



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

October 1, 2020

“It’s only after you’ve stepped outside your comfort zone that you begin to change, grow, and transform.”

Roy T. Bennett

“A leader is best when people barely know he exists. When his work is done, his aim fulfilled, they will say: we did it ourselves.”

Lao Tzu

“Leadership is solving problems. The day soldiers stop bringing you problems is the day you have stopped leading them. They have either lost confidence or concluded you do not care.

Either case is a failure of leadership.”

Colin Powell

Football’s back! 2020 has been, well, less than an ideal year. Every little thing we can do that adds a bit of “normal” to our daily lives is a good thing, so we’re going to focus this issue on fun food, comfort food and tailgating ideas. First up, the iconic wings:

- | | | |
|-------|------|---|
| 3 | cups | flour |
| 1 1/2 | tsp | paprika |
| 1 1/2 | tsp | cayenne pepper |
| 1 | cup | butter or margarine |
| 1 | cup | Louisiana Cajun Chef hot sauce |
| 1 | tsp | granulated garlic (or powdered) |
| 50 | each | chicken wings, separated into the flats and drums |

- In pan, combine hot sauce, garlic and butter and heat until butter melts. Keep warm.
- Mix flour, paprika and cayenne together.
- Toss the wings in the mixture to coat.
- Fry at 350 F until done (about 10 minutes).
- Remove from oil, drain well and transfer to a large bowl.
- Pour sauce over wings and toss well in the bowl until coated with sauce.
- Serve.

It’s Game Time! Who Dat!!



Pepperoni Pizza Burgers

A tasty twist on the old burger, it's easy and delicious.

- Allow 1/4 pound per burger.
- Mix half ground beef and half Italian sausage (removed from its casing) together.
- Shape into patties. Be sure to put a "dimple" in the center of each patty so it doesn't end up "egg shaped".
- Heat some Italian sauce and have it hot, ready to use.
- Cook the burgers like you normally would.
- When you remove the burgers, cover each with a layer of pepperoni.
- Portion some sauce on top of each burger patty.
- Top with enough shredded mozzarella to cover sauce.
- Either lay out in a serving pan ready for customers to grab, or place on a toasted bun bottom and then the toasted top half of the bun so they are ready to go.

BLT CHEESE DIP

Everyone's new favorite is loaded with bacon and cheese. Serve with crackers, nacho chips or toast bread slices (crostini) or toast points.

- 2 lbs bacon, cooked crisp and chopped
- 2 pints cherry tomatoes
- 1 lb cream cheese, softened
- 3 cups Cheddar cheese, shredded
- 2 cups sour cream
- 2 cups mayonnaise
- 2 Tbsp garlic, crushed into a paste
- 1 each Romaine lettuce heart, shredded
- 2 Tbsp lemon juice

- Toss the tomatoes in bacon fat, put on sheet pan; roast about 10 minutes (until they burst).
- Combine cheeses, sour cream, mayonnaise, garlic, ¼ of bacon, and 3/4 of tomatoes in a large bowl.
- Transfer to a shallow half pan; bake at 350°F until hot and bubbly, 15 to 20 minutes.
- Top with lettuce, the remaining bacon, and tomatoes; drizzle with lemon juice.
- Serve with crostini or toast points.



Pimiento Cheese Dip



- 3 cups mayo
- 1 jar pimientos, diced
- 2 tsp Worcestershire
- 2 tsp onion, grated fine
- 1 lb shredded Cheddar
- 1 lb cream cheese
- 1 each jalapeno, fresh, seeded, minced
- 1/2 tsp cayenne
- 1/2 tsp onion powder

- Place cream cheese and all the seasonings into a mixer.
- Using a paddle attachment, blend a minute; scrape bowl.
- Add Cheddar and jalapeno; blend a minute or so, until all the ingredients combine.
- Remove from bowl, scrape down the paddle
- Transfer to a serving dish.
- Serve with assorted veggies, crackers, or toasted crostini.

Baked Buffalo Style Wings

All the crispy flavor in a healthier version.

- 2 Tbsp salt
- 2 Tbsp baking powder (seriously)
- 1 1/2 tsp paprika
- 1 1/2 tsp cayenne pepper

- 1 cup butter or margarine
- 1 cup Louisiana Cajun Chef hot sauce
- 1 tsp granulated garlic (or powdered)

- 50 each chicken wings, separated into the flats and drums

- In large saucepan, combine hot sauce, garlic and butter and heat until butter melts. Keep warm.
- Mix baking powder, salt, paprika and cayenne.
- Toss the wings in the mixture to coat.
- Arrange on a sheet pan in single layer and bake at 450 F for 25 minutes. Turn over and bake another 15 minutes or so, until wings are crispy.
- Drain on a rack or paper towels to remove fat.
- Transfer to sauce in pan; stir until well coated
- Remove from saucepan and serve with Ranch or Blue Cheese dressing, carrot and celery sticks.



