Sustain- Support -Defend

Installation Management Agency- Europe

AAFES Bread Color Code Chart

Blue Tab	**Baked and Packaged On Mondays**
White Tab	**Baked and Packaged On Tuesdays**
Orange Tab	**Baked and Packaged On Wednesdays**
Red Tab	**Baked and Packaged On Thursdays**
Purple	**Baked and Packaged On Fridays**

TABLE OF MEASURING EQUIVALENTS

TSP	TBSP	OUNCE	CUPS	SCOOPS	LADLES	MEASURE
3	1	½				
	1 ½	¾		1-NO.40		
6	2	1		1-NO.30	SIZE 0	
	2 2/3	1 1/3		1-NO.24		
9	3	1 ½		1-NO.20		
12	4	2	¼	1-NO.16	SIZE 1	
	5 1/3	2 2/3	1/3	1-NO.12		
18	6	3	3/8	1-NO.10		
24	8	4	½	1-NO.8	SIZE 2	
	10 2/3	5 1/3	2/3	1-NO.6		
36	12	6	¾			
	14	7	7/8			
	16	8	1		SIZE 3	½ PINT
	18	9	1 1/8			
		12	1 ½		SIZE 4	¾ PINT
		16	2			1 PINT
		24	3			1 ½ PINT
		32	4			1 QUART
		64	8			2 QUARTS
		128	16			1 GALLON

NOTE:
1. Use Ladles to serve individual portions of liquid or semi-liquid foods.
2. Scoop number indicates the number of portions per quart.

RECIPE CARD A-4

IMA-Europe
Food Service Specialist Quick Reference Pocket Handbook

EDITION OF: 31 October 2004

DEPARTMENT OF THE ARMY
INSTALLATION MANAGEMENT AGENCY – EUROPE REGION
APO AE 09014

SFIM-EU-LO 5 January 2004

MEMORANDUM FOR: ALL GARRISON FOOD OPERATIONS STAFF

SUBJECT: On The Job Training (OJT) Program

1. Effective immediately the following OJT Program Policy will be policy is in effect:

a. Food Operations Sergeants / Dining Facility Managers will ensure that an effective and comprehensive OJT training program is implemented in all IMA-E garrison dining facilities.

b. An individual On The Job training (OJT) packet for each food service specialist or civilian cook will be established and maintained in the FOS or administration office. All training completed will be forwarded to FOS/DFM and will be documented on individual and collective training in the individual packets as required. FM10-23 has suggested OJT Program format.

c. Specific training classes will be coordinated by the FOS and documented accordingly. These classes will be related to but not limited to the following subject areas:

Food Safety Training
Food Service Sanitation
Fire Prevention & Safety
Receipt of Rations
Progressive Cooking and Nutrition
Dining Facility Operations
Common Task Skill Level Training
Dining Facility Administration and AFMIS

d. Identified follow up or refresher training will be conducted by each shift leader; monitored by the FOS/DFM for effectiveness and documented accordingly. Pencil drill wastes everyone's time and inhibits the professional growth of the Soldier/Cook .

2. The objective of this program is obvious, and if implemented effectively will result in a confident and skilled staff of professional food service Soldiers that are ready to meet "Any Mission Anywhere" .

3. POC is the undersigned, at DSN 370-8949.

MICHAEL J. DAMICO
IMA-E Food Program Manager

MEASURING PROCEDURES

Weights are always more accurate than measures and ingredients should be weighed whenever possible.

If scales for weighing are not available, follow the rules for measuring to ensure accurate measures.

FLOUR	When specified. sift (or stir with a fork or whip) before measuring. Place flour lightly in measuring utensil, level with straight edge of knife. Do not shake utensil or pack.
SUGAR, GRANULATED	Fill measuring utensil, level with straight edge of knife. If sugar is lumpy, shift before measuring.
MILK, NONFAT, DRY	Stir lightly with a fork or spoon, place lightly in a measuring utensil. Level with a straightedge of a knife.
BAKING POWDER, HERBS & SPICES	Stir lightly with a fork or spoon. Dip dry measuring spoon into container bring it up heaping full. Level with straight edge.
SOLID FATS	Press fat firmly into measuring utensil, level with straight edge of a knife

*** Recipe Card # A-3**
APPROXIMATE INGREDIENT MEASURING

1QT Sifted Flour = I LB
1QT Sugar = 2 LB
10 Medium eggs = I LB
1QT Coffee = I LB
1QT Packed Shortening = 2 LB
22 Medium eggs = 1 QT
13 OZ (3 cups) Nonfat milk + 3 3/4 QTS Water = I Gallon Fluid Milk

NUTRITION STANDARDS

1. **General**. The Nutrition Program outlined in AR 40-25, Nutrition Allowances, Standards, and Education, are the minimum acceptable standards for IMA-E garrison dining facilities. FOS/DFM will base their program on sound nutrition practices which promote nutrition passively. The program focuses on healthy food preparation, presentation, and nutrition education for diners.

