



United States Coast Guard Auxiliary
Seventh District

D7 AuxFS



eNewsletter - Fall 2014

CG Food Service Changes to Save \$ 5.6 Million

Starting in FY15, several changes are being made to the Coast Guard Food Service (CGFS) Program to achieve organizational budget reduction targets, while minimizing impacts for operational commanders.

In Flag Voice 430 Rear Admiral D. R. Callahan, USCG, Assistant Commandant for Human Relations announced changes to galley services enacted as part of the FY15 budget. The food service program (FSP) will reduce dining facility contract costs by 5.6 million dollars. The initial information includes:

- The galley at Base Boston was closed, effective 1 October 2014.
- The galley at Base Portsmouth has been proposed for closure. This action is contingent on union negotiations after which a closure date will be announced.
- Approximately five galleys with mess attendant contracts will be reduced by 25%. Contracting staffs and associated commands at affected locations have been engaged to implement these changes.
- A gradual change in the ashore supplement to the basic daily food allowance has been implemented. A five percent reduction over a ten month period was initiated.
- Future changes to the Coast Guard's box meal policy will result in all members (including aviation) paying for each box meal received.
- A proposed change in meal rates and elimination of evening meal service at selected locations is under review. Both of these initiatives are contingent on meeting legal and union obligations and any changes will be communicated with adequate advance notice to the field.

Additional details on the planned reductions will be released as inputs from program, budget, labor relations, and legal staffs are received and reviewed.

See Southern Chefs Story Inside...

AuxFS Basic Class

February 6-8, 2015

CG Station Tybee

Tybee, Island GA

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FY15 FS Changes *(Continued)*

Official CG Dining Facility FAQs

1) Why are changes being made to the FS program?

The changes being implemented within the Food Service Program (FSP) in FY-15 are necessary to meet ongoing Coast Guard (CG) budgetary constraint and statutory requirements.

2) How will these changes impact the FS rate?

Depending on the changes being made at specific dining facilities, there could be an increased workload placed on our FS personnel (e.g., performing mess attendant duties where those services were currently performed by contract personnel). Where possible, other unit personnel will be assigned by the command to assist.

There will also be additional requirements, for example, changes to the meal sign-in sheet, to obtain additional data needed to manage the dining facilities. A recent contracted study will help FSP managers identify ways to help minimize these burdens and help the CG FSP incorporate the best solutions for achieving both mandated savings, improved FSP policy and adjusted operating procedures.

There are no current plans to eliminate FS billets – any changes to the FS sea-to-shore ratio or pyramid will be coordinated through the FS Rating Force Master Chief.

3) What will happen to FS staff when a galley closes, or there are changes to the service being offered at a dining facility?

The Rating Force Master Chief will be involved in any changes to FS rate structure and location. Reassignment or reprogramming of billets will be handled on a case-by-case basis, balancing “needs of the service” with needs of the rate. Multiple factors will be considered, including sea-to-shore ratio, the FS pyramid, retirement, advancement, and critical fills.



Cover Photo: AuxFS Matt Chester(070-09-06) at Station Ft. Myers.

Meet the Assistant Commandant

Rear Admiral David R. Callahan currently serves as the Assistant Commandant for Human Resources, responsible for all human resource policy and support activities for the Coast Guard's nearly 60,000 member active duty, reserve and civilian work force.

Rear Admiral Callahan is a Coast Guard aviator with over



30 years of military and civil fixed and rotary wing flight experience. He commanded two Coast Guard Air Stations, to include Air Station New Orleans, and the Coast Guard Aviation Training Center. Over the span of his career he served in the Atlantic, Pacific, Great Lakes, and Gulf Coast theaters of operation including Alaska.

In addition to his operational tours of duty, Rear Admiral Callahan served as Coast Guard Liaison to NATO staff, Allied Forces Southern Europe, Naples, Italy, during the Bosnian conflict. He also served as Chief of Staff for the Ninth Coast Guard District, overseeing all Coast Guard activities in the eight state Great Lakes region, and served as Executive Assistant to the Commandant in Coast Guard Headquarters, Washington D.C.

