



SHOP TALK



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

November 1, 2020

“Management is about arranging and telling. LEADERSHIP is about nurturing and enhancing.”

Tom Peters

“Time is neutral and doesn’t change things. With courage and initiative, leaders change things.”

Rev. Jesse Jackson

“Be kind whenever possible. It is always possible.”

Dalai Lama

“It always seems impossible until it’s done.”

Nelson Mandela



Thanksgiving is approaching, and while this has really been a year most of us would rather forget, we should all take a moment to consider the good things that we have for which to be thankful.

The blessings of our family and friends; being able to be safe from COVID, or just knowing that we can go to work every day and provide for our needs. These are, perhaps, some things for which we can be thankful.

We realize that not everyone celebrates Thanksgiving but giving thanks – holiday or not – is something that anyone can enjoy, as we plan, prepare and serve a bountiful holiday meal to our guests offshore. And maybe watch a little football too!

So, in the spirit of Thanksgiving, our theme in this issue is lots of good food we can put together and enjoy across the Gulf of Mexico.

Thanksgiving Facts You Might Not Know:

Abraham Lincoln proclaimed Thanksgiving a national holiday on October 3, 1863 after Sarah Hale – the woman who wrote ‘Mary Had A Little Lamb’ convinced him to do it after writing letters for 17 years.

Americans prepare 46 million turkeys for Thanksgiving each year.

Most Americans prefer leftovers to the actual Thanksgiving meal. Fans of the beloved turkey, stuffing, and mashed potato leftover sandwich: You're in the majority, according to a 2015 Harris Poll.

Did you know the first-ever TV dinner came from Thanksgiving leftovers? In 1953 a worker at Swanson ordered too many frozen turkeys (260 tons too many to be exact) so a company salesman named Jerry Thomas had the idea to create a packaged dinner on aluminum trays. After an assembly line of women scooped turkey, corn-bread dressing, peas, and sweet potatoes onto the trays, the TV dinner was born!

Black Friday is the busiest day of the year for plumbers. Thanks to all that food we gobble up on Thanksgiving, Roto-Rooter reports that kitchen drains, garbage disposals, and yes, toilets, require more attention the day after Thanksgiving than any other day.

Before you join the legions paying a hefty holiday bill, you may want to remind your kitchen crew to scrape the plates before washing.

The average calories consumed on Thanksgiving is between 3,000-4,500 – In total that's 8.1 billion calories consumed by Americans at Thanksgiving every year.

There's three times as many home cooking fires on Thanksgiving as on a typical day.





Bacon Brussels Sprouts

Savory and a bit tangy, we've often served with success. 20+ servings.

4 lbs brussels sprouts,
Thawed, drained
1/4 cup oil (cooking or olive)
12 slices bacon
1/4 cup cider vinegar
1/2 tsp salt (may need more)
Black pepper to taste

- Pat the brussels sprouts dry and cut each in half. Set aside.
- In a large skillet or braising pan, cook bacon with oil until crisp.
- Remove the bacon; set aside.
- Over medium-high heat cook the sprouts in small batches until they begin to brown a bit at the edges. They should be a bit crisp.
- Remove them and set aside.
- When all are done, add back all the sprouts, the bacon, and stir in the salt and vinegar.
- When heated through, remove and put in a line pan for service.

Option: add 1 cup grilled onions.

Sweet Potato Casserole

This will make about 20 portions (2" half pan)

1 stick butter, melted
3 ½ lbs sweet potatoes,
Peeled & cubed
1 cup milk
1/2 cup brown sugar
2 tsp vanilla extract
1/2 tsp salt
4 each eggs

- Boil the sweet potatoes; drain
- Combine remaining ingredients in a bowl; blend together by hand until thoroughly mixed
- Transfer to a half pan prepped with food spray

Topping:

1 cup flour
1 cup brown sugar (packed)
1 stick butter, melted
1/2 tsp salt
1 ½ cup pecans, chopped

- In bowl, combine everything but the pecans; blend together until it clumps together. Stir in the pecans.
- Sprinkle the topping evenly over the filling in pan.
- Bake at 350 F until center is set – about 30 minutes.



