



# SHOP TALK



Wishing a Very MERRY CHRISTMAS to all of our SONOCO Family!

**December 1, 2020**

“I once wanted to become an atheist – but gave it up – they have no holidays.”

*Henny Youngman*

“Christmas is the spirit of giving without a thought of getting. It is happiness because we see joy in people. It is forgetting self and finding time for others. It is discarding the meaningless and stressing the true values.”

*Thomas S. Monson*

“You can’t allow the forces of political correction to shut you up. I mean, why are people afraid to say ‘Merry Christmas?’ Give me a break. If people don’t like it, yeah they can go do something else.”

*Ben Carson*

“Christmas is doing a little something extra for someone.”

*Charles M. Schulz*

## Special Christmas Ideas Edition



## Cream Cheese Mashed Taters

Decadent is the best way to describe these. Serves about 12

5 lbs russet potatoes  
8 oz cream cheese  
1 cup melted butter  
1 cup milk (maybe less)  
1 tsp salt  
1 Tbsp garlic powder  
1 tsp black pepper  
1/2 cup sliced green onions

- Wash, peel and dice potatoes into 1 inch cubes. Put in pot
- Boil in salted water until done.
- Drain and return to the pot or put in mixer with paddle.
- Remaining items except green onions and mix until smooth.
- Fold in the green onions, turn out of bowl into a serving pan.



## 1 Hour Dinner Rolls

Makes 1 9 x 13 pan of 15 rolls. You can double recipe.

2 cups water  
1/4 cup melted margarine  
1 cup milk  
1/4 cup honey  
2 Tbsp active dry yeast  
7 to 8 cups flour  
2 tsp salt  
extra margarine for brushing

- Warm milk, margarine, and honey to about 105 F and the margarine is melted.
- In mixer, combine yeast and liquid, allow yeast to foam – about 5 minutes.
- Add half the flour and all the salt. Mix with dough hook on low speed until fully incorporated.
- Continue adding flour until the dough begins to pull away from the bowl (but is slightly tacky to touch).
- Mix on low 5 more minutes, then turn out of bowl and work by hand into a ball. Put in greased bowl.
- Cover the bowl and let dough stand 15 minutes.
- Punch down the dough, round up and divide into 15 equal portions. Roll each into a dough ball and place in buttered / sprayed 9 x 13 baking pan.
- Let rise another 15 minutes, then bake at 400 F about 20 minutes, or until rolls are golden brown.
- Remove and brush tops with melted margarine.



## Prime Rib Roast & Au Jus Gravy

The main thing to remember is to cook this at a low temp and slowly. Let the flavor develop and the fats baste. And don't put all sorts of "special, secret" ingredients on it. You can also use lip-on ribeye.

For each 14 pound roast (which should serve from 16 to 24)

1/4	cup	olive oil
4	tsp	salt
4	tsp	salt

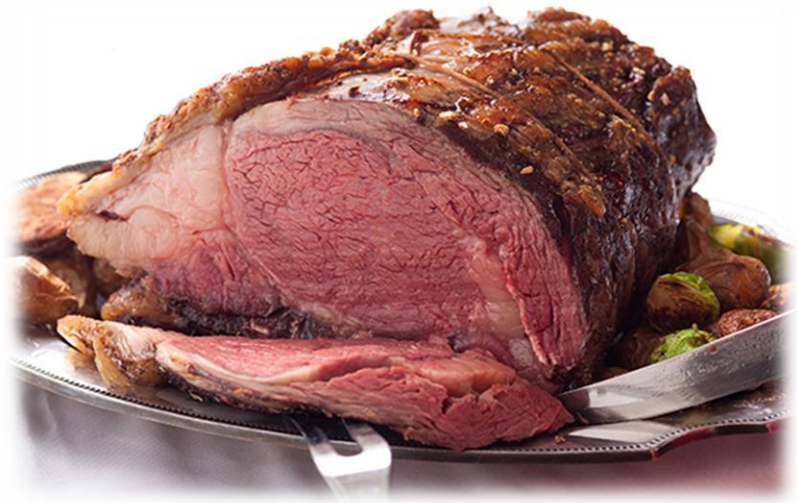
- Set oven to 450F and let it come up to temperature.
- Let the roast sit covered at room temp for 2 hours.
- Don't trim any "excess" fat from the roast. That helps provide flavor and bastes the meat as it cooks.
- Rub oil all over the roast, then coat with salt and pepper.
- Place the roast in a roasting pan, fat side up (bones will be down).
- Brown the meat for about 30 minutes, then reduce the oven to 250F. Add about 2 cups water in the pan for each roast.
- Roast about 20 minutes per pound of roast.
- Remove from the oven and allow it to rest. Cover with foil and let it sit for 30 minutes before you begin to slice it.
- Meanwhile, pour the pan juices into a saucepan and let stand

