



United States Coast Guard Auxiliary
Seventh District

D7 AuxFS



eNewsletter - Summer 2016

AuxFS's Stand Tall At Tybee Change of Command Ceremony



FS1 Natalie J. Marach(center) with her AuxFS crew Don Hunt, Norm Campbell and Bill Thom in the galley at Station Tybee.

From initial planning to the final clean-up AuxFS's played a key role in providing a fantastic buffet luncheon to celebrate the Change of Command at CG Station Tybee at Tybee Island, Georgia.

With the booming sound of the U.S. Coast Guard Pipe Band in the background BMCM Ronald B. McCready was relieved of command of Station Tybee by BMCS Keith E. Kucera. After the ceremony the over 150 attendees were treated to a buffet luncheon prepared and served by the Food Service Team at Station Tybee. The team was headed up by FS1 Natalie Marach, the station food service officer.

The planning for the luncheon buffet began in March with a draft of the menu and a call to Norm Campbell to round up the AuxFSs and to get their commitment to cook and serve for two hot days in June. BMCM McCready requested smoked pulled pork and barbequed chicken with all of the traditional sides. All homemade, of course.

The pork was smoked for twenty hours to get the best flavor and texture. The chicken was grilled just prior to service. Three AuxFS's assisted with all of the food preparation, buffet set-up and service. Many compliments were received from the attendees and the crew.

Another great effort by AuxFS' is in the history books!

More Pictures on Page 3

Norm Campbell, AuxFS took the Aux lead-dog position in the planning and execution of a first-class buffet.



Coast Guard FSs Support

“Eat Dessert First Month” In a Big Way

Not as well-known as many other celebratory months, weeks or days is the *National Eat Dessert First Month*. This year the Coast Guard Food Service Specialists decided to make the celebration easier for others who like to cook, but may not have a good dessert recipe or two on hand. Each Tuesday during the month of August, the Coast Guard food service specialists shared their favorite dessert recipes so you too can have dessert first! To make things even easier they put together videos that show the process for each recipe. Here are pictures that will make your mouth water and links to some of the videos and recipes. Thanks to all who participated in this interesting culinary event.



Mississippi Mud Pie

1st Class Petty Officer

Jeremy Kapper

**Food Service Specialist for the
Commandant's Flag Mess
at Coast Guard Headquarters**

[http://
coastguard.dodlive.mil/2016/08/dessert-
first-mississippi-mud-pie/](http://coastguard.dodlive.mil/2016/08/dessert-first-mississippi-mud-pie/)



Star Spangled Cake

Triple Layer Cake with Fondant

Second Class Petty Officer

Jessica Touchette

**Food Service Specialist
at Coast Guard Base Seattle**

[http://
coastguard.dodlive.mil/2016/08/
dessert-first-triple-layer-star-spangled-
cake/](http://coastguard.dodlive.mil/2016/08/dessert-first-triple-layer-star-spangled-cake/)



Tiramisu

2nd Class Petty Officer

Leo Cichosz

**Food Service Specialist
at Coast Guard Station Quillayute River**

[http://
coastguard.dodlive.mil/2016/08/dessert-
first-tiramisu/](http://coastguard.dodlive.mil/2016/08/dessert-first-tiramisu/)

AuxFS's Stand Tall At Tybee

From pg/ 1



Thanksgiving is Just Around the Corner

And the Editor Thanks Judi Bidwick for these recipes.

Maybe this will start a trend. Please send more stories and recipes!!

Don,

This is a response to Paulette's email to send recipes to you. I have included two Thanksgiving recipes that I have used. Since many of the recipes today use frozen vegetables, I have included the frozen sweet potatoes that are excellent quality, or if you can't find the frozen version, you can use the canned. Judi

Judi Bidwick

FSO-PB/PE
SO-PE-8
ADSO-7

Sweet Potato Pie

One of my southern favorites!

1 bag Ore-Ida Steam n' Mash Cut Sweet Potatoes or 1 large can of yams/sweet potatoes

1 refrigerated pie crust

3/4 cup sugar

1/3 cup firmly packed light brown sugar

2 eggs

1 can evaporated milk

1 t cinnamon

1/2 t ginger

1/4 t cloves

Microwave Steam n' Mash Cut Sweet Potatoes according to package directions, but do not mash. Allow the sweet potatoes to cool to room temperature and mash. Prepare pie crust in a deep dish pie plate. Blend together the sugars, eggs, milk and spices. Thoroughly mix the sweet potatoes with the liquid and pour into prepared pie crust.

Bake at 450° F for 15 minutes; reduce heat to 350° F and continue to cook for approximately 45 minutes or until knife inserted in the center comes out clean. Cover crust with foil after the first 15 minutes of baking if too brown.



