



SHOP TALK



Our Bi-Monthly Newsletter: THANKSGIVING EDITION

November 15, 2020

“My parents shared not only an improbable love; they shared an abiding faith in the possibilities of this nation. They would give me an African name, Barack, or blessed, believing that in a tolerant America your name is no barrier to success.”

President Barack Obama

“I am an ordinary person who has been blessed with extraordinary opportunities and experiences.”

Justice Sonia Sotomayor

“Those with the most talent don’t necessarily outperform everyone else. It’s those with follow-through who excel.”

Mary Kay Ash

“I am blessed to have so many great things in my life – family, friends and God. All will be in my thoughts daily.”

Lil’ Kim

Giving Thanks...

Thanksgiving is almost here, and we wanted to take a moment to give thanks for all of you who have been with us this difficult and trying year: wildfires, hurricanes, and of course, COVID.

We’ve all had to deal with the challenge of keeping our focus on the good things in our lives even as we struggle with the things that no other generation has ever faced. It has been an extraordinary year.

To those of you who have stayed with us through thick and thin, we want to say thank you! Your commitment, efforts, teamwork are something that we admire and never take for granted. Thanks for being the best part of the SONOCO team.



The Best Carrot Cake. Period.

Try to find a better carrot cake. Can't be done because this is the ultimate. Seriously. It's a lot of ingredients but dead easy to make. Use the Cream Cheese Frosting or make your own.

Yield: 3 each 9-inch layers, or a shallow sheet cake 1/2 pan

1 1/2 cups	pecans, chopped
1 Tbsp	butter, melted
Pinch	salt
2 1/2 cups	flour
2 tsp	baking soda
1 1/2 tsp	cinnamon
1/2 tsp	ground nutmeg
1/4 tsp	ground cloves
1/2 tsp	salt
1/2 cup	butter, softened
1 cup	granulated sugar
1 cup	brown sugar, (packed)
1/2 cup	veg oil
3 each	eggs
3/4 cup	buttermilk
2 tsp	vanilla flavoring
1 tsp	lemon juice
3 cups	carrots, grated
1 cup	fresh apple, peeled, grated
1 cup	flaked coconut

- Set the oven to 350 F
- Prepare the pans with parchment or grease well and flour.
- In a bowl, toss the pecans in melted butter with pinch of salt. Transfer to a sheet pan and toast in the oven until fragrant. Set aside.
- In another bowl, combine flour, soda, spices, and salt. Set aside.
- Cream the butter and both sugars until fluffy.
- Add oil and blend; then add eggs, one at a time until just blended.
- Begin adding flour and buttermilk in alternating batches, start with and end with the flour. Scrape the bowl between additions.
- Fold in the vanilla, carrots, and coconut until blended, then add the apples and pecans.
- After folding in all ingredients, scale into the prepared pans.
- Bake about 28 minutes but check at 24 for doneness.
- Cool **completely** before frosting.



SKILL SHARPENERS

My &#*@\$@ Cake is Stuck in the Pan!

Freeze it. Then run a knife around the edge and give the bottom a good knock. That should do it but if not, use two forks, at opposite sides of the pan. Use them to lever the cake out of the pan.

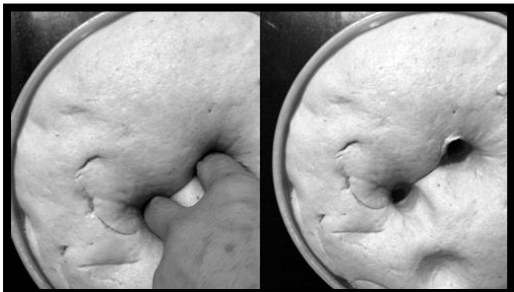
Make Your Buttermilk...

Seriously, just make the stuff. You never run out. Here's how:

- Make a quart of powdered milk from the instructions.
- Add a 1/4 cup of lemon juice or vinegar
- Let it stand overnight in the open air (but covered).

Give Your Bread the Finger (test)

Here's a tip to tell if bread has doubled in volume: insert your index and middle fingers into the dough about 1/2 inch apart, up to your first knuckle. If the dough doesn't close, and the indentations remain, the dough is considered to have doubled.