Corn Casserole

Part cornbread, part corn pudding, moist and decadent. 20 servings

2 cans kernel corn, drained
2 cans cream style corn
2 boxes Jiffy cornbread mix
2 cups sour cream
1 cup melted margarine
4 each eggs

- Butter or spray a 2" half pan
- In a bowl, blend margarine, sour cream and eggs.
- Add all the corn and mix well.
- Add the Jiffy mix and stir in until it is just combined.
- Transfer to the half pan.
- Bake at 350 F until the center is firm and set: about 50 minutes
- Optionally, top with shredded Cheddar and brown lightly.
- Chopped scallions shown below



LOADED Baked Potato Casserole

12 slices bacon, cut into pieces about 1/2" across
5 lbs bakers, scrubbed, cut in 1" chunks w/skin
12 oz cream cheese at room temperature
1 tsp salt and pepper (each)
4 cups shredded Cheddar
1 cup sour cream
4 each scallions (green onions) thinly sliced

- Cook bacon crispy, remove and drain.
- Using about half the fat, toss the potatoes until they are well-coated, then sprinkle on salt and pepper.
- Bake potatoes until done – crispy on outside and soft in the center; remove and set aside
- In large bowl, combine cream cheese and half of the Cheddar cheese; blend well, then add the potatoes.
- Stir to coat the potatoes, then transfer to a half pan.
- Top with the remaining Cheddar, cover and bake until cheese is melted and bubbly but not brown.
- Remove, and top with the bacon bits and the green onions.
- Put on serving line, and just before service, dollop as shown above with the sour cream (leave some areas without the sour cream for those who don't care for it).

Honey Cinnamon Roasted Sweet Potatoes

This is a less-sweet dish than the usual sweet potato casserole or “candied yams” that are usually seen on Thanksgiving tables. Makes about 10 servings

3 lbs sweet potatoes
1/2 cup olive oil
1/2 cup honey
4 tsp ground cinnamon
As needed salt

- Preheat oven to 375 F
- In bowl, combine honey and oil; blend together.
- Peel and dice potatoes into 1-inch cubes; toss in honey/oil
- Transfer to a sheet pan lined with parchment paper
- Lightly dust the potatoes with salt and cinnamon
- Bake about 25 to 30 minutes, or until the potatoes are done.
- Remove and place on serving line. Drizzle on a bit more olive oil or melted margarine to moisten the potatoes if desired.



Classic Green Bean Casserole

It’s the dish everyone expects on the holiday table and is super-easy to make. Makes 1 half pan 2 ½ inch deep.

3 cans cream of mushroom soup mix
1 ½ cups milk
1 Tbsp soy sauce
1 tsp black pepper
6 #303 cans green beans, drained (note below)
3 cups French fried onions

- In bowl, blend soup, milk, soy sauce and pepper.
- Add the green beans and 1 cup of the French-fried onions, and fold in gently.
- Transfer to a half pan. Bake at 350 F about 35 minutes, or until the mixture is bubbling.
- Remove from oven, stir, and then top with the remaining French-fried onions.
- Bake another 5 minutes or until onions brown a bit.

“Kick it up” a little with one or more of these options:

Cheesy: Add 2 cups shredded cheddar with the mixture before putting in the half pan

Savory: Add some crispy, chopped bacon before baking. Save a little to add as a topping.

