
SHOP TALK

Wishing You a Happy 2021!!!

January 1, 2021

“The new year stands before us, like a chapter in a book, waiting to be written. We can help write that story by setting goals.”

Melody Beattie

“Write it on your heart that every day is the best day in the year.”

Ralph Waldo Emerson

“Let our New Year’s resolution be this: we will be there for one another as fellow members of humanity, in the finest sense of the word.”

Goran Persson

“Your success and happiness lies in you. Resolve to keep happy, and your joy and you shall form an invincible host against difficulties.”

Helen Keller

Ho-Ho-Holstein Christmas

The team on Holstein put on a great Christmas show this year. Front and center were these gingerbread houses, cakes, and beautiful Garde Manger work!



And some beautiful fruit cakes too...



Thanks to the entire Holstein team for a great display and really showing their Christmas spirit!

January is Blood Donation Month



The American Red Cross and Blood Banks of America encourage everyone who can donate to please do. Blood donation saves lives, and millions of people rely on blood donations.

Give blood. Don't wait for a disaster. Someone needs blood now! Contact the American Red Cross or your local blood bank for more information.

Here are some reasons giving blood is so important:

- About 36,000 units of red blood cells are needed every single day in the U.S.
- A single car accident victim may need up to 100 pints of blood to survive.
- About 6.8 million people donate blood every year in the U.S.
- 38% of our population can donate, less than 10% donate.
- A single donation can help more than one person.

It's Gumbo Weather!

This time of year, when the skies get dark early, it's colder outside and rains – a lot – what could be better than a bowl or two of a well-seasoned, filling gumbo? Here are some keys to a great gumbo...

First you make a roux...

A dark roux. If you see little specks of black in your roux, don't try to use it – it's scorched. Start over.

Bone up on stock...

If you're making a chicken gumbo, simmer the entire bird to make a rich broth. And after you pick the meat from the bones, put them back into the stock and cook another hour. This second step makes a difference you will taste.

Use the oyster liquor in your seafood gumbo. It will intensify the seafood flavor.

Smoked meat...

Using smoked meat, like sausage or turkey, adds another dimension of flavor to your gumbo.

Long, low, and slow...

Like barbecue, let a good gumbo take its time. This helps the flavor develop, and the seasonings mellow and become more complex. Speaking of which:

Make it ahead...

Everybody knows gumbo tastes better the day after, so just make it a day before and let it mellow.

Brown meats first...

Taking the time to brown the meats before adding to your gumbo adds depth of flavor and color.

Season it...

Well-seasoned means full of flavor, not heat. Use that cayenne but not too much.

Chicken Okra Gumbo

1 each stewing hen (or 2 whole fryers)
1 1/2 gallons water
2 cups flour
1 1/2 cups oil
4 cups large onions, diced
2 cups celery, diced
2 cups bell pepper, diced
2 Tbsp garlic, minced
2 each bay leaves
2 lbs smoked sausage, thinly sliced
2 lbs okra, sliced, thawed
1/2 cup green onions, sliced
1 Tbsp Tabasco
1 Tbsp Tony's or similar
1/4 tsp cayenne
salt and pepper as needed

- Cook the chicken / hen in the water until tender. Remove the chicken, cool and debone. Set the meat aside. Or, you can chill until next day.
- Make a dark roux with oil and flour, then add onions, pepper, garlic and celery, and sauté until tender.
- Slowly add stock, blending with wire whip as you do.
- Add andouille, bay leaves and seasonings and simmer about half an hour.
- Add the okra and simmer until tender, about 30 minutes.
- Stir in the chicken, cook until meat is tender and hot; remove.
- Add green onions and transfer to steamtable pan.

Chicken Sausage Gumbo I

This is a make-ahead recipe. It's always better the day after anyway.

4 Lb Fryers, Cut
1 Lb Sausage, Smoked Sliced into 1/4" thick slices
2 Each Onion, Large, Coarsely Chopped
1 Each Bell Pepper, Chopped
4 Each Celery, Chopped
1/4 Cup Garlic, Fresh, Minced
1 Cup Green Onion Tops, Chopped
1 1/2 Cup Roux, medium brown
1 1/2 Tbsp Chicken Base
1 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 chicken and stock.
 - The next day, pull stock, skim fat and discard. Set stock on stove at low.
 - In a large skillet, heat roux and add half the onion; sauté until tender, then add the rest of onions, the celery, bell pepper and garlic.
 - Cook until softened and add to the stock. Blend well with a wire whip.
 - In same skillet, brown sausage. Discard the grease; add sausage to pot.
 - Add seasonings to pot 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.
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Duck Andouille Gumbo