Boston Cream "Pie"

This is really a cake, split and filled with cream and topped with chocolate frosting. Easy to make and easier to eat. Yield: three 9-inch pies

- | | | |
|---|------|---|
| 1 | box | yellow cake mix |
| 6 | cups | prepared vanilla pudding, chilled |
| 3 | cups | Satiny Chocolate Poured Icing
(recipe in this issue) |

- Prep 3 pie tins with shortening and flour.
- Prepare the cake mix according to the directions.
- Scale the batter into each pie tin, about 2/3 full.
- Bake at 350 F until set, about 20 minutes or so.
- Remove the cakes, let cool about 10 minutes in the pan, then turn out of the pan.
- Let cool completely and split the layers as shown.
- Portion 1/3 of the pudding into each bottom layer.
- Put on the top layer
- Frost or ice with the chocolate topping, then slice to serve.

Variations:

- Use a standard chocolate frosting
- Use a Chocolate Cake instead of Yellow
- Make with chocolate or banana pudding.
- Or cupcakes!





Satiny Chocolate Poured Icing

Yield: about 2 cups

1 1/2 cups chocolate chips
3 Tbsp butter
1 Tbsp corn syrup
1/2 tsp vanilla flavoring

- Set up a double boiler with a bowl on top.
- Bring to temperature below boiling but hot.
- Combine everything but the vanilla, cook until chocolate is melted, stirring frequently.
- Add vanilla, stir in well, and remove icing from the heat.
- Use immediately.



Pecan Pie Filling

Yield: filling for a 9-inch pie

3 each eggs, beaten
1 cup corn syrup (dark or light)
1 cup granulated sugar
2 Tbsp oleo, melted
1 tsp vanilla flavoring
1 1/2 cups pecans, chopped

- Set the oven to 350 F
- Blend all ingredients together.
- Pour into a pie crust.
- Bake about an hour to 1 1/4 hours but check at about 45 minutes. If the crust is getting too dark, wrap it with foil to prevent it over cooking.
- The pie is done when the center is nearly set. It will jiggle just a bit but not much.
- Remove and allow to cool completely before cutting. Pecan pie, if cut immediately, will pool on the plate. Not a great look for pie.



Buttermilk Cheddar Biscuits

Yield: about 24 biscuits using a standard cutter (2 3/4-inch diameter)

6	cups	flour
2	Tbsp	baking powder
1	Tbsp	salt
1	tsp	garlic powder
1	tsp	baking soda
1	cup	margarine, cold
2 1/3	cups	buttermilk
2	cups	shredded Cheddar

- In a large bowl, sift together the dry ingredients.
- Cut in the oleo until you have a crumbly mixture.
- Add buttermilk and gently fold together. It should be sticky.
- Add the cheddar and fold in gently, just until distributed.
- Turn out of the bowl onto a heavily floured work surface. Dust top of dough with flour.
- Pat down and fold each side to the center (3-fold roll). Turn the dough and repeat. It should now be workable but if not, do another 3-fold roll.
- Pat or roll out the dough (make sure the table is still floured) about an inch thick.
- Let it rest a few minutes before cutting (this prevents the biscuits from pulling back into the shape of an egg).
- Cut the biscuits and pan out.

- Rework the remaining dough, cut another round of biscuits and pan. Use the remaining dough in a bread dough.
- Brush the top of the biscuits with butter, then bake at 450 F until golden brown, light and fluffy.

Variations:

Parmesan Biscuits: Swap out shredded Parmesan for the Cheddar or use half of each.

Herbed Biscuits: Add 2 or 3 tablespoons dried parsley, up the garlic and add 1/2 tsp of poultry seasoning.



Bread Pudding

The secret to a great bread pudding is to use old bread. And sauce. A good sauce is a must (but it won't cover up a bad bread pudding). Makes a full size pan.

/3	quarts	milk, scalded
14	each	eggs, beaten
3	cups	sugar
1 1/2	tsp	salt
2	Tbsp	vanilla flavoring
1	Tbsp	cinnamon
1	tsp	nutmeg
1	cup	oleo, melted
10	cups	bread, cubed
2	cups	raisins (optional)

- In a bowl, put everything but bread and raisins. Mix well.
- In a full pan, arrange the bread (and raisins if you are using.)
- Pour liquid evenly over the bread. Put the pan in a larger pan with about an inch of HOT water, then place in the oven.
- Bake at 325 an hour or so, until it springs back when tapped.
- Remove, place on serving line.
- Serve with a sauce (at right).