2. **Nutrition Standards**.

a. Plan menus within the framework of the Daily Food Guide (Basic Food Group Pyramid) and the constraints of the Basic Daily Food Allowance (BDFA).

(1) Consider variety in texture, flavor, and color.

(2) Use TM 10-412, Armed Forces Recipe Service, or other recipes authorized by Installation Food Service, for all food preparation.

b. Make the nutritional value of entrees a first concern. Food does not have to be bland or flavorless to be nutritious. Look for ways to enhance a product while presenting it in its most nutritious form.

(1.) Provide unsweetened, ready-to-eat and whole grain cereals for breakfasts available in SPV Catalog..

(2.) Furnish fresh fruit (canned if fresh is not available) or unsweetened juice when available.

(3.) Prepare low calorie beverages in addition to other beverages. These beverages may be unsweetened or prepared with an authorized sugar substitute.

(4.) Provide trans-fat free margarine as a spread alternative to regular margarine or butter .

(5.) Furnish whole grain breads and rolls at each meal.

(6.) Use low fat milk (1 or 2%) as the primary milk source in bulk dispensers. Use skim milk for diners who desire a low fat diet.

(7.) Provide low calorie salad dressings .

Food Service Uniform Male and Female

General guidelines:
The food service uniform will be worn with the smock tucked into the trousers. Exceptions to the prescribed wear of the smock may be authorized for health and safety reasons. The black belt with black open-faced buckle will be worn with this uniform. The food handler's apron and food handlers' cap will only be worn in the immediate vicinity of the dining facility. No insignia will be worn on the food handler's cap. The black all weather coat and cold weather coat (field jacket) may be worn with these uniforms as outer garments. The olive green scarf and black shell gloves may be worn, but are not required to be worn, with the cold weather coat (field jacket) only.

The optional purchase, black windbreaker (AR 670-1, Ch.27-30), may be worn except in formation- Black oxford shoes or combat boot will be worn with the food service uniforms unless other footwear is authorized by CTA 50-900. The trousers will not be bloused when wearing boots. The standard headgear for this uniform is the black beret. (See para 3-5 for wear policy.) Only the food handler's cap will be worn in the dining facility.

Note: Unit commanders must approve in writing any variations to AR 670-1. Chapter 10 , AR 670-1, Sept 03

TEMPERATURE CONVERSIONS

Degrees Fahrenheit (°F)	*Degrees Celsius (C°)*
32°	0°
40°	4°
140°	60°
150°	65°
160°	70°
170°	75°
212°	100°
275°	135°
300°	150°
325°	165°
350°	175°
375°	190°
400°	205°
425°	220°
450°	230 °
475°	245°
500°	260°

* Values have been rounded.

FOOD SERVING TEMPERATURES

	SERVED HOT	SERVED COLD
Food Serving Temperatures	140° or above	40° or below
Food Serving Equipment	Food Warmers & Hot Food Tables, etc. Hot enough to maintain food at 140° or above	Cold Food Tables & Salad Bars Cold enough to maintain food at 40° or below
Refrigerated Storage	**Refrigerators** 38° Air Temperature or 40° Product Temperature	**Freezers** 0° or below
Food Preparation Temperatures	**Potentially Hazardous Food (PHF) Items**	**Minimum Internal Temperature**
	Poultry, Stuffing's, Stuffed meats & Pasta	165° of 15 seconds
	Pork, Ground, Fish & Batch Scrambled Eggs	155° for 15 seconds
	Beef& Roast Beef	145° for 3 minutes
	Eggs Prepared to order	145° for 15 seconds
	PHF's that require cooking except as noted above	145° for 15 seconds

Only Pasteurized eggs will be used for bulk scrambled eggs offered to diners in IMA-E dining facilities TB MED 530, paragraph 3-67.

Note: PHF's cooked in microwave oven, to include leftovers should be heated to 25° above the temps stated above.