Start this a day ahead for the best result. Makes about 2 gallons

2 each ducks
8 quarts water
2 each onions, peel & half
4 ribs celery, split
3 each bay leaves
4 cloves garlic
½ tsp salt
½ tsp pepper

- Combine ingredients in a stockpot, bring to a boil then reduce to a simmer for about 1 ½ hours or until tender. De-bone the ducks, return the bones to the stock and simmer another hour or so.
- Remove and discard bones.
- Refrigerate meat and stock overnight. Next day, skim the fat from stock. Discard the fat.

2 cups flour
1 ½ cups oil
6 cups andouille, sliced
4 cups onions, diced
2 cups celery, diced
2 cup bell pepper, diced
2 Tbsp garlic, minced
½ cup green onions, sliced
1 Tbsp Tony's seasoning
¼ tsp cayenne
½ tsp oregano
2 Tbsp Tabasco
5 quarts duck stock

- In a large stockpot, make a dark roux with flour and oil. Add onions, celery and bell pepper and sauté until wilted.
- Add garlic, cook another 3 minutes or so.
- Stir stock in slowly, blending with wire whip as you do, then add seasonings and bring to a boil.
- Reduce to a simmer and let cook.
- Meanwhile, brown the andouille; add to the broth (discard the fat).
- Add the duck, continue to simmer another hour, or until the meat is tender; check for seasoning during this time and adjust as needed.
- When meat is tender, add green onions, remove from heat, and serve.



Weird Food Facts

One surprising fact is that the most stolen food in the world is cheese. Around 4% of ALL the cheese made globally is stolen.

We bet that you didn't know this one: bananas, cucumbers, and kiwis are all classed as berries. Strawberries, blackberries, and raspberries are not. And now you will question everything you thought you knew.

Tomato ketchup was once used as a medicinal tonic, and some recipes concentrated it into pills and then sold as medicine!

Ranch Dressing is dyed. One ingredient in ranch is titanium dioxide, which is used to make it look whiter. This ingredient is also used for paint.

Processed cheese is thought of as an American product, but it was invented in Switzerland. It was created by Waltz Gerber and Fritz Stettler in 1911 to lengthen the shelf-life before it was shipped overseas.



Seafood Gumbo

3	cups	oil
3	cups	flour
6	cups	onions, diced
3	cups	celery, diced
3	cups	bell pepper diced
½	cup	garlic, minced
9	quarts	seafood stock
5	lbs	gumbo shrimp
2 ½	lbs	andouille, sliced
1	lb	claw crab meat
1	bunch	green onions, sliced
2	tsp	garlic powder
1/2	tsp	cayenne (or as needed)
4	each	bay leaves
1	tsp	Tabasco
1	half gallon	oyster liquor (liquid)

- Make a dark roux with flour and oil, add onions, bell pepper and celery; cook until wilted and then add the garlic. Cook two minutes more.
- Add the andouille and cook until well blended.
- Start adding stock slowly while stirring with wire whip to blend. Bring to a boil, reduce to a simmer, and cook about 20 minutes.
- Add the crab meat, seasoning, and oyster liquor and cook another 10 minutes. Check the seasonings and adjust as needed.
- Stir in the shrimp, bring to a low boil, and cook 5 minutes. Remove bay leaves.
- Stir in the green onions and serve.



Safety Meetings!? Why?

Safety Meetings?! We don't need no stinkin' safety meetings!

Safety meetings are an opportunity to get together and find ways to keep each other safe. They are a place to **share** information. The topics discussed may be things that you are familiar with, or that you have limited knowledge about.

If the topic is something that you are familiar with, it may be easy to tune-out and not listen to the information. Do yourself a big favor and listen to it as if you have never heard before. You may just learn something new, about the newest protective equipment, or a smarter way to do your job.

Information passed on in a safety meeting has a purpose - **to stop you or your co-worker from being injured.** Safety meetings also allow you an opportunity to relay safety concerns or improvement ideas.

Accidents result from unsafe acts or unsafe conditions. According to some experts, for a variety of reasons, unsafe acts typically account for 90% of all accidents. Safety meetings serve as a preventative measure against unsafe acts by educating all of us on how we can do our job safely.

If you're still not sold, let's look at the potential cost of accidents.



Question: how can accidents directly affect you?

DEATH - The ultimate unwanted result. Where does this leave your loved ones?

