

Fort Lee

36th Annual United States Army Culinary Arts Competition Manual March 2011



MEMORANDUM FOR See Distribution

SUBJECT: Administrative Instructions for the 36th Annual US Army Culinary Arts Competition

1. **ANNOUNCEMENT:** The 36th Annual US Army Culinary Competition is scheduled to take place at Fort Lee, Virginia, **26 February-11 March 2011**. This memorandum and attachments contains all the rules and forms necessary for installations to register their intent to participate.

2. **ADMINISTRATIVE INSTRUCTIONS:** The annual US Army Culinary Arts Competition is sanctioned by the American Culinary Federation (ACF). The competition follows the rules and procedures set forth in the ACF Culinary Competition Manual.

a. The ACF culinary rules manual provides a detailed explanation of the competition categories and judging procedures. In some instances, categories are unique to the military. In these cases, competition rules were reviewed and approved by the ACF culinary guidelines committee. It is highly recommended that Team Managers and competitors use the ACF culinary guidelines manual as their guide for competing.

b. The administrative instructions are split into annexes for ease of reading. Team managers should examine the documents to select competition categories.

c. Each annex contains its respective forms which must be submitted no later than **1 February 2011**.

PAO Command Information Survey
Submit to Sharon Mulligan at sharon.mulligan@us.army.mil Annex J, Appendix 1

Hometown Release
Submit to Trinace Johnson at trinace.johnson@us.army.mil Annex J, Appendix 2

Installation Entry Form and Team Roster
Submit to SSG Richards at janelle.richards@conus.army.mil Annex J, Appendix 3

Consolidated Team Ration Request
Submit to SSG Barba at herman.barba@conus.army.mil Annex L

d. Any request for waivers must be submitted by the Team Manager thru the Project Officer to the Director, Joint Culinary Center of Excellence, and NLT **15 January 2011**. All waivers will be approved or disapproved in writing.

ATSM-CES

SUBJECT: Administrative Instructions for the 36th Annual US Army Culinary Arts Competition

e. Teams will be required to submit their team entries online this year. It is recommended however that each team print out their final version prior to arriving at Ft. Lee.

3. **AWARDS CEREMONY:** The competition awards will be presented in Lee Theater at 1030 hours on 11 March 2011. The uniform will be Army Class A, ASUs, or respective service dress uniform.

4. **PROJECT OFFICER** Any questions pertaining to these instructions/rules should be addressed to:

Joint Culinary Training Directorate
B Avenue & 16th Street
Bldg. 4200, Room 264
ATTN: ATSM-CES-CS (Project Officer, 36th US Army Culinary Competition)
Fort Lee, VA 23801-1601

Telephone: Civilian -- (804) 734-3274
DSN: 687- 3274
Email: russell.campbell@conus.army.mil

5. The Director, Joint Culinary Center of Excellence, reserves the right to amend the rules at any time for best interest of the program. These rules will also be available on the JCCoE Web Site at <http://www.quartermaster.army.mil>.

6. Point of contact for this memorandum is the Project Officer, CW4 Russell D. Campbell.



ROSSIE D. JOHNSON
LTC, LG
Director, Joint Culinary Center of Excellence

36th Annual US Culinary Arts Competition
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INSTALLATION TEAM ENTRY AND ARRIVAL PROCEDURES

1. Installation Entry Form:

The installation entry form, Annex J, Appendix 3, must be completed and forwarded by email to the Project Officer at Fort Lee NLT **1 February 2011**. The names of all team members must be listed on the entry form to receive participation credit for the competition. Team Managers must submit a PAO Culinary Arts Competition Command Information Survey sheet, Annex J Appendix 1, and a Hometown News Release form, Annex J, Appendix 2, on each team member to the Fort Lee Public Affairs NLT **1 February 2011**. Information Surveys to sharon.muligan@us.army.mil and Hometown News Release forms must be e-mailed to trinace.johnson@us.army.mil.

a. Members may be substituted if they are unable to attend. Teams are made up of twelve (12) personnel including the Team Manager, the Team Captain, seven members, and three apprentices. Teams may bring additional trainers and team support. The "Team Manager" will maintain overall responsibility for their team. Team Managers and Captains can compete, however the total competing members may not exceed 8 competing members for IOY events. The apprentices are only eligible to compete in the culinary knowledge exam and student skills competition. If space is available, then apprentices may complete in K or P categories as long as the K or P category is not for IOY.

b. The culinary show continues to grow with the joint service participation placing an increased demand on the limited kitchen space at Fort Lee. A first come first serve basis will be utilized in the event more teams request to compete than kitchens are available. The date and time packets are received at Fort Lee will determine which teams will be allowed to compete in the event of a shortage of kitchen space. Therefore, it is recommended that teams submit their completed packets as early as possible, but NLT **1 February 2011**. Teams may be doubled up in the kitchens if required, due to limited facilities.

c. Scheduling of events will be completed in two-tiers: Tier 1 – Competitors from CONUS will be scheduled for events such as Team Buffet first; Tier 2 – Competitors from OCONUS will be scheduled for Team Buffet later in the competition.

d. Due to limited facilities and available time, teams are limited to eight individual entries in categories K and P (including the K & P for team entries).

e. The competition is open to individuals and / or teams that are active duty Army, Air Force, Coast Guard, Marine, Navy, National Guard, Reserve, DoD civilians and contract civilians who work in DoD dining facilities.

2. Arrival Procedures: Competitors should arrange to arrive at Fort Lee, VA, no later than **25 February 2011**.

Uniform: Cook Whites or white chef's jacket, white chef's toque, neckerchief (optional), black or hounds tooth pattern pants, and black chef shoes, safety shoes, boots, or low quarters. Failure to be in proper uniform may result in not being able to compete. Civilian Team Managers / Advisors may wear the full-length lab coat with nametag. All non-competing personnel will wear the appropriate military uniform IAW their branch regulation for wear and appearance of uniforms, during duty hours.

NOTE: Ball caps, bandanas, skull caps, ect are not authorized during the competition events. Teams should wear the white chef's toque/hat. Regardless of which uniform is worn, remember, you must always present a disciplined, military appearance. USACAT Members and apprentices need to bring their USACAT uniforms for official team functions, and photographs.

3. Kitchen Work Areas: Competition staff will be assigning kitchen areas in building 4200 on **26 February 2011**, immediately after Team Captains meeting. Labs are assigned according to when your packet arrives at Fort Lee.

a. The assigned work areas must be hand-receipted by the Team Manager or Team Captain. Prior to releasing hand receipts at the end of the show, all kitchens must be properly cleaned, cleared, and returned to the competition staff before departure from this command. Cleaning supplies (detergent, brooms, mops, etc.) will be provided. Competition certificates (ACF) and certificates of participation will not be given to the teams prior to confirmation of this process.

b. A limited amount of food preparation equipment will be available in the assigned work areas. Specialized equipment needed for preparation and display of culinary entries must be provided by the team's installation. Only those items listed will be provided.

4. Travel and Hotel Accommodations: Team Managers and/or individual competitors will make their own travel and hotel arrangements. Statements of non-availability (SNAs) will not be issued by Ft. Lee lodging. All team managers are required to call or e-mail Mrs. Salazar, at 866-363-5771 maria.i.salazar@conus.army.mil prior to making lodging arrangements. Failure to utilize 1-800-GO-Army1 could result in out of pocket expenses for competitors. Teams should not plan to depart earlier than **11 March 2011**, after 1500.

5. Official Phone Calls: Team Managers need to ensure that TDY orders authorize reimbursement of official phone calls. Telephone PIN codes will not be available for making long distance calls from Fort Lee military phones. Each Team has been allocated a Lab complete with telephones. Teams should inform their units of the respective contact numbers for all communication. Please **DO NOT** use Advanced Food Service Training Division (AFSTD) as a contact number, as messages received

do not always get passed on to those concerned. The AFSTD number should be left with your unit as an emergency contact number only.

6. **TDY:** It is recommended that each Team has either a GPC cardholder or a Class A purchase agent to purchase food, equipment, and supplies to support their team during the culinary competition. The average cost for a team is \$1500 - \$2500. Teams must order items from the standardized protein list. Teams can use items not on the list; however, teams must purchase these unique items, utilizing team funds. The standardized protein list is discussed in greater detail in the ration section. Teams that will make additional purchases should increase their projected cost on the Team Managers travel (TDY) orders. Refrigeration in the kitchen classrooms is limited. Teams can rent additional refrigeration from local rental companies, if necessary.

7. **Rules and Procedures:** All personnel are reminded that the Rules and Procedures issued for the 36th Annual Army Culinary Competition will be STRICTLY ADHERED TO. All problems arising from the show should be directed to the respective NCOIC/POC. In reference to the judging of all categories, remember, "The Judge's Decision is FINAL". Team Managers should see CW4 Campbell if there is a question about the team entries immediately after the judging is finished.

8. **OFF LIMITS:** The following areas are "Off Limits" to ALL TEAMS unless specifically told otherwise:

a. IET/AIT Students. ALL IET/AIT STUDENTS are "Off Limits". No team members are authorized to socialize or have any involvement with IET/AIT students.

b. Fort Lee Field House. The Fort Lee Field House is "Off Limits" from 0700 to 0800, **3-9 March 2011**.

c. Armed Forces Chef of the Year labs. These labs and outside corridors will be "Off Limits" for the duration of each competition to all personnel including Team Managers. Only competitors, show staff, and judges are allowed access. Additionally, Room 264 is off limits to all competitors, this is for staff use only.

9. **Parking:** Vehicles are not authorized to be parked at the rear of building 4200. This is a "NO PARKING ZONE," so please use the parking lots to the front of building 4200, excluding the reserved spaces. Teams traveling with large cargo trucks will stage them in a marked area at the rear of the front parking area. Do not park your vehicle on the grass for any reason.

10. **Competitors Social:** All personnel are encouraged to attend the social on Wednesday, **9 March 2011** from 1800-2300 hours. Team Managers are to confirm total team members attending and purchase tickets if required.

11. **Photographs:** Photographers will attend the Team Manager's meeting to coordinate with Team Managers to photograph their team, if desired. The photographs

for Installation of the Year, Field, Armed Forces Chef of the Year, and Armed Forces Junior Chef of the Year winners will take place immediately after the Awards Ceremony at the Lee Theater on **11 March 2011** starting at approximately 1200 hrs. Team Managers should bring the appropriate photo equipment for all other requirements.

12. **Ration Issues:** Only Team Managers should approach the Rations NCO, concerning the issue of rations.

13. **Static Exhibits:** Static exhibits entered for the show WILL NOT be returned to individuals or teams upon completion of the event. Privately owned trays, plates, etc. can be collected after public viewing at **1700, 09 March 2011**.

14. **Awards Ceremony:** ALL team members are required to attend the awards ceremony **11 March 2011**. Dress for the awardees will be Class A (service dress) uniform or the ASU (Army Service Uniform); other services will wear their equivalent uniform. The schedule for the ceremony will be as follows:

- a. 0830 All competitors to be seated
- b. 0845 Practice Ceremony
 - 1) All awardees to attend
 - 2) Team managers will check uniforms
- c. 1030 Awards Ceremony

15. Due to limited space teams are not to ship their equipment, food, supplies or other items directly to building 4200. Teams must make their own coordination to have items shipped and received at Ft. Lee, until the teams can get into their labs.

16. **United States Army Culinary Arts Team (USACAT)** Selection Criteria: Team Managers must note on the installation entry form Annex J, Appendix 3, if a team member is trying out for USACAT. There will be a scheduled USACAT try-out this year to fill positions that are currently vacant to prepare for the 2012 Culinary Olympics. USACAT tryouts will have a significant change this year, to ensure a well balanced team is maintained.

a. Candidates must possess a positive attitude toward the cooking profession and compete in tryouts to make the team. All USACAT candidates must compete in two categories: a cold food entry chosen by the candidate, and a K (K#UL) or P (P#UP) (depending on the position the candidate is trying out for). The K or P will be a mystery basket, and will be announced the day prior to their designated cooking day for the competition. This will be an ACF Wild-card category, and can earn an ACF medal.

b. Cold Food – USACAT candidates must enter a cold food category as well. The cold food can be part of a team entry or as an individual entry. The entire entry must be

completed by the competitor; their lab and work area will be subject to evaluation from the staff and current standing USACAT members.

NOTE: Candidates must prepare items in the category they want to be on the team; either Larder or Pastry, not a mix.

c. ALL – All candidates must take the written culinary exam, CEC version, on **26 February 2011**.

d. Personnel wishing to try out for USACAT must be annotated on the installation entry packet and comply with the required guidelines.

e. ALL – All candidates will be required to wear a USACAT designated badge during the competition, to allow staff to evaluate their work ethic and performance.

f. Fort Lee is now the Joint Culinary Center of Excellence (JCCoE). To move closer to a joint environment, one position on USACAT will be available to one service member from the Marines, Navy, Air Force, Coast Guard, Reserves, and National Guard. Other service members must compete during the USACAT tryout and possess the necessary skills to be on USACAT. If there are enough qualified entries, a primary and alternate from each service will be selected. All personnel trying out must have a letter of recommendation from their Commander. Other than active Army, the letter must indicate their service members' unit. The service members' branch of service will pay for all TDY costs associated with all USACAT training events and competitions. Army service members will be paid through the USACAT budget. For more information and cost estimates, contact the Manager, USACAT.

g. USACAT candidates will additionally be assessed on all aspects of their culinary performance throughout the competition (i.e. appearance, attitude, military bearing, static display, culinary knowledge and teamwork). The USACAT travels and interacts internationally, it is essential that members personify a "military and food service professional" at all times.

