



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

March 16, 2021

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

Nelson Mandela

*If you never give up, you'll be
successful.*

Dan O'Brien

*You have to expect things of
yourself before you can do them.*

Michael Jordan

*You're never a loser until you
quit trying.*

Mike Ditka

*It's not the size of the dog in the
fight. It's the size of the fight in
the dog.*

Mark Twain

*If you can believe it, the mind
can achieve it.*

Ronnie Lott

A Beef Primer

This issue, our focus is on cuts of beef and their use.

Our goal is that you begin to use these less expensive cuts of beef to produce really great-tasting meals from those sometimes ignored cuts.

Think of the lowly brisket. One of the toughest, chewiest pieces of meat ever. Yet, properly cooked, it is not only good, but highly prized and sought after! In fact, there are national cooking competitions for it.

Or that tasty pot roast. Low and slow, with moist heat and some root vegetables and you've got a fantastic dinner entrée that will please anyone. So as you turn the page, please think about how you can use some of these cuts in your daily operation to not only offer some of the best meals around, but to do it with cost-savings as a bonus.



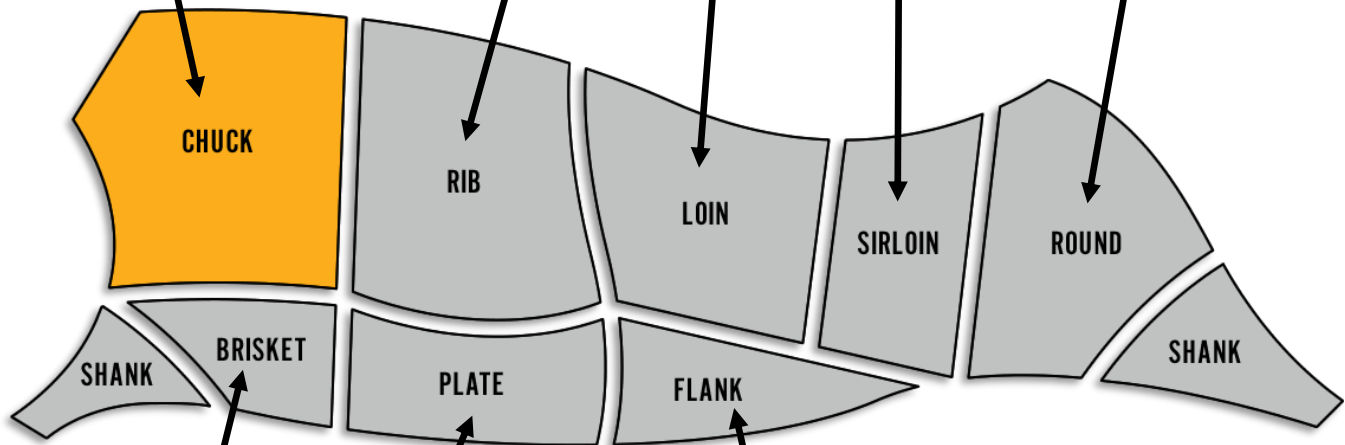
Chuck Roast
Blade Chuck Roast
7-Steak / Roast
Shoulder Roast
Chuck Roast
Gravy Steak
Short Ribs

Porterhouse
T-Bone
Strip Steak
Filet Mignon

Eye of Round
Top Round
Split Top Round
Bottom Round
Rump Roast

Prime Rib
Rib-Eye Steak
Back Ribs

Sirloin Tip Roast
Top Sirloin Steak
Tri-Tip Roast



Brisket
(we use the
Packer Brisket,
which is the
point and the
flat)

Skirt Steak
Short Ribs

Flank Steak

March is National Nutrition Month

Beef can be a part of any healthy diet. The key is to prepare it with fewer fats, and to serve it in smaller portions. The recipes here highlight beef as a healthy option.

CHUCK

The chuck has lots of fibrous muscle but also a lot of collagen and connective tissue that, when cooked over time will produce great flavor and can become tender. These cuts benefit from cooking for at least an hour or so in moist heat, either roasting in the oven or braising.

RIB

Think Rib-Eye, Prime Rib, and you know how tender and full of flavor these cuts are. A well-aged and marbled steak takes very little extra prep, and all you really need is a hot grill, some salt and pepper. The Prime Rib roast is generally cooked low and slow and develops a rich flavor at any doneness.