so you can skim fat from the top. Discard the fat.

- Mix some flour with a bit of Kitchen Bouquet or Caramel Color and water.
- Add to the pan juices in the and bring to a boil, then reduce to a simmer and keep warm until needed.
- If you need, make more using beef stock and add to the pan juices.

### Serving

- You can serve either on or off the bone. If serving off the bone, remove before meal service by running a boning knife between the bones and the roast for the length of the bones, then remove.
- Slice the prime rib to order. Start by slicing down the center so you can cut rare on request. Cut all other pieces as needed. If someone wants a little darker, dip it in au jus gravy for a moment or two.
- Also have some au jus available for customers to dip for themselves.



Plan on about 20 minutes per pound at 250 F to cook the roast rare: about 125 degrees internal temperature. For a 14 pound roast, that would be a cooking time of about 4 hours, 40 minutes. This will vary so check the meat after the first 3 hours. Also add water to the bottom of the pan as needed, so you have plenty of au jus.



## Roasted Sweet Potatoes With Steen's Syrup

Serves about 20

10	each	sweet potatoes
2	cups	apple juice
1/3	cup	cider vinegar
1	cup	Steen's syrup
1/2	cup	margarine
4	tsp	Dijon mustard
1	tsp	salt
1	tsp	ground cinnamon
1 1/2	cups	pecans, toasted

- Peel potatoes and cut into 1" thick slices; arrange in a single layer in an oiled half sheet pan.
- Combine everything but pecans and pour evenly over potatoes.
- Bake at 350 degrees F for 45 minutes or until fork-tender. Uncover; bake 5 more minutes or until glaze becomes syrupy.
- Transfer to serving pan. Sprinkle with pecans and spoon some of glaze over the pecans.

## Apple Mustard Glazed Pork Roast

A welcome change from the usual Christmas ham, this is slightly tart and sweet. Serves 12 to 15 people.

1	each	Boston butt roast, about 6 lbs
1 1/2	cups	apple juice
2	Tbsp	brown sugar
1	Tbsp	soy sauce
1	Tbsp	Worcestershire sauce
1/4	cup	Creole mustard (NOT regular)

- Let the roast stand about 1 hour before roasting.
- Place roast in a pan with a rack, fat side up.
- Season with salt and pepper and bake at 350 F for an hour.
- Meanwhile, bring the apple juice to a boil and cook until reduced by about half. Add the remaining ingredients and simmer until slightly thickened. Keep warm. If it gets thick, add apple juice.
- After first hour of roasting, start basting the pork with the glaze every 15 minutes until the roast reaches an internal temperature of 160 F.
- Remove, slice (trimming fat) and arrange in line pan.
- Drizzle the remaining glaze over the panned roast.



## Cheesy Rice

Ultimate comfort food with cheese and peppers. Makes a half pan.

