



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

May 28, 2020

“Adversity causes some men to break; others to break records.”

William Arthur Ward

“The difference between stumbling blocks and stepping stones is how you use them.”

Unknown

“As with the butterfly, adversity is necessary to build character.”

Joseph B. Wirthlin

“Sometimes adversity is what you need to face in order to become successful.”

Zig Ziglar

“Adversity is an Opportunity in disguise.”



Hurricane season begins June 1, so now is a good time to consider a complete supplies kit we need to have on hand for our families in case of emergency:

- Water (one gallon per person per day for at least three days, for drinking and sanitation)
- Food (at least a three-day supply of non-perishable food)
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- Flashlight
- First aid kit
- Extra batteries
- Whistle (to signal for help)
- Dust mask (to help filter contaminated air)
- Plastic sheeting and duct tape (to shelter in place)
- Wrench or pliers (to turn off utilities)
- Manual can opener (for food)
- Local maps
- Cell phone with chargers and a backup battery

- Cloth face coverings (for everyone ages 2 and above), soap, hand sanitizer, disinfecting wipes to disinfect surfaces
- Prescription medications
- Non-prescription medications such as pain relievers, anti-diarrhea medication, antacids or laxatives
- Prescription eyeglasses and contact lens solution
- Infant formula, bottles, diapers, wipes and diaper rash cream
- Pet food and extra water for your pet
- Cash or traveler's checks
- Important family documents such as copies of insurance policies, identification and bank account records saved electronically or in a waterproof, portable container
- Sleeping bag or warm blanket for each person
- Complete change of clothing
- Fire extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates, paper towels and plastic utensils
- Paper and pencil
- Books, games, puzzles or other activities for children

Source: ready.gov/kit

Peanut Butter Bread

This quick bread takes only minutes to make. Served hot from the oven or sliced and dusted with powdered sugar, it is a simple, delicious quick bread recipe. And, add chocolate chips if you want for more variety.

Makes a single loaf

2	cups	flour
¼	cup	sugar
½	tsp	salt
4	tsp	baking powder
1 1/3	cups	milk
¾	cup	peanut butter (creamy or crunchy)

- Preheat oven to 325 F.
- Mix dry ingredients together.
- Add milk and blend in well at medium low speed.
- Add peanut butter; mix until incorporated.
- Pour into a greased loaf pan (or use parchment).
- Bake about an hour (check at 50 minutes).
- Remove, let stand about 10 minutes before slicing.



Buffalo Chicken Sandwiches

All the flavor of a Buffalo wing on a sandwich, with a fresh slaw topping, makes this a real winner and a great sandwich any time. Serve with the fantastic Apple Slaw recipe! Makes 24 sandwiches:

1 ½ cups hot sauce
¾ cup oleo, melted
¾ cup ketchup
4 lbs cooked, shredded chicken

- Combine the oleo, hot sauce and ketchup
- Heat in a saucepan; add the chicken
- Portion onto buns arranged in an insert pan
- Top with Apple Slaw

You can also make this a wrap by simply putting the chicken and slaw into a flour tortilla, rolling and cutting it and serving.



Blue Cheese-Apple Slaw

Yes, it sounds odd but it makes that sandwich at left a killer product. We made believers out of “blue cheese haters” here in the office when we tested it, so you can serve it knowing it’s a winner.

6 cups shredded cabbage
3 each apples, peeled and shredded
2 ribs celery, chopped finely
1 bottle blue cheese dressing
2 Tbsp sugar (and more to taste)
3 Tbsp cider vinegar (or more to taste)

- First, make the sauce by blending the dressing, sugar and vinegar. Add sugar and vinegar to taste until you like it.
- Toss the apples, celery and cabbage lightly together.
- Pour over the sauce then stir in.
- Serve by topping on each sandwich or in each wrap. Put the extra on the side (or just eat it yourself because it’s really good).

