

SHOP TALK

A Twice-Monthly Newsletter for our Team. January 18, 2022



Winter is now upon us, and although we don't experience the harsh cold of our neighbors to the north, the weather can get downright nasty offshore. Cold, rainy, wet days are misery for anyone working outside, so this issue will offer a host of recipes to get them ready for the day, and to help warm them up throughout the day with comforting soups, warm breakfast items and hearty entrees for the winter.

By the way, January is National Soup Month. Cool!



ALSO IN THIS ISSUE...

- January is National Blood Donor Month
- Living with COVID
- Heartwarming Recipes
- A few laughs

"Of all the items on the menu, soup is that which exacts the most delicate perfection and the strictest attention."

*Auguste Escoffier,
"King of Chefs, Chef of Kings"*

"Soup is a lot like a family. Each ingredient enhances the others; each batch has its own characteristics; and it needs time to simmer to reach full flavor."

Marge Kennedy

"Soup is just a way of screwing you out of a meal."

Jay Leno

Stuff We Didn't Know...

Soup is believed to date back to 6,000 B.C. and may have been a hippopotamus soup. Mmm' good.

The word "Restaurant" was first used in France in the 16th century. It means "a restorative", and in 1765 a French shop specializing in soup opened and thus was born the common "restaurant" of today.

In the French Court of Louis XI, the ladies' meals were mostly soup. They were afraid that chewing would give them wrinkles.

In Nebraska, it is illegal for bar owners to sell beer unless they are brewing a pot of soup.

Soup was first known as "sop," which was a medieval dish of a thick stew poured on slices of bread to soak up the liquid.

Americans eat more than 10 billion bowls of soup each year.

When Andy Warhol was once asked why he painted the iconic soup cans, he said: "I used to have the same (Campbell's soup) lunch every day for 20 years."



Cheesy Ham & Corn Chowder

WHAT YOU NEED: (for about 20 servings)

- 12 each bacon strips, raw, diced
- 2 cups onion, diced
- 2 cups carrots, fresh or frozen, diced
- 1/4 cup flour
- 3 cups chicken stock (water if you must, stock is best)
- 5 cups milk
- 1 1/2 Tbsp chicken base
- 5 cups potatoes, peeled and cubed
- 2 cans whole kernel corn (with the liquid)
- 4 cups ham, cooked and diced large
- 3 cups Cheddar, shredded
- 2 cups Swiss slices, diced
- 1/2 tsp cayenne pepper
- As needed salt and pepper

- In a stockpot, cook bacon crisp. Remove bacon; set aside.
- In bacon fat, cook onion and carrots until tender.
- Add flour, cook to a light blonde roux, and add all liquids including the canned corn liquid.
- Bring to a boil and let thicken and reduce to a simmer.
- Add potatoes, corn, chicken base, salt and pepper.
- Simmer about 20 minutes until potatoes are tender.
- Add the ham and cheese; cook until the cheese is melted and blended into the broth.
- If you find it isn't quite as thick as you want, make a slurry of cornstarch, add to soup and return to a boil just until the broth thickens. Remove and serve.

SHEPHERD'S BREAKFAST SKILLET

Every bite is buttery, crunchy, melty, and savory. Shepherd's Breakfast Skillet is a speedy breakfast that gets you ready for whatever the day holds. For about 8 servings:

- 1/2 lbs bacon, uncooked, finely chopped
- 2 cups onion, diced
- 2 lbs shredded hash browns, thawed (drained)
- 8 each eggs
- 1/2 tsp salt
- 1/4 tsp pepper
- 1 cup Cheddar cheese, shredded

Note: Instead of doubling the recipe, which you can if you have a large enough skillet, it's better to produce this in batches. Remember, having mise en place is a handy way to do this.

- In a large skillet, cook bacon and onion until bacon is crisp.
- Drain about half the bacon fat from the pan.
- Stir hash browns into the bacon/onions gently to distribute the ingredients evenly. Let it cook, uncovered for about 10 minutes on medium heat. Don't stir or mess with it while the potatoes are cooking; this way you get a nice crust.
- Flip the potatoes and make 8 "wells" or depressions in the potatoes (one for each egg), and the crack eggs into them.
- Season the whole top with salt and pepper and cook until the eggs are set (about over medium).
- Sprinkle on the Cheddar, remove from heat and let stand until cheese is melted. Cut into 8 portions and serve.