FINANCIAL COST - Lost pay. Who pays the bills? Are you the sole income producer in your household?

PAIN & SUFFERING – Obviously, no one desires this.

DISABILITY - A life changing experience. Now you're not able to do what you use to do. Maybe now you can't cast that fishing rod, hug your wife, lift your child, or simply see? Or you're confined to a wheelchair.

YOUR CO-WORKERS SAFETY - Perhaps you and your co-workers have been working together for some time now. Chances are you may spend as much time with your co-workers as you do your own family. Thus, you obviously do not want something bad to happen to them. Watch out for their safety too.

Safety meetings are a perfect opportunity for you to communicate any safety ideas or concerns that you may have. Participate in your safety meetings. If you don't participate, then your ideas will not be heard. Who knows...the idea that you have may very well save your co-worker's life or even your own!



Masks Protect YOU, Too...

Wearing a mask protects the wearer, and not just other people, from the coronavirus, the CDC emphasized in an updated brief issued Tuesday. And the protective benefits of masks are stronger the more people wear masks correctly and consistently the agency says.

When the CDC first recommended that Americans wear cloth face coverings back in April, it cited evidence that the coronavirus could be transmitted by asymptomatic people who might not be aware of their infectiousness – a group estimated to account for more than 50% of transmissions. The agency said masks were intended to block virus-laden particles that might be emitted by an infected person.

In a report updated Tuesday, the CDC says that is still the primary intention of wearing masks. But it also cites growing evidence that even cloth masks can also reduce the number of infectious droplets inhaled by the wearer.

"This messaging is key to increase adherence and interest in mask wearing. I am thrilled!" Dr. Monica Gandhi, an infectious disease physician with the University of California, San Francisco, said in a tweet Tuesday.

Ghandi argued in a recently published paper that wearing masks can reduce the severity of illness with COVID-19, even if the wearer does become infected.

As for which mask to choose? The CDC notes that multiple layers made of higher thread counts do a better job of protecting the wearer.

Dr. Scott Segal, a professor and chair of anesthesiology at Wake Forest School of Medicine, has been putting various cloth masks to the test since March. He shared this: Hold up the fabric to a bright light. If you can "see the light outlining the individual fibers in the fabric, it's probably not a good filter. And if you can't, it's probably going to filter better." He and other researchers say a tight-weave 100% cotton material is a good bet.

The CDC also pointed to research that found that when mask wearing was strictly enforced on long flights, infected passengers did not transmit the virus.

What's more, the CDC notes, "studies have confirmed the benefit of universal masking in communities." That includes research on masking in a hospital system as well as several states, and the U.S. and Canada nationwide.

"Each analysis demonstrated that, following directives from organizational and political leadership for universal masking, new infections fell significantly," the CDC writes.

Interestingly, the CDC's brief also cites an economic argument for masks, noting an analysis that found that "increasing universal masking by 15% could prevent the need for lockdowns and reduce associated losses of up to \$1 trillion or about 5% of gross domestic product."

Broccoli Cheese Soup

Makes about 2 gallons

- 1 cup oleo
- 2 cups onions, diced
- 1 ½ cups flour
- 2 tsp salt
- 1 tsp black pepper
- 4 Tbsp chicken base
- 2 quart water
- 1 gallon milk
- 2 lbs American or Swiss cheese slices
- 2 lbs broccoli, chopped

- Sauté the onions in the oleo.
- Add flour, seasonings and cook 5 minutes, stirring constantly.
- Stir in water, then chicken base and blend with wire whip until roux is fully incorporated. Cook until it thickens.
- Add milk and cook until heated through, then add cheese.
- When the soup is heated through, add broccoli, and simmer 10 minutes.
- Remove and serve.
- Garnish with cheese and green onions.



A Little Humor for the New Year

- My resolution was to read more, so I put the subtitles on my TV.
- My wife still hasn't told me what my New Year's resolutions are.
- Youth is when you're allowed to stay up for New Year's Eve. Middle age is when you're forced to.
- What's the one group that hates New Year's Day? The Times Square clean-up crew.
- If 2020 was a person, I'd sue him for pain and suffering.
- A drunk man comes inside a bar and says, "Happy New Year, everybody." "It's June, you drunk," replies the waiter. The drunk man looks at his watch and says, "Oh my god, my wife is going to kill me! I have never been so late in my life!"

If you'd like photos of your team, a special event, recipe, or outstanding effort to appear in Shop Talk, just send them in with a note to us. We'd be happy to include them.

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