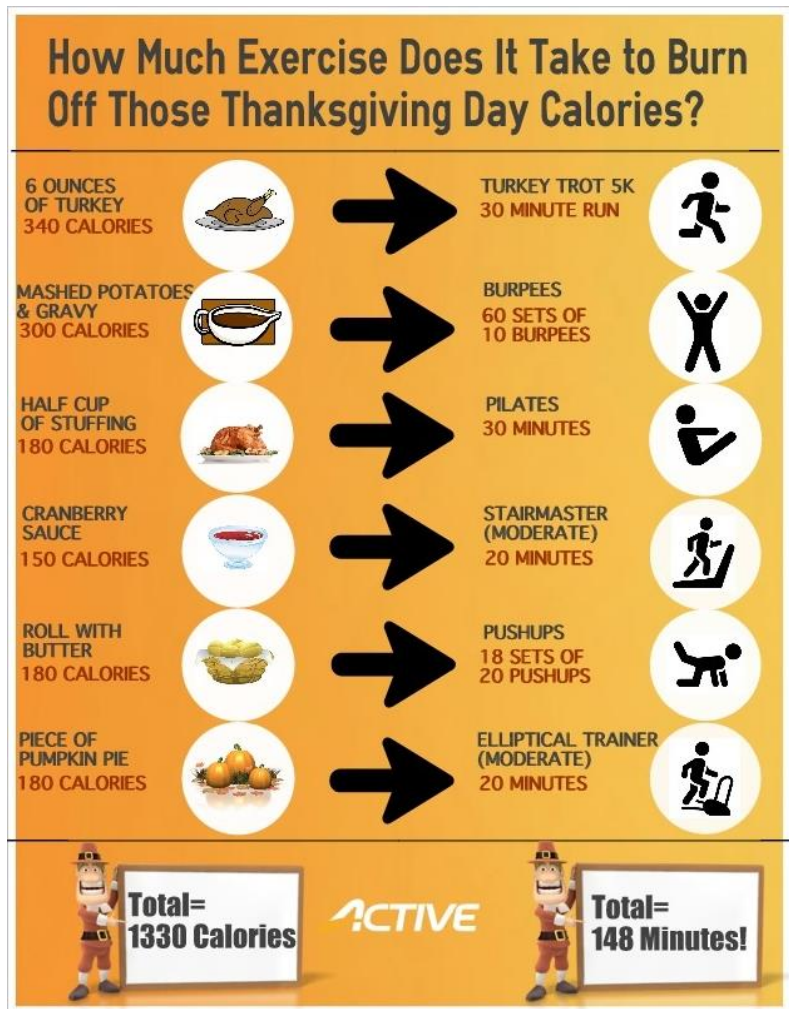
DIY Onions: Make your own French-fried onions. Mix 2 cups flour and 3 Tbsp Tony’s seasoning. Peel 1 lb onions and slice super thin. Soak in buttermilk about 10 minutes, then bread in the flour mixture. Deep fry until golden brown and crisp. Drain and cool.

Cinnamon Apple Cranberry Sauce

Sweet and tart, this is a pleasant addition to the usual, canned cranberry sauce usual. 15 servings.

2 cups cranberry juice
 6 oz dried cranberries
 1/2 tsp ground cinnamon
 3 each apples
 2 tsp corn starch

- Peel and dice the apples to about 1/2 inch cubes.
- In a medium saucepan over medium heat, add 1 1/2 cups cranberry juice, cranberries, cinnamon and sugar.
- Bring to a boil; cook 5 minutes.
- Add the apples; cook, stirring occasionally, until the cranberries have softened, , about 5 minutes.
- Using remaining cranberry juice and corn starch, make a slurry; add to the saucepan.
- Bring to a boil to thicken the liquid, then turn off, remove, and let cool.



Gravy Hack:

The secret to great gravy is skimmed — not greasy — pan drippings. If you're without a fat separator, pour your drippings into a large heatproof measuring cup and pop it in the freezer. As the drippings cool, the fat will rise to the top and solidify, making it easy to skim off with a spoon.



Turkey Brine

Want a turkey that is amazingly tender while still maintaining a crispy skin? Here's the answer:

1	quart	water
1	gallon	vegetable stock
1	cup	salt
1	cup	brown sugar, loosely packed
2	Tbsp	fresh ginger
1	each	turkey, thawed

- Chill the vegetable stock until very cold before using it.
- Peel the ginger and grate it or mince it very fine.
- Boil the water and add seasonings; cook until the salt and sugar are dissolved, then add to the cold stock.
- Put turkey in a bag and set the bag in a large roaster.
- Pour in the ice-cold stock.
- Pull the bag around the turkey so that it is completely covered by marinade, then tie off the bag and put in a refrigerator. If you don't have room, put it in an ice chest with a lot of ice to keep it very cold while marinating.
- Allow to marinate overnight. Remove turkey when ready to cook. Pat dry and prepare according to the recipe.
- Discard the marinade.