A native of Littleton, Colorado, Rear Admiral Callahan graduated from the United States Coast Guard Academy in 1982 and holds a Bachelor of Science degree in Management, a Masters degree in National Security Studies, and is a 2005 distinguished graduate of the Air War College. Rear Admiral Callahan's personal awards include four Legion of Merit Medals, the Defense Meritorious Service Medal, two Meritorious Service Medals, four Coast Guard Commendation Medals, and various other service and campaign medals.

Name This Pastry



Champlin's

Toasted Dijon Herb Gnocchi

Serves 10 (5oz. portions)

(See article that follows...)

- 9 Medium Russet Potatoes (scrubbed)
- 5 Egg Yolks
- 1 1/2 – 3 Cups All Purpose Flour
- 1 TBSP Parsley (minced)
- 1 tsp Thyme (minced)
- 1 tsp Rosemary (minced)
- 1 Gallon Boiling Water (salted)
- 1 Red Onion (julienne cut)
- 1 TBSP Olive Oil
- 2 Cups 2% Milk
- 1 TBSP Dijon Mustard
- 1 TBSP Tarragon (chopped)
- Salt and Pepper (to taste)

- 1 Bake potatoes until soft and tender. Once cooled cut in half and scoop the potatoes from the jackets (reserve jackets for roasted potato skins). Press the potatoes through a ricer. Once at room temperature stir in egg yolks, salt, pepper, parsley, thyme, and rosemary and mix until completely incorporated.
- 2 Heavily dust your counter with flour and place potato mixture on it. Continuously knead in more flour until and soft yet slightly sticky dough has formed. Create 4 or 5 equal portions and roll into 1/2" diameter logs. Cut 3/4-inch pieces and press with the back side of a fork to create shallow reservoirs used to help hold the sauce. Once you have made all of the dough into dumplings place in freezer for about 45 minutes.
- 3 Add dumplings to boiling water and cook until they float. Remove from the water and set aside. Heat olive oil in a Brazier and sauté onions until slightly opaque, add gnocchi and toast until slightly golden brown. Pour in milk and cook for about 10 minutes, until sauce coats the back of a tasting spoon. Stir in remaining herbs, Dijon mustard, salt, and pepper.



Cooking Lingo

Associate the word(s) on the left with the best definition or related word(s) on the right.

napa		A. separate
nam pla		B. upside down
manchego		C. olives
noisette		D. fish sauce
nori		E. sugar pellet
curdle		F. hazelnut
tapenade		G. sea weed
nonpareil		H. cabbage
nibs		I. cheese
tarte tatin		J. chocolate

Recipe for Success: FS1 Mason Champlin

From Coast Guard Compass
By LTJG Katie Braynard

When you ask someone what he or she enjoys most about being in the Coast Guard, the answer isn't usually creativity. But for Petty Officer 1st Class Mason Champlin, it's the creative freedom that he loves most about his job in the Coast Guard. Champlin, a food service specialist serving aboard Coast Guard Cutter Hollyhock, has always loved to cook.

Before joining the Coast Guard, he attended Le Cordon Bleu Chicago and began cooking professionally soon after. But soon enough, Champlin tired of cooking the same menu items day in and day out, so when he learned about the Coast Guard's food service specialist rating from a friend, it seemed like the best way to continue doing what he loved with a bit more flexibility. "As FS's in the Coast Guard, we have more creative freedom on a daily basis than you would in any restaurant," he said.

And his philosophy? Making everything from scratch and purchasing local and sustainable food. "When it comes to the culinary industry, it doesn't matter how skilled a person is," he said. "You can't make really good food from really poor ingredients." Champlin said that buying produce and meat from local industries as much as cutter operations allow helps support the local economy where he is stationed. "Purchasing from local vendors is something I really believe in," he added.

And aside from the creative freedom, Champlin also loves being a part of a diverse team with diverse backgrounds because each one brings something to the table. "Everyone brings their own style into the workplace," he said. "For instance here, we have four different people with four different backgrounds from four different places in the United States."

In addition to Champlin, the crew enjoys the fact that the galley takes advantage of the ability to have creative freedoms. "We are all extremely fortunate to have such a high quality galley onboard Coast Guard Cutter Hollyhock," Lt. j.g. Kent Hunt, operations officer aboard Hollyhock, said. "They creatively orchestrate a variety of high quality menu items which keep us well fed and always looking to see what they will be serving next."