In accordance with TB MED 530, dated 30 Oct 02

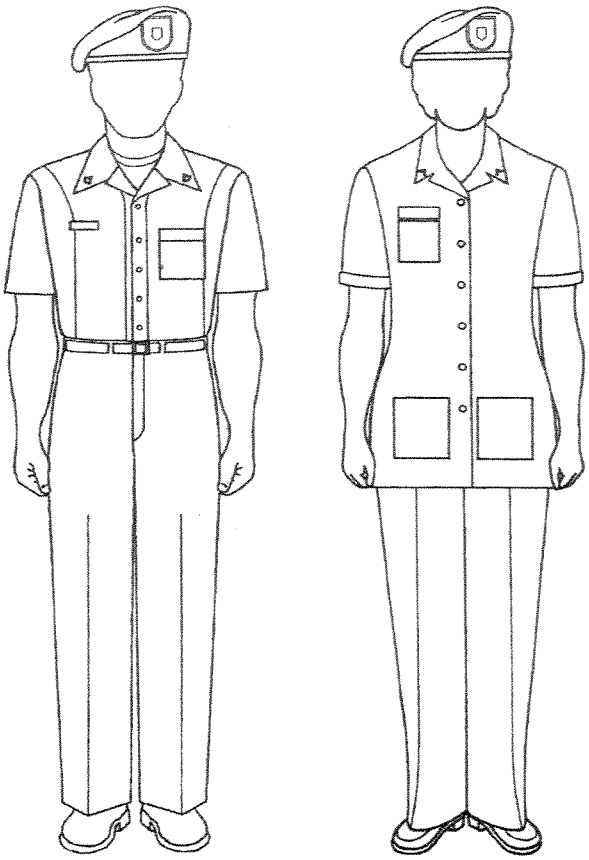

Figure 10–1. Food service uniform, male

Figure 11–1. Food service uniform, female

AR 670–1 • 1 July 2002

Garrison PHF Leftover & Pre-prepared Food

Holding Procedures:		
Labeling Prior to Storage	**Leftover** Covered and Labeled with the Term "Leftover" Date and Time Removed from the Serving Line	**Pre-prepared** Covered and Labeled with the Term "Pre-prepared" Date and Time of Preparation
Refrigerated Storage	Food must be reduced to 70° within two hours and 40° within four hours	Food Must Be reduced to 70° within two hours and to 40° within four hours
***Reheating**	Reheat rapidly to an internal product temperature of 165° for at least 15 seconds.	

DA Form Label 178 –Leftovers should be ordered by FOS/DFM and used. (see Figure3-3 TBMED 530) Cooks should be trained and familiar with requirements for leftovers as outlined in paragraph 3-57, TB Med 530.

ARMY FOOD OPERATIONS PERSONNEL READY AND RELEVANT

THE SOLDIER'S CREED

I am an American Soldier
I am a warrior and a member of a team.
I serve the people of the United States and live the Army Values.
I will always place the mission first.
I will never accept defeat
WARRIOR ETHOS I will never quit.
I will never leave a fallen comrade.
I am disciplined, physically and mentally tough, trained and proficient in my warrior tasks and drills.
I will always maintain my arms my equipment and myself.
I am an expert and I am professional.
I stand ready to deploy, engage, and destroy the enemies of the United States of America in close combat.
I am a guardian of freedom and the American way of life.

Equipment & Utensil Cleaning and Sanitizing

*Food contact surfaces of equipment will be rinsed, sprayed, or wiped with chemical sanitizing solution of at least 100 PPM of available chlorine after each use or after any interruption of processing, IAW TB MED - 530, CHAP4, Paragraph 4-36& 4-43b.

Sanitizing Solution: 4 Gallon Water + 2 Tablespoons Bleach = 100PPM

REFRENCES FOR FOOD SERVICE PERSONNEL

AR 30-22	**The Army Food Program**
DA PAM 30-22	**Operating Procedures for the Army Food Program**
FM 10 -23	**The Army Field Feeding System**
FM 10-23-2	**Tactics, Techniques, and Procedures for Garrison food Preparation and Class I Operations Management**
AR 40-25	**Nutrition Allowances, Standards, and Education**
FM 21-10	**Field Hygiene and Sanitation**
AR 670-1	**Wear and Appearance of Army Uniforms and Insignia**
TB MED 530	**Occupational and Environmental Health Food Service Sanitation**
TM 10-412 Series	**Armed Forces Recipe Card Index**