GRILLED CHEESE REDUX

How about a change of pace on that same-old grilled cheese sandwich?

Introducing the grilled ham, apple and cheese. Yes, apples. A perfect pairing with ham and cheese.

Serve at lunch, breakfast, break time. And it's a great way to use some apples that aren't pretty enough to be grabbed as a snack. Use them rather than waste them. To make 5 sandwiches:

- 10 slices bread (wheat is good)
- 10 slices American or Swiss
- 2 each apples, peel & core
- 5 each nice slices of ham
- Soft margarine

- Slice apples and sauté in some margarine until tender.
- Butter bread, put on the grill; place cheese on all the bread.
- Place some apple slices on top of the cheese.
- Grill the ham, place on each sandwich and close.
- Finish grilling the sandwich, remove, slice diagonally and serve.

Campfire Bean & Ham Soup

The best beans you'll eat. Cooked slow in a Dutch oven, stock pot or a deep roasting pan. This recipe makes just about 2 gallons.

It also works with leftover beans; just cook the onions, carrots and hocks first, then add the beans at the end.

- 2 lbs navy beans, dry
- 2 each ham hocks
- 4 cups onions, diced
- 4 cups celery, diced
- 4 cups carrots, diced
- 3 lbs ham, cooked and diced
- 4 qts chicken stock, or water
- 1 tsp black pepper
- 1 tsp salt (adjust to taste)
- 1/2 tsp dried basil

- In a stockpot, boil hocks in the stock about an hour until they are just becoming tender.
- Add all remaining ingredients to the pot, bring to a boil, then reduce to simmer and cover.
- Cook until beans are tender.
- Remove and serve.

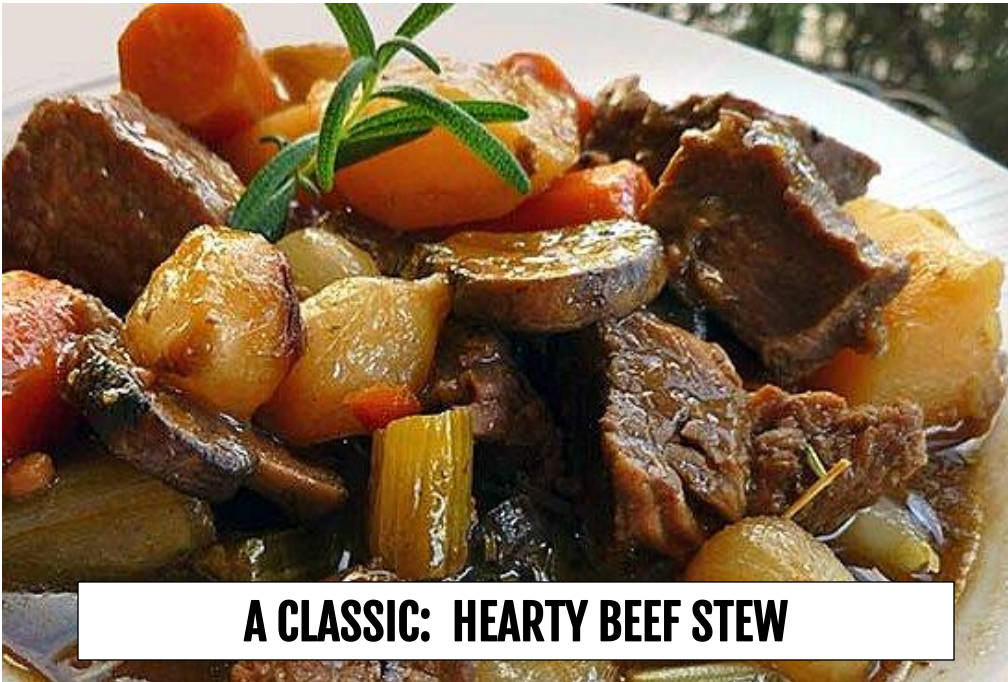


CARMELIZED SALMON

This meal is so tasty that they'll forget it's good for them! The best part? You can have it ready in 20 minutes. Serves 20