LOIN

The most tender beef comes from the loin – the filet mignon is cut from the loin, and like the other steaks shown, it only needs to be cooked on a grill – although it can also be broiled.

SIRLOIN

The sirloin cuts tend to be lean and juicy with full flavor. Roast these for best results. There are also sirloin steaks but SONOCO doesn't produce or stock these.

ROUND

The eye, top and bottom round all come from this primal, as does the rump. What they have in common is that they are all pretty lean, and can be tough if not properly cooked. The bottom round (the gooseneck) is the toughest part of the round. Ironically, it's also commonly shaved or cut into "chip steak" and used for Philly cheesesteaks.

The eye of round is sometimes processed as a "mock filet mignon", but is less tender.

BRISKET

It can be used for more than smoking but that is one of the most popular ways to serve it. And don't forget corned beef, which is brisket that has been salt-cured in a brine solution with "corns" of salt along with other spices like peppercorns, juniper berries, allspice and cinnamon. It is then cooked after being brined for a week or so.

PLATE

The plate is usually used for skirt steak and short ribs. We don't offer skirt steak as it is considered a lesser cut. However, it is often used for Carne Asada (although we use flank instead). The skirt has lots of connective tissue and can be tough.

FLANK

A very lean cut that can be quite tough if overcooked. It benefits from a marinate in a citrus or other acidic marinade and does quite nicely as Carne Asada, fajitas or other preparations where it is cut into thin, small pieces and cooked quickly.

SHANK

Think Osso Bucco or braised beef shanks. Cook low and slow for a long time. Super flavor. Super tough if you take shortcuts when cooking this cut.



GARLIC HERB RUMP ROAST

16 servings

8	lbs	rump roast (2 pieces)
4	Tbsp	garlic, minced
4	Tbsp	olive oil
3	Tbsp	salt
2	Tbsp	black pepper
2	Tbsp	dried thyme
2	Tbsp	dried sage
1	Tbsp	dried parsley

- Preheat oven to 325 F
- Make a rub with oil and herbs.
- Rub onto all sides of the roast.
- Place in roasting pan and put in the oven; roast about 2 hours, or until it reads about 145 F on a thermometer.
- Remove and let stand 15 minutes.
- Slice thinly for serving.
- Place in a line pan for service and have some au jus gravy on the side.

Serve with steamed veggies, rice or potatoes.

AMAZING SUNDAY DINNER BRISKET

Can't possibly be easier. Cooked low and slow til it's tender. Makes about 25 servings

15	lbs	whole brisket, trim all fat and split
48	oz	ketchup
3	pack	onion soup mix
4	cups	diced onions
2	cups	water

- Mix water, ketchup and soup mix.
- Place brisket in roasting pan and add the marinade.
- Let marinate overnight.
- Just before cooking the brisket, sauté the onions a golden brown and add to the pan.
- Place in the oven at 275F. Ignore it for 6 – 8 hours.
- To check, put in two forks and pull them apart. The meat should come apart easily.
- When done, remove and transfer to a cutting board. Slice across the grain and place in a steamtable pan.
- Put the sauce from the pan back on the brisket and have some on the side too.



What about leftovers? Lots of options abound here:

Chili – a nice, chunky, savory and hearty dish

Brisket Tacos – filled with shredded brisket

Brisket Sandwiches or Sliders – served on warm rolls

Beef Brisket Ragu – our recipe follows.

BEEF BRISKET RAGU

A ragu is an Italian sauce usually based on a ground or minced meat and served over sauce. This recipe is based on leftover brisket and will serve about 15 with pasta.

5 lbs beef brisket (cooked)
8 slices bacon, raw, chopped
2 each onions, finely diced
4 each celery ribs, fine diced
6 each carrots, small diced
3 Tbsp garlic, minced
1 ½ cups apple juice
¼ cup vinegar
1 ½ qts beef stock
28 oz tomatoes in juice
6 each bay leaves

- Saute bacon until nearly done.
- Add onions, celery and carrots; cook until onions are clear.
- Arrange brisket pieces in roast pan and cover with the bacon mixture and remaining items.
- Cover tightly and bake at 350 F for about 2 – 3 hours (check at 2). If needed, remove cover to allow excess liquid to cook off.
- Remove and serve with pasta such as penne or farfalle.