Thanksgiving is Just Around the Corner *Cont.*

Mini Sweet Potato Soufflé

This recipe is an excellent alternative to the usual Thanksgiving sweet potatoes. This variety of sweet potato is so easy! Take the bag out of the freezer, microwave for 12 minutes and mash. The work has been done for you: pre-peeled, prewashed and ready to eat. If you can't find this variety, use the canned version.

Sweet potatoes are a great source of fiber, as well as vitamins A and C. They are a fantastic way to encourage picky children to eat their vegetables and they are a fun addition to almost any meal, in savory or sweet plates. I also make this as a side dish with just about any meat or fish without the topping, or use it as a dessert with the topping.

2 (24-ounce) bags steam and mash sweet potatoes (recommended: Ore-Ida found in the freezer dept.)

--or-- 2 large cans of yams/sweet potatoes

1/2 cup butter (1 stick), softened

1 cup evaporated milk

3 eggs

1 cup brown sugar

1 tablespoon pumpkin pie spice

1 tablespoon baking powder

1 cup chopped pecans

1 pinch salt

2 cups marshmallow topping

Directions:

Preheat oven to 350 degrees F. Lightly spray 12 (6-ounce) ramekins with cooking spray. Divide the ramekins among 2 baking sheets and set aside. (or you can use one large soufflé bowl)

Cook sweet potatoes in the microwave according to package directions.

Empty sweet potatoes into a large mixing bowl, add butter and beat with a hand mixer until smooth. Mix the remaining ingredients (except marshmallow topping) and beat until well incorporated. Pour into prepared ramekins (1/2 cup each) and bake in preheated oven for 30 minutes. Remove from the oven and top each soufflé with a dollop of marshmallow topping. Brown the topping with a torch or place under the broiler until lightly browned.

Note:

You can also use these sweet potatoes in the following ways as a side dish:

Mash along with cooked apples; season to taste

Mash with butter and brown sugar or maple syrup; season with salt and pepper

Mash along with cooked carrots and butter; cook equal parts wine vinegar and sweetener (use honey, maple syrup or brown sugar) until syrupy, then mix in; season with salt and pepper

Mash 1 bag Steam 'n Mash with 1/4 c each brown sugar, orange juice and butter; season with 1/4 t each cinnamon, nutmeg, ginger, salt and pepper; bake in a casserole at 350-degrees for 45 minutes or until golden

A Six Day Adventure of a Lifetime on the USCGC Diamondback(WPB 87370)

My goal when I joined the Coast Guard Auxiliary back in May 2012, was to one day go out to sea on a Coast Guard Cutter. Nothing too long, maybe a week at first as a test. Incidentally, I happen to also be an excellent Chef (so I've been told) and even managed a wonderful little restaurant in Paris, France. After many years in Los Angeles, and one in London, my wife and I moved to Fort Myers.

At the Change of Watch ceremony some two years ago, I was introduced to our current District Captain (West) Paulette Parent, who was gracious enough to let me ask her about a program called AUXCHEF now known as AuxFS. What I loved about Paulette was her passion for cooking and for supporting our Coasties, both Gold and Silver. But what I remember most about our conversation was this phrase ... "Cutters are always looking for qualified AuxFS's"... then she asked me to send her my contact information and would alert me when the next AuxFS course was to be announced.



Story By Pierre-Marie Beauvoir, AuxFS

A few months later, I received an email from Paulette announcing the upcoming 3-day class at Air Station Clearwater. I went through the formalities and couldn't wait to get started. After all, my Cutter was somewhere out there with orders just for me. Oh, yes there was also the chance to display my culinary expertise, but only if I did not get seasick, which in the back of my mind, was a very distinct possibility. After certification, I volunteered as an AuxFS at Coast Guard Station Fort Myers Beach to get my PQS and get some experience cooking in the military. You see, I am an ARMY man myself, with mixed memories about C-Rations, LRP's, and unforgiving Mess Sergeants. I had to rid myself of these demons once and for all... It's not about how many potatoes you can peel, but how scrumptiously tasty you can make them. Can you say Garlic Mash with Chives and lightly dusted with Aged Parmesan... Yum!!!

Like clockwork, I waited and read every request for AuxFS's, until that faithful day when the Diamondback, right here in Ft Myers Beach, put in their request. I knew this one had my name on it. It was for a week, just like I wanted it. I called Paulette, took care of some paperwork and lo and behold, I was re-

porting for duty at 09:00 on Monday. Of course I packed way too much, but it was my first deployment and the crew understood. They were just eager to go on patrol and eat cooked meals rather than sandwiches for a week.

First impression, what a great crew! I felt so welcomed as they showed me around the boat, my bunk, the galley, bridge, head, shower and even the engine room. No time to waste, I had to start making lunch as we got underway. I did cheat and took a sea sickness pill on the first day.

I wanted no mishaps on my watch! I started them off with a simple lunch; Grilled Ham and Swiss on Whole Wheat, with Romaine Lettuce and Heirloom To-



A Six Day Adventure of a Lifetime **Continued**

mato Slices, Chips, Fruit Salad and Assorted Beverages.