STP 10-92GI-SM-TG Soldiers Guide for 92GIO
STP 10-92G2"M-TG Soldiers Guide for 92GIO

EXCERPT From FM 10-23-2

Military Cooking Terms Glossary

appetizer a portion of food or drink served before a meal to make you want to eat.

bake to cook by dry heat in an oven, either covered or uncovered.

barbecue to roast or cook slowly, basting with a highly seasoned sauce.

baste to moisten food with liquid or melted fat during cooking to prevent drying of the surface and to add flavor.

beat to make a mixture smooth by using a fast, regular, circular motion which incorporates air into the product.

bevel the portion of a knife blade sharpened to make the cutting edge.

blanch to partially cook in deep fat, boiling water, or steam.

blend to combine two or more ingredients by sifting or using the mixer at low speed, or by hand.

boil to cook in liquid at boiling point (212° F water) in which bubbles rise and break at the surface.

brown to produce a brown color on the surface of food by heating.

buffet a meal at which diners serve themselves from a hot &cold tables.

canapé a thin piece of bread or toast spread or topped with cheese, caviar, anchovies, or other appetizers.

Carborundum oilstone an abrasive stone used with oil to sharpen knifes.

cavity the hollow space inside the body of poultry, beef, pork, or seafood.

chill to cool a food product by placing it under refrigeration.

chop to cut food into small pieces of varying size.

EXCERPT From FM 10-23-2

Military Cooking Term Glossary

perishable (1) subject to decay or destruction. (2) an article or item, especially of food, subject to rapid spoilage.

PHF potentially hazardous foods

poach to cook food in a simmering liquid; to cook an egg in a hot liquid below the boiling point.

portion an amount of food served to one person; a serving or portion.

potable fit or suitable for drinking

poultry domesticated birds, especially those valued for their meat and eggs, such as chickens, turkeys, or ducks.

prick to pierce a food product slightly with a sharp, pointed instrument, such as a fork.

progressive the preparation of food in batches at staggered cookery times in a continuous cooking operation which is maintained up to and including the serving period.

puree to press food through a sieve or a food mill.

quartered divided into four parts or pieces.

EXCERPT From FM 10-23-2

Military Cooking Term Glossary

drain to allow excessive water to run off a food product.

dredge to coat with crumbs, flour, sugar, or corn-meal.

dressing (1) a sauce for food (as in salad dressing). (2) a seasoned mixture usually containing bread as a main ingredient and usually served with poultry.

dry-heat the method of cooking food uncovered and cooking without liquid, except for fat.

dust to sprinkle fine particles of bread flour on a food service worktable to prevent sticking of dough.

entree the main dish of a meal (a United States term).

filet a boneless slice of meat, fish, or poultry.

flake (1) to pull apart gently (with a fork or other utensil) into small pieces, as in checking to see if cooked fish is done. (2) a thin flattened piece of a layer of dough in pastry. Pie crusts or puff pastries are flaky if properly tender.

fold (1) to incorporate an ingredient into a mixture by repeated gentle over turnings without stirring or beating, as in folding egg whites into a batter. (2) to lay one part of an item over another part, as in folding dough for biscuits.

fry to cook in hot fat.

garnish to decorate with small pieces of colorful food.

giblets the heart, liver, and gizzard of a fowl.

glaze a glossy coat given to foods, as by covering with a sauce or by adding a sugary syrup, icing, and so forth.

granule a little grain; a small particle (for example, a sugar or salt granule).

EXCERPT From FM 10-23-2

Military Cooking Terms Glossary

clarify to remove impurities from; to make clear.

cocktail an appetizer of mixed fruit, vegetable or fruit juice, or seafood.

colander a container with a perforated bottom, for draining and straining foods.

condiment an ingredient (for example, salt or pepper) used to give additional flavor to food.

cream to combine a fat (for example, shortening) with other ingredients until the mixture is smooth.

crimp to press together in order to seal.

crisp firm and fresh (used in reference to produce).

cube (1) a regularly shaped solid with six equal square sides.(2) to cut food into cubes about one-half inch on each side or the size specified.

deep-fat fry to cook food by immersing in hot fat.

dehydrate to remove moisture from in order to preserve.

devein to remove a vein or veins from food items such as shrimp or chicken.

dice to cut with a cook's knife into cubes one-quarter inch on each side or the size specified on the recipe.

dip a creamy mixture of tasty foods used to dunk potato chips or raw vegetables into.

dock to punch a number of vertical impressions in a dough with a smooth, round stick about the size of a pencil to allow for expansion and permit gases to escape during baking.