INSANELY GREAT BRISKET

Weird ingredients?
Yes. Amazing flavor? Yes.
Serves 20ish.



1 each brisket, split and trimmed (about 13 lbs)
Into the flat and the point
2/3 cup brown sugar (light or dark is fine)
1 Tbsp garlic powder
5 Tbsp salt
1 Tbsp cayenne pepper
1 Tbsp paprika
1 Tbsp black pepper
1 ½ tsp cinnamon
1 ½ tsp cocoa powder
½ cup vegetable oil (don't bother with olive oil)
8 each onions, sliced into ½" thick rings
5 lbs carrots, cut into ¼" thick coins on a bias
2 cans Coca cola (yes, you read that right)
2 cans whole tomatoes (28 oz cans), crushed
1 cup ketchup

- Preheat oven to 350 F.
- In a large pan, brown brisket on all sides. Remove and place in a large roasting pan with deep sides.
- Sauté onions and carrots until soft. Add to brisket.
- Add remaining ingredients to pan, bring to boil and reduce to a simmer for about 5 minutes.
- Transfer enough of the sauce to cover the brisket to at least half-covered. Add water if you need it.
- Cover tightly and braise for about 2 ½ hours, then check for tenderness. You should be able to slice it but without it falling apart.
- Remove the brisket from the pan, let stand for half an hour and then slice across the grain in ¼" slices.
- Place in a line pan and pour sauce on the brisket.
- Return to the oven and bake another hour or until the brisket is fork-tender.



VIETNAMESE BRISKET SALAD

A spicy use for leftover brisket.
Serves about 12.

Dressing:

1 Tbsp garlic, mashed well
6 Tbsp sugar, plus as needed
 $\frac{3}{4}$ cup lemon or lime juice
6 Tbsp fish sauce
 $\frac{1}{2}$ cup cold water
1 Tbsp black pepper

1 $\frac{1}{2}$ lbs cooked brisket
3 each cucumber peeled and
Sliced on a diagonal
4 – 6 each jalapeno, seeded
and sliced thin
6 each green onion, sliced
8 cups chopped romaine
 $\frac{1}{2}$ cup chopped peanuts
 $\frac{1}{2}$ cup cilantro, chopped

- Make the dressing with the first set of ingredients and set aside.
- In a bowl, toss the romaine, cucumber, and peppers.
- Deep fry brisket for 1 minute then drain well. Add to bowl.
- Pour sauce into bowl and toss to coat well. If putting on salad bar, transfer to a salad pan.
- Garnish with cilantro and the peanuts.

EATING HABITS & OUR SAFETY

The well-being of our bodies is everything to us. If we don't take care of our health at some point our bodies will develop problems. Eating well should be a major goal for us to maintain good health throughout our life.

Our bodies work like machines and are only able to withstand so much abuse. Food is the equivalent of fuel. If we consistently put bad fuel in a machine it will break down, and the same goes for us. Diet has been directly linked to many different aspects of health. It is impossible to list every situation, but some of the major problems caused by eating poorly include:

- Heart disease
- Obesity
- Diabetes
- Some types of cancer

There are also smaller issues that a poor diet causes that can affect us on a daily basis. Fatigue and lack of focus can sometimes be attributed to eating poorly. Both can have major effects on our job safety. If we are not feeling 100% we are putting ourselves and others at risk.

Quick Tips to a Better Diet

- Drink more water. Water serves many important purposes for our bodies. Most of us don't drink enough water each day and don't realize it
- Limit processed sugar. Sodas, candy, sweets, and other junk food are filled with processed sugar. These foods can lead to obesity and diabetes.
- Eat more fiber. Fiber has proven to help fight off some cancers. It also limits the amount of calories your body will absorb.
- Choose whole grain foods. Whole grain foods contain many nutrients and like fiber, it can help you maintain regular bowel movements.
- Take a multivitamin. Multivitamins can help you get essential vitamins and nutrients you may not be getting in your diet.

RUMP ROAST AU JUS

This easy entrée makes a rich and satisfying gravy that is great for potatoes or rice. Serves about 20.

