



A Bi-Weekly Letter For SONOCO Professionals Working in the Gulf

February 14, 2020

“You can mess up in a lot of other cost areas and make it up in breakfast. But if you lose on breakfast, then you’ve probably lost the whole day.”

Wayne Dorsey

“Every time you speak, you are auditioning for leadership.”

James Humes

“The greatest leader is not necessarily the one who does the greatest things. He is the one that gets people to do the greatest things.”

Ronald Reagan

“To add value to others, one must first value others.”

John Maxwell

Breakfast Edition

We’re going to spend time this issue talking about that most important meal of the day: Breakfast.

And it’s not just important for a nutritionally good start: it’s a new day, a fresh new experience for every guest who comes in to dine, and a new chance to make friends. And, it’s also a great time to get a grip on food cost: ours and our customers.



Sure, they have a budget, and the best way to help to achieve it is by controlling waste and offering items that are popular, low cost and get consumed.

That means serving eggs off the grill, not the line. Those scrambled eggs sitting there on the line are an open invitation to over-portioning, a lower quality product than fresh scrambled eggs, and some of them will end up being thrown out.

On the other hand, two or three fresh cooked eggs will please almost anyone with no waste. They’ll taste better and hey, who doesn’t appreciate personal service? And one less pan to scrub after breakfast ain’t bad either.

Sell those pancakes like, well, like hotcakes...

A nice display of fresh, fluffy pancakes on the breakfast line is a chance to do something different. Chocolate chip? Blueberry? Apple pecan, banana or even more. I'm looking at you, red velvet...

Put apple pie filling, hot syrup or melted butter on the serving line and you've got something nice.



S.O.S. (Cream Gravy)

There's a reason we call it that. Same Old Stuff. So, are you serving it day in, day out and then tossing it because you have just one or two people who love it?

Try this instead: Make a small batch, keep it chilled. It'll keep for almost a week (5 days).

When that one customer (or 2) who loves it comes in, heat a little for him or her and serve.

They'll appreciate the extra service, and our customer will appreciate the cost savings.

Variety is important but...

Too much doesn't help, and it can hurt. Don't go crazy with breakfast meats. Sausage and bacon are an everyday expectation. Save those ham steaks, smoked links, and other specialty meats for a "Sunday special" breakfast or put them in a daily rotation.

So what can we put out in its place?

Do a rotating item every day. That keeps your menu interesting and the customers looking forward to coming in without knowing what to expect:

Here are some ideas:

- Hot apple crisp or a hot peach or fruit cobbler
- Fresh bran and banana muffins
- Grilled cheese, grilled ham & cheese sandwiches
- Breakfast burrito
- Egg and muffin sandwich
- Huevos ranchos
- Loaded cheese grits (with bacon)
- Corn cakes (from a standard cornbread recipe)
- Hash brown casserole
- Chorizo breakfast burger
- Chicken & biscuit sliders
- Pulled pork breakfast tacos with scrambled eggs
- Western omelet grilled cheese
- Breakfast sausage dogs
- Beignets
- Fajita chicken or "steak" omelets
- Potato & sausage frittata
- Quiche. Seriously. Easy and good.



Ham & Cheese Quiche

- 1 each pie crust, unbaked in a 9" pie tin
- 1 cup milk
- 4 each eggs, lightly beaten
- 1/4 tsp salt
- 1/4 tsp black pepper
- 3/4 cup ham, diced
- 1 cup cheese, shredded (cheddar or swiss)
- 1/4 cup grated parmesan

Set oven to 350F

Spread cheeses loosely in pie crust.

Spread ham on top of cheese.

In a separate bowl, mix eggs, salt, pepper and milk.

Pour on top of the cheese & ham.

Bake about 40 minutes or so (may take longer).

It will be done when the eggs are set and the top is a nice golden brown. If the crust browns quickly, you can either wrap with foil or reduce heat to 325 F.

Bacon & Cheese Quiche

You guessed it; use crispy bacon instead of ham. And so on and so forth, etc. etc. etc.



Omelets

You know how to make an omelet, so instead we're providing a list of ideas for you. And we've said it before, and we'll say it again. Breakfast is also good at dinner. Omelets are great examples of where this is true.

Bacon Omelets

- Caprese': Sliced tomato, bacon, and shredded mozzarella
- Bacon, cheddar and mushroom
- Lorraine: Bacon, spinach and Swiss cheese
- Bacon, potatoes and parmesan

Ham Omelets

- Ham and cheddar
- Denver (ham, cheese, sautéed onions & bell pepper)
- Florentine: ham, spinach, mushroom and parmesan

Vegetable Omelets

- Mushroom, spinach and cheddar
- Mushroom, potato and parmesan
- Tomato, sautéed onions, mushrooms, & parmesan
- Cheese and mushroom omelet

Fajita Chicken Omelet

- Grilled chicken with taco seasoning
- Grilled onions and peppers
- Shredded cheese
- Salsa (put some inside and a little on top as a garnish)

Cheesy Chicken Omelet

- Diced or shredded chicken sautéed with garlic butter, topped with melted or shredded cheese

Sausage and Potato Omelet

- Crumbled breakfast sausage
 - Diced hash browns
 - Cheddar cheese
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THE SPEED LIMIT

Thibodeaux and Boudreaux were driving down the interstate yesterday, but Thibodeaux was only driving about 10 miles per hour.

Traffic was passing them left and right, and traffic was generally in chaos.

State Trooper Hebert, parked nearby, saw this and proceeded to pull Thibodeaux over. Trooper Hebert asked Thibodeaux, "Why you goin' so slow?" Thibodeaux replied, "Mais, I always drives de speed limit, look der's a sign right der, an' it say '10'."

Trooper Hebert tells him, "Thib, you dummy, dat's de highway sign. Dis is Interstate 10." Hebert looks over and sees Boudreaux shaking and sweating and asks him what the problem is.

Boudreaux says, "Boy, I sure wish you had stopped us 10 minutes ago, when we was on Highway 167!"



Big Easy Breakfast Casserole



6	slices	bacon, cooked and crumbled
1	cup	smoked sausage, diced small
1	each	large bell pepper, diced
1	each	medium onion, diced
¼	cup	margarine, melted
6	each	eggs
1 1/2	cups	milk
3	cups	croutons (normal salad croutons or make your own)
2	cups	shredded cheddar
1/2	cup	grated parmesan
¼	cup	green onions

- Prep a shallow half sized pan with food spray; dust with parmesan cheese.
- Sauté sausage, onion and bell pepper in butter until onions brown, then set aside while preparing other ingredients.
- Place croutons in the bottom of the pan.
- In bowl, break eggs, add milk, parmesan cheese and blend.
- Add bacon, then sausage mixture to eggs, stir and add cheeses.
- Pour egg mixture into pan over the croutons.
- Bake at 325 for about 45 minutes. Remove, portion and garnish with green onions.

