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# SHOP TALK

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

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**March 1, 2021**

*I have not failed. I've just found  
10,000 ways that won't work.*

Thomas Edison, on the Light Bulb

*Most of the important things in  
the world have been  
accomplished by people who  
have kept on trying when there  
seemed to be no hope at all.*

Dale Carnegie

*It always seems impossible until  
it's done.*

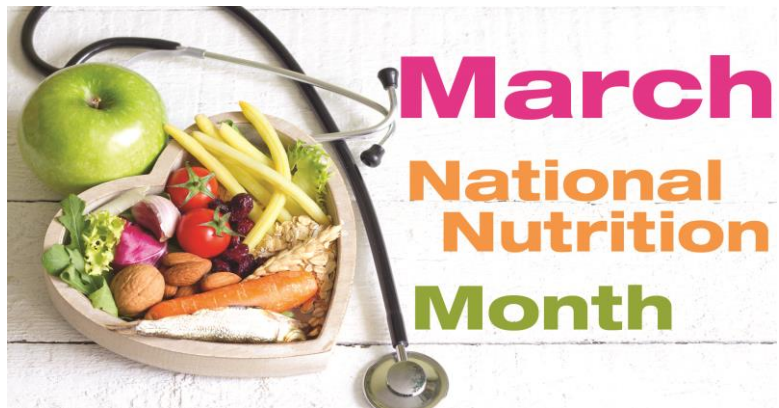
Nelson Mandela

*Our greatest glory is not in never  
falling but in rising every time  
we fall.*

Confucius

*Do today what others won't so  
tomorrow you can do what  
others can't.*

Jerry Rice



National Nutrition Month is an educational campaign focusing on physical fitness as well as eating nourishing meals.

Taking charge of your health contributes to overall well-being; as well as losing weight or staying at your ideal weight, which reduces risks of chronic illness such as heart disease and diabetes.

We provide about half the meals our customers eat during their career offshore. It is our duty to be sure that what we offer is not only appealing and tasty, but also provides a variety of healthful and nutritious foods. Not just on the serving line but also the snacks we prepare. We will devote this issue to nutritional – and delicious – recipes, and some helpful tips as well.

**Eat Right for Life!**

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## QUICK TIPS

Offer Baked Potatoes alongside French fries. Baked potatoes have about 100 calories per serving, compared to fries, at over 320 for the same serving.

Even better, serve Baked Sweet Potatoes too. They're high in beta carotene and have 50% more fiber. Higher in sugar, with about the same calories as a baked potato.

Creamy sauces like those in fettuccine alfredo are loaded with butter, heavy cream, and cheese. Ditch heavy cream and make velvety sauces with low-fat milk that's thickened with flour. To make your own cream substitute: Combine 1 cup low-fat milk with 4 teaspoons all-purpose flour; whisk over medium heat until bubbling and thick. Cup for cup, thickened low-fat milk saves more than 680 calories and 53 grams saturated fat vs. heavy cream!

Swap good fats for bad. Tablespoon for tablespoon, butter has seven times more saturated fat than oil. We love the taste of butter and know it can't always be replaced completely, especially in baked goods, but to keep saturated fat in check, use veg oil or olive oil as much as possible.

Add grains or vegetables to meaty dishes. To keep ground meat dishes like meatloaf or burgers satisfying without tipping the calorie scale, add whole grains (like oatmeal, brown rice or even bran flakes) or diced vegetables to the

meat to bulk up portion size. It's also a great way to get more grains and vegetables into our customers' diet – foods we typically don't get enough of. Try adding 3/4 cup grains or vegetables for each pound of meat.



When a savory dish needs a little oomph, try a squeeze of lemon instead of salt. A hit of citrus can make the whole recipe come to life.

Use small amounts of oils such as canola and olive in recipes and for sautéing. And use them in place of butter whenever you can. Also, get the most bang for your buck. Don't use butter where it won't be noticed.

Serve fish regularly. Try different ways of cooking such as baking, broiling, grilling, and poaching to add variety.