17. DESIGNATIONS OF USACAT MEMBERS:

a. The USACAT is comprised of the following:

- 1) One (1) Manager
- 2) One (1) Assistant Manager or Military Advisor
- 3) One to three (1-3) Advisors/Coaches
- 4) One (1) Team Captain – Active Competitor
- 5) One (1) Pastry Chef – Active Competitor
- 6) Four (4) Chefs – Active Competitors
- 7) Ten (10) Alternates / Apprentices
- 8) Unlimited Inactive Members

b. The USACAT participates in a variety of culinary competitions throughout the year. Some active members may not be available for certain events because of the daily mission or for other unforeseen circumstances. In the event that an active member is unavailable a member from the alternate status may be placed on active status. The active member would then go to inactive status. Active members that due to deployments or unit mission are unable to complete the tryout will be placed on “inactive” member status and may be placed in the appropriate team position based on USACAT requirements. This provides the USACAT manager the flexibility with the team to make the USACAT mission possible. Active members placed on inactive status may be placed back on active status within the same USACAT year.

c. Active Competitor – These individuals are the most experienced competitors who have done extremely well in the tryouts and are the best qualified for the position they have been assigned. Therefore, they are placed in the primary six team-slots for international competition.

d. Apprentice/ Alternate Member – These members of the team have proven themselves in live cooking evaluations and work they have done on centerpieces. Competitors wishing to tryout as a USACAT apprentice must apprentice a USACAT (or alternate competitor if a USACAT candidate is unavailable) candidate during a live cooking event and take the Culinary Knowledge Written exam on **26 February 2011**. This will provide the USACAT management with an assessment of the candidate’s ability to apprentice during competitions. Team Managers should identify personnel that wish to be team apprentices so that they can be fairly assessed during the competition. The USACAT Team Manager reserves the right to place a Coach, Advisor, Alternate / Apprentice Member, or inactive member in an Active Competitor position (Primary 6 slot) or Apprentice member position if necessary.

e. USACAT Members, Non Competitive – These team members encompass the team manager (This person is always the current Chief, Advanced Food Service Training Division), team coaches and team advisors. The selections of these positions are based on experience, availability and team history.

f. Personnel wishing to hold a position on USACAT must agree to the following:

- 1) Agree to complete the ACF judged cookery or pastry tryout, and cold food entry.
- 2) Agree to assist Ft. Lee as a team advisor during interim years.
- 3) Must be a member of the United States Armed Forces.
- 4) Have a letter of recommendation and support from your command prior to tryout; letter must state service member meets height / weight, and physical fitness standards.
- 5) Send a resume with entry packet documenting your experience, education, awards, related activities etc.
- 6) Must have at least two years remaining on enlistment at time of tryout.

18. To the Competitors: Our annual competition continues to receive a great response from food service personnel around the world. The rules have been updated to coincide with the new ACF Competition Manual, dated July 2009. Enjoy the show this year and participate in as many of the live and publicly presented categories as your schedule allows. Take your experiences back to your units and facilities. Share what you have learned and implement your skills in daily duties to encourage learning, inspire fellow cooks and chefs, motivate the staff, and improve quality food and customer service standards. Show your commitment to the cooking profession by demonstrating how the Army Culinary Program is worthwhile and meaningful. Stay on the team, share your knowledge, inspire your peers, and keep it alive.

36th ANNUAL US ARMY CULINARY COMPETITION RULES

1. This annex contains the rules for the competition. The entire team should be familiar with these rules.

2. These rules are based on the guidelines established by the American Culinary Federation (ACF) with certain adjustments to facilitate a comprehensive Army competition. Using these rules and subsequent grading criteria ensures that all competitors are competing against one standard.

3. Competitors are reminded of the objectives of the US Army Culinary Competition as outlined in AR 30-22, chapter 3, Para 3-47:

- a. Improve the overall quality of Army food service and training to the Soldier.
- b. Provide recognition for excellence in culinary skills.
- c. Provide an incentive for competitive programs of major Army commands (MACOMS) in food service.
- d. Recognition in the form of certificates, medallions, engraved plaques and trophies.

4. **Timeliness:** ½ point deduction per minute for all categories.

5. **Team Display Tables:** Competition staff will provide team tables measuring 12' x 9'. This is a change to continue align the competition with the Culinary World Cup and Culinary Olympics. The maximum table space available for each team is 12' x 9' configured as shown. All team tables will be configured in the described manner. Individual tables will be available upon request for personnel competing on an individual basis.

- a. Teams will provide all table covers and skirting to dress their respective team tables. Risers for the tables are authorized, but must be provided by the installation and will not exceed 24" in height. The tables require a 1.5 inch clips to fasten skirts to the tables. Teams are NOT allowed to use water or flowing liquids in their displays, this can damage the field house floor and is not permitted.

b. Two teams will display their cold food tables each day over a seven day period. The first cold food tables to be displayed will be on **3 March 2011**. Team managers will be emailed a schedule for the cold food tables and other major events on or about **15 February 2011**.

c. Teams will dress, cover and drape tables at the Post Field House. Teams may place large centerpieces integral to table design in position at this time. Teams may dress their table the day prior from 1800-2100. Teams will have from 0400-0630 to complete their cold food table display on their assigned day. Team managers / captains will have from 0630-0700 to double check entry cards / score sheets and do final touchups. Judging will be done from 0700-0800. The cold food area will be off limits during the judging time period.

d. The culinary show administration officer will provide the team managers or team captain with a packet the day prior to their team's display day. The packet will contain three score sheets and an exhibit card for each display. Team management is responsible for placing the correct exhibit card next to each display and three score sheets next to each exhibit.

6. The Installation of the Year (IOY) competition is one of the highlights of the Culinary Competition. This is the overall team event. To compete, installations must enter each of the categories listed on the IOY entry form provided with this packet. It must be submitted at the managers' meeting on **26 February 2011**. The winner will be the team with the highest aggregate points in their chosen entries. Results are announced at the awards ceremony.

a. Focus should be on quality food preparation and teamwork to achieve the highest possible score on the required entries. Teams must enter each of the categories below to qualify for the Installation of the Year competition. Teams competing for Installation of the Year may enter a maximum of eight centerpiece exhibits in addition to the categories required for the cold food buffet table. Teams generally take on more work than they can handle. Successful teams execute the minimum amount of work required to a very high standard.

b. Sixty percent (60%) of the categories required for the Installation of the Year competition incorporate food taste and flavor evaluation. Due to the drastic changes in the show schedule, a centerpiece is not required for IOY. However, we still encourage teams to do a centerpiece. The piece will be judged, but will not have any effect on the IOY score.

c. The total point values for all IOY entries on the cold food buffet table will be used for the IOY entry. Buffet tables will further be awarded trophies for most artistic, best overall table (highest points) and judges favorite. Each entry will receive the appropriate recognition based on the entries score. The competition administrative staff has determined that this format will encourage teams to work together toward the overall goal yet still reward individual achievement. Teams should remember that the

total value of the table remains the primary focus for the IOY entry. Teams are encouraged to utilize individual team member strengths to benefit the team to the greatest capacity.

7. The following list of categories are required for entry into Installation of the Year competition (IOY):

- | | |
|--|----------------|
| a. Category E Buffet (description below) | max points 120 |
| b. Category J Culinary Written Exam | max points 40 |
| c. Category F1 Armed Forces Chef of the Year | max points 40 |
| d. Category SK Armed Forces Junior Chef of the Year | max points 40 |
| e. Category F3 Field Competition | max points 40 |
| f. Category F3N Nutritional Hot Food (Market Basket) | max points 40 |
| g. Category ST Student Team Skills Competition | max points 40 |
| h. One Category K or P | max points 40 |
| i. Installation of the Year total points available | max points 400 |

NOTE: Centerpieces are no longer required for IOY; however they are encouraged for this event and will be judged as an individual entry if displayed for Category E.

8. Category E Buffet must include the following:

- | | |
|--|--------|
| a. One show platter of meat, poultry, game or fish; (choice of A1,3,4) | 40pts |
| b. One show platter of fish and/or shellfish (A2) | 40 pts |
| c. One show platter of cold hors d' oeuvres, 8 varieties, 9 each (A5) or eight varieties of tapas or finger foods, hot or cold, or combination presented cold (A6) | 40 pts |
| d. Six different plated appetizers; (B1 or B2) | 40 pts |
| e. One five course menu gastronomic (B3) | 40 pts |
| f. Six different plated desserts (C3) | 40 pts |
| g. One buffet platter of fancy cookies, chocolates, or petit fours (C2) | 40 pts |
| h. Max Points 280 pts / 7 = 40 x 3 = 120points | |

COMPETITION CATEGORIES

1. Category A - Cooking, Professional, Individual

a. Show platters need to be a minimum of eight (8) portions on the platter and one portion on a display plate. The competitor must demonstrate at least two protein items, two garnishes, one salad and the appropriate sauce. Competitors must have a description or menu of platter.

- 1) **Select** - All items must be properly glazed
 - a) A-1 Cold platter of meat, beef, veal, lamb or pork
 - b) A-2 Cold platter of fish and/or shellfish
 - c) A-3 Cold platter of poultry
 - d) A-4 Cold platter of game
 - e) A-5 One cold hors d'oeuvres selection, with a minimum of eight varieties, served with appropriate sauces and garnishes
 - f) A-6 Eight varieties of tapas or finger foods, hot or cold, or combination of hot and cold must be presented cold

2) **NOTE:** A display plate is required for Category A competition.

b. **General Guidelines for Category A:** The following list provides a good beginning checklist of what is considered general guidelines for both competitors who are developing displays and judges who will evaluate them.

- 1) Ingredients and garnishes should harmonize with the main part of the dish and conform to contemporary standards of nutritional values.
- 2) Unnecessary ingredients should be avoided, and practical, acceptable cooking methods should be applied.
- 3) Competitors are encouraged to use a variety of cooking methods and ingredients.
- 4) Use correct cooking, presentation and flavor combination.
- 5) Dressing the rims of plates results in an unacceptable appearance.
- 6) Meat should be carved properly and cleanly.
- 7) Meat slices should be served with the carved surface upwards and arranged in order and size.
- 8) Numerical harmonizing of meat portions and garnishes are required.
- 9) Fruits and vegetables must be cut or turned uniformly.
- 10) Binding agents may be used for creams.
- 11) The amount of gelatin used in aspics may exceed normal quantities, but not to the extent that the style of presentation is dependent on the extra gelatin content.
- 12) Avoid all non-edible items.

- 13) Food prepared hot, but displayed cold, should not be served on a chemisé plate or platter.
- 14) Dishes prepared hot, but displayed cold, should be glazed with aspic.
- 15) Sauce boats should only be half full.
- 16) Aspic used should refer to the product.
- 17) Glazing work should be clean and free of defects.
- 18) Use practical portion sizes. In general, portion weight should be in keeping with the norms of accepted practice and nutritional balance.
- 19) Proper color, presentation and flavor combinations should be displayed.
- 20) Demonstrate clean, crisp workmanship.
- 21) No identification of personal affiliation is allowed with the exhibits until the judging is completed.
- 22) The punctual presentation of each exhibit at the appointed time is urgent.
- 23) The character of the showpiece should be respected.
- 24) Although table decorations and lighting are not part of the actual judging, a well presented and attractive table will add to the high-quality image that the competitor attempts to project.

2. **Category B - Cooking, Professional, Individual**

a. **Select** - All items must be properly glazed

- 1) B-1 Six different cold appetizer plates
- 2) B-2 Six different hot appetizer plates, presented cold
- 3) B-3 One five-course menu gastronomic for one person, prepared hot and presented cold, comprising two appetizers, one consommé, one salad and one entrée, all within proper tasting portions and contemporary presentations
- 4) B-4 One nine-course degustation tasting menu (A degustation menu is a fine-dining tasting menu.) presented cold

NOTE— Must have a description or menu of platter

b. **General Guidelines for Category B:** The following list provides a good beginning checklist of what is considered general guidelines for both competitors who are developing displays and the judges who will evaluate them.

- 1) Ingredients and garnishes should harmonize with the main part of the dish and conform to contemporary standards of nutritional values.
- 2) Unnecessary ingredients should be avoided, and practical, acceptable cooking methods should be applied.
- 3) Competitors are encouraged to use a variety of cooking methods and ingredients.
- 4) Use correct cooking, presentation and flavor combination.
- 5) Dressing the rims of plates results in an unacceptable appearance.
- 6) Meat should be carved properly and cleanly.

- 7) Meat slices should be served with the carved surface upwards and arranged in order and size.
- 8) Fruits and vegetables must be cut or turned uniformly.
- 9) Binding agents may be used for creams.
- 10) The amount of gelatin used in aspics may exceed normal quantities, but not to the extent that the style of presentation is dependent on the extra gelatin content.
- 11) Avoid all non-edible items.
- 12) Food prepared hot, but displayed cold, should not be served on a chemisé plate or platter.
- 13) Dishes prepared hot, but displayed cold, should be glazed with aspic.
- 14) Sauce boats should only be half full.
- 15) Aspic used should refer to the product.
- 16) Glazing work should be clean and free of defects.
- 17) Use practical portion size. In general, portion weight should be in keeping with the norms of accepted practice and nutritional balance.
- 18) Proper color, presentation and flavor combinations should be displayed.
- 19) Demonstrate clean, crisp workmanship.
- 20) No identification of personal or unit affiliation is allowed with the exhibits until the judging is completed.
- 21) The punctual presentation of each exhibit at the appointed time is urgent.
- 22) The character of the showpiece should be respected.
- 23) Although table decorations and lighting are not part of the actual judging, a well presented and attractive table will add to the high-quality image that the competitor attempts to project.