Brownie Cookies

Why choose between cookies and brownies? Have the best of both worlds! Makes 2 dozen.

1 box brownie mix
1/2 cup melted margarine
1 each egg
1 cup chocolate chips
1/2 cup toasted walnuts

- Preheat oven to 350 F
- In mixer, blend brownie mix, oleo and egg until just combined – about a minute.
- Fold in nuts and chips; mix until just blended.
- Portion onto prepped sheet pans with either a scoop or a spoon (about 1 ½ inch apart).
- Chill for 15 minutes.
- Bake until centers are just set, about 10 minutes.
- Remove, let stand 5 minutes.
- Transfer to wire racks and cool another 20 minutes.



Killer Chicken Nacho Dip / Wrap Filling

Serve as a dip with tortilla chips, as an open-faced sandwich, or rolled up in a warm flour tortilla.

To Use as a Dip (makes 20 - 25 servings):

2 cans Ro-Tel diced tomatoes
2 lbs Velveeta
1 ½ lbs chicken, cooked and shredded
1/2 cup sour cream
1/2 cup green onions, chopped or sliced
3 Tbsp taco seasoning mix
2 Tbsp jalapeno pepper, minced
2 cups black beans, rinsed and drained

- Combine everything but the black beans in a saucepan; heat until the dip is hot.
- Add the black beans and serve.
- Note: if dip gets thick, thin with milk.

To Use as a Sandwich Filling (15 - 20 servings):

- Double the amount of chicken to 3 pounds.
- Place well-toasted buns, or thick-cut toasted bread slices onto a line pan and top with filling.
- For wraps, warm wraps, fill and roll up the wrap.
- Place in a serving pan.

Lemon Pepper Wings

Simple and easy, and a great change from the usual wings. Offer them along with Buffalo wings for a variety. For 50 wings:

1/4 cup olive oil
3 Tbsp lemon pepper Seasoning
50 each chicken wings, (flats and drums)

- Set fryer to 350 F
Combine olive oil and lemon pepper in a large mixing bowl and set aside until needed.
- Fry wings until crisp – about 12 minutes.
- Drain the wings well and transfer to the mixing bowl.
- Toss well until wings are coated. Add more lemon pepper to taste if needed.
- Place in line pan for serving.
- Sprinkle on a bit of chopped fresh parsley for color.



Aloha Beef Sliders

Ground Beef, red peppers, pineapple, and BBQ sauce create a tasty dish from the islands. For about 25 servings:

5 lbs ground beef
4 cups diced onion
2 cups diced green bell pepper
2 cups diced red bell pepper
2 cups BBQ sauce
¼ cup Teriyaki sauce
3 cups crushed canned pineapple, Undrained
48 each Hawaiian rolls, or freshly made rolls, split
As needed pickle slices, or pickled jalapenos

- Over medium heat cook ground beef, bell peppers and onions until the beef is cooked and crumbles.
- Drain the excess fat from the beef.
- Add remaining ingredients and cook until the excess liquid cooks off. Stir occasionally to prevent scorching or sticking to the bottom of the pan.
- Arrange the rolls on sheet pan and brown them a bit (to prevent from becoming soggy from the filling).
- Remove the rolls and place bottoms in a shallow half or full pan.
- Top each with some filling, then place pickle slices or jalapeno peppers on top.
- Put bun top on each and set out for serving.

Note: You can also set out the filling in a separate pan and the buns alongside for a longer service period. This will prevent the buns from becoming soggy during the meal.

Also, you can use either sweet or dill pickles.



Spicy “Boudin” Meatballs

Makes about 100 meatballs:

5	lbs	ground beef
1	cup	onion, finely diced
1	cup	celery, fine chop
1	cup	bell pepper, diced
3	Tbsp	fresh minced garlic
7	cups	cooked white rice
5	each	eggs, beaten
5	Tbsp	Creole Seasoning

- Sauté the vegetables until tender, remove and let cool.
- Combine all ingredients – mix lightly but thoroughly.
- Shape into meatballs; pan and bake at 400 F until cooked; about 20 minutes.
- Remove, drain off fat and serve with dipping sauce:

Dipping Sauce:

2	cups	mayo
½	cup	creole mustard
¼	cup	Worcestershire sauce
2	Tbsp	hot sauce
1/4	cup	ketchup
1	tsp	creole seasoning

- Blend all ingredients together.

Shepherd's Pie

You can use leftover items for this dish or fresh. For example, mashed potatoes, mixed vegetables, and brown gravy instead of the stock. In fact, the entire dish can be made from unused portions.