Serve more fruit and vegetables. Only 14% of adults eat the recommend amount of vegetables, and only 18% eat enough fruit. We should eat 2 cups of fruit and 3 cups veggies daily.

Keep Portions Reasonable. Although our meals are self-serve, you can help control by sizing portions before placing the dish on the line. For example, portion that full pan of lasagna by cutting it into 24 servings. When you serve a pot roast, portion it into 3 ounce pieces and lay roast carrots, celery and potatoes throughout the pan so they're easy to grab (and they add eye appeal.)

## It's Not Just Luck...



Safety doesn't just happen. It's not a matter of luck. We have to think about it and work on it. We have to learn how to be safe and to do our work in a safe manner. We have to know the rules and work with those rules in mind.

Some of the most important rules are those that require safety equipment. Wear a hardhat, safety glasses, gloves, steel toe shoes, and earplugs.

You may need only one piece of this equipment only once in your life; however, an accident like the loss of an eye can happen in an instant and affect you for the rest of your life.

Don't bypass safeguards or safety equipment. Watch what is going on around you, signal your intentions, and watch out for your coworkers.

Don't depend on luck to keep you safe. And don't blame bad luck for your misfortune.

## Delicious Simple Salmon

Simple, tasty and healthy. A great seafood or steak day alternative. Served here on a bed of Sautéed spinach.

12 servings

- 3 Tbsp garlic powder
- 3 Tbsp dried basil
- 1 tsp salt
- 12 each salmon filets
- 1/3 cup olive oil
- 1/3 cup margarine
- 12 each lemon slices or wedges

- Combine garlic powder, basil, and salt in a bowl.
- Rub in equal amounts onto the salmon fillets.
- Melt margarine in a skillet at medium with the oil.
- Cook the salmon until browned and flaky, about 5 minutes per side.
- Separately, steam fresh spinach with a little splash of lemon juice and lightly salt, place on line pan.
- Place each piece of salmon on top of the spinach with a lemon wedge.

Note: substitute asparagus, broccoli or another, more popular vegetable for the spinach. Or, lay the salmon on a bed of rice pilaf cooked with broth - no oil or fat.





## Southwestern Pineapple Chops

Sounds weird but it's great. The pineapple isn't too sweet and it complements the flavors of the salsa and pork. If your crew likes them, add a couple of seeded and minced fresh jalapenos.

12 each pork chops or sliced  
Pork tenderloin pieces  
1 Tbsp ground pepper  
1 Tbsp garlic powder  
½ cup veg oil (not olive oil)  
2 cans canned crushed  
Pineapple, with the juice  
3 cups medium salsa  
As needed minced cilantro

- Sprinkle chops with pepper and garlic. Set aside for now.
- In a large skillet, brown chops in oil. Remove and keep warm.
- In the same skillet, combine pineapple and salsa. Bring to a boil. Return chops to the pan.
- Reduce heat; cover and simmer for 15-20 minutes or until tender.
- Garnish with minced cilantro.



## Skinny Chicken Tacos

Serve with warm, soft, corn tortillas. Serves about 12

3 lbs chicken breast, thinly sliced (or thighs)  
6 each limes, juiced and divide the juice  
2 Tbsp ground cumin  
2 Tbsp garlic powder  
2 Tbsp chili powder  
6 each bell peppers, assorted colors, julienne  
3 each onions, thinly sliced (same as peppers)  
6 each fresh jalapenos, seeded, minced  
2 bunch cilantro, chopped

- Combine half of each: lime juice, garlic powder, cumin and chili powder.
- Add chicken and marinate at least 10 minutes.
- Sauté the vegetables with remaining lime juice and seasonings. Cook until just tender but still crisp.
- Remove from heat and set aside.
- Grill or sauté the chicken until it is fully cooked.
- Toss the two together and place on the serving line.
- Serve with the usual toppings, including shredded Cheddar, sour cream, lettuce and tomato.

As an alternative, you can portion into the corn tortillas and place them into a pan for easy grabbing by the guests. This way they don't have to fumble with the filling of each tortilla.