10	lbs	rump roast
2	Tbsp	black pepper
2	Tbsp	paprika
1 ½	tsp	cayenne
1	Tbsp	garlic powder
1	tsp	ground mustard
2	cups	water
4	cups	onions, fine chopped
2	ribs	celery, fine chopped
2	each	carrots, fine chopped
¼	cup	cooking oil

- Make a rub with the spices; rub on all sides of the rump roasts.
- Put roasts in deep sided pan.
- Sauté vegetables in oil until just soft. Add to pan around roasts.
- Add water to pan and cover tightly with foil.
- Bake low temp (250 F) for about 5 hours and check for doneness. You may have to cook it for 8 hours to finish.
- Remove, let stand 30 minutes.
- Slice and arrange in line pan.
- Spoon au jus on top of slices.



BRISKET WITH SWEET & SOUR ONIONS



1	each	whole brisket, split into flat and point
8	each	onions, cut into ¼" thick rings
1	cup	ketchup
¼	cup	tomato paste
½	cup	soy sauce
¼	cup	brown sugar (dark is better, but either ok)
¼	cup	balsamic vinegar
¼	cup	Thai chili sauce (or Sriracha, optional)
4	Tbsp	garlic, minced
¼	cup	cilantro, coarsely chopped for garnish

- Place onions in the bottom of a roasting pan.
- Salt and pepper the brisket pieces and place on top of the onions in the roasting pan.
- Make a sauce with remaining ingredients except cilantro, and pour over the brisket.
- Cover pan tightly and braise at 350 F about 3 hours. Check for doneness.
- Uncover and let cook in the oven an additional hour or two, until the sauce has thickened.
- Transfer brisket to a cutting board and slice into ¼" thick pieces; arrange in a serving pan.
- Garnish with the sauce and then the cilantro.

FIVE COMMON FACTORS IN WORKPLACE INJURIES

There is a long list of possibilities for what can contribute to or cause a workplace injury. Unsafe conditions and unsafe acts are often at the root cause of why injuries occur. Unsafe acts are a large factor in the majority of workplace injuries.

An estimated 80 out of 100 people who are involved in an incident are at fault for it. We will look at five common factors workplace injuries.

The Five Contributing Factors

Distractions - Many distractions can take focus from the task at hand. This can be in our environment, such as clutter or noise, or a mental distraction. Mental distractions from what is going on in our home life can be a huge disruption to getting tasks done safely at work.

Complacency - Many of us do the same tasks over and over for many years. Because of this familiarity, complacency can occur. It leads to taking shortcuts or not following the proper procedures. When this happens, an injury is more likely to occur on the job.

Poor Housekeeping - This can be a major issue. Poor housekeeping leads to a number of different hazards. Some common injuries include slips, trips, falls, lacerations, sprains, and strains. A lack of

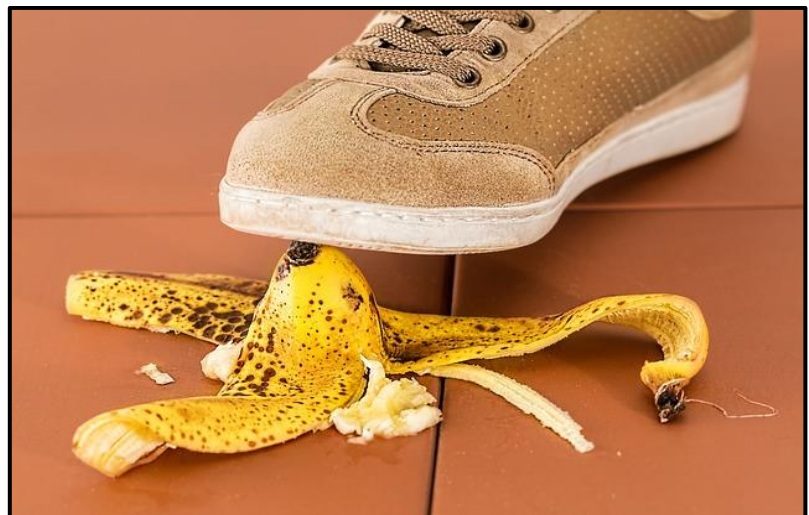
housekeeping often is a signal that there are larger safety issues at hand: organization can be lacking, or perhaps it is the result of not managing time more carefully and work that needs to be done just isn't. The result can be additional workplace hazards.