Caramel Sauce

Yield: about 3 1/2 cups

1	cup	butter
2	cups	brown sugar (light preferred)
1/2	tsp	salt
1	Tbsp	vanilla flavoring
1	cup	evaporated milk

- In a saucepan, melt butter and add brown sugar. Bring to a boil. Remove from heat.
- Whisk in the salt, vanilla, and milk.
- Continue to whip until all is incorporated.
- You can keep warm or reheat before service (so you can make this ahead).

Vanilla Sauce

Yield: about 4 cups

1	cup	brown sugar (light preferred)
2	Tbsp	flour
2	each	eggs
1/4	cup	butter, melted
2 1/2	cups	milk
1/8	tsp	salt
3	Tbsp	vanilla flavoring

- Blend together the dry ingredients
 - In a saucepan, blend eggs, milk, and butter well.
 - Add dry ingredients and blend well.
 - Heat over medium heat (not too hot); stirring until the mixture thickens (it should coat the back of a spoon when dipped in).
 - Remove from heat, stir in the vanilla, and mix well. Keep warm until ready to use. Or you can chill it and reheat (so you can make ahead).
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2-Ingredient Pumpkin Spice Cookies

Yes, that's right. This uses only 2 ingredients. Hard to believe but true. Makes about 24 cookies

1 box spice cake mix
1 can solid pack Pumpkin

- Set the oven to 350 F.
- Mix the two ingredients together.
- Spoon out onto sheet pans prepared with parchment.
- Bake about 20 minutes.
- Allow cookies to cool completely before removing from the sheet pan.



Sweet Potato Pound Cake

Yes, you really can use those leftover baked sweet potatoes for something other than pie; a far nobler, tastier purpose. Makes 2 loaf pans

1/2 lb cream cheese (1 small package)
1/2 cup oleo, softened
2 cups granulated sugar
4 each eggs
3 cups cooked, mashed sweet potatoes
3 cups flour
2 tsp baking powder
1 tsp baking soda
1/4 tsp salt
1 tsp ground cinnamon
1/4 tsp ground nutmeg
1 tsp vanilla flavoring

- In mixer, cream the cream cheese and oleo.
- Add sugar, beating until light and fluffy.
- Add eggs, one at a time and blend in well.
- Add vanilla and sweet potatoes and beat well.
- Combine remaining dry ingredients; add to the mixer in 3 additions. Scrape bowl each time.
- Portion into prepared loaf pans (parchment paper liner, or well-greased and floured).
- Bake at 350 F about 70 minutes but begin checking at 60 for doneness.
- Remove, let cool before turning out of pan. When completely cool, slice and serve.



Apple Crumble Pie



Filling

1	each	pie crust, uncooked
1 ½	can	apple pie filling
2/3	cup	brown sugar, packed
¼	cup	margarine, melted
1	tsp	ground cinnamon
1/4	tsp	ground cloves
1/4	tsp	ground nutmeg

- Blend brown sugar with spices and add the pie filling and melted margarine. Mix
- Put in pie crust and set aside

1	cup	flour
¼	tsp	salt
½	cup	granulated sugar
1/3	cup	margarine, cold
½	cup	chopped pecans

- Combine sugar, flour and salt, then cut in the margarine.
- Add in the pecans and blend.
- Top pie with streusel topping; spreading evenly over top.
- Bake at 350 F until crust is golden brown and topping browns also.

Who Is Responsible for Safety?

Safety is the responsibility of everyone. When I say, “everyone,” I refer to all of us in an organization, from its top executives to the people on the front line.

Working through the ranks of an offshore company for 33 years, I have worked with those who behaved safely and those who did not. At times I’ve seen coworkers pass the responsibility for safety on to others. One powerful exception was when I saw an individual taking personal responsibility for workplace safety. We decided to give safety jackets to every employee as a reward for working 12 months or longer without a recordable accident.

The jacket company had taken measurements for all but one person. When it was his turn, he declined! We asked, “Why are you turning this down? You earned it!” His simple, but profound, reply was, “It’s sad that they have to give us a reward for taking responsibility for our personal safety.”

He continued, “All the reward I want is to go home every day the same way I came, without injury! I don’t need a reward to be safe.”

WOW! What a light bulb moment. What a revelation for me. Oh, the jacket? Yeah, I still have mine. In classic behavioral safety models, the jacket is an incentive to encourage workers to think and act safely.

The point is that each of us should take personal responsibility for our safety as a normal part of our professional workplace behavior. Taking personal responsibility for safety affects everyone’s safety.