3. **Category C - Patisserie / Confectionery, Professional, Individual**

a. **Select** - All requirements must be displayed and all exhibited pieces must be made of edible materials.

- 1) C-1 Single-tier, decorated celebration cake—sugar paste, rolled fondant, royal icing, chocolate, marzipan or sugar. Minimum of three techniques displayed.
 - (a) Can be any shape with a maximum display area of 15" x 15".
 - (b) No dummy cakes are permitted.
- 2) C-2 One buffet platter of fancy cookies, chocolates, or petit fours (platter must be made up of five varieties, six portions each) with one presentation plate. Each piece should weigh about 1 ½ ounces in weight and be easy for the customer to pick up, and consumed in one to two bites.
- 3) C-3 Six different individual hot or cold desserts (must be prepared as an individual-plated serving), all displayed cold.
- 4) C-4 Wedding cake
 - (a) Minimum of three tiers with a maximum display area of 36" x 36".
 - (b) Non-edible materials can be used to support each tier and a limited amount of wires can be used for gum paste flowers only.
 - (c) No dummy cakes are permitted

b. **General Guidelines for Category C:** The following list provides a good beginning checklist of what is considered general guidelines for both competitors who are developing displays and the judges who will evaluate them.

- 1) Ingredients and garnishes should harmonize.
- 2) Unnecessary ingredients should be avoided and practical, acceptable cooking methods should be applied.
- 3) Proper techniques and accepted methods of preparation should be adhered to throughout the display.
- 4) Competitors are encouraged to use a variety of cooking methods and ingredients.
- 5) Use correct cooking, presentation and flavor combination.
- 6) Dressing the rims of plates results in an unacceptable appearance.
- 7) Fruits and vegetables must be cut or turned uniformly.
- 8) Binding agents may be used for creams.
- 9) The amount of gelatin used in aspics may exceed normal quantities, but not to the extent that the style of presentation is dependent on the extra gelatin content.
- 10) Avoid all non-edible items.
- 11) Glazing work should be clean and free of defects.
- 12) Use practical portion size. In general, portion weight should be in keeping with the norms of accepted practice and nutritional balance.
- 13) Proper color, presentation and flavor combinations should be displayed.
- 14) Demonstrate clean, crisp workmanship.
- 15) Numerical harmonizing of dessert portions, garnishes and accompaniments is required.
- 16) Properly bake dough or crusts.
- 17) Display proper thickness for various crusts.
- 18) Cleanly apply icings and glazes of the correct thickness and proper shine.
- 19) All chocolate work should be in the proper temperature and thickness.
- 20) All piping work should be thin, delicate and show accurate workmanship.
- 21) Coloring used should be soft, pastel and not excessive.
- 22) No identification of personal or unit affiliation is allowed with the exhibits until the judging is completed.
- 23) The punctual presentation of each exhibit at the appointed time is urgent.
- 24) Although table decorations and lighting are not part of the actual judging, a well presented and attractive table will add to the high-quality image that the competitor attempts to project.

4. **Category D - Showpieces, Professional, Individual:** Exhibits in this category should demonstrate the difference between cookery and culinary art.

a. Acceptable mediums are: ice, vegetables, fruits, tallow, saltillage, pastillage, chocolate, marzipan and cooked sugar.

- 1) Bases cannot exceed 30" x 30", height is unrestricted.
- 2) Use of commercial molds are not permitted.

- 3) No external supports are allowed.
- 4) Showpieces are eligible to be entered in only one ACF competition.

b. **General Guidelines for Category D:** The following list provides a good beginning checklist of what is considered general guidelines for both competitors who are developing displays and the judges who will evaluate them.

- 1) Ingredients and garnishes should harmonize.
- 2) Proper techniques and accepted methods of preparation should be adhered to throughout the display.
- 3) Avoid all non-edible items.
- 4) Demonstrate clean, crisp workmanship.
- 5) All chocolate work should be in the proper temperature and thickness.
- 6) Present smooth, properly-sanded pastillage work, free of visible cracks and seams.
- 7) Present sugar work having the proper shine, thickness and harmonious coloring.
- 8) No identification of personal or unit affiliation is allowed with the exhibits until the judging is completed.
- 9) The punctual presentation of each exhibit at the appointed time is urgent.

NOTE: Although table decorations and lighting are not part of the actual judging, a well presented and attractive table will add to the high-quality image that the competitor attempts to project.

5. Category E - Team Buffet (IOY)

Category E Buffet must include the following:

- | | |
|--|--------|
| 1) One show platter of meat, poultry, game or fish; (choice of A1,3,4) | 40 pts |
| 2) One show platter of fish and/or shellfish (A2) | 40 pts |
| 3) One show platter of cold hors d' oeuvres, 8 varieties, 9 each (A5) or eight varieties of tapas or finger foods, hot or cold, or combination presented cold (A6) | 40 pts |
| 4) Six different plated appetizers; (B1 or B2) | 40 pts |
| 5) One five (5) course meal, tasting menu (B3) | 40 pts |
| 6) Six different plated desserts (C3) | 40 pts |
| 7) One buffet platter of fancy cookies, chocolates, or petit fours (C2) | 40 pts |
| 8) Max Points $280 \text{ pts} / 7 = 40 \times 3 = 120 \text{ points}$ | |

Note: Due to the tremendous amount of time for Category E Buffet, team can earn up to 120 points. Teams need to ensure they read the details for each category, to meet the required standards. A centerpiece is not required for the Team Buffet, however it will be judged if displayed. Centerpiece score will not have any impact on IOY.

6. **Category F - Hot-Food Competition, Professional:** Hot-food competitions are those events in which competitors cook and present food to be judged on taste as well as execution of skills and presentation.

a. Expectations:

- 1) It is expected that chef competitors will dress in full professional chef's whites, including hat, apron, and kitchen towels during the competition.
- 2) Hot-food competitions that make use of the mystery basket are the best kind in determining the skills required of chefs.
- 3) Each basket will include no less than three and no more than five main items, main items being meat, fish, poultry or game.
- 4) All main items must be used in the menu.
- 5) The weight or count of the main items must be sufficient to prepare a four-course meal of four portions each.
- 6) Use of whole items with bone is encouraged to show the fundamental skills of the competitors.
- 7) In addition to the main items, there should be some salad ingredients if greens are not included in the kitchen staples.
- 8) Two or three vegetables items and one or two starch items not present in the kitchen staples should be included.
- 9) Items suitable for a dessert should also be included if a dessert is a required part of the menu.

b. Procedure: Competitors may bring in additional equipment and their own tools, i.e. knives, mixers, blenders, and cutters.

1) At 45-minute intervals, each competitor will receive the market basket containing a selection of materials. Within 30 minutes from receiving the basket, each competitor must submit a menu to the competition proctor. No substitutions for items in the basket can be made. After submitting his or her menu, each competitor must complete the assignment within the allotted cooking time.

2) Serving begins when the first competitor reaches the three hour and twenty minute mark. Each competitor is allotted a 40-minute window to serve all courses.

c. Kitchen Station Requirements: While all competitors may be working in the same kitchen, each will be provided with his or her own workstation. Each station must include the following:

- 1) Adequate worktable
- 2) Four-burner stove with oven
- 3) Sink with running water (may be shared)
- 4) Cutting boards
- 5) Access to refrigeration and freezer space (may be shared)
- 6) Power supply, two outlets per station
- 7) Cubed ice, ice supply
- 8) Generic white china plates, various shapes and sizes (if available)
- 9) Garbage receptacles
- 10) Hot and cold water sanitation station in immediate vicinity

11) To maintain sanitation, brooms, mops, paper towels, plastic wrap, foil, bleach and buckets

12) Measuring scale to be available to competitors, measuring in ounces and pounds

13) Large clock in competition area for accurate timekeeping

d. **Apprentice:** Competitors must provide their own apprentice, if permitted for the event. Each competitor may have an assistant in the grade of SSG/E-6 or below (apprentice may not be USACAT member) who may do sanitation, weigh ingredients for recipes, and basic vegetable preparation.

1) Apprentices **CAN:** Help set up and tear down, and assist in placement of ingredients and equipment

a) Place things in the refrigerator or freezer and deliver the finished plates to the judges' table

b) Physically open the oven and insert or remove products as instructed by the chef

c) Use basic knife skills (peeling, dicing and cutting) in preparation for mise en place

d) Function as a timekeeper to enable the chef to remain on track

e) Keep the chef's equipment washed and stored in a sanitary manner

2) Apprentices **CANNOT:** Physically combine any of the ingredients once the mise en place stage is completed

a) Finish or decorate any of the plates

b) An apprentice is not eligible to receive a competition medal for their participation.

e. **Community Storeroom:** See Annex H.

f. **General Guidelines for Category F**

1) Ingredients and garnishes should harmonize with the main part of the dish and conform to contemporary standards of nutritional values.

2) Unnecessary ingredients should be avoided. Practical, acceptable cooking methods should be applied.

3) Competitors are encouraged to use a variety of cooking methods and ingredients.

4) Use correct cooking, presentation and flavor combination.

5) Dressing the rims of plates results in an unacceptable appearance.

6) Meat should be carved properly and cleanly.

7) Fruits and vegetables must be cut or turned uniformly.

8) Use practical portion size. In general, portion weight should be in keeping with the norms of accepted practice and nutritional balance.

9) Proper color, presentation and flavor combinations should be displayed.

10) Demonstrate clean, crisp workmanship.

- 11) When entering the kitchen, look your best. Clean and pressed uniform with a toque. Wear clean black shoes. Hands and nails scrupulously clean and hair restrained. No jewelry or wristwatch to be worn.
- 12) Make sure that the sanitizing solution is not too strong or too weak.
- 13) Knives should be sharp and be appropriate for the jobs at hand.
- 14) Cutting boards should be scrupulously clean.
- 15) Containers for the knife cuts should be clear plastic or glass.
- 16) Bring a scale and measuring cups/spoons to measure your work.
- 17) Use the right knife for the right job.
- 18) Use plastic scrapers to scrape product from your cutting boards; do not use knife blades.
- 19) Use the correct knife motions when cutting.
- 20) Have one job on the cutting board at a time.
- 21) Keep the table clear of unnecessary equipment or debris.
- 22) Keep the floor swept at all times.
- 23) Be consistent with your cuts, check to see if your cuts are consistent with the rest of the team's.
- 24) Keep your useable waste separated so that it can be re-used for different theoretical jobs.
- 25) Cut your vegetables in order of the cleanest to the most messy or pungent.
- 26) Make sure that all serving bowls are clean at the rims and the product is placed neatly at the bottom.
- 27) Each team member's cuts must be kept and stored separately.

7. Category F1 - Armed Forces Chef of the Year (IOY), Mystery Basket

Professional: This category is designed to stimulate interest and test the Chefs' skill in live cookery and will place considerable emphasis on both menu choice and its execution. The winner will be required to demonstrate a high standard of technical expertise so as to justify the prestigious title of "Armed Forces Chef of the Year." The competitor that has the highest score from F1 will be awarded the title. This category is judged by ACF accredited judges; ACF medals are awarded at the awards ceremony. This competition is open to competitors from all branches of service.

- a. Each team can nominate only one competitor to enter irrespective of rank. Each competitor may have an apprentice (apprentices may not be an active or inactive USACAT member) who may do sanitation, weigh ingredients for recipes, and basic vegetable prep.
- b. Competitors will have 30 minutes to inventory equipment, write a menu, and become familiar with the facility. Each menu must contain four-courses and should consist of a composed salad or appetizer, soup, entrée with starch and vegetable, and a dessert. Restaurant grade ten-inch white dinner plates and restaurant grade dinner soup bowls will be provided for the competition. If special bowls or plates are required the competitor must provide them (safeguarding of these items is the sole responsibility of the competitor).

c. A list of pantry, produce, and dairy ingredient items is provided for planning the menu (Please note that competitors may bring prepared stock, un-fortified and no finished sauces are permitted. Prepared stocks will NOT be provided by the competition staff). A list of equipment is also provided. Additional equipment needed must be provided by the competitor. Four hours total time is allowed for competitors to assess ingredients, plan menus, and produce the meal. All four portions of the meal must be presented and judged. Ten minutes is allotted for presentation and service of each course.

d. Each competitor will be required to demonstrate five (5) specific classic cuts of vegetables. Competitors may use their own personal knives. The five cuts will be chosen from those shown in the Culinary Fundamentals cookbook. All of the selected cuts must be utilized and identified in the menu.

e. . Each competitor will prepare four-courses and should consist of a composed salad or appetizer, soup, entrée with starch and vegetable, and a dessert.

f. Total time for competition is four hours, not including set-up and clean-up, service window opens three (3) hours and 20 minutes after the start time. Competitors will have 15 minutes to set-up and 15 minutes to prepare their menus. (see chart below) Service window opens at the three (3) hours and 20 minute mark.

g. Menu must be submitted/picked up within first 30 minutes. Cooking may begin immediately upon submission of menu. (See chart below)

h. All items in the mystery basket must be utilized in the menu. No substitutions of mystery basket items are permitted.

i. Of the four portions prepared, three are for judges tasting, and one is for display/critique.