Philip A. Connelly Awards Program for Excellence in Army Food Service

ESTABLISHED: In March 1968 to recognize excellence in Army Food Service

NAMED FOR: The late Mr. Philip A. Connelly, former IFSEA President responsible for obtaining IFSEA's sponsorship

COSPONSORS: The International Food Service Executives Association and the Department of the Army

IFSEA provides the awards; hosts awards recipients at annual conference; and provides civilian executives to chair committees in conduct of worldwide evaluation.

Army administers program and awards ceremonies; provides military members on evaluation committees; and funds all program costs other than the Connelly trophies and IFSEA evaluator per diem.

CATEGORIES: Small Dining Facilities - Large Dining Facilities - Active Army Field Kitchens Cat.- Battalions or larger Cmds. Feeding in field operations National Guard Field Kitchens - Feeding in field operations Army Reserve Field Kitchens - Feeding in field operations

COMPETITION: Multi-level, starting at Battalion/Brigade. Installation Management Agency- Europe and USAREUR submit finalists nominees, all categories, to Army Center of Excellence, Subsistence, U.S. Army Quartermaster Center and School (USAQMC&S), for DA evaluation.

EVALUATORS: Provided by IFSEA and the USAQMC&S

WINNERS: First and second place winners selected from major command finalists, each category. DA evaluation conducted September - December, annually; winners announced in NLT January.

AWARDS: Scholarships to a prestigious culinary school.

Trophy Bowls and Plaques Awarded at Prestigious Ceremony
Certificates of Achievement at Varying Levels of Competition
Attendance at IFSEA's Annual Conference and Awards Ceremony
Recognition Throughout Army for Significant Accomplishment

EXCERPT From FM 10-23-2

Military Cooking Terms Glossary

grate to rub food over a rough surfaced instrument, such as a grater, to break it into tiny pieces or shreds.

grater a rough surface or a surface with many sharp-edged openings on which food is rubbed to break it into tiny pieces.

gravy a sauce of the fat and juices from cooked meat, often thickened and seasoned.

griddle a flat, heated surface, especially on top of a stove, for grilling food.

grill to cook, uncovered and without adding liquid, on a griddle, removing grease as it accumulates.

hors d'oeuvre an appetizer, often served on crackers or small pieces of toast.

ingredient a part of a recipe, a food material used to make a prepared dish, as in the ingredients of a cake.

knead to work dough by folding and pressing firmly with the palms of the hands, turning between folding.

marinade a preparation containing spices, condiments, vegetables, aromatic herbs, and a liquid (acid or oil or a combination of these) in which a food is placed for a period of time to enhance its flavor or to increase its tenderness.

marinate to allow food, such as meat or fish, to stand in oil, cream, milk, vinegar, French dressing, lemon juice, or other marinade to flavor, improve, or tenderize the product.

measure (1) to find out the quantity of some-thing, especially by comparison with a standard. (2) an instrument, such as a vessel of standard capacity, used for measuring.

EXCREPT From FM 10-23-2

Military Cooking Terms Glossary

membrane a thin pliable sheet or layer of animal or vegetable tissue, serving to line an organ or to connect parts.

mince to cut up into very small pieces (finer than chopped or diced).

mix to combine two or more ingredients to the degree specified on the recipe.

moist-heat the method of cooking in a liquid, except fat, or in steam.

nourish to sustain with food.

nutrition the act or process of nourishing or of being nourished; the process by which plants and animals take in and utilize food material.

palatable pleasing or acceptable to the taste.

Pan-broil to cook uncovered in a hot frying pan, pouring off fat as it accumulates.

panfry to fry in a small amount of fat.

pare to cut away the outer covering; to remove the skin or rind from any food product with a paring knife or other suitable instrument.

pasta any of various flour-and-egg food preparations made of thin unleavened dough.

paste dough, especially when prepared with shortening; pasta.

pastry a sweet, baked food made of paste, especially the shortening paste for pie crust; any item of food of which such paste forms an essential part, such as a pie or tart.

peel to remove the outer layer of skin of a vegetable or fruit.

