



# MLC PAC FSAT



## CULINARY CONNECTION



September is National Food Safety Education Month. The 2008 theme is BE FOOD SAFE. Food Safety is a critical part of our day to day galley operation.

Whether you just need a refresher course or training materials for your food service staff at the government food safety websites

<http://befoodsafe.gov>

&

<http://www.foodsafety.gov>

These sites offer a wide array of instructional materials for proper food handling. You will find training videos, audio clips, pamphlets and posters. With hurricane season upon us there is also a guide for food safety in emergencies located at

<http://www.foodsafety.gov/~fsg/September.htm>

## CREAM OF THE CROP COOKS

### ISC SAN PEDRO ID COOKING WITH FRESH HERBS

Cooking with herbs and spices is an art, not a science. The best cooks experiment lustfully, combining foods and flavor enhancements in ways that strike their fancy and curiosity, letting their creativity prevail over the cookbook. This is what's happening at ISC San Pedro under the tutelage of Petty Officer First Class Wildman. The ISC is very proud of its own Herb Garden right outside its Dining Hall. The establishment is being run like a classroom at Culinary Institute of America; teaching CG Foodservice members the true art of the Culinary Arts. Everything is being made from scratch, stocks, sauces, desserts, and breads, and is the closest thing next to a 5-Star Restaurant. If you're in the San Diego Area, try to make it down and experience an entree being prepared with fresh herbs, it's amazing. It's also a great place to send TAD FSs to gain some great skills. Call FS1 Wildman for details at 310-521-6153



FS1 WILD MAN WITH FRESH HERB GARDEN AT ISC SAN PEDRO

### CG TAKE COOKS THE GOLD & SILVER

On August 28 the Navy Food Management Team at Naval Subbase New London located in Groton, CT hosted a Clam Chowder Competition. FS1 Stacey Russell, Sector Long Island Sound & FS1 Britney Gonzalez, D1 SCA won the Gold Medal. The silver medal went to FSC Eric Gage, FSO AIRSTA Cape Cod, & FS2 Daniel LeBlanc, AIRSTA Cape Cod. Kudos on showing the Navy how to cook!!



WINNERS OF THE CLAM CHOWDER COMPETITION HOSTED BY NAVAL SUBBASE NEW LONDON GROTON, CT



Have you or do you know of another FS or galley that has done something exceptional? Like to see it featured in CREAM OF THE CROP COOKS? Send photos and a brief description to [fscm.damico@comcast.net](mailto:fscm.damico@comcast.net)



Does your unit have any excess foodservice equipment they no longer want? Please contact MLC PAC FSAT TEAM with item information and we'll list it in our monthly news letter.

### Currently we have the following items:

1. Sandwich Bar Refrigerator ISC San Pedro - 310-521-6153



FSAT IS NOW PROCTORING SERVSAFE EXAMS DURING THERE VISITS!

Are you scheduled for a FSAT visit and want to get a commercial foodservice certificate to hang on your wall? Well this is all you have to do. First call your call your assigned FSAT Advisor a month or two prior to your scheduled visit and inform them that you would like to take the exam. Then have your command order the ServSafe Essentials 5th Ed with exam sheet - ESX5 through the National Restaurant Associations Web-site. Once you get your book, study, and FSAT will proctor the exam.

**GOOD LUCK!**

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## HEALTHY COOKING CORNER



## reality makeover madness

Today we are living in a world where reality TV is affecting most of society's views on their appearance with shows like Extreme Makeover, Celebrity Fit Club, Top Loser, etc... . Granted some of the show participants are there for nose jobs & face lifts. But a majority of them are there with body weight issues. These people are going through radical extremes undergoing surgeries (i.e. as liposuction& tummy tucks), taking on tougher exercise & diet regimes and counseling to deal with their weight problems. You are probably thinking what do makeovers have to do with healthy cooking! Well here you go..... remember the old saying "YOU ARE WHAT YOU EAT". The underlying meaning to the saying is what you eat effects your body's physical appearance & abilities, health and state of mind. Does this mean we must give up all of our favorite foods and live on strict diets & exercise programs? By no means is this totally necessary!!!! There is an alternative answer..... **RECIPE MAKEOVER!** The way you prepare your recipe affects the calorie, fat & sodium content. Making some minor changes to your recipes you can transform them into healthy recipes. Here are ways to create healthier recipes according to the Mayo Clinic:

1. Reduce the amount of fat, sugar and sodium: With most recipes, you can reduce the amount of fat, sugar and sodium without losing the flavor. By cutting fat and sugar, you also cut calories. How much can you leave out without affecting the flavor and consistency of the food? Apply the following general guidelines: \* Fat. For baked goods, use half the butter, shortening or oil and replace the other half with unsweetened applesauce, mashed banana or prune puree. You can also use commercially prepared fruit-based fat replacers found in the baking aisle of your local grocery store. \* Sugar. Reduce the amount of sugar by one-third to one-half. When you use less sugar, add spices such as cinnamon, cloves, allspice and nutmeg or flavorings such as vanilla extract or almond flavoring to enhance the sweetness of the food. \* Sodium. Reduce salt by one-half in baked goods that don't require yeast. For foods that require yeast, don't reduce the amount of salt, which is necessary for leavening. Without salt, the foods may become dense and flat. For most main dishes, salads, soups and other foods, however, you can reduce the salt by one-half or eliminate it completely. Other ingredients may contain sugar, fat and sodium, and you can decrease them as well. For example, if the recipe calls for 1 cup shredded cheddar cheese, use 1/2 cup instead. Or use less soy sauce than is indicated to decrease the amount of sodium in the food.
2. Make a healthy substitution: Healthy substitutions not only reduce the amount of fat, calories and sodium in your recipes, but also can boost the nutritional content. For example, use whole-wheat pasta in place of enriched pasta. You'll triple the fiber and reduce the number of calories. Prepare a dessert with fat-free milk instead of whole milk to save 63 calories and almost 8 grams of fat per cup.
3. Delete an ingredient: In some recipes, you can delete an ingredient altogether; likely candidates include items you add out of habit or for appearance, such as frosting, coconut or nuts, which are high in fat and calories. Other possibilities include optional condiments, such as pickles, olives, butter, mayonnaise, syrup, jelly and mustard, which can have large amounts of sodium, sugar, fat and calories.
4. Change the method of preparation: Healthy cooking techniques \* such as braising, broiling, grilling and steaming \* can capture the flavor and nutrients of your food without adding excessive amounts of fat, oil or sodium. If your recipe calls for frying the ingredients in oil or butter, try baking, broiling or poaching the food instead. If the directions say to baste the meat or vegetables in oil or drippings, use wine, fruit juice, vegetable juice or fat-free vegetable broth instead. Using nonstick pans or spraying pans with nonstick cooking spray will further reduce the amount of fat and calories added to your meals.
5. Change the portion size: No matter how much you reduce, switch or omit ingredients, some recipes may still be high in sugar, fat or salt. In these cases, reduce the amount of that food you eat. Smaller portions have less fat, calories and sodium and allow you to eat a wider variety of foods during a meal. Eating a variety of foods will ensure that you get all the energy, protein, vitamins, minerals and fiber you need..



### GREAT TRAINING OPPORTUNITIES

BRING YOUR FORK AND APPETITE AND HEAD ON DOWN!

Looking to attend some great training to improve your Coast Guard Dining Facility? Talk to your command about sending you to one of these training conferences listed below:

**DSPC CONFERENCE -November 19, 2008- Sheraton Dallas Hotel, Dallas, Texas**

**MLC PAC FSAT FOODSERVICE ROUND-UP - December 15-19, 2008 - ISC Hawaii**

**CATERSOURCE 2009 CONFERENCE AND TRADESHOW- February 22-26, 2009 - Las Vegas Hilton & Convention Center**

**CHICAGO NATIONAL RESTURANT ASSOCIATION SHOW- May 16-19, 2009 - Chicago Convention Center**



### FREE CULINARY STUFF!

**Looking for some great material to improve your menu selection? MLC PAC FSAT now has all types of free items to assist you! Below is a list of some items currently available. Items will be added monthly, so read your monthly Newsletters!**