	Setup	Receive Basket / Start	Window Opens	Window Closes	Cleanup Ends
Competitor 1	8:00	8:30	11:50	12:30	13:00
Competitor 2	8:45	9:15	12:35	13:15	13:45
Competitor 3	9:30	10:00	13:20	14:00	14:30
Sample Category F Timeline					

j. **Community Storeroom:** See Annex H, appendix 5.

8. **CATEGORY F3 - Field Cooking Competition (IOY):** Teams are required to cook a three course meal, for 80 customers, utilizing the containerized kitchen (CK) or containerized kitchen equipment. Each course must be plated for every customer. In addition teams will be required to serve the meal restaurant style to the public to include other competitors. The number of slots for field teams is limited. The priorities of slots

are reserved for the teams entering the Installation of the Year (IOY). The priority of unfilled slots will go to the teams with the earliest packet submission date.

a. The team will consist of five members. Teams must provide a minimum of four servers to serve the meal; if this cannot be completed, identify this issue immediately to the Project Officer. Only one team per installation is permitted. Teams should plan on reporting 15 minutes prior to start time for site in-brief. For this event, the entire 12 member installation / post team may assist during the setup period prior to any food production and start of the competition.

b. Each team must prepare 80 hot starters, 80 main courses, and 80 desserts. All courses must be served on plates or bowls. Organizers will provide all of the plates / bowls for all teams. Teams must use the provided plates and bowls. One portion of this menu must be presented in a display case for guests. Those menu items should be made the day in advance, preserved with aspic and will be used for photographs for the media. Each team is required to send complete menu and recipes for 80 people, **NLT 1 February 2011**, to the Project Officer. Teams must send a photo of the menu (all three courses) and identify rations requirements **NLT 1 February 2011**. Teams are responsible to ensure they have all ingredients at the start of the competition.

c. Teams may bring in additional equipment, pots, pans, tools, knives etc. for this competition. It is the teams' responsibility to ensure they do not bring in electrical equipment that exceeds the capability of the CK. Teams will not be given additional time due to an overloaded electrical system.

d. **Decorated Table and Service Award:** Teams may compete for the best decorated table / theme for the table service area. A trophy will be awarded at the award ceremony. Teams are encouraged to decorate their tables to represent their unit / installation; Fort Lee will set up dining room tables with tablecloths and center pieces that can be removed if necessary. The decorated table award has no impact on IOY competition and is not mandatory.

e. The field competition will be held at the Field House, the schedule will be provided at the Team Captains Meeting. The uniform for this event is Chef Jacket, black pants, and Chef Hat.

f. **Time Schedule**

0630-0730	Teams inventory and organize kitchen
0730-1130	Teams prepare meal and set up serving line
1130-1400	Team serves meal to customers (restaurant style)
1330-1500	Team cleans kitchen and turns it over to Field Branch NCOIC

9. Category F3N - Nutritional Hot Food Challenge (Mystery Basket) Team Competition (IOY): This unique competition format is ideal for strengthening the established alliance with a registered dietitian and promoting healthy cuisine. The purpose of this event is to test your ability to execute and present a meal created from a

market basket, using the nutritional guidelines and recommendations set forth by the United States Department of Agriculture (USDA) and the American Dietetic Association (ADA). This is a two hour hot food competition where two chefs must prepare and present four (4) servings of a two course meal, this meal consists of an appetizer and an entrée or an entrée and a desert. Each team must present four (4) plates of each course.

a. Market Basket Food Challenge: Competitors will have 1.5 hours cooking time and a 30 minute serving window.

b. The following serves as a guide to the competition

1) Each team will arrive and have 15 minutes to set up and survey the mystery basket and develop their plan of the two food items to present the judges and the guests. One team member will complete the submission form to the judging panel.

2) Each team will have a total of 1 hour and 30 minutes to prepare their items, followed by a 30 minute service window. During the service window, the team will serve guests; however, at the time limit they must have three (3) samples of each item to serve the judging panel.

c. Criteria for Nutritional Quality of competitors are:

1) Incorporation of the principles of moderation, balance, and portion size as identified in The 2005 Dietary Guidelines for Americans, and the USDA Food Guide pyramid (mypyramid.gov).

2) The overall meal plan should contain a "maximum" of 750 calories with: 45-65% of calories from carbohydrates; 20-35% or less of calories from fat; 10-35% of calories from protein, and less than 10% from saturated fat.

3) The overall meal should contain less than 150 mg. cholesterol, 750 mg. sodium, and at least 8g fiber.

4) Evaluation by a registered dietitian of the total meal as a part of a healthful diet on the basis of the nutritional adequacy of the meal.

5) Use of a variety of ingredients and culinary preparation techniques to yield optimal nutrition.

6) Assessment of culinary creativity and composition to enhance appearance.

d. Judging: This category will be judged as per the Category F score sheet, Annex K.

e. A "How-To" class will be conducted on 26 Feb (time to be published) for competitors competing in this event.

f. **Nutritional Pantry:** See Annex H, appendix 6

10. **Category H - Ice Carving, Professional:** Ice carving is an exciting category where culinarians and artists combine. There are three different sub-categories, depending on the number of carvers and the amount of ice to be carved.

a. Category H-1 - Single block individual freestyle. One man, one block, three hours.

b. Category H-2 - Multiple block, two-man team freestyle. Two-man team, three blocks, three hours.

c. Category H-3 - Multiple block, three-man team freestyle. Three-man team, five blocks, three hours.

d. **General Guidelines:**

1) Exhibition carving officials place safety as the single most important rule for competitors and spectators. A first safety violation may result in a verbal warning at the discretion of the judges. Competitors who receive a second warning will be disqualified.

2) All competition ice is to be carved on the premises, within a specified time limit, and only by the competitor who entered the category.

3) In exhibition carving, one helper may be used by each competitor. The helper must register with the competition and sign all waivers. The helper can handle the ice and tools, but may not alter the ice in any way. No helpers are allowed for team competitions.

4) The decision of the judges is final.

5) The lead judge is responsible for conducting the carvers' meeting before the start of the competition. The shows organizing committee should also participate in this meeting and introduce all officials, helpers, etc. to the competitors.

e. Displays are judged in four areas, each worth a possible 10 points:

1) Artistic achievement and strength of design.

2) Craftsmanship—work involved, detail and precision, strong lines, symmetry, of even depth, uniformity, safety.

3) Finished appearance—the piece has a finished look and is free of cracks, chips or excess slush.

4) Originality and degree of difficulty, unique, of a new design or composition.

f. **Safety Guidelines**

1) Protective clothing

2) Steel-toed boots and safety glasses

3) Gloves—cold weather protection

4) No loose scarves, etc.

5) Ear plugs

6) Electrical equipment, grounded

7) Proper lifting, moving of ice blocks and finished pieces weighing 300–400 lbs

g. Authorized Ice Carving Tools

- 1) Side grinder
- 2) Alaskan mill
- 3) Ice tongs
- 4) Handsaws
- 5) Chainsaws*
- 6) Steam wand
- 7) Table with circular saw*
- 8) Dremel*
- 9) Router *
- 10) Alcohol/propane burners
- 11) Drawknife
- 12) Large compass
- 13) String
- 14) Wood ruler
- 15) Extra bars
- 16) Large flat chisels, long handle
- 17) Medium flat chisels, long handle
- 18) Small flat chisels, long handle
- 19) Large V-chisels, long handle
- 20) Small V-chisels, long handle
- 21) Round inside cut
- 22) Round outside cut
- 23) Level carpenters
- 24) Dividers
- 25) 5-prong shaver
- 26) Ice pick
- 27) Spare chains – new

Note: *Power tools only.

11. **Category J - Student Knowledge Exam (IOY):** This category has changed this year. A public Knowledge Bowl will not be done this year, however the student team will still take the culinary written exam on **26 February 2011**, and this will determine the points for each team IOY competition.

a. A one-hour preliminary Certified Culinarian Examination will take place in Building 4200. A schedule will be posted at the Team Manager's meeting. All teams entering the Installation of the Year are required to submit names of a four-member team to participate in this event.

b. The exam is multiple-choice and will contain questions on sanitation, nutrition, culinary preparation, equipment, terminology, classical cooking, meat identification, and cooking methods. Scores from the written exam will be averaged per team for the Installation of the Year score.

c. This exam is part 1 of the USACAT tryout. All competitors applying for USACAT consideration will take the CEC examination the same day as the knowledge exam teams. USACAT applicants that are already a part of the installation knowledge team will be scheduled to take the CEC written exam at another time during the competition.

d. Team Composition (IOY) - each team shall have the following:

- 1) Four members E-5 and below that represent the same military installation.
- 2) Members of the team may be apprentices from the Installation team.

e. Subject Matter: Recommended texts:

1) Culinary Fundamentals: Prentice Hall: ISBN: 0-13-118011-8 website is www.prenhall.com.

2) Baking Fundamentals: Prentice Hall: ISBN: 0-13-118351-6 website is www.prenhall.com.

3) Nutrition for Foodservice and Culinary Professionals, Sixth Edition: John Wiley & Sons: ISBN: 0-471-59976-X.

f. Teams are encouraged to go to the ACF website and sign up to take the electronic practice tests for the Certified Culinarian Exam. The fee is good for 30 days and the team members can take a different test as many times as they want.

12. Category K - Practical and Contemporary Hot-Food Cooking, Professional, Individual: Team managers must identify one (1) K or one (1) P to be entered for IOY competition on the Installation Entry Form NLT **1 February 2011**. Additionally, turn in all ration requirements for all K or P categories at the same time.

a. Requirements:

1) Competitors will fabricate and prepare four portions of a finished product based on the following main course categories.

2) Competitors have 15 minutes for set-up, 60 minutes to fabricate and cook, 10 additional minutes for the service window and 15 minutes for clean-up.

3) Of the four portions prepared, three are for judges' tasting and one is for display/critique.

b. K-1—Rock Cornish Game Hen, Chicken or Duck: Fabricate and cook a 1-1½ lb Rock Cornish game hen, a 2-2½ lb chicken or a 5-6 lb duck, using the whole or part of the bird.

c. K-2—Bone-In Pork Loin: Fabricate and cook to specification. Other pork cuts may be included in the dish.

d. K-3—Bone-In Veal Loin or Rack: Fabricate either choice and cook to specification. Other veal cuts may be included in the dish. Chine bone only may be removed from the rack before the competition.

e. K-4—Bone-In Lamb Loin or Rack: Fabricate either choice and cook to specification. Other lamb cuts may be included in the dish. Chine bone only may be removed from the rack before the competition.

f. K-5— Game Birds: Choices of game birds can be 1-1½ lb pheasant, quail(s), squab(s), partridge(s) or up to 2½ lb guinea fowl. Game birds must be fabricated during the competition and cooked as the recipe states.

g. K-6—Bone-In Game: Venison and antelope, racks or loin: Fabricate either choice and cook to specification. Other game cuts may be included in the dish. Chine bone only may be removed from the rack before the competition.

h. K-7— Whole Rabbit: Fabricate and cook to recipe specifications, using the leg and at least one other cut.

i. K-8—Live Lobster: Using 1-2 lb lobsters, fabricate and cook to recipe specifications. Other crustaceans/mollusks may be incorporated with this, or other categories, also.

j. K-9—Fish: Fabricate a 2-2½ lb flat or round fish. Fish can be eviscerated and scaled, but the head must remain on when brought in. Prepare as recipe specifies.

k. General Guidelines for Category K

1) Competitors must provide at least four judges packets that include: recipes, all ingredients and a complete diagram or a clear, close-up, color photograph of the signature dish. Packets are to be provided to judges on-site the day of the competition.

2) Ingredients for the recipe are allowed to be pre-scaled and measured, however, no pre-mixing is allowed.

3) No advance preparation or cooking is allowed.

4) Cleaned and peeled mirepoix ingredients are acceptable. Chopped herbs, shallots and garlic are also acceptable.

5) Vegetables can be peeled and salads may be cleaned and washed, but not cut or shaped in any form; beans may be pre-soaked.

6) No finished soups or sauces are allowed. However, basic stocks may be brought in. No clarified consommés are allowed.

7) The following ready-made dough may be brought in: brioche, puff pastry and phyllo dough.

8) All combinations of ingredients must be completed during the competitors allotted competition time.

9) Competitors may also bring proteins pre-marinated, but will be required to demonstrate fabrication of protein and making of marinade during allotted time frame.

10) Competitors are allowed to bring in only the whole and raw materials in the amounts stated in their recipes. However, judges may allow variances in amounts for products that require further preparation (whole fish, meats, etc.).

11) Competitors must bring their own food, tools, cookware and china.

