

## ARMED FORCES ENLISTED AIDE OF THE YEAR COMPETITION RULES

This event is open to all Active Duty and Reservists Enlisted Aides/Special Command Aides currently serving in an authorized position.

### Armed Forces Enlisted Aide Uniform Assembly Challenge:

(1) Each competitor will be presented with a uniform and a mystery uniform box that will have a mixture of devices, badges, ribbons and other components for this challenge.

(2) Competitors will be allotted 10 minutes to inspect the uniform and inventory components. From there competitors will have 30-minutes to assemble their services General/Flag Officer's Service Dress Uniform.

(3) Competitors will be assessed on the proper spacing and placement of ribbons, devices, badges and other components on the uniform according to their services uniform regulations.

(4) Competitors exceeding the 30-minute window will lose 1 point for every minute or fraction thereof past the 30-minute window.

(5) 10 minutes will be allotted after the event to strip and stow uniforms and uniform items.

(6) Each competitor will be given a total of 50 minutes to inventory, assemble, tear down and properly stow uniforms and components.

(7) Judging guidelines are as follows:

(a) Order of precedence on ribbons	25 points
(b) Proper placement of ribbons	25 points
(c) Proper placemen of devices	25 points
(d) Proper placement of badges	25 points

**Total: 100 points**

**NOTE:** A single error in each guideline results in a deduction of all points for that guideline.

(8) The goal is to prepare a faultless uniform ready for inspection, television appearance, or photograph to be published in papers or magazines.

## **Armed Forces Enlisted Aide Hot Food Challenge, Category W-2:**

(1) Each competitor will have a total of 90 minutes to prepare and present a three course, four serving planned menu. Three servings are for judging and one is for display, photos, critique and media.

(2) 30 minutes of the 90 will be allotted for presenting and serving the judges. Competitors exceeding the allotted time will have points deducted automatically.

**NOTE:** The three course menu must include a dessert.

(3) Each competitor must demonstrate five specific classical cuts of vegetables. The five cuts chosen are those shown on page 150 of the Culinary Fundamentals/ACF Cook Book (ISBN 0-13-118011-8). **All five of the selected cuts must be utilized and identified in the menu.**

(4) The provided equipment is the same used for the Advanced Culinary Skills Training Courses (ACSTC). Rations will be provided by JCCoE.

(5) Each competitor will be scheduled a date to prepare their meal and assigned a cooking station for the event. On the day of the event participants will have 15 minutes to inventory equipment, set-up their station and present their menus to the judges. These 15 will not be counted against you!!

(6) 90 minutes 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.

(7) Judging guidelines are as follows:

### **Kitchen / Floor Evaluation**

Sanitation/Food Handling	5 points
Mise en place/Organization	5 points
Cooking Techniques, Proper Execution	20 points
Proper Utilization of Ingredients	5 points
<u>Timing/Work Flow</u>	<u>5 points</u>
<b>Total:</b>	<b>40 points</b>

## Service/Tasting Evaluation

Serving Methods and Presentation	5 points
Portion Size and Nutritional Balance	5 points
Menu and Ingredient Compatibility	10 points
Creativity and Practicality	5 points
<u>Flavor, Taste, Texture and Doneness</u>	<u>35 points</u>
<b>Total:</b>	<b>60 points</b>

## Total Points for Armed Forces Hot Food Challenge: 100 points

(8) Participants should focus on professional preparation, skillful execution, food safety and sanitation. The goal is practical food, culinary faultlessness, easily digestible, free from unnecessary details and waist. Meats must be fabricated properly and clean. Roast beef will be prepared English Style (medium or pink in the center). Points will be deducted for vegetables not cut 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.

(9) Presentation of main course must be in proportion to one another. Each dish 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 three course meal for four. Ten points will automatically be deducted if fewer portions are prepared.

(10) Taste of flavors must be complementary among the three courses. Sufficient seasoning must enhance the typical flavor of the dish and not overpower it.

(11) Fifteen minutes will be allocated for the participant's in brief. And then the clock starts: Participants will have 15 minutes to inventory equipment, rations, set up work area and become familiar with the facility. Sixty minutes for preparing and presenting the meal and finally 15 minutes for cleaning and securing your station. 90 minutes total.

(12) Competitors must provide three menus to the judges that will include: a list of recipes, ingredients, steps and procedures for each course. You should also include a photograph of each dish. Packets are to be provided to judges on-site the day of the competition.

(13) Some mise-en-place or ingredients for the recipe are allowed to be pre-scaled and measured, however, no pre-mixing or advance cooking.

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

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

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

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

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

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

(21) 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.).

(22) Competitors are required to bring their food, tools, cookware, plates and other materials on a cart to the competition site.

**NOTE:** Additional information and schedule will be provided during the in-brief.

### **Leadership Board:**

(1) Board questions will be based on military bearing, reporting and departing, personal appearance and the following categories: household management, current military events, current world events, enlisted aide basic knowledge and ethical values.

(2) Class-A Uniform or Service Equivalent is the required uniform to wear.

(3) Judging guidelines are as follows:

Boardmanship	50 points
Categories	50 points
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<b>Total:</b>	<b>100 points</b>

**NOTE:** Each participant will be briefed and given further instructions on the day of the event.

**Armed Forces Enlisted Aide Written Examination:**

(1) Each participant will complete a written exam based on general Enlisted Aide and Advanced Culinary Skill Knowledge.

(2) Participants will be instructed on test procedures prior to testing.

(3) Testing will be in accordance with the following guidelines:

25 Questions on Enlisted Aide Knowledge	50 points
<u>25 Questions on Advance Culinary Knowledge</u>	<u>50 points</u>
<b>Total:</b>	<b>100 Points</b>

**Enlisted Aide of the Year Scoring Weight**

<b>Uniform Assembly Challenge</b>	<b>25%</b>
<b>Hot Food Challenge</b>	<b>25%</b>
<b>Leadership Board</b>	<b>25%</b>
<b><u>Written Examination</u></b>	<b><u>25%</u></b>
<b>TOTAL</b>	<b>100%</b>