinegar
- Sherry vinegar
- Champagne vinegar

The acid element may be lemon juice or some other citrus or acidic juice. This is very common.

3. Emulsifier. A little chemistry is needed here. Some liquids that do not normally combine smoothly. Oil and

vinegar(water) do not mix well. By adding a third ingredient, the emulsifier, to the mix a smooth, silky combination results. Common emulsifiers are dry mustard, Dijon mustard and egg yolks. Commercial dressings may use commercial emulsifiers like xanthan gum. Only a relatively small amount of the emulsifier is generally required. Emulsified vinaigrettes are therefore a chemical suspension. Minute droplets of one ingredient are dispersed throughout the other. Mayonnaise is a common emulsified mixture. It is similar to, but not a vinaigrette. If you need more info on emulsifying agents dig out your old high school chemistry book and have at it.

4. Flavorings. Shallots finely diced are probably the most common flavoring. Garlic, onions, red onions, sugar and hot sauce are also common. The list is endless. Don't rule out onion powder and garlic powder when you don't have the fresh ingredients. The flavoring element is where you can really stretch your culinary imagination.

5. Seasonings. Salt and pepper top the list. Add to that about any other herb or spice can work. Basil and tarragon are high on the charts.



In The Mix

The steps to making a vinaigrette are easy.

1. Measure out the oil and the vinegar(acid) and whisk in a small bowl. Julia Child said that the standard ratio is 1 part vinegar(acid) to 3 parts oil(1:3). You will also see recipes that are 1:1 and and 1:2. If you are not sure, start with 1:1 and add more oil in small amounts until you achieve your desired taste and consistency.
2. Add a small amount of the emulsifier and whisk until the vinaigrette is smooth and silky.
3. Add flavoring(if any) and salt, pepper and any other seasonings to taste. Whisk again until salt dissolves.

Secret Formula

Once you get your own secret formula you can dump everything in a clean jar, screw on the lid and shake it for 30 seconds or until you have a smile on your face. You may also use an old shaker bottle from those powdered salad dressing mixes that you used to use before you read this article. Happy cooking and eating!!

For more information—Search “vinaigrette recipe” or Search “walnut oil vinaigrette recipe”

Basic Vinaigrette(1:3)**A Small Batch for Taste Testing**

Editor's Note: You can increase these quantities to meet your needs.

Yield: About ¼ cup

Special Equipment: Wisk

Ingredients:

1 T Red wine vinegar
3 T Extra virgin olive oil
½ t Dijon mustard

Salt and pepper to taste.

Notes: You can use almost any vinegar, salad oil and yellow mustard if that's all that you have on hand.

Preparation:

Whisk red wine vinegar and olive oil in a small bowl to combine.

Add Dijon mustard and whisk until smooth.

Add salt and pepper and whisk until salt dissolves.

Serve at once or store in the refrigerator.



Recipes Needed
Email Us
Your Best
AuxFS Recipes



Email To:
dwhunt@windstream.net

AUXMAN Changes relating AUXFS 10/2013

2.B.2. Auxiliary Chef (AUXCHEF) (page 2-5) – Re-title as follows...

Auxiliary Food Service (AUXFS)

Auxiliary Food Service Specialist (AUXFS)

Pursuant to provisions of Chapter 2 of this Manual, Auxiliarists may support the Auxiliary Food Service (AUXFS) program upon successful completion of AUXFS training and qualification. The nature and scope of the AUXFS program is limited by the finite number of Coast Guard galleys and dining facilities that need AUXFS support at any given time. Thus Auxiliarists must understand that AUXFS training, qualification, and support activity opportunities may not always be sufficient to accommodate the total Auxiliary interest in a specific geographic area. Auxiliarists should therefore explore the likelihood of these opportunities before pursuing AUXFS training and qualification.

AUXFS qualification shall be achieved by successful completion of the AUXFS Personal Qualification Standard (PQS) available through the Human Resources Directorate section of the Auxiliary website (www.cgaux.org).

Any Auxiliarist serving as an AUXFS shall have a Coast Guard Medical Officer complete the Food Service Personnel Screening Form contained in the Civilian Employee and Occupational Health Program Manual, COMDTINST M12792.3 (series). AUXFS who are unable to travel to a Coast Guard clinic to receive a screening may be screened by their personal medical provider. The completed screening form shall then be reviewed by the cognizant Independent Duty Health Services Technician (IDHS) and all affirmative responses must be reviewed by the cognizant Designated Medical Officer Advisor (DMOA).

Auxiliarists may obtain the Hepatitis A vaccine series from a Coast Guard clinic or may provide proof of vaccination for Hepatitis A (completion of the series) to their cognizant IDHS. Proof of vaccination must include the following: vaccine provider information (including signature of vaccine administrator), dose, site, route, and manufacturer's lot number with expiration date. The Hepatitis A vaccine must be recorded in the Medical Readiness Reporting System.

Screening forms and proofs of vaccination shall be recorded and maintained in the same manner as described in Chapter 4 of the Coast Guard Medical Manual, COMDTINST M6000.1 (series). AUXFS medical folders shall be maintained by the cognizant Coast Guard clinic or IDHS that performs and/or reviews the screening form and vaccination. These files shall be protected in accordance with the Privacy Act and the Health Information Portability and Accountability Act (HIPAA). If an AUXFS has a normal screening and has completed the Hepatitis A vaccination series, the IDHS or DMOA shall insert their title, name, rank, date, and signature on the AUXFS PQS form which is available in the Forms Warehouse section of the Auxiliary website (www.cgaux.org). AUXFS must submit their signed PQS form to the Director for retention in their service record.