## Herbed Balsamic Chicken

Makes about 12 servings

1	cup	balsamic vinegar
½	cup	cooking oil
1	Tbsp	dried basil
2	Tbsp	minced garlic
2	Tbsp	minced lemon zest
1 ½	tsp	salt
1	tsp	black pepper
12	each	chicken thighs, bnl

- In a bowl, combine all the ingredients but the chicken.
- Set aside about half of the mixture.
- Marinate the chicken in the other half for at least 10 minutes and up to an hour.
- Grill or roast the chicken until it is fully cooked (165 F).
- Remove and drizzle with the reserved marinate.
- Place on serving line. Serve with Steamed Broccoli, Savory Brussels Sprouts, and a pasta or rice dish as a side. Also good are baked sweet potatoes.



## 10 Commandments of Good Safety Habits

1. **Set Solid Standards.** Don't be influenced by others around you. If you fail to wear PPE because others don't, the result you may suffer will be yours alone to live with.
2. **Operate Equipment Only if Qualified.** Your supervisor may not realize you have never done the job before. It is your duty to tell the supervisor, so proper training can be provided.
3. **Respect Machinery.** If you put something in a machine's way, it could crush it, pinch it or cut it. Make sure all guards are in place. Never hurry beyond your ability to think and act safely. Remember to de-energize the power first before placing your hands in a point of operation.
4. **Use Your Own Initiative for Safety Protection.** You are in the best position to see problems when they arise. Ask for the PPE or guidance you need.
5. **Ask Questions.** If you are uncertain, ask. Do not accept answers that contain, "I think, I assume, I guess." Be sure.
6. **Use Care When Lifting.** Most muscle and spinal injuries are from overstrain. Know your limits. Don't try to exceed them. The time it takes to get help will prevent weeks of being off work and in pain.
7. **Practice Good Housekeeping.** Disorganized work areas are the breeding grounds for accidents. You may not be the only victim. Don't be a cause.
8. **Wear Proper and Sensible Work Clothes.** Wear sturdy and appropriate footwear. These should enclose the foot fully. Avoid loose clothing, dangling jewelry. A watch and wedding band should be all.
9. **Practice Good Personal Cleanliness.** Avoid touching eyes, face, and mouth with gloves or hands that are dirty. Wash well and often.
10. **Be a Positive Part of the Safety Team.** Willingly accept and follow safety rules. Encourage others to do so. Your attitude can play a major role in the prevention of accidents and injuries.

# REALITY

Let's debunk a myth or two:

**Myth:** Gluten-free foods help you to eat healthier.

**Fact:** Gluten-free foods are not healthier if you don't have celiac disease or aren't sensitive to it. It is a protein found in wheat, barley and rye grain. If you avoid gluten, you may not get needed vitamins.

**Myth:** You should avoid all fats.

**Fact:** Fats have essential nutrients and should be a part of a healthy diet. But consume in moderation if you are trying to lose weight.

**Myth:** "Going vegetarian" will help you lose weight and be healthier.

**Fact:** Some research shows that a healthy vegetarian plan may be linked to lower levels of obesity, blood pressure, and a reduced coronary risk. But it will only lead to weight loss if you reduce your total calorie intake.

**Myth:** Grain products like bread, pasta, and rice are fattening.

**Fact:** Grains themselves aren't fattening. But refined grains like those in cereals often have sugars and other added products, and also have nutrients removed.



## Hawaiian Pork Chop

Serves about 12

12	each	pork chops or cut boneless pork loin
1	tsp	salt
1	tsp	pepper
½	cup	cooking oil
1	cup	bell pepper, diced
1	cup	onion, thinly sliced
1 ½	quart	beef broth or chicken broth
3	cans	pineapple chunks or rings sliced, with juice
¾	cup	ketchup
1/3	cup	brown sugar
3	Tbsp	cider or balsamic vinegar
1/3	cup	cornstarch

- Salt and pepper the chops on both sides.
- In a skillet, cook chops in half the oil til browned, 3-4 minutes per side. Remove and keep warm.
- In the same skillet, saute green pepper and onion in remaining oil until almost tender, about 2 minutes.
- Stir in broth, pineapple, ketchup, brown sugar and bring to a boil. Return pork chops to the pan.
- Reduce heat, cover and simmer until tender.
- Combine cornstarch and vinegar until smooth; stir into skillet.
- Bring to a boil; cook and stir until thickened, 1-2 minutes. Transfer to a line pan for serving.
- Serve with rice or a flavored rice.