- 2 ½ cups granulated sugar
- 3/4 cup salt
- 5 lbs salmon filets, skin on, cut to 4 ounce portions
- black pepper as needed
- Olive oil as needed

- Preheat your oven to 450 F. If it has a broiler setting, use it. You want a very hot oven for this.
- In a bowl, mix the salt, sugar, and pepper together. You'll need to taste to adjust the amount of pepper needed.
- Dredge the filets through the sugar mixture, coat well.
- In a skillet, heat some olive oil and place some filets in the pan – skin side down – and sauté about 5 minutes.
- Flip each filet and sprinkle more sugar on the filets. Cook the filets another 2 minutes.
- Place the pan in the oven, or if you are doing a large batch, transfer filets to a baking sheet and then into the oven.
- Broil 5-10 minutes; remove and allow the salmon to stand until the filets are just cool enough to remove the skin.
- Transfer to a steamtable pan (a shallow one) and serve.



A CLASSIC: HEARTY BEEF STEW

A delicious stew, great by itself or with rice, cornbread or topped over biscuits. For about 20 servings.

- 4 lbs chuck or similar, cubed into 1" pieces
- 1/3 cup vegetable oil
- 1/2 cup flour
- 4 Tbsp beef base
- 2 qts COLD beef stock or water (stock is better :-)
- 2 tsp dried parsley
- 1 ½ tsp black pepper
- 1 tsp salt (check stock before adding)
- 2 tsp dried rosemary, crushed (a rolling pin works)
- 12 cups russet potatoes, peeled, cubed into 1" pieces
- 4 cups carrots (you can use baby carrots or slice fresh)
- 2 each large onion, rough diced into about 1/2" pieces
- 6 ribs celery, diced about 1/2" pieces like the onions
- 1 each bay leaves (be sure to remove them to serve)

- In a large stockpot or Dutch oven, heat oil and **brown** the beef in batches. If you put it all in at once it just steams and takes forever to brown. If needed, add more oil to brown the beef.
- Remove the beef, set aside. Add the flour and cook until the water cooks off and you have a pale tan/brown roux.
- Add a few cups of stock or water to the roux and blend well. Then add the rest of the liquid, spices, and beef.
- Bring to a boil, then reduce the heat and let it simmer – covered – for about an hour. Check the meat during the

cooking to be sure that it is tender but not falling apart (you still have to add and cook the vegetables).

- Add the vegetables to the pot and let it continue to simmer until the vegetables are done (45 min – 1 hour).
- If at this point you find it isn't as thick as you like, add a cornstarch/water mixture (a slurry).
- Bring the stew to a boil, stir, and remove when it thickens.

Note:

To darken the stew, add some Kitchen Bouquet or similar.

VARIATIONS

Add frozen peas just before you transfer to a serving / line pan. They'll be hot and less "mushy".

For a "red" stew, add about 1/2 cup of tomato paste and 2 tsp sugar (don't overdo either).

For a pork stew, substitute pork for beef but the same process works. The best cut for this is Boston butt because you need the fat and collagen. Loin cuts will still be dry and fall apart.

You can also add Worcestershire sauce – carefully – during cooking.



Life During COVID: the Omicron Variant

US Surgeon General Vivek Murthy warned Sunday that the “next few weeks will be tough” as Omicron variant continues to surge.

Murthy said that the U.S. is still seeing about 800,000 new cases per day, though some regions, such as New York, have begun to see a plateau in infections.

Omicron’s brutal winter wave is why it’s “so important that we are surging resources to hospitals that are struggling,” Murthy said.

“It’s why it’s so important that we all double down on precautions because one thing that we’re learning during this surge, is that our vaccines are still working very well to keep people out of the hospital and to save their lives,” he said. “That’s why we want everyone to get vaccinated to get boosted as soon as they can.”

And, as we know from experience, it is crucial that we each take steps to assure our personal wellness, by following guidelines for prevention of COVID transmission.

We commend you for getting the vaccine: currently, over 94% of our team is fully vaccinated and we have only a few who are not.