Champlin's Crab Cakes

Serves 10 (3.5oz. portions)

- 2 lb Lump Blue Crab Meat
- 2 Fresh Jalapenos (seeded and minced)
- ½ Red Bell Pepper (brunoise cut)
- ½ Red Onion (brunoise cut)
- 2 Stalks Celery (brunoise cut)
- 6 Garlic Cloves (minced)
- 1TBSP Clarified Butter
- ½ Cup Panko Bread Crumbs
- 3 Egg Yolks
- 1TBSP Whole Grain Mustard
- 1tsp Fresh Dill (minced)
- Salt and Pepper (to Taste)

1. Melt butter in sauté pan over medium heat. Once melted sauté jalapenos, bell peppers, red onions, and celery until slightly opaque (about 4 minutes). Add garlic and cook until fragrant. Add panko bread crumbs and cook over medium heat occasionally stirring until crumbs are golden brown and toasted (about ten minutes). Remove from heat and stir in mustard and dill.
2. Remove crab meat from cans and wring out excess liquid. Set in a medium mixing bowl. Add bread crumb mixture to crab meat. Mix thoroughly and add seasonings (taste and adjust seasoning before adding egg yolks). Stir in egg yolks and then form into 3.5 ounce cakes. Bake in a 350 degree oven for 25 minutes or until golden brown.



Southern Chefs

By Don Hunt, USCG Auxiliary AuxFS

Food is tightly woven into the heritage of the South. Growing and harvesting food has always been a significant enterprise here. Even today much of the land is still open, fertile and cultivated for bounteous crops.

Food is an important part of life in the South. We eat every day. We celebrate with food and we mourn with food. We party with food and we do business with food. It is an element of our culture that cannot be denied.

Most of the preparation of this food is done at home by dedicated family trained cooks. Recipes and methods are passed down as secrets to be cherished. The history lesson of cooking is reviewed often at family reunions and get-togethers. It is reviewed each Sunday in fellowship halls across the South. Southerners like to cook and sure like to eat. Sunday dinner at Mama's house every week is more than a meal.

And we can't forget the Southern ritual of "carrying mama out to eat". So food prepared outside of the home is also very important to us. We all have our favorite restaurants. They range from the fanciest of steakhouses to the most rustic of barbecue joints and fried chicken places. Each of us knows were to get the tastiest cole slaw and the crispiest of hushpuppies. And don't y'all ever question my judgment on these matters.

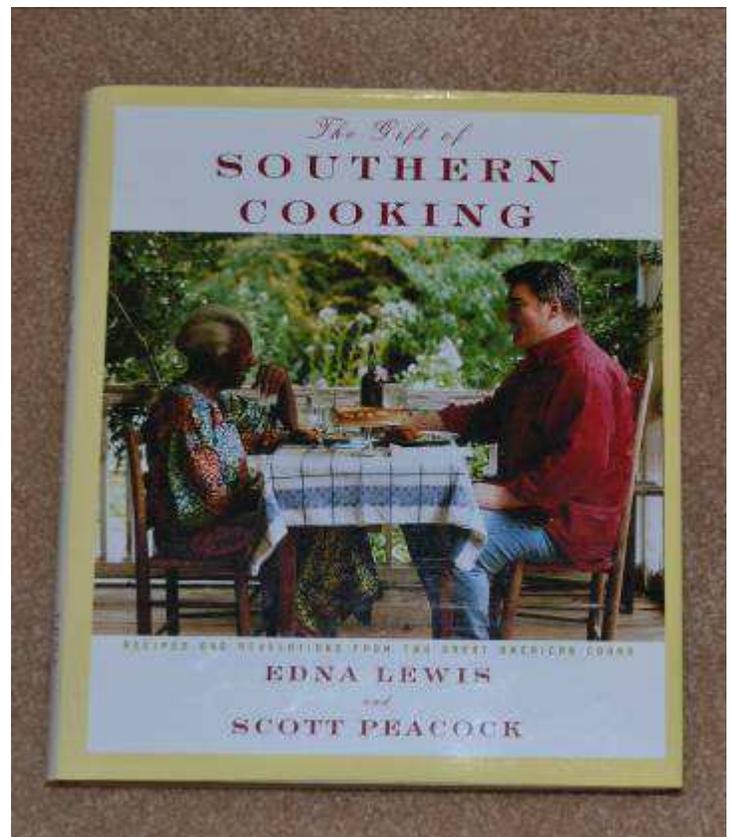
Each town has its own celebrity cooks and chefs. Few of these are on the TV or on the cover of any newsstand magazines. They are nonetheless celebrities to us. We all know who bakes the best biscuits in town and who can fry the finest chicken or shrimp. So it is with a desire to explore this local culinary knowledge that I write this column simply entitled "Southern Chefs". I will start the research but, I ask that you follow.