Yes, management has a legal responsibility to ensure a safe workplace for all. But we all have a responsibility to do everything we can to assure safety for ourselves, our co-workers, and our customers. Our daily decisions affect overall safety for “everyone”. That’s me and you.

Turkey Tetrazzini

Makes something good with those turkey leftovers. one half pan, 2"

- 2 Tbsp vegetable oil
- 2 tsp garlic, minced
- 1 can mushroom, drained
- 1/4 cup chopped parsley
- 1/2 tsp dried thyme
- 2 cups chicken broth/stock
- 1/4 cup margarine
- 1/4 cup flour
- 1 each egg, lightly beaten
- 1 cup milk
- 4 lbs turkey, chopped
- 1 lb egg noodles, cooked
- 1/2 cup breadcrumbs
- 1/2 cup grated parmesan

- Sauté mushrooms and garlic in oil until with salt and pepper.
- Grate on a bit of lemon zest and add the spices.
- In same skillet, make a roux with oleo and flour. Add chicken stock and bring to boil.
- Blend egg in milk, then add to the stock. Cook until thickened.
- Add turkey, mushrooms, and fold in the cooked noodles.
- Transfer to a line pan; top with breadcrumbs and parmesan.
- Bake at 350 F until the sauce bubbles and a top crust forms.



Turkey Waldorf Salad

An American classic using leftover turkey.

- 4 cups diced or shredded leftover turkey meat
- 4 stalks celery, diced (save the leaves and mince)
- 1 cup celery leaves, roughly chopped
- 2 each fresh apples, cored and cut in 1" pieces
- 2 cups red seedless grapes, cut in half
- 1/2 cup pecans, toasted and coarsely chopped

- 1 cup yogurt, plain (Greek or regular is fine)
- 1/4 cup mayonnaise
- 2 tsp honey
- 1/2 tsp salt (may need to adjust with more)

- In a large bowl, gently toss the turkey, celery, celery leaves, apple, grapes, and pecans until combined.
- In a small bowl, whisk together yogurt, mayonnaise, honey, and salt until well combined.
- Add the dressing to the turkey mixture, season with salt and pepper; toss gently by hand or with tongs to evenly dress the salad.
- Put in a clean large salad or stainless steel bowl or put on the salad bar in a half pan.

Personal Ergonomics

What's Ergonomics, anyway? It's the science of matching tools and tasks to the work environment. In other words, ergonomics tries to make your job fit you, rather than making you fit your job. The purpose is to reduce or eliminate injuries and illnesses that can result from stress on muscles, nerves, and joints.

These types of injuries have been common to workplaces for a long time, but safety standards concerning them are new.

A variety of ergonomically-related injuries take place and a variety of terms exist to describe them. The most common terms used are musculoskeletal disorders or cumulative trauma disorders (CTDs). They are also known as repetitive motion or stress disorders. Whatever they're called, they account for approximately one-half of all reported workplace illnesses each year. These are called "illnesses" because the problems generally build up over time, rather than being the result of a single event, as in the case of an accident.

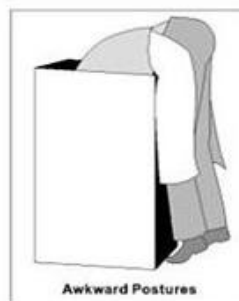
Physical problems from cumulative trauma: These usually involve pain and damage to muscles, tendons, and nerves in the back, neck, shoulders, wrists, hands, and elbows. Discomfort can be mild and periodic, or long lasting.

Disorders can be caused by making the same motion over and over, staying in one position too long, or working in awkward positions, or working with tools that don't fit the body, using a great deal of physical force, and exposure to long periods of heavy vibration.

How To Avoid Discomfort: Ergonomically related disorders occur to all types of workers in any work setting. You can help yourself by practicing basic ergonomic principles. Here are a few ways to reduce or eliminate risk of personal injury:

- Use two hands instead of one for a task --to reduce excess demand on a single muscle group.
- Use tools that are right for the job.
- Use power tools instead of manual tools if possible.
- Take frequent breaks from repetitive motion tasks.
- Avoid repeating awkward movements or holding yourself in awkward positions.
- Wear protective gloves that reduce pressure or tool vibration on your fingers.
- Report Early Symptoms: Repetitive motion injuries are a growing concern in the workplace. Anyone who feels numbness, tingling or pain in their hands, arms or neck should seek the advice of a supervisor.