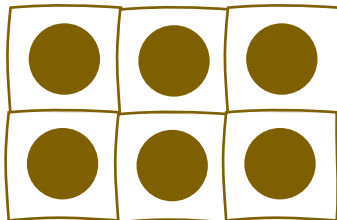
Southwest Beef Pockets

A variation on the Easy Beef Wellington from last issue, this is a sort of “Tex-Mex” flavored version and a big hit in the office. For 30 servings:

4 each eggs, beaten
4 lbs ground beef
1 cup bread crumbs
2 Tbsp salt
3 pack taco seasoning
1 jar mild picante sauce

5 each puff pastry sheets
30 slices Swiss cheese, cut into triangles

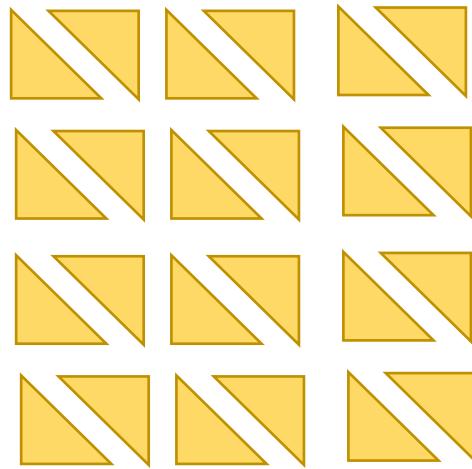
- Preheat oven to 400 F
- Mix first group of ingredients together well.
- Form into 3-ounce meatballs and set aside.
- Roll out puff pastry sheet just a little bit to make it larger.
- Divide the sheet into 6 pieces
- Place a meatball on each piece of dough as shown:



- Top with 2 pieces of the swiss cheese.
- Fold one corner of the dough across to the other corner to

make a triangle, then pinch the edges to seal.

- Pan out onto sheet pans (as shown) and score each with slit at the top center for venting steam:



- Bake until done, about 30 – 40 minutes (pastry will be golden brown).
- Remove and serve. These are good with enchilada sauce (you can offer it on the side).



LAZY NOODLES

Ready in 15 minutes, this is a simple dish with a lot of flexibility. Serve it as an Asian alternative on any day, or as part of an Asian theme meal.

Work with the ingredients and change them to suit your taste and you'll find that it works with all sorts of ingredients: beef, pork, chicken, and seafood. You can also swap in – or out – some of the seasonings and still make this a successful dish. Here's the basic recipe for 25 servings:

2	lbs	spaghetti noodles
1/3	cup	veg oil
3	lbs	ground beef, pork Turkey or all three
2	each	large onions
2	Tbsp	garlic, minced
2	each	large handfuls of fresh spinach or;
2	lbs	frozen broccoli
1	cup	soy sauce
3	Tbsp	sesame oil
2	Tbsp	honey
3	Tbsp	Sriracha sauce

- Set on a large stockpot of water to boil for the noodles.
- Meanwhile, slice the onions very thin and set aside

- In a bowl, mix the soy sauce, sesame oil, honey and Sriracha and set aside.
- Put the noodles on to boil; while they are boiling; brown the meat in a skillet until it is a bit crispy.
- Add the onions and garlic and cook a minute or two.
- Add the broccoli if using and cook until just hot.
- Remove the skillet from heat and pour all the contents into a large bowl
- Remove the noodles from the water when just done, drain and add to the meat.
- If using spinach, add it at this time (instead of the broccoli)
- Pour in the sauce and stir well to combine.
- Transfer to a serving pan and put on line.
- Add some thin sliced green onions if you like.

Variations:

You can use rice noodles instead of spaghetti.

Fresh ginger, grated or thin sliced, can be added to the skillet during browning.



Spicy Sriracha Brisket

Brisket is one of the leanest cuts of beef and has great flavor – if you cook it low and slow. Here’s a great variation with a decidedly different flavor profile. Don’t let the fish sauce and Coke scare you off; this is a great tasting dish!