Remember that the vaccine protects YOU, not others. What is more concerning is that Omicron is has infected some who have been vaccinated. But a bright spot is that, although more infectious, these infections seem to be less severe.

The key takeaway for us? Be mindful of your health, but also the health of your co-workers, friends and really anyone you interact with. Monitor your health and check for symptoms:

Do you have shortness of breath, difficulty breathing, or are you coughing?

Do you have at least 2 of these symptoms:

- Fever
- Chills
- Repeated shaking (also with chills)
- Muscle pain
- Headache
- Sore throat
- New loss of taste and smell

Not everyone that is COVID-positive shows symptoms; in fact, some have NO symptoms. But they can still spread the disease, which makes these folks especially “dangerous” because they can spread the virus without knowing they even have it. Therefore, if you have any of the symptoms, the best thing to do is let us know. We’ll take steps to assist you.

Be aware of who you are in contact with and, if you’ve been exposed to someone who is positive, or you know was in close contact, it’s very important to take action. Testing is the first step in deciding how to proceed.

Quarantine or Isolation may be needed. The difference?

ISOLATION separates sick people with a contagious disease from people who are not sick.

QUARANTINE separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.

How Viral Vector COVID-19 Vaccines Work

Understanding the virus that causes COVID-19.

Coronaviruses, like the one that causes COVID-19, are named for the crown-like spikes on their surface, called **spike proteins**. These **spike proteins** are ideal targets for vaccines.

What is a viral vector vaccine?

A viral vector vaccine uses a harmless version of a different virus, called a "vector," to deliver information to the body that helps it protect you.

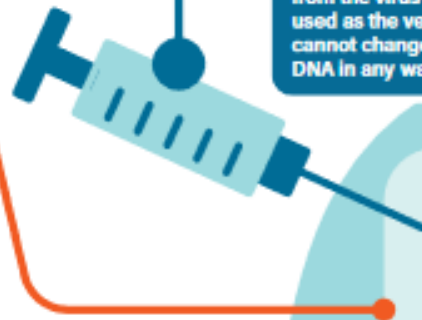
How does the vaccine work?

The vaccine teaches your body how to make copies of the **spike proteins**. If you are exposed to the real virus later, your body will recognize it and know how to fight it off.



The vaccine **DOES NOT** contain the virus that causes COVID-19 and cannot give you COVID-19. It also cannot make you sick from the virus that is used as the vector. It cannot change your DNA in any way.

When your body responds to the vaccine, it can sometimes cause tiredness, headache, muscle pain, nausea, or mild fever. These are normal signs the vaccine is working.



Antibody

GETTING VACCINATED?

For information about COVID-19 vaccine, visit [cdc.gov/coronavirus/vaccines](https://www.cdc.gov/coronavirus/vaccines)





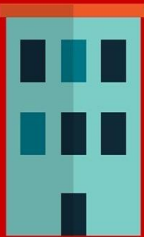
JANUARY IS
NATIONAL
BLOOD DONOR
MONTH

MAKE A LIFE
SAVING DONATION

EVERY 2 SECONDS
Someone Needs Blood



1 PINT HELPS UP TO 3 PEOPLE



WHOLE BLOOD
CAN BE DRAWN
EVERY 56 DAYS



THERE IS \emptyset
SUBSTITUTE FOR
HUMAN BLOOD

DONATING BLOOD SAVES LIVES



DONATE TODAY!



And Now For a Little COVID Humor...

Why did the chicken cross the road?

Because the chicken behind it didn't know how to socially distance properly.

Two grandmothers were bragging about their precious darlings. One of them says to the other, "Mine are so good at social distancing, they won't even call me."

Knock-knock:

Who's there? Seriously, don't touch my door and step back 6 feet.

How did the health experts lie?

They said a mask and gloves was enough to go to the grocery store. When I got there, everyone else had clothes on.

What do you call someone whose life didn't change after quarantine?

An introvert.

Why don't chefs find coronavirus jokes funny?

They're in bad taste.

What did the man say to the bartender?

I'll have a Corona, hold the virus.

I never thought the comment "I wouldn't touch them with a six-foot pole" would become a national policy, but here we are!



Sontheimer Offshore/catering Co.