Following this simple advice can help eliminate physical stress and keep you feeling good all day.



Turkey Sausage Gumbo

4	Lb	Fryers, Cut
1	Lb	Smoked sausage slices
2	Each	Onion, diced
1	Each	Bell Pepper, diced
4	Each	Celery, Chopped
1/4	Cup	Minced Garlic
1	Cup	Green Onion
1 1/2	Cup	Roux, medium
1 1/2	Tbsp	Chicken Base
2	tsp	Garlic Powder
1	tsp	Cayenne
3	Quarts	Chicken Stock

- Put chicken in stockpot on low heat and cook to make a stock. When chicken is tender, cool and debone. Refrigerate both.
- The next day, pull stock, skim fat and discard. Heat stock on stove at low.
- In a large skillet, heat roux and add the onion; sauté until tender, then add the celery, bell pepper and garlic.
- Cook until softened and add to the stock. Blend well.
- In same skillet, brown sausage. Discard the grease; add sausage to pot.
- Add seasonings and simmer about half an hour.
- Add chicken and cook until it is very tender and falling apart.
- Adjust seasonings as needed, then add green onions.
- Remove and serve.

Dad's Leftover Turkey Pot Pie

Makes 1 shallow half pan.

2	cups	frozen peas & carrots (or leftovers)
2	cups	frozen green beans (or leftovers)
1	cup	celery, sliced
1	cup	onion, diced
3/4	cup	flour
3/4	cup	margarine or butter
1	tsp	salt
1	tsp	black pepper
1/2	tsp	Italian seasoning
2	cups	chicken broth (stock)
1	cup	milk
4	cups	leftover turkey meat, diced or shredded
2	sheet	puff pastry dough, thawed but cool

- Place vegetables into a saucepan; cover with water, bring to a boil, and simmer over medium-low heat until the celery is tender. Drain and set aside.
- Make a blonde roux with flour and oleo. Whisk in chicken broth and milk. Cook until thickened.
- Remove from heat, fold in turkey and vegetables.
- Lay a sheet of puff pastry in bottom of the half pan.
- Fill pan with the turkey vegetable mixture.
- Lay 2nd sheet of puff pastry on top. Wet the edges so the dough will adhere to itself. Trim the edges.
- Bake at 350 F until pastry is golden brown.



Turkey Wrap

makes 12 half wraps

8	oz	cream cheese
2	Tbsp	Dijon mustard
1	Tbsp	pineapple juice
2	each	apples, cored, diced
12	slice	crisp chopped bacon
1	cup	shredded mozzarella
1/2	cup	shredded Cheddar
2	cups	shredded lettuce (iceberg or romaine)
6	cups	chopped turkey
6	each	wraps, any color

- Mix cream cheese, mustard, and pineapple juice. Blend well.
- Add apples; mix gently by hand.
- Lay out wraps and spread equal amount of cheese down center of the wraps.
- Place lettuce on the cheese and press well into the mixture.
- Put turkey and bacon on wraps.
- Top with both cheeses, spread evenly across the fillings.
- Roll up tightly, let set for 20 minutes before cutting on a diagonal, or bias cut.



The Kentucky “Hot Brown”

The tasty Kentucky State Sandwich. Makes 12 servings

1	cup	margarine
1	cup	flour
6	cups	milk
3/4	cup	Parmesan cheese
2	each	eggs, beaten
1/4	cup	cream
4	lbs	leftover turkey, sliced thin or shredded
24	each	THIN slices of tomato
12	slices	Texas Toast, grilled
1/2	cup	parmesan cheese
24	slices	bacon, cooked crispy

- Make a light brown roux with flour and oleo.
- Whisk in the milk gradually and bring to a boil.
- Add the 3/4 cup Parmesan cheese, blend well.
- Remove from heat and set aside.
- Mix the eggs and cream together, then stir into the sauce. Blend well.
- Place Texas Toast slices in a shallow full pan, then cover with 2 slices of tomato per sandwich.
- Top that with turkey arranged across the tomato.
- Spoon sauce liberally over the top of each sandwich.
- Sprinkle on remaining Parmesan cheese.
- Put in oven set at highest temperature and cook about 5 minutes, until the top just browns a bit.
- Remove, top each with bacon in an “X” shape, or coarsely chop and serve as shown above.