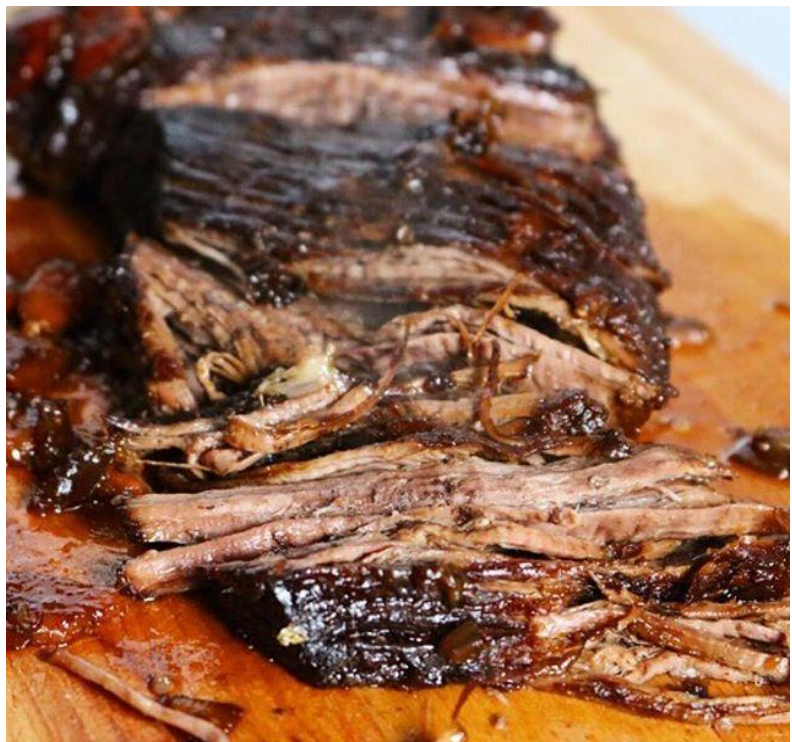
- 1 each 15 lb brisket
- ¼ cup red chili flakes
- ¼ cup paprika
- ¼ cup salt
- 2 tsp black pepper
- ¼ cup garlic, minced
- ¼ cup ginger, fresh minced
- 2 cans Coca-Cola or Pepsi
- 1 cup Sriracha sauce
- ½ cup ketchup
- ¼ cup soy sauce
- 2 Tbsp fish sauce
- 4 Tbsp sesame oil

- ¼ cup veg oil
- 3 each large onions, diced

- Split the brisket into the flat and the point and trim most of the fat. Discard fat.
- Make a marinade with everything but onions and veg oil. Marinade the brisket overnight or at least 8 hours (but overnight is better).
- The morning of the day you plan on serving: sauté the onions in the veg oil until

they begin to caramelize a little and are tender.

- Transfer to the bottom of a roasting pan.
- Place the brisket pieces on top of the onions and top with enough marinade to come up to about half the side of the briskets.
- Cover pan and bake at 350 F for about 4 hours before checking for doneness.
- After 4 hours, begin checking every hour or so to see if they are tender enough to slice but not falling apart. You want a fork to pierce the meat but not to shred it.
- When the meat is done, remove from the oven, take out of the liquid and let it stand for about 15 minutes before slicing.
- Pour the liquid into a tall container to let the fat rise to the top; then skim off most of the fat.
- Slice and arrange in a serving pan. You may find that you must slice along the grain to prevent it falling apart because it is so tender. That’s fine.
- Pour some of the cooking liquid over the brisket in the serving pan.





Balsamic Brussels Sprouts

Simple, sweet, savory, and easy, this may get them to eat their veggies. :-)

2 lbs Brussels sprouts, halved
¼ cup olive oil
1 tsp salt
1/2 tsp black pepper
2 Tbsp balsamic vinegar
2 tsp honey

- Preheat oven to 425 F
- Thaw the sprouts on a towel to drain excess water.
- Line a baking sheet with parchment paper
- Lay out the brussels sprouts and toss on the pan with oil, salt, and pepper.
- Roast about 20 minutes; stir and return to oven to cook until golden brown.
- Remove and put in a bowl; toss with the balsamic and honey until evenly coated
- Remove and serve.

Brussels Sprouts with Bacon & Pecans

Here's another tasty way to get those Brussels Sprouts on our customers' plate.