I planned on writing the first article of this series about a young chef named Scott Peacock. He was the chef to the Governor of Georgia for four years and after that the executive chef at two very popular Atlanta restaurants. I have eaten at one of these restaurants, the Horseradish Grill, several times during his tenure there and was always impressed with his modern twist on traditional Southern favorites and local ingredients.

In 2003 Chef Peacock collaborated with another Southern chef, Edna Lewis, to write an intriguing cookbook entitled, *The Gift of Southern Cooking*. This book is not just a list of recipes. It is a window into the culinary soul of two very

different people who both had a common desire to do for Southern cooking what Julia Child had done for French cooking in America. It is a wonderful cookbook and a fine history lesson. So to get this thing in good chronological order I will write first about Edna Lewis and in a later issue I will write about Scott Peacock.

Edna Lewis was born in 1916 in Freetown, Virginia. She was the grand daughter of an emancipated slave who learned to cook over a wood stove on the family farm. She



went on to be a successful chef and cookbook author. She is credited with ensuring that traditional Southern foods and preparations would live on forever. This is a little of her story.

Edna Lewis – Southern Chef

After growing up on the family farm in Orange County, Virginia with her seven siblings, Edna Lewis left home at age 16. Her father had died and she headed for Washing-

Edna Lewis – Southern Chef *Continued*

ton, D.C. and then on to New York City. Her first job in Brooklyn was in a hand laundry doing the ironing. Not having any experience with an iron, the job lasted only three hours. Possessing sewing skills she worked in a series of jobs in Manhattan's as a seamstress in the lady's fashion industry. Over time she made a dress for Marilyn Monroe and became well-known for her African-inspired dresses.

In 1949 she worked with a New York antiques dealer to open a restaurant on 58th street. She cooked for many celebrities and local artists, including Marlon Brando and Gloria Vanderbilt. She became well known for her cheese soufflés and roast chicken. She brought simple, but delicious Southern cooking from the Virginia farmland to the streets of New York. In the late 1940s black female chefs were a rarity.

In the late 1960s she broke her leg and had to stop cooking professionally. Judith Jones, a cookbook editor at a large publishing company encouraged Edna to write a cookbook. Jones was the editor of Julia Child's first cookbook, *Mastering the Art of French Cooking* and believed that a cookbook could be more than just a collection of recipes. A cookbook could convey the passion and spirit of the chef to the reader. Ms. Lewis wrote *The Edna Lewis Cookbook* in 1972 and went on to write *The Taste of Country Cooking* (1976) and *In Pursuit of Flavor* (1988).

In 1988 as a guest at a gala celebration in the Governors's mansion in Atlanta Edna Lewis met the Governor's chef Scott Peacock. Scott was twenty five years old and was headed to live and cook in Italy. Ms. Lewis admonished Peacock with the advice that "some good cooks have to stay in the South. She awoke in Peacock an intense interest in Southern food that had not been there before for the Alabama native. Lewis and Peacock would go on to cook together as friends and colleagues until the end of Lewis's life in 2006 at the age of 89.

For more information about the life and cooking of Edna Lewis see –

The Edna Lewis Foundation <http://www.ednalewisfoundation.org/index1.html>

Her cookbooks include: *The Edna Lewis Cookbook* (1972), *The Taste of Country Cooking* (1976) and *In Pursuit of Flavor* (1988).