	Setup	Receive Basket / Start	Window Opens	Window Closes	Cleanup Ends
Competitor 1	8:00	8:15	9:15	9:25	9:40
Competitor 2	8:15	8:30	9:30	9:40	9:55
Competitor 3	8:30	8:45	9:45	9:55	10:10
Competitor 4	8:45	9:00	10:00	10:10	10:25
Competitor 5	9:00	9:15	10:15	10:25	10:40
Sample Category K Timeline					

13. Category P - Practical and Contemporary Patisserie, Professional, Individual: Competitors will demonstrate a hot/warm dessert preparation of their choice. Team managers must identify one (1) K or one (1) P on the Consolidated Entry Form NLT **1 February 2011**. Additionally, turn in all ration requirements for all K or P categories at the same time.

a. Choose one:

1) **P-1** — Hot/Warm Dessert

a) Competitors will prepare four portions of a hot/warm dessert of their choice.

b) Competitors have 15 minutes for set-up, 60 minutes to cook, 10 additional minutes for the service window and 15 minutes for clean-up.

c) Of the four portions prepared, three are for judges' tasting and one is for display/critique.

2) **P-2** — Composed Cold Dessert

a) Competitors will prepare four portions of a composed cold dessert of their choice.

b) Competitors have 15 minutes for set-up, 90 minutes to cook, 10 additional minutes for plating and 15 minutes for clean-up.

c) Of the four portions prepared, three are for judges' tasting and one is for display/critique.

b. **General Guidelines for Category P**

1) Competitors must provide at least four judges' packets that include: recipes, all ingredients and a complete diagram or a clear, close-up, color photograph of the signature dish. Packets are to be provided to judges on-site the day of the competition.

2) Ingredients for the recipe are allowed to be pre-scaled and measured, however, no pre-mixing is allowed.

3) No advance preparation or cooking is allowed.

4) Cooked ice cream bases and/or sorbet bases may be brought in ready to freeze at the competition site.

5) No finished sauces are allowed.

6) The following ready-made dough may be brought in: bric, puff pastry and phyllo dough.

7) All combinations of ingredients must be completed during the competitors allotted competition time.

8) Competitors are allowed to bring in only the whole and raw materials in the amounts stated in their recipes. However, judges may allow variances in amounts for products that require further preparation (i.e., whole fruits).

9) Competitors must bring their own food, tools, cookware and china.

10) Competitors are allowed to bring in an ice cream machine of reasonable size and reasonable electrical requirements; however, freezers are shared not provided for every competitor.

11) The careful and responsible use of dry ice in appropriate containers is permitted.

	Setup	Receive Basket / Start	Window Opens	Window Closes	Clean up Ends
Competitor 1	8:00	8:15	9:45	9:55	10:15
Competitor 2	8:15	8:30	10:00	10:10	10:25
Competitor 3	8:30	8:45	10:15	10:25	10:35
Competitor 4	8:45	9:00	10:30	10:40	10:45
Competitor 5	9:00	9:15	10:45	10:55	10:55
Sample Timeline for Category P2					

	Setup	Receive Basket / Start	Window Opens	Window Closes	Cleanup Ends
Competitor 1	8:00	8:15	9:15	9:25	9:40
Competitor 2	8:15	8:30	9:30	9:40	9:55
Competitor 3	8:30	8:45	9:45	9:55	10:10
Competitor 4	8:45	9:00	10:00	10:10	10:25
Competitor 5	9:00	9:15	10:15	10:25	10:40
Sample Category P Timeline					

14. Competition Scoring

- a. Judging and awards are in accordance with ACF rules and guidelines.
- b. The scoring point scale is:
 - 1) Gold medal 36-40 points
 - 2) Silver medal 32-35.99 points
 - 3) Bronze medal 28-31.99 points

Note: Unlike most competitions that may have only one gold medal winner, in ACF-sanctioned competitions, the competitors compete against a standard and not each other. Since a competitor is judged on how his or her display measured

up against the standard, there may be many competitors who win the same medal.

c. ACF medals are awarded to all competitors who score sufficient point levels. If the competitor is a member of the ACF, a permanent record of each medal awarded is maintained in the ACF national office.

15. **Assessment for Categories A, B, C2 & 3**

a. In a cold-food competition, the judging takes place in an empty hall, except for members of the judging panel. The competitors are absent, as are the public and the media.

b. Displays in these categories are scored in specific areas:

- 1) Presentation and Layout — 5 points
 - a) Dishes should be appetizing and tastefully pleasing to the eye.
 - b) They should show no beads or uneven aspic.
 - c) Slices should be moderate, portions correctly calculated and easily accessible.
- 2) Glazing — 5 points
 - a) Aspic used should refer to the product.
 - b) Glazing work should be clean and free of defects.
- 3) Composition and Harmony of Ingredients — 10 points
 - a) Displays must be nutritionally well-balanced and in keeping with modern trends.
 - b) Taste and colors should enhance each other.
 - c) Displays must demonstrate practical craftsmanship, and should be practical, digestible and light.
- 4) Correct Preparation and Craftsmanship — 15 points
 - a) Classical names should correspond to original recipes and methods of preparation.
 - b) Preparations must display mastery of basic skills, chosen jellies and application of cooking methods.
- 5) Serving Methods and Portions — 5 points

Note: Simple and practical, clean and careful serving no fuss, no over elaborate or impractical garnishing, and plate and platter arrangement that makes for practical serving while maintaining a strong sense of the elegant.

16. **Assessment for Category D:** Category D entries (showpieces) should display more creativity than practically, but must also conform to certain standards. Showpieces are judged in three areas:

- a. Scale/size/proportion — 5 points

- b. Artistic achievement/detail — 15 points
- c. Craftsmanship/quality of work — 20 points

17. **Assessment for Category F:** The dynamics of judging category F, hot-food competition, are quite different from those when judging other categories. The assessment for category F is divided into two areas: kitchen/floor evaluation (max 40 pts) and service/tasting evaluation (max 60 pts). Each of these areas are further divided into five specific areas, which are scored individually.

a. The total possible points (100) are divided by 2.5 to yield a medal score on a 40-point scale.

Kitchen/Floor Evaluation — 40 points possible

- a) Sanitation/food handling — 5 points
 - b) Mise en place/organization — 5 points
 - c) Culinary and cooking technique and proper execution — 20 points
 - d) Proper utilization of ingredients — 5 points
 - e) Timing/work flow — 5 points
- b. **Floor judges** evaluate the following:

1) Sanitation — Cutting boards should be scrupulously clean. Knives should be sharp. The tool box/knife bag must be clean and sanitary inside. Sanitizing solution is at the right strength, not over or under-powered, and whether it's being used as a washing solution instead of sanitizing a pre-washed area. Are the competitors using towels correctly? For example, they should not be wiping debris off a table and then wiping a knife or a plate with the same towel. Consider whether or not competitors are using their aprons as hand wipes. Products should be stored at the correct temperature. Gloves must be used when the last contact with food is occurring, for example, plating up. Areas are required to be kept sanitized, particularly during fish-to-meat to vegetable or dairy transitions. Frequent hand sanitizing is encouraged.

2) Organization — Table should be kept clear of nonessentials. For example, a mixer that may not be needed for the next 30 minutes should not be displayed. Work systematically on one job at a time. Use correct cutting motions and the correct knife for the job.

3) Storing of products — Use an organized refrigerator, rack cart, knife and equipment storage. Waste storage—is it useable or not? Useable waste is properly stored for future use. The table should be free from debris. Floor spills must be attended too quickly. The dish area should not be used as a storage dump. Competitors should have an organized withdrawal from the kitchen, leaving it as clean as it was found.

4) Butchery and Boning Skills — Efficient and profitable removal of muscle or fish from a bone is encouraged. Sinew and/or fat removal and correct tying methods will be evaluated.

5) Cooking techniques and skills — Follow classical cooking techniques. The competitor should use the technique as stated in the recipe. For example, pan frying

instead of sautéing, or braising with a lid on. Demonstrate proper technique when deglazing a pan rather than simply adding wine or a liquid. Mirepoix should be browned properly, not just heated. Product should be roasted correctly and basted as needed, not just placed in the oven. Poached items should not be simmered. Follow correct method when preparing forcemeat. Consider how many different techniques have been displayed.

6) Timing — Menu items should not be held too long. Consider whether or not meats have the time to rest. Serve within the five-minute window.

7) Work flow — Crossover duties should show teamwork. There should be smooth transitions from one job to another. A logical progression of jobs is admired. For example, avoid chopping herbs or mincing garlic on several occasions. Use proper timing of the menu items.

8) Scoring:

Service/Tasting Evaluation — 60 points possible

(a) Serving methods and presentation — 5 points

(b) Portion size and nutritional balance — 5 points

(c) Creativity, menu and ingredient compatibility — 15 points

(d) Flavor, taste, texture and doneness — 35 points

NOTE: The Kitchen/Floor score (max 40 points) and the Service/Tasting score (max 60 points) will be added together and divided by 2.5 to arrive at the medal scoring standard.

c. **Tasting judges** evaluate the following:

1) Serving methods and presentation — Hot food should be hot, and cold food should be cold (including plates). Food should be fresh and colorful, visibly seasoned, presented with some height, easy to eat and pleasing to the eye. Meat/fish slices must be even, straight and evenly shingled. Items should be closely placed together to help maintain temperature and to keep the plate from resembling a smiling face.

2) Portion size and nutritional balance — Components of the meal must be balanced so that the main item is complemented in size/amount by the accompanying garnish and/or sauce. The necessary nutritional standards should be adhered to. The protein weight must be within the set limits.

3) Creativity — Dishes should show a degree of difficulty and creative flair rather than something copied and overused. If competitor's use an old or classical idea, new, creative ideas should be used to transform the dish.

4) Menu composition and progression of courses — The menu must have a thread or a theme running throughout. For example: a regional, seasonal or celebration menu. No courses should be out of sync with the menu, such as an Asian-type dish inserted into an American-type menu. In the progression of courses, there should be no erratic or over-dominant flavors that disrupt the flow of the theme. The dishes should portray a high level of skill and exactness. The number of different skills employed throughout the menu must distinguish the caliber of the chef.

5) Ingredient Compatibility — Ingredient colors should harmonize. Ingredient amounts should be correctly portioned to demonstrate a perfect harmony. Have any of the ingredients been duplicated?

6) Flavor, taste, texture and doneness — The stated flavor in the menu and recipe should be profound. For example, the duck broth should taste like duck. Doneness temperatures must be correct. Stated vegetable cuts should be correct. The stated cooking techniques must be applied correctly. The textures should correspond to what was implied in the recipe. The flavor of the sauce or vinaigrette should reflect what the recipe stated and should be the correct consistency. Competitors must demonstrate the correct degrees of caramelization. The dishes should taste great.

18. Assessment for Categories K and P/1, P/2: The assessment for categories K and P/1, P/2 is divided into three areas: organization, cooking skills and culinary techniques, and taste. Each of these areas is further divided into two or three specific areas, which are scored individually. The total possible points are 40, on a 40-point scale.

- a. Organization — 10 points
 - 1) Sanitation/work habits — 5 points
 - 2) Utilization of ingredients and use of allotted time — 5 points
- b. Cooking Skills and Culinary Techniques — 10 points
 - 1) Creativity, skills, craftsmanship — 5 points
 - 2) Serving, portion size — 5 points
- c. Taste — 20 points
 - 1) Flavor and texture — 10 points
 - 2) Ingredient compatibility, nutritional balance — 5 points
 - 3) Presentation — 5 points

19. ST – Student Team Competition (IOY): Teams are highly encouraged to read the following rules carefully and ask questions. This event is intended to allow junior competitors an avenue to compete and encourages team seniors to train and mentor student culinarians. In this spirit, teams are encouraged to utilize their team apprentices.

- a. Team Composition and Requirements
 - 1) Student Team will consist of four (4) members and one (1) alternate. Each member (all five (5)) must be an E-5 or below and represent the same Military Installation Team.
 - 2) Team apprentices are allowed to enter this event.
- b. Teams are required to submit one copy of menus, recipes and photographs at the team managers meeting. This event will be held in the field house, schedule to be provided at the team managers meeting.
- c. Teams must bring their equipment to the field house for this competition.

d. Additional equipment is the responsibility of the team.

e. Competitors are required to bring all ingredients needed for their menu.

f. The competition is divided into two sections:

1) Phase One: Skills Based Competition

2) Phase Two: Hot Food Cooking Competition, which consists of a four (4) course signature meal of four (4) servings.

g. Teams must bring their own products and will be allowed into the kitchen for setup at least 30 minutes before part one begins.

h. COOK-OFF RULES AND GUIDELINES

1) **Phase One:** Skills Based Competition: Broken into four sections, team members will randomly chose blind a skill and demonstrate that skill as described below. Team members will compete in a relay-style format with a total of 80 minutes to complete all skills. Teams will have a 15 minute setup window. All materials for this program will be supplied by the team. At the end of the 80 minutes .5 points will be deducted for every minute late.

a) Butchery of all meat protein in accordance to the recipe (i.e., four portions for cooking section), plus proper handling of carcass and remaining protein taken into account.

b) Filleting of round or flat fish in accordance to the recipe (i.e., four portions for cooking section), plus proper handling of carcass and remaining protein taken into account.

c) Julienne vegetable or fruit of your choice – resulting in 4 ounces of finished product – 1/8" x 1/8" x 2".

d) Tournée vegetable or fruit of choice – 3/4" diameter, 2" long, seven sided and flat ended – eight pieces.

e) Peel and small dice one onion.

f) Peel and small dice two vine-ripened tomatoes. Pulp to be seeded and concasséd.

g) Make a quart of pastry cream.

h) Peel and section one orange.

i) Roll out and line one 8" to 10" tart pan with pre-made short dough and prep to blind bake.

NOTE: The alternate may be substituted for a team member for the skills salon. However, the team coach must notify the lead judge during the competitor meeting of the change.