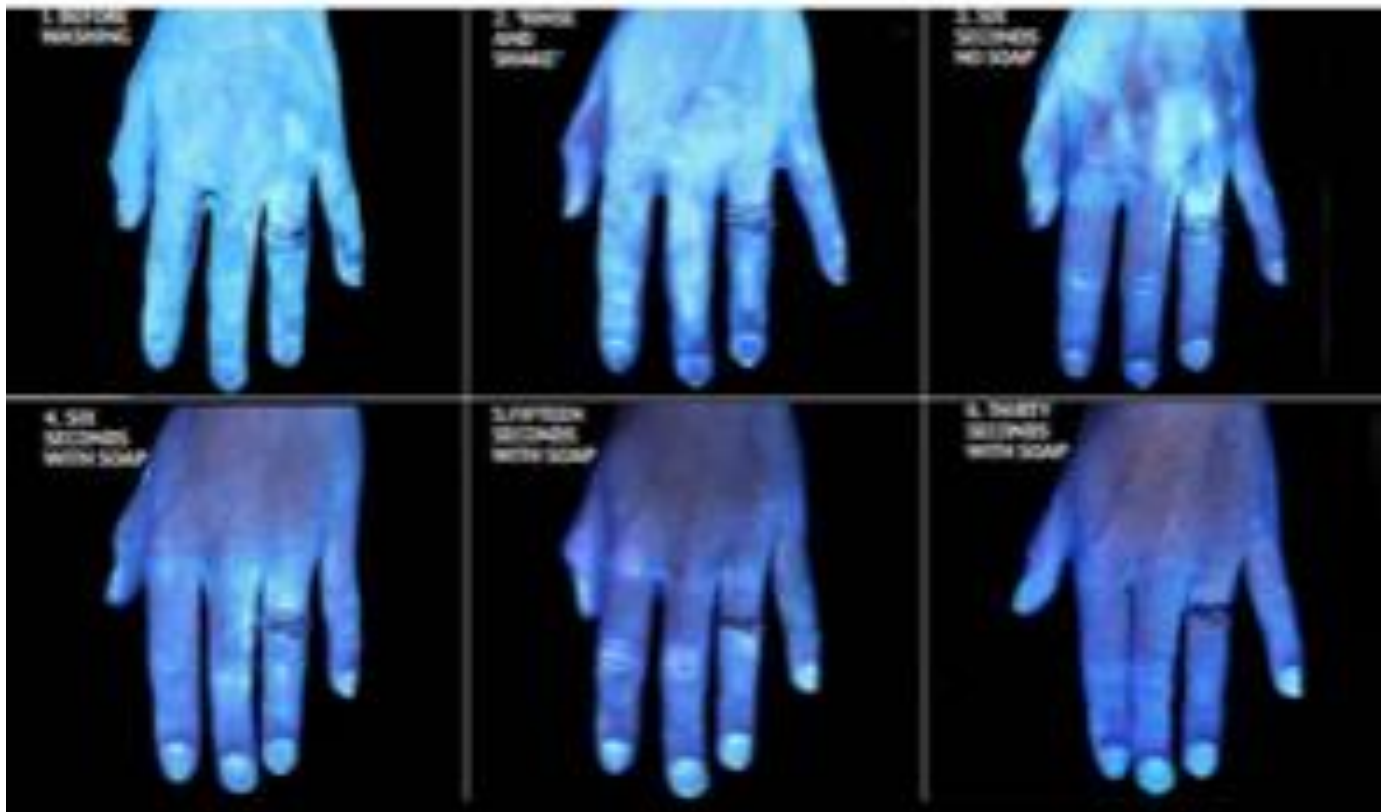
A savory, tangy and sweet combination of bacon, balsamic and maple syrup make this something that even a diehard hater might like.



½ cup pecans, toasted
8 slices bacon, crispy
2 lbs brussels sprouts, thawed and drained
¼ cup olive oil
1 tsp salt
½ tsp black pepper
3 Tbsp balsamic vinegar
2 Tbsp maple syrup

- Preheat oven to 425 F
- Line a baking sheet with parchment paper
- Lay out the brussels sprouts and toss on the pan with oil, salt, and pepper.
- Roast about 20 minutes; stir and return to oven to cook until golden brown.
- Crumble bacon; add in and add the pecans and bake a couple more minutes until everything is just heated throughout
- Remove and put in a bowl; toss with the balsamic and syrup until evenly coated.
- Remove and serve.





The Importance of Hand Washing: 5 Different Washing Durations and their Efficiency. (Glowing Regions Show Dirt and Microorganisms).

1. Before Washing, 2. Rinse and Shake, 3. Six Second Wash No Soap, 4. Six Second Wash with Soap, 5. Fifteen Second Wash with Soap, 6. Thirty Second Wash with Soap.