10.H.6. Auxiliary Chef (AUXCHEF) Uniform (page 10-85) – Re-title and replace with the following text...

Auxiliary Food Service Specialist (AUXFS) Uniform

The Coast Guard unit command or special event coordinator may specify a uniform for food service personnel. Absent such guidance, Auxiliarists who have successfully completed the AUXFS training program may wear the AUXFS uniform when performing food service support or augmentation activities

H.6.a. Coat/Shirt

The white Chef's coat, long or short sleeve, shall be worn as the principal top garment. The long sleeve white Chef's coat shall specifically be worn for serving. If authorized by the unit command, the white Chef's shirt, long or short sleeve, may also be worn. In either case, a white T-shirt shall be worn as an undergarment. The Chef's coat or shirt shall be white cotton or cotton/polyester blend with clear buttons, white buttons, or white knots. It shall be embroidered, in navy or black script, with the Auxiliarist's last name on the right front side in the same general

AUXMAN Changes relating AUXFS 10/2013

Continued

place as where a name tag is conventionally located. "U.S. Coast Guard Auxiliary" shall be similarly embroidered on the left front side in the same general place as where a qualification insignia is conventionally located (due to title length, the word "Auxiliary" should be embroidered ¼ inch below and centered under "U.S. Coast Guard"). Name tags and name tapes are not authorized.

H.6.b. Trousers

Operational Dress Uniform (ODU) trousers shall be used as the standard operational wear. Black chef pants are authorized for special events.

H.6.c. Apron

White bakers bib style aprons shall be used to minimize staining.

H.6.d. Socks

Socks shall be black, made of knitted or rib knit, undecorated material.

H.6.e. Shoes

Well-blackened 8-inch or 10-inch safety boots shall be worn for everyday operational use. Black tennis shoes or Chef's clogs may also be worn. Shoes prescribed for dress uniforms are authorized for special events.

H.6.f. Hat

The Auxiliary ball cap shall be worn (disposable Chef's hat also authorized). The Coast Guard unit ball cap may be worn, if authorized.

H.6.g. Insignia/Logos

Auxiliary office or member insignia shall be worn on the ball cap only. Unit logos, patches, or collar trim are not authorized.

H.6.h. Special Command Aide

For certain circumstances, the Coast Guard unit command may authorize attire to be worn consistent with provisions in the Coast Guard Uniform Regulations, COMDTINST M1020.6 (series), for a Special Command Aide (e.g., khaki slacks, dark blue/navy polo style shirt).



AUXMAN Changes relating AUXFS 10/2013

Continued

Other changes to AUXMAN that effect AUXFSs. 10-2013

Grooming

10.A.7. Assignment to Duty (page 10-4) - Replace with the following text...

An OIA may prescribe an Auxiliary uniform as a condition for assignment to duty. Auxiliarists shall conform to Coast Guard unit policies regarding such uniform wear whenever interacting with, acting on behalf of, or representing the unit. Any unresolved questions, disputes, or misunderstandings regarding such uniform wear should be referred to the Director.

When performing duty on Coast Guard vessel, Auxiliarists shall wear uniforms consistent with those of the vessel's personnel. Auxiliarists, when working as crew on a Coast Guard vessel, shall wear only the member device on collars and corresponding hats for such uniforms. Auxiliarists may wear the insignia of their highest permanent office on such uniforms for ceremonial events held on that vessel.

10.C.3.i. Cosmetics/Fingernails (page 10-12) – Replace with the following text ...

Women's cosmetics shall be of conservative color and worn in good taste. Eccentricities in color and manner of wear shall not be worn while in uniform. Men and women shall keep their nails clean. Women may wear nail polish, but the color shall be conservative and neutral in color. French nails are authorized and if worn shall present a clean natural look in allowable colors with a white tip only. The white tip shall be no wider than ¼-inch. Decorative nail art is not authorized while in uniform.

10.C.3.k. Suspenders (page 10-12) – Replace with the following text...

Suspenders (men only) may be worn under coats and jackets so as to prevent them from being exposed. They shall be plain white without design or ornamentation.

10.C.3.l. Additional Jewelry (page 10-12) – Replace with the following text...

The only additional jewelry authorized are rings, cuff links, shirt studs, tie clasps, and tie tacs.. A maximum of one ring may be worn on each hand. Engagement/wedding ring or class/wedding ring sets count as one ring. Thumb rings are not authorized.

10.C.3.n. Hair/Facial Hair (page 10-13) – Add the following text at the end of the paragraph...

For both men and women, unnatural colored hair is not authorized nor shaved decorative patterns or sections on the scalp.

10.C.3.s. Religious Jewelry (page 10-14) – Re-title and replace with the following text...

Religious Items

Religious items may be worn only during religious services and must otherwise be concealed. Items like jewelry bearing religious inscriptions or otherwise indicating religious affiliation or belief may be worn, subject to the generally applicable uniform regulations for jewelry that is not of a religious nature.