2) **Phase Two:** Hot Food Cooking Competition: Four-course menu for four persons, which consists of one classical course assigned by the culinary committee and three dishes of choice by team (Proteins to be butchered in skill phase).

- a) Three portions of each course will be delivered to the judges, and one complete meal of four courses will be displayed for photographs and critique.
- b) Teams will have 30 minutes to set up for the cooking phase. Teams will have 90 minutes to prepare and serve the four courses.
- c) At 75 minutes into the competition, the 15-minute serving period will begin. After the 90-minute period has ended, half a point per minute will be deducted for any lateness.
- d) At the end of the 90-minute period, each team will be allowed 30 minutes to break down and clean their station, leaving it in the same condition as found. Failure to observe this will result in a point(s) deduction.
- e) Classical dishes are taken from Escoffier: The Complete Guide to the Art of Modern Cookery.

i. General Rules and Guidelines:

1) Teams must provide six sets of recipes and a close-up photograph of each course and the four-course meal. These must be presented to the judges in booklet form upon entering the kitchen at the stated competition start time.

2) Basic nutritional balance in recipe development is essential. For each recipe, a breakdown of calories, calories from fat, sodium and minerals must be indicated. As a guideline, based on overall calories, 15 to 20% of calories should come from protein, 25 to 30% of daily calories should come from fat, and 45 to 60% of calories should come from carbohydrates.

3) Teams are expected to bring in only the whole and raw materials in the amounts stated in the recipe to execute the assignment. Products should be weighed, separated and clearly marked.

4) No advanced preparation of vegetables is allowed for the skills section. Peeled potatoes, carrots, onions, garlic, shallots and cut mirepoix are allowed for the cooking section. Vegetables and salads may be washed, but not cut or shaped in any form. Leeks may be split for cleaning purposes.

5) Appropriate stocks for the meal may be brought in, but neither finished sauces nor clarified broths are allowed.

6) Puff, bric and phyllo dough may be brought in.

7) Cooked ice cream bases and/or sorbet bases may be brought in to freeze at the competition site for local, state and regional competitions. For the national convention they must be made on-site.

8) All butchery will be done on-site.

9) Teams must bring in all equipment, knives, small wares and chinaware for all parts and phases of the competition.

10) All power-supply needs should be arranged with the show project officer before the competition.

11) Teams may bring in supplementary tabletop burners, if approval is received from the project officer.

j. **Role of the Alternate:** In the student team competition, the alternate is an important asset to the team, and needs to be a strong, versatile individual. Here are the rules for what alternates can and cannot do:

1) For the skills section, you can use the alternate instead of another member of the team if you wish; however, the lead judge must be notified of this at the competitors meeting with the judges.

2) During setup and tear-down periods, the alternate may act as any other team member.

3) During the cooking section, **the alternate is not allowed to prepare or touch food**, other than transporting it to and from a refrigerator or freezer, or delivering the finished courses to the judges' table.

4) The alternate can keep the team on schedule, prompting team members of oven checks or maintaining simmering foods on the stovetop, but cannot physically open the oven or remove products. Likewise, the alternate cannot strain, or remove items from the stovetop.

5) During the dish-up, the alternate may wipe any smudges or debris on the finished plates.

6) At no time may the alternate assist a team member, for instance, hold a pastry bag while it is being filled. In short, the role of the alternate is to keep the team on track, bring and remove foods and equipment to the table or range top surfaces, change out and wash soiled boards and pans, and monitor cooking times. It is also the responsibility of the alternate to keep the team's equipment washed and stored away from the dishwashing area.

k. **Role of Team Coaches and Managers:** The coach and manager have **NO ROLE** during the competition. Once you arrive at the competition, your work is done. If you talk to your team while they are competing, your team will be **DISQUALIFIED** on the spot. This rule will be enforced.

l. **The Classical Course:** The classical dish is taken from Escoffier: The Complete Guide to the Art of Modern Cookery. The number of the recipe is provided, so read the recipe and be sure to go to the beginning of that section. This is where Escoffier usually discussed the cooking techniques and butchery procedures for the dish. The dish should be prepared according to Escoffier, without modern twists and interpretations.

1) If there is no starch or vegetable in the recipe, then you must pick an appropriate vegetable and starch using Escoffier guidelines. These are great recipes that work, and they are solid basics that will enhance a young culinarian just starting on his or her career.

2) Student Team Classical Dish Requirements. For the 2011 competition season, the assigned classical dish is Poulet Sauté a la Catalane. Effective dates for this dish are May 2010-May 2011.

NOTE: Recipe #3195 - Poulet Sauté a la Catalane

Skills: Butchery in the classic method, chipolatas, sauté method and the making of a tomato fondue.

- Sauce espagnol may be brought in already made
- Tomato Fondue must be made on site during the menu portion of the competition.
- Chipolatas must be made on site during the menu portion of the competition.
- Chestnuts can be brought in shelled.
- Teams must use chicken fabricated during the skills phase for the Poulet Sauté Catalane. NO other chicken can be brought in.
- Teams are encouraged to match appropriate classical sides from Escoffier to accompany their entree.
- Most recipes in *Le Guide Culinaire* yield ten (10) portions so teams must adjust appropriately for four (4) portions.
- The classical dish is to be prepared according to Escoffier. Teams should concentrate on the cooking methods, skills, garnishes, and preparation described by Escoffier.

NOTE: To see a detailed description of the Butchery go to:

<http://www.acfchefs.org/Content/NavigationMenu2/Events/Competitions1/Student/2009/default.htm>

m. **Skills Phase:** During the skills relay, the pastry and vegetable skills remain the same.

- 1) Fish should be fabricated in accordance to the appetizer recipe.
- 2) Fabricate 1 whole chicken (2.5-3.5 lbs.) into:
 - 2 drumsticks
 - 2 thighs
 - 2 winglets
 - 2 chicken breasts, first joint of the wing bone is attached. It is clean. Skin is on. Cartilage and rib bones are removed.

n. **Cooking Phase**

- 1) Fish Starter of your choice
- 2) Salad of your choice
- 3) Main course: Recipe #3195 - Poulet Sauté a la Catalane with appropriate vegetable and starch
- 4) Dessert of your choice

o. **The Skills Section:** Practice makes perfect. Just do the skills and always remember to use proper sanitation practices.

1) Equipment: Teams must bring in all equipment that is needed to execute the meal. Teams should only expect the organizer to provide a four burner stove, an oven,

tables, garbage receptacle, ice supply, refrigerator, freezer and mixer. Processors, blenders, mixers, etc., must be brought if needed. Power outlets will be supplied. Competitors must not bring in so much electric equipment that will overload the circuits.

2) Dress Code: It is important to remember that each member of a student team represents the profession of chefs. Therefore, teams must be dressed appropriately and professionally, i.e.: white chef jacket, black pants, black shoes, apron, and toque.

20. Category SK— Armed Forces Junior Chef of the Year (Practical and Contemporary Hot-Food Cooking, student, Individual) (IOY): This competition is designed to stimulate interest and test the level the junior chef's skill in live cookery and basic understanding of cooking fundamentals. It is an entry-level competition, and therefore, considerable emphasis will be placed on basic level skills correctly executed. The best junior / apprentice level chef during the hot food competition will be recognized as the "Armed Forces Junior Chef of the Year" at the awards ceremony. This competition is open to all branches of service. Each team may nominate only one competitor; *rank is not an issue for this competition*, however this individual cannot be older than 25 years of age on June 1, 2012. Previous winners of this category may not enter.

a. Competitors will submit by **1 February 2010**, recipes and pictures for either a 2 course meal (appetizer, entrée) or 2 desserts (one hot, one cold) utilizing the ingredients in the market basket below. These are the items that competitors will be expected to prepare at the competition.

b. Competitors must also present five copies of their menus, recipes, and photographs with a short description of each item for judges at the competition.

c. All competitors will receive medals based on their level of performance in the competition in accordance with ACF guidelines. This competition is judged by ACF accredited judges.

d. Requirements:

1) Competitors will fabricate and prepare two portions of a finished product based on the following main course categories.

2) Competitors have 15 minutes for set-up, 60 minutes to fabricate and cook, 10 additional minutes for plating and 15 minutes for clean-up.

3) Of the two portions prepared, one is for judges' tasting and one is for display/critique.

e. SK-1—Rock Cornish Game Hen, Chicken or Duck: Fabricate and cook a 1-1½ lb Rock Cornish game hen, a 2-2½ lb chicken or a 5-6 lb duck, using the whole or part of the bird.

f. SK-2—Bone-In Pork Loin: Fabricate and cook to specification. Other pork cuts may be included in the dish.

g. SK-3—Bone-In Veal Loin or Rack: Fabricate either choice and cook to specification. Other veal cuts may be included in the dish. Chine bone only may be removed from the rack before the competition.

h. SK-4—Bone-In Lamb Loin or Rack: Fabricate either choice and cook to specification. Other lamb cuts may be included in the dish. Chine bone only may be removed from the rack before the competition.

i. SK-5— Game Birds: Choices of game birds can be 1-1½ lb pheasant, quail(s), squab(s,) partridge(s) or up to 2½ lb guinea fowl. Game birds must be fabricated during the competition and cooked as the recipe states.

j. SK-6—Bone-In Game: Venison and antelope, racks or loin: Fabricate either choice and cook to specification. Other game cuts may be included in the dish. Chine bone only may be removed from the rack before the competition.

k. SK-7— Whole Rabbit: Fabricate and cook to recipe specifications, using the leg and at least one other cut.

l. SK-8—Live Lobster: Using 1-2 lb lobsters, fabricate and cook to recipe specifications. Other crustaceans/mollusks may be incorporated with this, or other categories, also.

m. SK-9—Fish: Fabricate a 2-2½ lb flat or round fish. Fish can be eviscerated and scaled, but the head must remain on when brought in. Prepare as recipe specifies.

n. General Guidelines for Category SK - Armed Forces Junior Chef of the Year (Practical and Contemporary Hot-Food Cooking, student, Individual) (IOY)

1) Competitors must provide at least four judges packets that include: recipes, all ingredients and a complete diagram or a clear, close-up, color photograph of the signature dish. Packets are to be provided to judges on-site the day of the competition.

2) Ingredients for the recipe are allowed to be pre-scaled and measured, however, no pre-mixing is allowed.

3) No advance preparation or cooking is allowed.

4) Cleaned and peeled mirepoix ingredients are acceptable. Chopped herbs, shallots and garlic are also acceptable.

5) Vegetables can be peeled and salads may be cleaned and washed, but not cut or shaped in any form; beans may be pre-soaked.

6) No finished soups or sauces are allowed. However, basic stocks may be brought in. No clarified consommés are allowed.

7) The following ready-made dough may be brought in: brioche, puff pastry and phyllo dough.

8) All combinations of ingredients must be completed during the competitors allotted competition time.

9) Competitors may also bring proteins pre-marinated, but will be required to demonstrate fabrication of protein and making of marinade during allotted time frame.

10) Competitors are allowed to bring in only the whole and raw materials in the amounts stated in their recipes. However, judges may allow variances in amounts for products that require further preparation (whole fish, meats, etc.).

11) Competitors must bring their own food, tools, cookware and china.

RATION REQUEST GUIDELINES

1. The competition schedule has dramatically changed this year. All teams will not present their cold food tables at the same time. This year, two teams per day will present their cold food tables. In addition, numerous other events that are spread out over seven day period; refer to competition schedule Annex I. These changes will challenge the ration order process. Therefore, it is important that Team Captains / Team managers read the following guidelines carefully; questions are encouraged and should be directed to the project officer.

2. Each competition team must submit at least ***five separate*** subsistence support request utilizing the forms provided in **Annex L**.

- a. Category K & P, (live cooking).

Teams must submit one request for each K&P category with the competitor's name. Your team members K&P categories will be on different days. Therefore, it is important that Team Captains **do not** submit a consolidated ration list for K& P categories.

- b. Field Competition. This must be a consolidated list.
- c. Cold Food Table. This must be a consolidated list.
- d. Student Skills competition. This must be a consolidated list.
- e. Armed Forces Junior Chef of the Year. This must be a consolidated list.

NOTE: Please review the self service ration store list prior to completing your ration list. Do not place items on your ration list that will be available in the self service ration store.

3. The ration lists will be matched with the team's entries for accuracy (ex. If a team has three entries with beef tenderloin, the total amount is entered in the requested amount and each name and category is listed that the item is to be used for).

- a. Follow the directions provided with the ration lists. It is acceptable to order a small amount of subsistence to practice with as long as it is reasonable. In order to purchase all items in a timely manner, ration requests need to be turned in on time.

- b. Be specific with all items being ordered in order to receive the correct item. i.e.: salmon – whole or fillets, scallops - bay or sea scallops – shrimp 21-30. If you know a source for hard to find items annotate the source on the ration list.

4. Each team will be required to have a designated ration person. This person will be annotated on the installation entry packet and will be the **ONLY** competitor allowed to request or receive rations from the ration room. This does not apply to the self-service ration store.
5. Team Managers must submit all of their ration requests from Annex L, no later than **1 February 2011**. This requirement will enable the competition staff to have an overview of rations required for the show:
 - a. Team Managers will be required to submit **updated** ration requests at the Team Managers / Captains meeting, failure to submit these ration requests will result in teams not receiving requested rations.
 - b. We request that you use your original list, submitted on **1 February 2011**, line through items you no longer require and add the new items required. Utilizing your original list will help our ration personnel cross level the items you no longer require.
6. All rations requested by competitors will be procured from Prime Vendor, Commissary or Martins.
7. The cost of the competition continues to increase. To help keep the costs down a standardized protein list will be utilized this year. Culinary Show ration personnel will only purchase protein items on this list, Annex H, Appendix1. It is recommended that Team Managers / Captains review this list prior to designing their team dishes. Teams may utilize items that are not on this list. However, the teams must purchase and procure the additional items.