Turkey Roast with Rosemary

1	each	whole turkey, brined
3/4	cup	olive oil
3	Tbsp	garlic, minced
2	tsp	salt
1	Tbsp	dried rosemary, crushed
2	tsp	dried basil
1	Tbsp	Italian seasoning
1	tsp	black pepper

- Preheat oven to 325 F
 - Remove giblets, neck and excess fat from the turkey. Rinse and pat dry.
 - On a clean surface, mix salt and garlic. Using a spatula or the flat of a knife, grind them together to make a paste.
 - Mix the oil, garlic paste and all other seasonings together.
 - Loosen skin of turkey breast and, using your hand, rub the oil generously under the skin. Rub the rest on the outside of the turkey, starting with the breast.
 - Put the turkey in a roasting pan. If you don't have a rack, use a steamtable drain grate or make a rack from aluminum foil. Set the turkey on top. Put about 1/4 inch of water in pan.
 - Roast about 15 minutes per pound. Cook to an internal temperature of at least 165 F but no higher than 170 or the breast will be dry.
 - Remove, allow to stand for at least 20 minutes before slicing. This allows the meat to reabsorb the juices and will make for a juicier turkey.
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Turkey Carving 101



1 Remove thigh and drumstick by pulling away from the body. Cut the joint that holds the thigh to the



4 Hold drumstick on end and slice parallel to the bone. Remove the hard tendons and pick the remaining meat from bone.



2 Place on a cutting board and cut between the drumstick and thigh to separate them.



5 Hold the breast from top. Slice into breast as close to wing as possible and all the way to the ribs, parallel to the cutting board.



3 Hold the thigh firmly with a fork and cut parallel to the bone in even slices.



6 Slice downward into the breast toward the base cut. Slice



Parmesan Smashed Taters

Makes about 15 servings (half pan)

5	lbs	red potatoes w/skin
2	tsp	salt
3	cups	half-and-half
½	lb	margarine
1	cup	sour cream
1	cup	parmesan cheese
1	tsp	ground black pepper
1/2	cup	margarine or butter

- Boil the potatoes – skin on – in salted water until tender.
- Remove and drain potatoes.
- In a saucepan, heat salt, oleo and half-and-half (or cream if you don't have half-and-half)
- In mixer with paddle, break up potatoes on low speed, then add the hot liquid. Mix until blended in.
- Fold in the sour cream and cheese and remove from mixer.
- By hand, fold in the 1/2 cup of margarine and the pepper.
- Transfer to a serving pan.

If potatoes are too thick, add hot cream, butter or milk.



Cheesy Mushroom & Broccoli Casserole

Makes a half pan, about 20 servings

3/4	cup	margarine, melted
1/2	cup	flour
1	16 oz can	mushrooms, drained
1	cup	onions, finely chopped
2	tsp	garlic powder (not garlic salt)
1	tsp	cayenne pepper
4	cups	heavy cream
2	cups	chicken stock
2	lbs	frozen broccoli, thawed, drained
5	cups	shredded Cheddar
8	cups	cooked rice

- In a large pot, make a roux the color of peanut butter with the flour and margarine.
- Add onions and sauté until tender, then garlic, powder, cayenne, cream, and chicken stock. Cook until heated and stir in half the cheese until it melts.
- Add broccoli, mushrooms, and the rice. Season with salt and pepper, to taste.
- Pour into buttered half pan and top with remaining shredded Cheddar.
- Bake until cheese is melted and golden, about 25 to 30 minutes. Remove and put on serving line.

Glazed Baby Carrots

Makes about 10 servings

2 lbs baby carrots, thawed
1/4 cup margarine
1/4 cup brown sugar
1/3 cup balsamic vinegar
4 each green onions, sliced

- In a large pan or skillet set to medium, heat the margarine until it is melted.
- Add the carrots, turn up the heat and sauté for 10 minutes, or until they are a bit brown and become tender.
- Stir in the sugar; mix well and cook until well-coated.
- Add in the vinegar and toss well to fully coat carrots.
- Transfer to a serving pan.
- Sprinkle on green onions to add some color (you can also use parsley instead if you prefer).

Other tasty options:

- Garnish with dried cranberries
- Top with pecans that have been lightly toasted and rolled in brown sugar.



Cheesy Smashed Potatoes



Makes about 20 servings (a half pan)

6 lbs russet potatoes, quartered, with skin on
3/4 cup sour cream
5 cups shredded Cheddar cheese
1/2 cup green onions, thinly sliced
To taste salt and pepper

- Boil the potatoes in salted water until tender – 10 to 15 minutes. Drain and return to the stockpot.
- Smash the potatoes with a masher and add the salt, pepper, sour cream and cheese. Mix for an even consistency but you want it to be “chunky”.
- Taste and adjust salt and pepper, then fold in the green onions. Remove and place in a serving pan.