6 Tbsp olive oil  
3 each onions, diced  
2 each red bell pepper, diced  
2 Tbsp minced garlic  
4 cups parboiled rice  
1 lb Velveeta, cubed  
7 cups chicken stock  
¼ cup green onions thin sliced

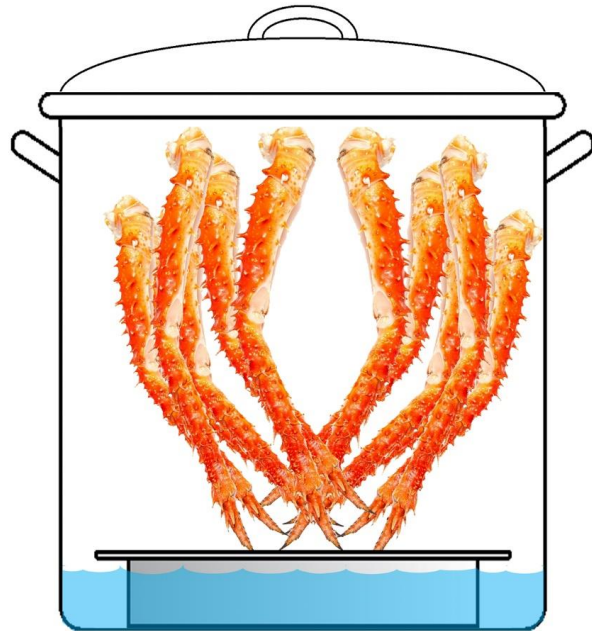
To taste salt and pepper

- In a large saucepan, saute' onions, pepper and garlic in the olive oil.
- Cook until soft, then add the rice and cook about 4 minutes.
- Add the stock, then the cheese.
- Cook until the rice is done and the liquid has thickened.
- If it is thickening too fast, add a little more stock or water.
- Transfer to serving pan and top with the green onions.



## Alaskan King Crab

Our crab legs, like most sold in the U.S. are already cooked. Steaming is a great way to “cook” them. Setup is simple: a couple of inches of salted water in the bottom of a large stockpot and a colander or rack in the bottom. Allow about 1 pound per person.



### Steamed

- Set up a stockpot as shown. A cake tin at bottom is topped with a drain grate.
- The water is below the grate. Add salt and bring to a boil.
- Add crab legs and cover.
- Steam until heated, about 6 – 10 minutes.
- Remove and serve with garlic butter and lemon wedges.

### Boiled

- Fill the stockpot with salted water and bring to a boil.
- Add the crab legs. The water temp will drop; leave at a simmer and cook for about 6 minutes.
- Remove and serve with butter, garlic butter, lemon wedges.



### Maple Glazed Sweet Potatoes with Bacon and Caramelized Onions

Serves about 25

8 lbs peeled cubed sweet taters  
¼ cup olive oil  
2 tsp salt  
1 tsp ground black pepper  
12 slices bacon, chopped  
2 lbs onions, thinly sliced  
2 cups breakfast syrup  
½ cup butter or margarine

- Preheat oven to 425 F
- Toss potatoes in olive oil, salt and pepper to coat well.
- Place in single layer on a pan.
- Bake 40 minutes, turning after the first 20 minutes
- Cook bacon crisp; remove.
- Add butter to bacon fat and cook onions until lightly brown.
- Remove and set aside.
- Reduce the syrup in the same pan to about half.
- Remove potatoes, combine all ingredients into a serving pan and serve.

## Killer Cheesy Potato Casserole

The only killer thing about these potatoes is the possibility that you might die of happiness. Serves 12

1 cup onion, finely chopped  
1/4 cup margarine  
3 Tbsp flour  
1/2 cup milk  
1 ½ cups chicken stock  
3 lbs frozen shredded hash brown potatoes  
1 ¼ cups sour cream  
2 ½ cups shredded Cheddar cheese  
3 cups Corn flakes, crushed  
1/3 cup margarine, melted

- Melt the ¼ cup of margarine in a skillet and sauté until wilted. Add flour and cook for 2 minutes max.
- Add chicken stock and milk while whisking in.
- Bring to a boil, then reduce heat to thicken a little.
- Season with salt and pepper, remove from heat.
- Add cheese and sour cream, blend well.
- In large bowl, combine sauce with hash browns.
- Transfer to a line pan and set aside.
- In bowl, combine melted oleo and cornflakes.
- Spread evenly over top of potatoes. Cover the pan and bake at 350 F about 45 minutes, or until bubbly.
- Remove cover and bake another 10 minutes.