Food Operations Notes

ARMY MENU STANDARDS

DA PAMPHLET 30-22, Paragraph 3-70

(1) To achieve guest satisfaction in this customer driven business, food operations personnel must focus on the diners. The food operations sergeant must be committed to meeting Army menu standards to each and every customer, each and every meal. Review DA PAM 30-22

a. Entree selections will consist of as a minimum, two entree items for the lunch / dinner meal, in addition to short order items. Brunch and Supper Menus will be approved in writing by ASG Food Program Manager and assigned Food Advisor. Menus must meet Brunch /Supper standards outlined in DA Pam 30-22.

b. Pastry products for breakfast should be sweet dough, & or Danish dough products, prepared from box or canned mix or from scratch during the weekdays. Bakers will follow the Production Schedules for all pastry products. FOS/ DFM is the only person authorized to change the menu.

c. Beverage selections, shall as a minimum, consist of, hot coffee, tea, sodas, two 100% Juices, cool-aid or punch, water and low fat milk. Available bulk yogurt and cereal must be offered.

d. Dessert selections for lunch or dinner, shall as a minimum, consist of fresh fruit, and fruit gelatin or pudding, as well as pie, cake & cookies. Except for fresh fruit, do not repeat selections during the week. Bakers will follow the pastry cycle menu approved by the FOS/DFM.

e. Prepare non-commercial bread products daily. During the week do not repeat selections for lunch or dinner meals. Fresh baked biscuits from box or canned mix , corn bread, yeast breads or quick breads should be available at each meal, this enhances cook staff skills and allows the same to be accomplished in the field environment.

f. Prepare and serve homemade croutons from leftover bread for each lunch and dinner meal.

g. Prepare all potato products from fresh potatoes as often as practical, instant mashed potatoes should be used only as a back-up to fresh potatoes. Fresh mashed potatoes are far superior to instant mashed and preparing them is an effective method for training food operations cook staff and reducing product costs.

h. Prepare a standard variety of short order meal items corresponding to the standard short order menu for each meal. The short order meal should include as a minimum: made to order hot and cold sandwiches; hamburgers, cheeseburgers, and hot dogs; onion rings , french fries, baked beans.

i. Prepare meals which include foods with a variety of colors, textures, and flavors. Every lunch and dinner meal should have a low fat entrée selection including either baked fish, chicken or other similar menu item. Prepare a vegetarian entrée selection for each meal as an option for diners to choose from. See your food advisor or ASG food program manager as necessary for assistance in menu planning and maintaining cost controls. Menu's offered should be within the BDFA for the meal being served.

MEASURMENT CONVERSION CHART

10 PORTIONS	25 PORTIONS	50 PORTIONS	75 PORTIONS	100 PORTIONS
.....	¼ tsp	½ tsp	¾ tsp	1 tsp
.....	½ tsp	1 tsp	1 ½ tsp	2 tsp
¼ tsp	¾ tsp	1 ½ tsp	2 tsp	1 tbsp
½ tsp	1 ½ tsp	1 tbsp	1 2/3 tbsp	2 tbsp
¾ tsp	2 ¼ tsp	1 2/3 tbsp	2 1/3 tbsp	3 tbsp
1 tsp	1 tbsp	2 tbsp	3 tbsp	¼ cup
1 ½ tsp	3 ¾ tsp	2 2/3 tbsp	4 tbsp	5 tbsp
1 ¾ tsp	4 ½ tsp	3 tbsp	4 2/3 tbsp	6 tbsp
2 tsp	5 ¼ tsp	3 2/3 tbsp	5 tbsp	7 tbsp
2 ¼ tsp	2 tbsp	4 tbsp	6 tbsp	½ cup
2 ½ tsp	2 tbsp	4 2/3 tbsp	7 tbsp	9 tbsp
1 tbsp	2 2/3 tsp	5 tbsp	7 2/3 tbsp	10 tbsp
3 ¼ tsp	3 tbsp	5 2/3 tbsp	8 tbsp	11 tbsp
3 ½ tsp	3 tbsp	6 tbsp	9 tbsp	¾ cup
3 ¾ tsp	3 tbsp	6 2/3 tbsp	10 tbsp	13 tbsp
1 1/3 tbsp	3 2/3 tbsp	7 tbsp	10 2/3 tbsp	14 tbsp
4 ½ tsp	3 ¾ tbsp	7 2/3 tbsp	11 tbsp	15 tbsp
4 ¾ tsp	¼ cup	½ cup	¾ cup	1 cup
2 tbsp	5 tbsp	10 tbsp	1 cup	1 ¼ cup

EXCERPT RECIPE CARD A- 16 (2)

CUP = CUP, TSP = teaspoon, TBSP = tablespoon GAL = gallon