Poor Preplanning - When the hazards of a new task are not evaluated prior to starting the work, hazards are going to be unaccounted for. This leaves us at risk for injury. Poor preplanning can also lead to issues such as not having the correct PPE, equipment, tools, personnel, or training for the work. Or even a lack of time to get the job done. All of these issues have their own unique safety implications.

Taking Shortcuts - A significant factor that results in workplace injuries is taking shortcuts. There are various reasons why we do it, but we do. And eventually enough shortcuts will lead to a workplace injury.

Summary

These are just five of some of the more common factors that contribute to workplace injuries. Take a look at your work habits and see if any of these items mentioned are a part of how you or your team works. Eliminating these factors will help ensure you are able to work safely.



SIRLOIN TIP KABOBS

Serves about 20

½ cup soy sauce
½ cup brown sugar
½ cup white vinegar
1 Tbsp garlic powder
½ Tbsp creole seasoning
1 can Sprite or 7-UP
1 Tbsp black pepper
5 lbs sirloin tip, cubed
4 each bell peppers 2" cubes
1 ½ lbs fresh mushrooms
4 cups cherry tomatoes
2 each pineapple, cored,
Peeled & cubed

- Make a marinade with the wet ingredients and spices.
- Put the beef cubes and the marinate in a bag to marinate overnight (keep 1 cup separate for basting while cooking).
- The day of serving, blanch the bell peppers in water 1 minute, to soften them just a little.
- Remove the beef from marinade and discard.
- Make skewers with the beef, veggies and fruit.
- Lightly oil your BBQ grill grate, and when it is hot, place the kabobs on the grate.
- Cook about 10 minutes until the doneness you want is reached.
- Baste the kabobs during the last few minutes of cooking with the reserved marinade.
- Remove and serve.

BEEF TIPS & NOODLES

This is traditionally served alongsied egg noodles, but it's also good with roasted potatoes, garlic mashed potatoes or just rice. Serves about 20.

4 lbs sirloin tip, cubed
4 cups onions, coarsely chopped
½ cup vegetable oil
3 cans cream of mushroom soup
3 packs onion soup mix
2 cans mushrooms (16 oz)
3 cups water (you may need more)

- In a sauté pan, brown the beef cubes and transfer to a baking pan.
- In the same pan, add oil and sauté the onions until they are a golden brown. Add to the beef cubes.
- Combine the soup mixes, water and juice from the mushrooms until blended. Add to the beef tips.
- Add the mushrooms, cover the pan and bake at 350 F for about an hour. Check for tenderness. Cook longer as needed.
- While waiting on beef tips, make noodles and lightly oil or butter to keep from sticking. Keep warm.
- When beef tips are done, transfer to a line pan.



WEIRD FOOD FACTS

If you ingest nutmeg in large doses, it acts like a hallucinogen due to a natural substance called myristicin. It has mind-altering effects if taken in large doses.



The red food dye for Skittles is made from boiled beetles. A common food dye, carminic acid, is made from the crushed bodies of a beetle: the dactylopius coccus. This acid is used in maraschino cherries, strawberry and raspberry flavored candy, and lipstick.

You can find peanuts in dynamite. They have an oil that is used as an ingredient to make glycerol, a main component of nitroglycerin.



Expiration dates on bottled water have nothing to do with the water. Water can't expire – but the bottle it's in can. Plastic bottles will eventually start leaking chemicals into the water.



BULGOGI (KOREAN STYLE "FIRE MEAT")

Make this with sirloin tip, top round or eye of round, thinly sliced. Serve with Jasmine rice. 20 servings.

5	lbs	thinly sliced sirloin tip, or round
1 ½	cups	soy sauce
¾	cup	white vinegar
1 ¼	cups	chopped green onions
2/3	cup	garlic, minced
¼	cup	red pepper flakes (not cayenne)
¼	cup	fresh ginger, peeled and grated
2/3	cup	sesame oil
1	Tbsp	black pepper

- Place the beef in a bag to marinate
- Combine the other ingredients except the green onions and make a marinade.
- Pour into a bag with the beef and let marinate in the refrigerator for up to 8 hours.
- To cook, heat a flat grill very hot. Oil the grill generously, and lay the beef out in a single layer. Work in batches if you need to, but putting too much on the grill at a time will just cause the meat to steam, not brown.
- Toss the meat occasionally as it cooks. Cook until it is cooked through and crisp at the edges. If it chars a little, that's great.
- Transfer to a line pan for serving. Accompany with Jasmine rice or steamed rice and vegetables.