## Managing Workplace Fatigue during COVID-19

The coronavirus pandemic has touched all aspects of society including how we work.

Under regular circumstances, adults need 7–9 hours of sleep per night, along with opportunities for rest while awake. Long work hours and shift work, combined with stressful or physically demanding work, can lead to poor sleep and extreme fatigue. Fatigue increases the risk for injury and deteriorating health (infections, illnesses, and mental health disorders).

Here are some general strategies that we all can use to manage workplace fatigue and work safely.

Recognize these are stressful and unusual circumstances and you may need more sleep or time to recover.

### Tips to improve sleep:

- You'll sleep better if your room is comfortable, dark, cool, and quiet.
- If it takes you longer than 15 minutes to fall asleep, set aside some time before bedtime to do things to relax: meditating, relaxation breathing, and progressive muscle relaxation.
- Before working a long stretch of shifts, try sleeping several extra hours longer than you normally do.

- After working a long stretch of shifts, it may take several days of extended sleep before you begin to feel recovered. Give yourself time to recover.
- Avoid sunlight or bright lights 90 minutes before you go to sleep, if possible. Exposure to light just before bedtime can cause you to feel more awake.
- Take naps when you have the opportunity.
- Eat healthy foods and stay physically active because it can improve your sleep.
- Before you go to sleep, avoid foods and drinks that can make falling asleep more difficult:
  - ✓ Avoid heavy meals, caffeine, and nicotine for at least 2–3 hours before bedtime.

### Know what to do if you feel too tired to work safely:

- Use a buddy system while you're at work. Check in with each other to ensure everyone is coping with work hours and demands.
- Watch yourself and your coworkers for signs of fatigue — like yawning, difficulty keeping your eyes open, and difficulty concentrating. When you see something, say something.
- Report any fatigue-related events or **close-calls** to help prevent injuries and errors.
- Do not work if your fatigue threatens the safety of yourself or others. **Report to a manager when you feel too tired to work safely.**

Source: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/managing-workplace-fatigue.html>



---

## Fatigue – You're More Than Just Tired

Americans often don't recognize the importance of sleep.

People often make light of how little sleep they get on a regular basis; an over-worked, over-tired condition has become the norm for many. But a good night's sleep is not just a novelty, it's a necessity. The effects of fatigue are far-reaching and can have an adverse impact on all areas of our lives.

**Work often requires us** to override those natural sleep patterns. More than 43% of workers are sleep-deprived. Those most at risk work the night shift, long, or irregular shifts. Here are a few facts:

- Safety performance decreases as employees become tired.
- 62% of night shift workers complain about sleep loss
- Fatigued worker productivity costs employers \$1,200 to \$3,100 per employee annually.
- Employees on rotating shifts are particularly vulnerable, because they cannot adapt their body clocks to an alternative sleep pattern



### **Drowsy driving is impaired driving...**

...but while we wouldn't allow a friend to drive drunk, we rarely take the keys away from our tired friends or insist they take a nap before heading out on the road. National Safety Council research shows:

- You are three times more likely to be in a car crash if you are fatigued.
- More than 5,000 people died in drowsy-driving related crashes in 2014.
- Losing even two hours of sleep is similar to the effect of having three beers.
- Being awake for more than 20 hours is the equivalent of being legally drunk.

**Sleep is a vital factor in overall health.** Adults need an average of seven to nine hours of sleep each night, but 30% report averaging less than six hours, according to the National Health Interview Survey.

- Chronic sleep-deprivation causes depression, obesity, cardiovascular disease, and other illnesses.
- More than 70 million Americans suffer from a sleep disorder.

Americans receive little education on the importance of sleep, sleep disorders and the consequences of fatigue, but industry leaders recently have been drawing attention to this issue.