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## Seafood, Potato & Broccoli Casserole

The ingredient list is long, but this is a simple dish to prepare. Great on a Seafood Day lunch on Friday. Especially during Lent.

PREP TIME: 1 Hour

SERVES: 15 - 20

### INGREDIENTS:

2 lbs catfish, cut into bite-sized pieces  
2 lbs small peeled 50/60 shrimp  
3 lbs diced potatoes  
¼ cup olive oil  
2 cup diced onions  
2 cup diced celery  
2 cup diced red bell pepper  
1 lb broccoli, thawed, chopped  
3 tbsp minced garlic  
3 cup Alfredo (may not need all)  
2 cup fresh grated Parmesan cheese  
2 cup Italian bread crumbs  
salt and pepper to taste  
Creole seasoning (to taste)  
Louisiana hot sauce to taste

### METHOD:

- Preheat oven to 350 degrees F.
- Steam the diced potatoes and set aside.
- In a mixing bowl, combine fish and shrimp; season lightly with Creole seasoning and hot sauce; mix well.

- Spray a 2" deep full-size hotel pan with food spray.
- Place a thin layer of diced potatoes on the bottom of the baking dish, and season with salt and pepper.
- In a medium skillet, heat olive oil over medium heat. Sauté broccoli, onion, celery, bell pepper and garlic.
- Cook until tender, about 2-3 minutes.
- Season to taste with salt and pepper. Cover the potatoes with the vegetable mixture. Gently pour Alfredo sauce over the vegetables & potatoes. You may not need all of it; you can judge by how well it coats the dry ingredients.
- Sprinkle with half of the Parmesan cheese and half of the bread crumbs.
- Spread the seafood mixture evenly over the cheese and breadcrumbs.
- In a small bowl, combine remaining cheese and bread crumbs and sprinkle evenly over the seafood.
- Bake for 50-60 minutes or until golden brown and the center of the dish reaches 160 degrees.
- You **MUST** allow the casserole to sit for 15 minutes so that the sauce is absorbed completely.



## Boudreaux at the Movies

Boudreaux went to a movie for the first time a couple of weeks ago. The usher noticed that Boudreaux was sprawled across three seats, taking up space, so he told him that he was only allowed to have one seat.

Boudreaux just groaned but didn't budge. The usher told him, "Sir, if you don't move, I'm going to have to get the manager."

Boudreaux groaned again but didn't move. So the usher goes to the back of the theater, returns with the manager, and together, they tried to get Boudreaux to sit up in one seat.

Boudreaux just grunted, but still didn't budge. The manager tells him, "Sir, if you don't move, I'm going to call the police."

Boudreaux groans, but doesn't move. A few minutes later, the police show up, and the officer asks Boudreaux to move.

Boudreaux groans, but still doesn't move.

The officer asks him, "Where you from, anyway, Pardner?"

Boudreaux points upward, and moans, "From de balcony!"

## Red Pepper Parmesan Tilapia



12 portions

3	each	eggs, lightly beaten
1 ½	cups	grated Parmesan cheese
1	Tbsp	Italian seasoning
½	Tbsp	red pepper flakes (or more if needed)
½	Tbsp	black pepper
12	each	tilapia filets

- Preheat oven to 425°.
- Place eggs in a shallow bowl.
- In another shallow bowl, combine the cheese, Italian seasoning, pepper flakes and pepper.
- Dredge fillets in egg and then in cheese mixture.
- Place fillets on a sheet pan prepped with cooking spray.
- Bake until fish just begins to flake easily with a fork, 10-15 minutes.
- Adjust the heat by adding red pepper flakes if needed for a bit of extra kick.



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