US ARMY ENLISTED AIDE OF THE YEAR COMPETITION RULES

1. This event is open to all Army Enlisted Aides currently serving in an authorized TDA/TOE ASI Z5 position. This is an opportunity to identify and reward the top Enlisted Aides in the Army, while promoting the Enlisted Aide field and Enlisted Aide Training Course (EATC). This competition is broken down into four (4) phases, consisting of an Enlisted Aide Hot Food Challenge, a Uniform Assembly Challenge, Soldiers / Leadership Board, and a Written Exam.
2. At the Awards Ceremony, the top two Senior and Junior Enlisted Aides will be named. The final winner in each category will be announced during the HQDA Philip A. Connelly Awards Ceremony for that year.
3. Enlisted Aides will compete in one of two categories:
 - a. Category I (24 months or less) Army Junior Enlisted Aide of the Year
 - b. Category II (25 months or more) Army Senior Enlisted Aide of the Year
 - c. The entry packet must be submitted no later than (NLT) **1 February 2011** and will include the following:
 - 1) Registration Form
 - 2) Recommendation Letter from the Enlisted Aide's General or Flag Officer
 - 3) Biography
 - 4) Enlisted Record Brief with Current DA Photo
 - 5) Current Army Physical Fitness Test (APFT) Score Card DA Form 705.
 - 6) Essay (Two Parts):
 - (a) Part 1. Why have you chosen "Service as a Profession"?
 - (b) Part 2. Describe the customized service delivery system you have implemented in the quarters which you are assigned.
 - (c) Written documents will be 12 pt font, Arial, and not exceed 1-page double spaced, 500 words or less (excluding biography).
 - d. Each competitor will have one work-station. Competitors must submit their packet NLT **1 February 2011**.
 - e. **Enlisted Aide Uniform Assembly Challenge:** Each competitor will be allotted 30-minutes to assemble a General Officer's (GO) Class A uniform.
 - 1) Each competitor will assemble a GO uniform per the official biography and photograph. Competitors exceeding a 30-minute window will lose points automatically (1 point for every minute or fraction there of past the 30-minute window).

2) Each competitor must demonstrate proper placement of ribbons and devices (devices include name tag and stars). Competitors may use their own GOs uniform ribbons and devices. Provided ribbons and devices will be IAW uniform regulation AR 670-1.

NOTE: Points will not be deducted because of unavailable provided ribbons and/or devices.

3) Before entering the work station, all uniforms must be stripped of ribbons, devices and markings regardless if accompanying a participant or provided. Participants will be allotted 10 minutes to inventory the uniform, ribbons and devices and become familiar with the arrangement. Ten minutes will be allotted after the event to strip and stow uniforms, ribbons and devices.

4) A list of ribbons and devices will be provided for planning and execution for this challenge. Each competitor will be given 50 minutes to inventory, assemble, tear down and properly stow uniform ribbons and devices.

5) Judging guidelines are as follows:

(a) Authorized ribbons	25 points
(b) Order of precedence for ribbons	25 points
(c) Authorized devices	25 points
(d) Proper placement of devices	25 points
(e) Total:	100 points

NOTE: Points are either all or none for this event. A single error in each guideline results in a deduction of all points for that guideline.

6) Concentrate on professional preparation and skillful execution in a timely manner. The goal is to prepare a faultless uniform ready for inspection, television appearance, or photograph to be published in papers or magazines.

f. **Enlisted Aide Hot Food Challenge:** Each competitor will have 4 hours to prepare a four serving four course planned menu. Three are for judging and one for display, photos, critique and media.

1) Each competitor is allotted 30 minutes to serve all four portions of the four course meal. Competitors exceeding the allotted time will have points deducted automatically.

NOTE: The four course menu must include a dessert.

2) Each competitor must demonstrate five specific classic cuts of vegetables. Competitors may use personal knives. The five cuts chosen come from those shown in the Culinary Fundamentals cook book. All five of the selected cuts must be utilized and identified in the menu.

3) The provided equipment is the same used for Advanced Culinary Skills Training Courses (ACSTC). Any additional required equipment (including specialty type china) will be provided by the participant.

4) Each participant will draw a cooking station number they plan to produce their meal. Participants will have 15 minutes to inventory equipment, present a menu and become familiar with the facility. All competitors will be responsible for local ration shopping resourced by JCCoE.

5) Five (5) hours total time is allowed for participants to set up the kitchen, assess ingredients, present menus, produce the meal, serve the meal and clean the kitchen.

6) Judging guidelines are as follows:

(a) Kitchen / Floor Evaluation	
(1) Sanitation/Food Handling	5 points
(2) Mise en place/Organization	5 points
(3) Cooking Techniques, Proper Execution	20 points
(4) Proper Utilization of Ingredients	5 points
(5) Timing/Work Flow	5 points
(6) Total:	40 points
(b) Service/Tasting Evaluation	
(1) Serving Methods and Presentation	5 points
(2) Portion Size and Nutritional Balance	5 points
(3) Menu and Ingredient Compatibility	10 points
(4) Creativity and Practicality	5 points
(5) Flavor, Taste, Texture and Doneness	35 points
(6) Total:	60 points
(c) Total Points for Hot Food Challenge:	100 points

g. Participants must focus on professional preparation, skillful execution, food safety and proper hygiene. The goal is practical food, culinary faultlessness, easily digestible, free from unnecessary details and extras. Meats must be carved properly and clean. Roast beef will be prepared English Style (medium or pink in the center). Points will be deducted for vegetables not cut or turned uniformly. Portion weight must correspond to the number of courses served and remain nutritionally balanced. Competitors may bring additional equipment such as pasta makers, food processors, personal knives, molds and mandolins.

h. Presentation. Main meals must be in proportion to one another. The dishes must be reciprocally complimentary in both content and color. The arrangement of the plates must be practical, neat and pleasant; conducive to everyday serving and not cluttered.

NOTE: This is a four course meal for four persons. Ten points will automatically be deducted if fewer portions are served.

i. Taste. Flavors must be complementary among the four courses. Sufficient seasoning must enhance the typical flavor of the dish and not overpower it.

j. Competition schedule: See Annex I.

1) Fifteen minutes will be allocated for the participant's in-brief. Participants will be allotted 15 minutes to inventory equipment, rations, set up work area and become familiar with the facility. Four hours will be allowed to plan a menu, prepare and cook the meal.

2) Thirty minutes will be allotted for meal service. All four portions of each item will be served and judged. Competition dates may be adjusted by the staff based on the number participants and scheduling conflicts.

NOTE: Each participant presents their menu to the judges NLT 15 minutes after the start of the competition. Specific instruction and schedule will be provided during the 9 Mar 09 briefing.

k. **Enlisted Aide Soldier/Leadership Board:** Each participant must compete in a Soldier/Leadership Board similar to a NCO promotion board. Board questions will be based on basic Soldier/Leader knowledge.

1) Class A or ASUs is the required uniform.

2) Participants will be instructed on board procedures prior to the board.

3) Judging guidelines are as follows:

(a) Uniform	25 points
(b) Reporting/Departing	25 points
(c) Knowledge/Answers	50 points
(d) Total:	100 points

NOTE: Points are either all or none for this event. A single error in each guideline results in a deduction of all points for that guideline. All participants will start with 50 points for knowledge/answers with 5 points deducted for each incorrect answer provided.

l. **Enlisted Aide Written Examination:** Each participant will complete a written exam based on general Enlisted Aide and Advanced Culinary Skill Knowledge. Participants will be instructed on test procedures prior to testing.

Testing will be in accordance with the following guidelines:

(a) 50 Questions on Enlisted Aide Knowledge	50 points
(b) 50 Questions on Advance Culinary Knowledge	50 points
(c) Total:	100 Points

m. **Enlisted Aide of the Year Scoring Weight**

1) Uniform Assembly Challenge	30%
2) Hot Food Challenge	40%
3) Soldier/Leadership Board	15%
4) Written Examination	15%
5) TOTAL	100%

4. POC information: Competition information contact MSG Jesus Camacho, at (804) 734-5695 or jesus.camachoiiii@conus.army.mil. Packet information/submission contact SFC Luis Diaz, at (502) 613-5275 or luis.diazjr@us.army.mil.

Special Awards

- Best Team Exhibit, Categories A, B, C, D, E
- Special Judges Award, Artistic or Special effort (Individual)
- Special Judges Award, Best Overall Table Exhibit
- Best Entry, Contemporary Category K & P
- Nutritional Hot Food Challenge Team of the Year
- Best Centerpiece in Ice
- Field Cooking Team Competition - 1st, 2nd, 3rd
- Best Decorated Table Awards
- Army Junior Enlisted Aide of the Year
- Army Senior Enlisted Aide of the Year
- Armed Forces Junior Chef of the Year
- Culinary Knowledge Champions
- Armed Forces Chef of the Year
- Student Skills Competition Champions
- Installation of the Year - 1st, 2nd, and 3rd place

Equipment

Team Managers will be receiving the equipment listed on this form. All equipment will be in the team labs and signed for by the Team Manager. Any equipment not listed on this form will be furnished by the team from their installation.

ITEM	QTY	ITEM	QTY	ITEM	QTY
Bakery Pad	12	Serving Spoon	6	Rotary Sifter	6
Sharpening Stone	2	Slotted Spoon	6	Dish Pan 4 Gal. – Stnls.	1
Cutting Board	6	Food Turner	6	Mixing Bowl, .75 Qt	12
		Ladle, 2 oz	6	Mixing Bowl 1.5 Qt	12
Cook's Knife	6	Skillet, 8"	6	Vegetable Peeler	6
Boning Knife	6	Sauce Pan, 1.5 Qt	6	Serving Tongs	6
Paring Knife	6	Cover 1.5 Qt	6	Wire Whip	12
Pastry Brush	6	Sauce Pan, 2.75 Qt	6	Spatula, Rubber	12
Dinner Knife	12	Cover, 2.75 Qt	6	Spatula, Stainless Steel	12
Dessert Spoon	12	Dough Cutter	6	Grater	2
Table Fork	12	Cooling Rack	6	Pot, 60 Qt.	1
Dinner Plate 9"	12	Sheet Pan, Small	12	Scale, 5 lb	1
Soup Bowl	12	Sheet Pan, Large	6	Mixer, 5 Qt Hobart	2
Measuring Spoon, set	12	Rolling Pin. Large	6	Fork 15"	6
Measuring Cup, set	12	DFAC Trays	20		
Mixing Bowl, 3 Qt.	12	Trash Can, Plastic	1		

Equipment List

**Annex H
Appendix 1**

Standard Proteins List

Protein & Misc		
Meats	FISH/ SEAFOOD	Special Order
Beef, Tripe	Crab, Lump	Dark Chocolate
Beef, Flank Steak	Catfish	Fondant – pouring, Rolled Fondant
Beef, Shank	Clams, littleneck, quahog, razor or manila	Glucose
Beef, Short Rib	Cod, filet	Glycerin
Buffalo Tenderloin	Crayfish, fresh	Greys Lake Gelatin
Beef, Ground	Caviar	Isomalt
Beef, Brisket	Bass, Fresh Water	Marzipan
Beef, Skirt Steak	Crab King	Milk Chocolate
Beef, Tenderloin	Crab, blue	White Chocolate
Beef, Tongue	Crab, soft shell	Writing Chocolate
Chicken, Whole	Flounder, Whole	
Cornish Game Hen	Grouper	
Duck, Liver milk fed	Haddock, Filet	
Duckling, Whole	Halibut, Steak	
Goose, Whole	Lobster, Maine fresh	
Lamb	Mackerel, Whole	
Lamb Rib Chop	Mussels, fresh	
Lamb Stew Meat	Perch, yellow or white	
Lamb, Frenched Rack	Red Snapper, whole	
Lamb, Lion Saddle	Salmon, Filet	
Lamb, Lion chops	Salmon, Whole	
Meats	Scallops	
Ox Tail	Sea Bass, whole	
Pheasant, whole	Shrimp, all sizes	
Pork Butt	Snipe, whole	
Pork, Babyback Ribs	Sole,	
Pork, Bacon	Squid, fresh	
Pork, Chop center cut	Tilapia	
Pork, Country Ham	Trout, Rainbow	
Pork, Ham Hocks		
Pork, Lion Bone in		
Pork, Prucutto		
Pork, Smoked Bacon		
Pork, Spareribs		
Pork, Tenderloin		
Quail, whole		
Rabbit, Whole		
Squab, whole		
Turkey, Breast		
Turkey, Whole		
Veal, Lion Bone on		
Veal, liver top		
Veal, Rib		
Veal, Shank		
Veal, Tenderloin		
Venison, Saddle Lion		
Venison, Stew Meat		
Venison, Tenderloin		
Venison, Top Round		

The cost of the competition continues to increase. To help keep the costs down a standardized protein list will be utilized this year. Culinary Show ration personnel will only purchase protein items on this list. It is recommended that Team Managers/ Team Captains review this list prior to designing their team dishes. Teams may utilize items that are not on this list. However, the teams must purchase and procure the additional items.