*Source: National Safety Council*

---



---

## Pork Liempo (Grilled Pork Belly)

In the Philippines, the common Pork Liempo Recipe is made with a marinade of soy sauce, pepper, 7-up and Philippine Lime (Kalamansi) and then grilled over charcoal. Other versions include putting it in the oven with marinades like Tomato sauce, brown sugar and orange juice which is less rustic than the first one. Serves 15

### For the Marinade:

- 4 lbs pork belly, in ¼" slices
- ¾ cup sprite or 7-up
- ½ cup vinegar
- 2 Tbsp white sugar
- 3 Tbsp salt
- 2 Tbsp black pepper

- Place the pork belly in a small (clean) trash bag and set in a deep pan.
- In a bowl, combine wet ingredients and seasonings and blend well.
- Pour the marinade over the pork belly and pull the bag tightly around the meat to completely cover it in the marinade. Tie off the bag and put it in the refrigerator overnight.

### For the Dipping Sauce (Sawsawan)

- 1 cup vinegar
  - 1 ½ Tbsp minced garlic
  - 3 each jalapenos, seeded and thin sliced
- Combine ingredients in a bowl and set aside. You can make well ahead.



### On the Grill

- Preheat the grill.
- Grill the Marinated Pork for about 5 minutes per side or until slightly charred and cooked through. Brush with the Sauce or the Marinated Sauce on both sides as you grill.
- To know if they are fully cooked, just get a piece of pork and slice it in the middle and see if the juices are already clear and the meat is no longer red.

### In the Oven

- Place a grill rack over a sheet pan topped with foil. Arrange the marinated liempo on the rack.
  - Preheat oven to 375F. Bake the liempo for 20 minutes. Turn the meat over and grill the other side for 15 to 20 minutes. Baste the meat with the remaining marinade every 10 minutes.
  - Set the heat to 450F. Roast for 6 to 10 minutes. No need to turn over.
  - Transfer to a serving plate. Serve with dipping sauce.
-

---

## Filipino Style Liver Spread

It's not exactly the same as Reno liver spread, and Thai chiles are hard to find here in the U.S., but it will do for dishes like Kaldereta, or with bread. ☺

1/2 lb beef liver, cubed  
1/4 lb bacon, chopped  
1 1/4 cup milk  
1/4 cup butter  
1 Tbsp onion, minced fine  
1 clove garlic, finely minced  
1 each fresh jalapeno,  
Seeded, minced  
To taste salt and pepper  
olive oil

- Put liver and milk in a bowl.
- Cover; refrigerate 24 hours.
- When ready for cooking drain liver and pat dry.
- In a pan cook chopped bacon crispy. Remove; then set aside.
- In the same pan and oil from the bacon, fry liver brown on all sides. Remove liver; set aside.
- Cook the garlic and shallots for 2 minutes at low heat.
- Turn off heat, add butter and liver, and leave until it cools.
- Now put everything but milk in a food processor or a blender.
- Process until it becomes a paste but still gritty, adding a tablespoon of milk at a time until desired consistency is achieved (you might not need all or you might need more).
- Keeps under refrigeration 5 days but no longer. Can Freeze.

## Beef (or Pork) Kaldereta

1 cup vegetable oil  
8 each large potatoes, peeled, diced 2" cubes  
8 each large carrots, peeled, cut into 2" cubes  
4 each onions, roughly chopped  
6 Tbsp minced garlic  
8 lbs bottom round roast, or chuck roast  
8 cups tomato sauce  
1/2 cup tomato paste  
2 quart water  
1 lb jalapenos, seeded and minced  
2 cups green olives  
2 cups liver spread  
4 each green bell pepper, diced large  
3 each red bell pepper, diced large

- In pan cook potatoes and carrots in oil until lightly browned. Remove and drain; set aside
- Add onions and garlic to pan; cook until wilted
- Add beef and cook until lightly browned.
- Add tomato sauce, paste, water and peppers. Bring to a boil and skim scum that may float to surface.
- Season with salt and pepper to taste; lower heat and cook about 1 1/2 to 2 hours until beef is tender.
- Add potatoes and carrots; cook until tender, then add liver spread; stir in; add bell peppers and olives.
- Cook another minute or two; put in a serving pan.