CLEANING AND DISINFECTING

DEVELOP YOUR PLAN

What needs to be cleaned?

Areas unoccupied for 7 or more days need only routine cleaning.

How will they be disinfected?

Consider the type of surface and how often it is touched. Prioritize frequently touched surfaces.

What stuff do we need?

Keep in mind the availability of cleaning products and PPE needed for cleaners and disinfectants.

IMPLEMENT THE PLAN

Clean with soap and water first. Then, use an approved product.

Use an EPA-approved disinfectant against COVID-19. Read the label to make sure it meets your needs.

Follow directions on the label.

The label will include safety information and use instructions.

MAINTAIN AND REVISE

Continue routine cleaning.

Continue or revise the plan based on appropriate disinfectant and PPE availability. Dirty surfaces should be cleaned with soap and water before using disinfectants. Routinely disinfect frequently touched surfaces at least daily, and more often on things like doorknobs and heavily used objects such as coffee decanters.

SEVEN STEAK "ETOUFFE"

Simply, an etouffe is a stew or smothered dish. These 7-steaks are smothered in a spicy, stewlike gravy. Makes about 12 generous servings. Don't forget the rice.

8	lbs	7-steaks (you can also use round steak)
½	cup	cooking oil
4	cups	diced onions
2	cups	diced celery
4	cups	diced bell pepper (green)
½	cup	minced garlic
½	cup	flour
2	qts	beef stock (broth can be made from base)
¼	cup	Worcestershire sauce
½	cup	green onions, sliced
2	Tbsp	chopped fresh parsley
		Salt and pepper as needed

- In large skillet, heat oil; salt and pepper beef, brown on both sides in batches. Place in a roasting pan.
- In same skillet, sauté onion, pepper and celery until wilted, about 5 minutes.
- Sprinkle flour into pan and stir in. Cook 2 minutes or so and add the beef stock and Worcestershire.
- Bring to a boil then pour onto beef in the pan.
- Cover and put in the oven; bake about 1 ½ hours and check for doneness. When tender, transfer beef to a serving pan. Portion the steaks into serving size pieces and pour gravy over the beef.
- Top with green onion.



Boudreaux: What's da fastest way to Ville Platte?

Thibodeaux: You walkin' or you drivin'?

Boudreaux: Drivin'

Thibodeaux: Yeah dat's da fastest way.

Boudreaux and Thibodeaux was waiting at da bus stop when a truck went past loaded up with rolls of sod.

Boudreaux said, "I'm a'gonna do dat when I win da lottery!"

"What's dat?" asks Thibodeaux.

"Send da lawn off to be mowed."

One day Boudreaux was checking his mail and discovered a letter from his mother. He opened it and it read "Boudreaux, I have bad news. Three of your friends just died. Yesterday Thibodeaux and four of your friends went riding in the back roads. Thibodeaux was driving and one sat in the front with him while the others sat in the bed of the truck. Somehow he drove off the rode and the truck ran into the river. Luckily Thibodeaux and the passenger were able to escape the sunken vehicle and get to safety. The other three were not so lucky, they couldn't get the tailgate down."

CUBE STEAKS IN GRAVY

Deceptively simple, this is a great comfort food dish with mashed potatoes and smothered green beans. Makes 12 servings.

12 each cube steaks
1 cup flour (may need more)
1 cup cooking oil
3 Tbsp beef base
Salt and pepper as needed
Water as needed

- Salt and pepper the steaks, then dredge in flour.
- Cook steaks either on grill or in a skillet with the oil, about 3 minutes per side or until golden brown.
- Transfer to a baking pan
- Mix beef base with about a cup of water and pour into the pan. Then add water to almost, but not quite, cover the steaks.
- Bake at 350 F until tender, about 2 hours.
- Remove and serve.
- Don't forget those taters! And maybe green beans.

Note: for variety, you can add onions and peppers to the gravy, or some mushrooms.



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