Annex H Appendix 2

Self Service Ration Store

Self Service Pantry					
Almond oil	Chocolate Chips	Gourmet Lychees CN	Marsala Cooking Wine	Rice, Calrose	pow der
Almond Paste Roll	Chopped Hazel Nuts	White Wine Vinegar	Marzipan Dough-Roll	Roast Sw eet Peppers	Sushi Ginger
Almond Paste.	Chopped Hazelnuts	Granola Cereal	Meat Magic	Roasted Garlic	Syrup Maple
sauce	Chow -Chow Piccalilli	Granulated Garlic	Mesquite Liquid Smoke	marinade	Taco Seasoning Mix
Anchovy Fillets	Cimonolio	Granulated Onion	Mirin	virgin oil	Seeds
Anchovy Stuffed Olives	Cinder vinegar	Grape seed oil	Seasoning	Roasted pepper olive oil	Vinegar 16-9oz. ea
Angel egg w hite mix	Cinnamon mill	Green Tea	Numec Mill	Wraps	Tea
Apple cider vinegar	Classic Olive oil	Grenadine	Olives Kalamata	Rosemary Leaves co	Tea Bags
Aromatic Bitters	Seasoning	Marinade	Onion Pow der	Saffron Envelope	Teriyaki co
Artichoke Hearts	Coarse kosher salt	Ground Allspice	Onion Salt	Salad oil	Terragon Leaves
Avocado	Coconut Milk	Pepper	Orange Marmalade	Salsa Pico De Gallo	Thai Curry Paste, Green
Avocado oil	Cooking Wine	Ground Cinnamon	Oregano Leaves	Seasoning	Thai seasoning
Balsamic Breeze	Counvertur w hite block	Ground Cumin	Marinade	Sauce Chicken Wing	Tiger Sauce
Balsamic garlic	co	Ground Ginger	Oyster sauce	Sauce Flavor Oyster	Toasted sesame oil
Banana Peppers	Onions	Ground nutmeg	Pactin	Sauce Green Jalapeno	Tomato pepper sauce
Basil infused oil	vinegar 12.5oz co	Ground Red Pepper	Panko Bread Crumb	Sauce Hot	Tomatoes paste
Basil oil	Crunchy Cereal	Ground Thyme	Panko bread crumb	Cocktail	Tomatoes sauce
Basil olive oil	Crushed Red Pepper	Ground White Pepper	Papaya	Sauce magic pepper	Mushrooms Infused oil
Basilolio	Curry Pow der	Guava Nectar	Paprika	Sauce Mint	Vegetable Broth
Bay leaves	Curry Sauce	Gum paste	sauce	Sauce Spicy Jerk	Bouillon
Beef Bouillon	Dill Seed Ground	Ham Base	Peach	Shire	Walnut
Best Blend	Dill Weed 5oz co	Haw aian Macadamia	Peach Preserve	Sauce, Fruity Brow n	Walnut oil
Bing Cherries	Dill Weed 5oz co	Hazelnut oil	Peanut oil	Sauce, Wasabi	Walnut oil
Black Pepper	Dried Blueberries	skim milk & cocoa	Peanut pepper sauce	Peaches	Walnuts
Marinade	Dried Blueberries	Hazelnuts bg	Peanut Sauce Mix	Habanero Pepper	Wheat
Black peppers corns	Dried Cherries	Herbal Lemon Tea Bags	Pepper corn melange	Sauté oil	White Balsamic vinegar
Black Sesame Seeds	Dried Cranberries	Hoisin Sauce	Pepper olio	Seafood Magic	bar
Black truffle olive oil co	Dried Tart Cherries	Horseradish	Pesto Sauce Mix	Seasoned vinegar	Edelw iss 33% Rondo
Blackberries	Dried Tomato Halves	Horseradish Creamy	Picka Peppa Sauce	Seasoning	fresh starragon
Breast	Dried Tomatoes-Cello	Hot Curry Sauce	Pickling spice	Seasoning	White w ine vinegar
Boysenberries cn	Egg w hite mix	Hot spicy garlic oil	Pine Nuts	seasoning blind	Whith truffle olive oil
Branston Pickle Relish	Extra light olive oil	Instant coffee	Pistachios	Sesame oil	Whole almonds
Bread Crumbs	Extra virgin olive oil	Instant nonfat dry milk	Cherries 16oz	Sesame Seed	Whole bay leaves
sicilian	Figs	Island Jerk Seasoning	Pizza sauce	Shery Vinegar	corns
Buffalo Wing Sauce	Filbert Paste	Italian Seasoning	Plain Bread Crumbs	Siciliano	Seed
w ine vinegar	Fine w hite w ine vinegar	Italiano	Seasoning	Sliced almonds	Whole Fennel Seed
Cajun Seasoning	Fish Rub	Key lime Juice	Poultry Magic	sliced almonds bg	corns
Cake Flour	Flame RST Red Pepper	Key West Lime Juice	Poultry Seasoning	chicken flavor	Whole Sesame Seed
Marinade	Flour Tortillas	Kiw i	Provence herbs mill	Nonpareils	16oz. pkg.
Calrose Rice	Flour, White	Kosher salt	Pumpkin seeds	Spanish Olives jr	Yellow Rice
Calypso	Flour, Whole Wheat	Lady Fingers	Pure Corn oil	Pesto Wraps	Zesty Italian 8oz packet
Canola oil	Flow er Water Rose	Lemon Basil & Thyme	Purple plums	Star Anise	
Caster Sugar	Fortune Cookies-Citrus	Lemon pepper sauce	vinegar	Steak sauce	
vinegar	corn mill	Lemon Zinger Tea Bags	Raspberry fruit pow der	Straw berries cn.	
Chaniti red w ine vinegar	Freeze Dried Chives	Light chili Pow der	vinegar	pow der co	
Chick Pea-Tin	Fresh Cilantro	Liquid Smoke	Red Currant Jelly	Straw berry Preserve	
Chicken Flavor Cubes	oil	Liquid sw eetener	Red Raspberries	Sugar, Brow n	
Chicken Rub	vinegar	Lite apricot halves cn	Red Seedless Grapes	Sugar, Granulated	
Chiles Chipotles cn.	Garlic oil	Malt vinegar	Red w ine vinegar	Sugar, maple	
Chili Cumin & Garlic	Garlic Salt	Maraschino cherries	Rica Bran oil	Sun flow er oil	
		liquid	Rice Paper	pow der	

Service Ration Store - Produce

Self Service Produce			
Baby Grn Patty Pan	Dill	Mushroom, Fancy	Lemons
Baby Spinach	Dried Cherries	Mushroom, Oyster	Romaine Leaves
Baby Yellow Patty Pan	Dried Cranberries	Mushroom, Portabella Cap	Ruby Red Grapefruit
Baby Zucchini Squash	Eggplant	Mushroom, Shitake	Russet Baker Potato
Basil	Endive	Oranges	Lemons
Belgian Endive	Iceberg Lettuce	Papaya	Romaine Leaves
Blackberries	Flat Leaf Spinach	Parsley Curly	Ruby Red Grapefruit
Blueberries	Fresh Rosemary	Parsnip	Tarragon
Bok Choy	Fresh Thyme	Pineapple	Thyme
Boston Lettuce	Ginger Root Brazilin/Haw aii	Pears	Tomatillo Tomato
Broccoli	Golden Apples	Petite Baby Carrots	Tomato 40ct
Broccoli Floret	Granny Smith Apples	Radish Cello	Watercress
Butternut Squash	Grape Tomato	Radicchio	Watermelon
Button Mushroom Petite	Green Leaf Leaves	Raspberries	White Potato
Cabbage, Napa	Green Onion	Red Apple	Yellow Onion Jumbo
Cantaloupe	Honeydew Melon	Red Bell Pepper	Yellow Pepper
Carrots, Jumbo	Idaho Baking Potato	Red Bliss A Potato	Yellow Squash Medium
Cauliflow er	Jalapeno Pepper	Red Cabbage	Yukon Gold Potato
Celery	Jumbo Carrots	Red Grapes Seedless	Zucchini Med Fancy
Cello Spinach	Kiw i	Red Leaf	
Cherry Tomato	Large Green Pepper	Red Onion Jumbo	
Cilantro Crate	Leeks	Roma Tomato	

Service Ration Store - Dairy

Self Service Dairy			
Asiago Cheese	Cream, Heavy Whipping 40%	Half & Half	Muenster Cheese
Blue Cheese	Danish Blue Cheese	Heavy Cream	Parmesan, block
Butter Solids Salted	Egg Beaters	Margarine	Plain Yogurt
Butter Unsalted	Eggs	Mascarpone Cheese	Provolone Cheese
Buttermilk	Feta Cheese	Milk	Ricotta Cheese
Cheddar Cheese	Gorgonzola Cheese	Monterey Jack Cheese	Sharp Cheddar Cheese
Cream Cheese	Gouda Cheese	Mozzarella Cheese	Sour Cream
			Stilton Blue Cheese

Common Pantry F1

Common Pantry F1, F1UL		
Wines & Liqueurs	Grocerys	Produce
Asiago Cheese	Milk Chocolate	Oranges, Medium
Brandy	Bread Crumbs	Cilantro
Grand Marnier	Olive Oil	Zucchini
Madeira	High Gluten Flour	Ginger Root
Marsala	Flour, All Purpose	Lemons
Red Wine	Corn Syrup	Parsnips
Rum	Pecans	Shallots
Sherry, Dry	Brown Sugar	Parsley
White Wine	Mustard, Dijon	
	Almonds whole,sliced, slive	Melons
	Commeal Flour	Rutabaga
Dairy	Barley	Spanish Onions
Buttermilk	Dark Chocolate	Strawberries
Cheddar, Cheese	Gelatin	Apples, Red Delicious
Cream Cheese	Lentils	Scallions
Heavy Cream	Bread Flour	Leeks
Margarine	Bread, White	Celery
Milk	Almond Paste	Oregano
Parmesan, block	Hazelnuts	Eggplant
Plain Yogurt	Commeal	White Turnips
Sour Cream	Black Beans	Garlic
Unsalted Butter	Cocoa Powder	Sage
	Corn Starch	Mushrooms, Button
	Rice, Arborio	Carrots
	Rice, Long, Wild	Grapes
	Shortening	
	Soy Sauce	Sweet Potatoes
	Sugar, Confectioners	Green Peppers
	Sugar, White	Portobello Mushrooms
	Tabasco Sauce	Apples, Granny Smith
	Teriyaki Sauce	Idaho Potatoes
	Tomato Paste	Basil
	Vanilla Beans	Tarragon
	Vegetable Oil	Tomatoes
	Vinegar, Balsamic	Chives
	Vinegar, Red	Leaf Thyme
	Vinegar, Tarragon	Bermuda Onions
	Vinegar, White	Dill
	White Chocolate	Red Bliss Potatoes
	Whole Wheat Flour	Limes
	Worcestershire	Green Salad Mix

Nutritional Common Pantry, F3N

COMMON PANTRY F3N		
WINES & Liqueurs	GROCERIES	PRODUCE
Brandy	Almond Paste	Apples, Granny Smith
Grand Marnier	Almonds whole,sliced, slivered	Apples, Red Delicious
Madeira	Barley	Basil
Marsala	Black Beans	Bermuda Onions
Red Wine	Bread Crumbs	Carrots
Rum	Bread Flour	Celery
Sherry, Dry	Bread, White	Chives
White Wine	Canola Oil	Cilantro
	Cocoa Powder	Dill
	Corn Sryup	Eggplant
DAIRY	Corn Starch	Garlic
Asiago Cheese	Cornmeal	Ginger Root
Cheddar, Cheese	Cornmeal Flour	Grapes
Cream Cheese	Dark Chocolate	Green Peppers
Cream, Fat-Free	Flour, All Purpose	Green Salad Mix
Cream, Heavy	Gelatin	Idaho Potatoes
Fat-Free Cream Cheese	Hazelnuts	Leaf Thyme
Fat-Free Milk	High Gluten Flour	Leeks
Fat-Free Plain Yogurt	Lentils	Lemons
Fat-Free Sour Cream	Milk Chocolate	Limes
Low Fat Buttermilk	Mustard, Dijon	Melons
Margarine	Olive Oil	Mushrooms, Button
Milk, Whole	Other Cooking Oils	Oranges, Medium
Parmesan, block	Pecans	Oregano
Plain Yogurt	Rice, Arborio	Parsley
Reduced Fat Margarine	Rice, Long, Wild	Parsnips
Sour Cream	Shortening	Portobello Mushrooms
Unsalted Butter	Soy Sauce	Red Bliss Potatoes
	Soy Sauce, Low Sodium	Rutabaga
SPICES	Tabasco Sauce	Sage
Salt	Teriyaki Sauce	Scallions
Sugar, Brown	Tomato Paste	Shallots
Sugar, Confectioners	Vanilla Beans	Spanish Onions
Sugar, White	Vegetable Oil	Strawberries
Splenda, Granular	Vinegar, Balsamic	Sweet Potatoes
Salt Subsistute	Vinegar, Red	Tarragon
	Vinegar, Tarragon	Tomatoes
	Vinegar, White	White Turnips
	White Chocolate	Zucchini
	Whole Wheat Flour	
	Worcestershire	

NOTE: Yellow are monitored for nutritional values; Green are additions to the common pantry