---

---

## Creamed Spinach

Here we pursue the task of getting guys to eat their spinach. This serves 16 (or 100 😊)

1/2 cup butter or oleo  
1/2 cup flour  
5 cups milk, room temp  
1 tsp nutmeg  
3 lbs spinach, thawed  
3 each eggs  
2 tsp salt  
1 cup parmesan cheese

- Press spinach dry in a colander.
- In a saucepan, make a blonde roux, then whisk in the milk.
- Cook until it thickens and add the nutmeg, salt, and pepper.
- Remove from heat and add the eggs one at a time, whisking in.
- In large saucepan, heat the spinach and cook out excess liquid; then add in the sauce
- Cook until heated through; adjust salt and pepper
- Transfer to serving pan.
- Top with parmesan cheese



## Dirty Rice

The name dirty rice was given to the dish because of its dark color, once the liver and giblets are added. It is truly a unique Creole dish and definitely worth trying. It's also a great side dish for Christmas and is often expected.

1 pound chicken gizzards  
1 pound chicken livers  
1 cup melted oleo margarine  
2 cup diced onions  
2 cup diced celery  
2 cup diced bell pepper  
1/4 tbspc diced garlic  
12 cup chicken stock  
12 cups cooked rice  
1 cup sliced green onions  
1 cup chopped parsley  
salt and pepper to taste

- Poach chicken gizzards in lightly salted water until tender, about 45 minutes, then remove and cool.
  - Chop giblets in tiny pieces, removing all membrane. Set aside and reserve poaching liquid.
  - In a large heavy-bottomed sauté pan, heat oleo over medium high heat. Sauté chicken livers until golden brown on all sides; remove to cool.
  - Into the same sauté pan, add onions, celery, bell pepper and garlic. Sauté until vegetables are wilted.
  - Once vegetables are done, coarsely chop chicken livers and return with gizzards to the pan.
  - Add chicken stock and a small amount of the poaching liquid, bring to a low boil, and cook until liquid is reduced to approximately 1/2 cup.
  - Add cooked white rice, blending well into the meat mixture and garnish using green onions and parsley.
  - Season to taste using salt and black pepper.
-

---

---

## Brussels Sprouts Gratin

Serves about 10

2 lbs brussels sprouts,  
thawed and halved  
6 slices bacon, in 1/2" pieces  
1 cup heavy cream  
1/2 cup bread crumbs  
1/2 cup parmesan cheese  
1/4 cup margarine, cubed  
1 cup shredded Mozzarella

- Preheat oven to 400 F
- Drain the sprouts well before starting preparation.
- Cook bacon until almost crisp, add sprouts and cook about 3 minutes. Stir in mozzarella.
- Season with salt and pepper, toss and transfer to baking pan.
- Pour over the cream, top with
- Sprinkle bread crumbs and parmesan cheese over top.
- Bake until golden brown and heated through (25 minutes).



---

---

## The Speed Limit

Thibodeaux and Hebert were driving down the interstate yesterday, but Thibodeaux was only driving about 10 miles per hour. Traffic was passing them left and right, 18-wheelers were swerving all over trying to keep from slamming into them, and traffic was generally in chaos.

State Trooper Boudreaux, sitting near an overpass, saw this and proceeded to pull Thibodeaux over. Trooper Boudreaux asked Thibodeaux, "Why you goin' so slow?"

Thibodeaux replied, "Mais, Ossifer, I always drives de speed limit, look der's a sign right der, an' it say '10'."

Trooper Boudreaux tells him, "Thibodeaux, you dummy, dat's de highway sign. Dis is Interstate 10."

Boudreaux looks over and notices Hebert shaking and sweating and asks him what the problem is. Hebert says, "Boy, I sure wish you had stopped us 10 minutes ago, when we was on Highway 182!"



Boudreaux and Thibodeaux were taking a trip to Baton Rouge. On their way they saw a sign that said Baton Rouge Left. So Boudreaux and Thibodeaux went home.