Makes 1 half size steamtable pan

3	lbs	baking potatoes, peeled and cubed
1/2	cup	milk
1/2	cup	oleo
2	cups	onion, diced
3	cups	mixed vegetables, frozen
2 1/2	lbs	ground beef
1	cup	beef stock
2	Tbsp	Worcestershire sauce

- Boil potatoes in salted water.
- While potatoes are cooking, sauté onions in half of the oleo until tender; add mixed vegetables; cook until heated; set aside in a bowl.
- Brown the beef, then season with salt, pepper and Worcestershire sauce, and add the beef stock. Simmer on low for about 10 minutes.
- When potatoes are done, drain and add milk, butter and salt to taste. Mash and set aside.
- In a half steamtable pan, put beef, then the vegetables, then spread potatoes over the top. Drizzle with a bit of melted oleo, put in oven and brown the top of potatoes - about half an hour.
- Remove and place on serving line.



Chili Pasta Skillet

Is it pasta? Is it chili? Yes. Yes it is :-)
Makes about 20 servings

2	boxes	penne pasta, cooked
4	lbs	ground beef
2	each	onions, diced
3	Tbsp	garlic, minced
4	cups	kernel corn, frozen
4	Tbsp	chili powder
3	each	tomatoes, chopped
2	cups	mild salsa
2	cups	shredded Cheddar
¼	cup	chopped green onion

- Brown meat with onions and garlic in a large stockpot until the onions are tender.
- Add the corn and chili powder, cook until corn is hot.
- Stir in the salsa and cook until it is also heated throughout.
- Stir in the pasta, cook a minute or so until pasta is hot. Add in half the cheese and stir.
- Transfer to a 4" deep half pan.
- Top with remaining cheese.
- Sprinkle green onions on top.
- Place on the line for service.



MRSA in the workplace: What you need to know

March 29, 2020, *Safety & Health Magazine*

Methicillin-resistant *Staphylococcus aureus* –commonly known as MRSA – is a potentially dangerous type of staph bacteria that can lead to difficult-to-treat infections. It is resistant to certain antibiotics and it can become serious and potentially deadly, NIOSH warns.

How it spreads

MRSA usually is spread by coming in contact with infected skin, but it can also transfer if you touch a surface an infected person previously touched. It generally appears as a bump on the skin that may be red, warm, full of pus and painful. According to NIOSH, five C's allow MRSA to spread more easily:

- **C**rowding
- Frequent skin-to-skin **C**ontact
- **C**ompromised skin (cut, rash or scrape)
- **C**ontaminated items and surfaces
- Lack of **C**leanliness

NIOSH points out that if the wound is kept clean, dry and covered, typically an employee with MRSA can safely continue to work.

Prevention

Employers and supervisors can help prevent the spread of MRSA. Among the ways:

- Promote a culture of safety to demonstrate you care about your co-worker's health.
- Ensure your team has access to washrooms and handwashing supplies, and actively encourage them to practice proper hand hygiene.
- Maintain good, routine housekeeping.
- Immediately clean and disinfect any surface that has come in contact with MRSA drainage or blood.
- Ensure personal protective equipment and first aid supplies are available.

So, Boudreaux and Thibodeaux are heading to the bayou to check the trot lines. Boudreaux hooks his truck to his boat trailer and connects the trailer lights.

He says, "Thibodeaux, Check to see if my brake lights are working!"

As Boudreaux presses the brakes, Thibodeaux says, "Yea, they workin!"

Boudreaux turns on the right blinker and says, "Alright how about my blinkers?"

Thib says, "Yes, no, yes, no, yes!"

Thibodeaux go up to Boudreaux and say, "Boudreaux, I've got some good news and some bad news; which do you want first?"

O! Boudreaux replies, "Told me the bad news, den the good news cheer me up!" "Well git holt of yourself; we found your wife, dead, floating down the bayou."

"Oh my ya!" Boudreaux cries. "Das horrible!!! What could possibly be de good news?????"

Thibodeaux replies, "Well, when we pulled her out the bayou, we found 4 or 5 blue crab on her.... We gonna run her again in the morning!"

COVID-19 and food safety

By Vivien Williams, Mayo Clinic

Social distancing, hand-washing, not touching your face and disinfecting surfaces are some ways to avoid contracting COVID-19. But what about the food you eat? Can you get sick with COVID-19 by eating contaminated fruits, vegetables, or other foods?

Dr. Abinash Virk, a Mayo Clinic infectious diseases specialist, says the risk of exposure from food is unknown, but likely very low. But she also suggests that people wash certain foods before eating them.

"The biggest risk of contracting the virus from food would be if you touch food that's been exposed and then touch your face," says Dr. Virk. "In that sense it is best to wash your hands before and after handling food and rinsing unpeeled fruits and vegetables before you eat them."

Dr. Virk says the virus only lasts on objects, such as foods, for one to three days.

Cooking kills the virus

"There's one good thing about the SARS-CoV-2 virus," says Dr. Virk. "It is what we call an 'enveloped' virus. And an enveloped virus is a little bit more susceptible to heat, bleaching, drying and antiseptics. It is easier to kill than some other viruses. So heating a vegetable or heating some food will inactivate the virus."

For more information, go to the [mayoclinic.org](https://www.mayoclinic.org) and the [Mayo Clinic News Network](#).