#### MLC PAC FSAT "Cutting Edge"

- Resource Booklet - CD`
- Mission Southwest Recipes - CD
- Soup Recipe - CD
- Techniques of Healthy Cooking - CD
- Panini Recipe - CD
- Armed Forces Recipe - CD

### NETWORK AVENUE



Did you ever here the old saying "it's not what you know, but who you know" comment. Hi, this is Master Chief Chuck D'Amico, and I'm a firm believer of this saying. Because of this concept, I've been able to do amazing things with e-mails & phone calls. Training, future job proposals, etc, the opportunities are endless through the networking channels. The objective of "Network Avenue" through our monthly newsletter will be to provide our readers with some advice on mastering the art of networking. So let's get the traffic moving! [Where to Cast Your Net?](#) As a Foodservice Specialist, I made most of my foodservice contacts by attending food shows and conferences like the National Restaurant Association's Restaurant Show in Chicago, and the Catersource Conference in Las Vegas each year. I have met hundreds of chefs that are now at my beckon call to help train CG Foodservice personnel for free, wow? These aren't food brokers; these are ACF certified professional with awesome credentials. So cast your net and start building your contact list.

## ADOPT A CHEF PROGRAM



As of August 2008, MLC PAC FSAT started placing ACF Certified Chefs (**American Culinary Federation**) on board CG Cutters. The program is a great opportunity to have a professional Chef come to your unit free of charge! If you're interested in using the program, please contact Senior Chief Frank Ramos at 510-637-1258



## FSAT Words of Wisdom - by FSC Mike Kreider READ THE MANUAL

Having PCS'd to FSAT, I have had the opportunity to visit a number of units. Most units I have visited have been WPB's and independent duty shore stations. The most frequent and disturbing information I am receiving from them is very few of the junior FS in the field have read the Food Service Manual. By providing a good variety of tools such as the FS websites, networking possibilities, and official publications like the Food Service Manual, the Coast Guard has given all of us the opportunity to succeed. It is up to each individual to use these resources to accomplish the mission, not simply by trusting the FS whom you relieved, which could end up being another problem. If you have little-to- no knowledge of food service policy, and are a first time FSO, how are you going to know whether or not the FS before you was properly competing FSO related tasking?

As an FSAT member, I utilize the aforementioned tools on a daily basis to help the field solve issues and to continually educate myself.. In some circumstances, the manual does not clearly address procedures. That is where FSAT can step in; we help to interpret the information given, often because we may have dealt with the same issue before and have direction from HQ.

Most of the time, the manual will cover any problem you encounter. The trick is to know where to look. Now comes the good part...During the process of researching, you (especially the junior folks) will learn information other than what you are looking for. As the process of researching information continues over your career, you will learn where and how the manual is set up. This makes the research part easier in the future, and you are coincidentally studying for the Service-wide Exam at the same time.

The recommendation we make is to continue reading the FS manuals and other directives throughout your career, but especially before you take over your first independent duty unit. When something comes up you don't understand...call FSAT!



## **DFAM TEST PILOT BLOG**

Currently we are hearing so much about the Coast Guard's future Foodservice Dining Facility's Automated Management Program and hear very little feedback? Hopefully this Newsletter blog will help keep us better informed on it's progress.

**Here is what FS1 Cox from Sector San Francisco has to say;** Sector San Francisco is moving right along with DFAM, it has proven to be very helpful on many occasions, such as inventory consumption reports and sale of meals. On one occasion DFAM helped us to correct a problem within our own excel inventory stock cards, ensuring that our numbers were still in-line with one another. Eatec offers countless checks and balances that all tie into one another. All of which are easy to learn for the average FS's because of how the system maintains a sense of continuity in each module. The one issue that lies within the system is the rounding, Eatec rounds to the nearest thousandth, vice the hundredth decimal place. I have been told that this is a situation that they are well aware of. If you would like to speak more about the program, FS1 Cox would be happy to answer any questions you may have? He can be reached at (415) 399-7363

*Here at MLC PACAREA SAT we look forward to serving you with future publications of Culinary Connection . We value your input. Submit your ideas and suggestions to*

[Charles.F.Damico@uscg.mil](mailto:Charles.F.Damico@uscg.mil)

*FSCM Charles D'Amico  
Editor in Chief*