Smelling up the Joint

Make the whole galley smell fantastic with a simple holiday potpourri. Here's what you need:

1 each cut-up apple
1 each peel from an orange (all of it)
4 tsp cinnamon
1 Tbsp cloves
1 Tbsp vanilla extract

Combine everything in a saucepan and cover with water. Simmer on the stove all day long. Add water as needed. Likewise, the other stuff.

Turkey Giblet Gravy

Makes about 1 quart

3-4	cups	pan drippings
3	each	celery stalks, diced smallish
1	each	onion, diced
1/2	cup	flour
2	tsp	chicken base
3	each	diced hard
To taste		Salt and pepper
All		giblets, no liver
Optional:		hard boiled eggs

- Skim the fat off turkey pan drippings – about ½ cup – mix with flour and cook until you have a light roux.
- Put giblets in a saucepan. Add water to cover and cook until tender.
- Add onions and celery to broth, cook until tender
- Add remaining drippings and enough water to make about a quart of gravy. Add chicken base if needed for flavor.
- Bring to high heat to thicken, then reduce to a low simmer.
- Pick meat from the neck, chop the gizzards, and add to the gravy.
- Adjust salt and pepper, remove from heat and add chopped eggs if using.

Traditional Cornbread Dressing

This is a moist dressing that uses no sage. Makes 2 half pans, about 20 servings. You can easily double recipe.

1	half pan	cornbread, prepared (NOT Jiffy)
4	each	eggs
1/4	cup	margarine
2	cups	onions, diced
2	cups	celery, diced
2	quarts	chicken stock or broth
2	tsp	ground black pepper
1	tsp	salt
4	cups	chicken, cooked and chopped

- In a large bowl, crumble the cornbread so it is fine.
- In a saucepan, heat the stock, celery and onions. Cook until the vegetables are tender. Remove the vegetables from the stock; add to the cornbread.
- Add the chicken to cornbread, season with salt and pepper to taste.
- Add the eggs and blend into the mixture
- Add the margarine, half the stock, and work in. It should be a loose mixture, like a cornbread batter. Add as much liquid as needed. Save the rest.
- Transfer into 2 half pans, 2" deep. Bake, uncovered, at 350 F until lightly brown on top and center is set.



Galley Safety Guidelines

- Wear safety shoes always.
- Mop floors frequently to remove grease and oil build-up.
- Keep floor DRY. Put out WET FLOOR signs before mopping.
- Keep stoves, grease traps, and hoods clean of grease.
- Use only dry oven mitts to handle hot pots or pans. Wet mitts can cause steam burns.
- Two people should move large containers with HOT coffee, soup or water. Warn others before moving the containers.
- Turn the handles of cooking pots away from the edge of the stove to prevent from being hit or knocked off the stove.
- Never leave open oven doors unattended.
- Never place cooking utensils on the floor.
- Turn off ovens, stoves, and steamtable when not in use.
- De-energize equipment before cleaning.
- Keep trash cans in low traffic areas.
- Never leave deep fat fryer unattended while in use.
- Use care in stocking shelves. Push items back from edge of shelves to ensure they don't fall out upon opening cabinet door.
- Communicate with your co-workers if you are behind someone or coming around a blind corner. This is important, as someone may be handling hot- or sharp – items.



Use safety gates. Even before your baby crawls, install safety gates. Hardware mounted gates should be installed at the top and bottom of the stairs.

Prepare for bedtime: Remove all soft, fluffy, and loose bedding from baby's sleep area. This includes pillows, blankets, quilts, bumper pads, sleep positioners, sheepskins, stuffed toys, and other soft products.

Be mindful of plants. Choose decorative plants that are nontoxic. Common household plants can often cause serious sickness.

Keep things tidy. Storage bins are a great way to store toys and baby supplies, preventing trips and falls.

Install doorknob covers to keep little hands from opening doors.

Lock it up. Put locks on anything that can open.

Be cautious of choking hazards. Be vigilant about coins, marbles, keys, jewelry, paper clips, water bottle tops, safety pins, hard and round foods, Audit your home.

Check out your furniture. Secure large furniture to the wall. Place TVs, VCRs and stereo systems on lower furniture, as far back as possible.

Hot water: Set hot water heaters no higher than 120 degrees F. A lower water temperature reduces the chance of scald burns. Munchkin's White-Hot Super Safety Bath Ducky can help you manage the temperature of water in your children's baths.