Shortly after lunch, I realized that I had to get started on dinner to be served at 18:30 hours. It was time to get started on the Chili and decided on a wonderfully aromatic Jasmine Rice and a Fresh Salad with Goat Cheese and a Country French Balsamic Vinaigrette. How could that be, they were elated and I, I was so anxious, afraid to let them down, or even get them sick... Then I remembered that we were on a ship, I went on deck to take in that I had achieved my goal and was at sea doing what I love, cooking and for such an appreciative crew. They were now in my care and I would do my very best to take good care of them as they would do for me during the entire six days.

"I was so anxious, afraid to let them down.."



"They were now in my care and I would do my very best to take good care of them as they would do for me during the entire six days."



An Experienced AuxFS Checks In at Station Cortez

By Dane Hahn, AuxFS

Kathy Wertman was with us on a Monday at Station Cortez from 8:45 AM until 5:00 PM. I must say--as a type A individual--I found little for me to do except teach. She and Sandra Hahn really handled all the prep. See the attached photos. Kathy made potato salad, a really good soup, three kinds of eggs, cookies and lemon bars. Prepared to order were quesadillas (meat and chicken) and a BLT with fries. She showed real talent when she demonstrated sharpening a knife.

Lunch was spaghetti and meat sauce, which included several spices and minced onion. Steamed veggies were served on the side and she made homemade garlic bread. I coached her in adjusting the recipes for the estimated count of diners and she handled that well. We determined that since a serving of meat would be 1/4 pound (according to the menu poster) and that we needed 12-13 meals (where meat was not the main item--given the pasta) would require 3 lbs of meat and 1/2+ of a #10 can of sauce. Once we had made the meat sauce, I added about another quart of canned sauce to be sure we had enough--that little extra made us come out even. :-).

The photos are proof that she really did cook all that food in one day. She will be an asset to the Station. Where did she get her experience? She used to cook at Cape May for the CG recruits. It's great to have her here.



An Experienced AuxFs Continued



Cooking Lingo

braise		A. rice
bake		B. pork shoulder
steam		C. hamburgers
deep fry		D. cake
sauté		E. bacon
pan fry		F. stew
roast		G. short ribs
grill		H. mushrooms
poach		I. eye of round
smoke		J. hush puppies
boil/simmer		K. fish



Got Back Issues?

If you missed an issue of the AuxFS eNewsletter you can go to the D7 Web Site and find any of the back issues for downloading and your reading pleasure. Why not send other members of your Flotilla a copy? They may be interested in joining our happy band of cooks.

<http://www.uscga-district-7.org>
Online Magazines

AuxFSs Work Division 3 Picnic and Have Fun Doing It Cont.



Eagle Visits Charleston

By Duncan Hutchinson, AuxFS

EAGLE was in Charleston on 9-11 September for a port call, public visitation and public relations.

I volunteered to relieve one of the Eagle FSs so he could enjoy Charleston, but got no reply.

While Eagle was in port I had Response Boat(RBM) duty Friday and Saturday for personnel transfer, transporting invited guests, escort duty and HVA protection. I hope you enjoy these pictures.

A Note From Paulette - the EAGLE often has an Auxiliarist onboard cooking, especially during the summer months. This started way before the AUXCHEF/AUXFS program came into being. I have been aboard and toured all the galleys with an FS that I knew - there are 3 galleys aboard - one is just for the Captain, another is for the ward room and another for the crew, cadets, etc.



AuxFS News Bites

Reporting AuxFS Hours

By Paulette Parent, ADSO-HR/FS

As per Sue Hastings DSO-IS there has been a change in how AUXFS hours are reported in support of Auxiliary Units (not Coast Guard). Please review procedures and note the change as described in item 2.

- 1) For AUXFS duty at or in support of a Coast Guard unit, the AUXFS should report time using Mission Code 07D (CG Operational Support), and enter "AUXFS Duty" in the Remarks Section. The IS Officer enters that time using the "AUXFS" Operational Code (and the appropriate OPCON Code). Except for AUXFS duty on a USCG cutter, for which up to 24 hours can be recorded, the time spent as an AUXFS is limited to 19 hours/day. (This is AUXFS policy. If in doubt, seek clarification.)
- 2) For AUXFS duty in support of an Auxiliary unit(s), the time is reported as 99E. Again, "AUXFS Duty" should appear in the remarks section, and the AUXFS Operational Code is entered. AUXFS hours must be recorded separately from other 99e hours. Prep and travel are reported using 99B.

You are required to complete the Mandated Training before you can assist at a CG unit as of January 1, 2016 Way Past Due

**A Place for Everything and Everything in its Place
or How to Get 10 lbs. of Sugar in a 5 lb. Sack
Dry Stores Pantry on HAMILTON, just before departure.**

— Duncan Hutchinson

