

TPO 2.3 – Performance Test Scenario

Date:	Unit:
MAY 15, 2020	CGC HAWKSBILL
<p>The 87' patrol boat CGC HAWKSBILL is getting underway tomorrow for 2 days. Given the approved menu with recipes for 15 portions and with subsistence items on-hand, prepare a load guide.</p>	
References:	
<ul style="list-style-type: none"> • Performance Test Checklist booklet <ul style="list-style-type: none"> ○ <i>"TPO 2.3 – Prepare a Load Guide"</i> • Coast Guard Food Service Manual COMDTINST M4061.5 (series) • Coast Guard Food Service Practical Handbook COMDTPUB P4061.4 (series) • Approved Menu for 2 days with recipes and ingredient quantities. 	
Directions:	
<ol style="list-style-type: none"> 1. Use the following 2 day menu to prepare a load guide. Ingredient quantities will produce fifteen (15) portions. 2. Shaded rows of the menu indicate subsistence items that are on hand. 3. Use the load guide grid template in your student folder (Example on next page.) to list the items you need to purchase and the amount needed. (Remember: You can use your preferred format when you are at your unit. 	
END OF SCENARIO	

Sample – Approved Menu with Shaded Subsistence Items

DAY 1: BREAKFAST

Pancakes

	Weight		Ea	Measure						
Ingredients	LB	OZ	QTY	GAL	QT	PT	CP	Tbsp	Tsp	Preparation
Krusteauz Pancake Mix			1 bg							
Water						1				

Bacon

	Weight		Ea	Measure						
Ingredients	LB	OZ	QTY	GAL	QT	PT	CP	Tbsp	Tsp	Preparation
Bacon	4									

Hash Brown Patties

	Weight		Ea	Measure						
Ingredients	LB	OZ	QTY	GAL	QT	PT	CP	Tbsp	Tsp	Preparation
Hash Brown Patties			15							

Sample – Approved Menu with Shaded Subsistence Items, Continued**DAY 1: LUNCH****Breaded Pork Cutlets**

	Weight		Ea	Measure						
Ingredients	LB	OZ	QTY	GAL	QT	PT	CP	Tbsp	Tsp	Preparation
Pork, Boneless	5									
Salt								2		
Pepper								2		
Flour		8								
Eggs			5							
Milk						1				
Butter		4								
Olive Oil		4								
Lemon			2							

Zucchini Sauté

	Weight		Ea	Measure						
Ingredients	LB	OZ	QTY	GAL	QT	PT	CP	Tbsp	Tsp	Preparation
Zucchini	3									
Olive Oil							1			
Shallots		8								
Garlic		4								
Parsley, Fresh		1								
Salt								1		
Pepper								1		

Risotto

	Weight		Ea	Measure						
Ingredients	LB	OZ	QTY	GAL	QT	PT	CP	Tbsp	Tsp	Preparation
Arborio Rice	3									
Butter		3								
Chicken Stock				4						

Sample – Approved Menu with Shaded Subsistence Items, Continued**DAY 1: DINNER****Turkey BLT Wrap**

	Weight		Ea	Measure						
Ingredients	LB	OZ	QTY	GAL	QT	PT	CP	Tbsp	Tsp	Preparation
Flour Tortilla			15							
Mayonnaise						1				
Lettuce Leaves			15							
Tomato			5							
Bacon	2									
Turkey, Sliced	2									

Kettle Potato Chips

	Weight		Ea	Measure						
Ingredients	LB	OZ	QTY	GAL	QT	PT	CP	Tbsp	Tsp	Preparation
Russet Potatoes	5									
Fryer Oil				1						
Salt								1		
Pepper								1		

Steamed Carrots

	Weight		Ea	Measure						
Ingredients	LB	OZ	QTY	GAL	QT	PT	CP	Tbsp	Tsp	Preparation
Carrots	5									

Sample – Approved Menu with Shaded Subsistence Items, Continued**DAY 2: BREAKFAST****Pancakes**

	Weight		Ea	Measure						
Ingredients	LB	OZ	QTY	GAL	QT	PT	CP	Tbsp	Tsp	Preparation
Krusteauz Pancake Mix			1 bg							
Water						1				

Sausage Links

	Weight		Ea	Measure						
Ingredients	LB	OZ	QTY	GAL	QT	PT	CP	Tbsp	Tsp	Preparation
Sausage Links			30							

Hash Brown Patties

	Weight		Ea	Measure						
Ingredients	LB	OZ	QTY	GAL	QT	PT	CP	Tbsp	Tsp	Preparation
Hash Brown Patties			15							

Sample – Approved Menu with Shaded Subsistence Items, Continued**DAY 2: LUNCH****Deep-Fried Chicken**

	Weight		Ea	Measure						
Ingredients	LB	OZ	QTY	GAL	QT	PT	CP	Tbsp	Tsp	Preparation
Chicken, Whole			5							
Salt								3		
Pepper								2		
Garlic, Granulated								1		
Flour, GP								1		
Eggs, Beaten			20							
Buttermilk						2				
Onion Powder							3			
Cayenne Pepper								1		

Macaroni & Cheese

	Weight		Ea	Measure						
Ingredients	LB	OZ	QTY	GAL	QT	PT	CP	Tbsp	Tsp	Preparation
Elbow Macaroni	1									
Milk					1					
Flour		2								
Butter		2								
Dry Mustard									1	
Tabasco								1		
Cheddar Cheese	1									
Bread Crumbs		4								
Paprika									2	

Brussels Sprouts with Walnuts

	Weight		Ea	Measure						
Ingredients	LB	OZ	QTY	GAL	QT	PT	CP	Tbsp	Tsp	Preparation
Brussels Sprouts	3									
Butter		2								
Walnut Pieces		8								
Salt									1	

Sample – Approved Menu with Shaded Subsistence Items, Continued**DAY 2: DINNER****Stir-Fried Beef with Green Bell Peppers**

	Weight		Ea	Measure						
Ingredients	LB	OZ	QTY	GAL	QT	PT	CP	Tbsp	Tsp	Preparation
Flank Steak			2							
Soy Sauce							1			
Oil								2		
Green Bell Peppers	2									
Ginger, Fresh								1		
Garlic, Fresh			2							
Scallions		2								
Chicken Stock							1			
Cornstarch								1		

Fried Rice

	Weight		Ea	Measure						
Ingredients	LB	OZ	QTY	GAL	QT	PT	CP	Tbsp	Tsp	Preparation
Rice, Cooked	4									
Oil		8								
Carrots		4								
Celery		4								
Paprika		4								
Ham, Cooked	1									
Peas, Frozen		2								
Soy Sauce							1			
Oil, Sesame									2	
Scallions		4							½	

Green Beans with Sesame Dressing

	Weight		Ea	Measure						
Ingredients	LB	OZ	QTY	GAL	QT	PT	CP	Tbsp	Tsp	Preparation
Green Beans	2									
Sesame Seeds							1			
Soy Sauce		1								
Sugar								2		
Water		2								