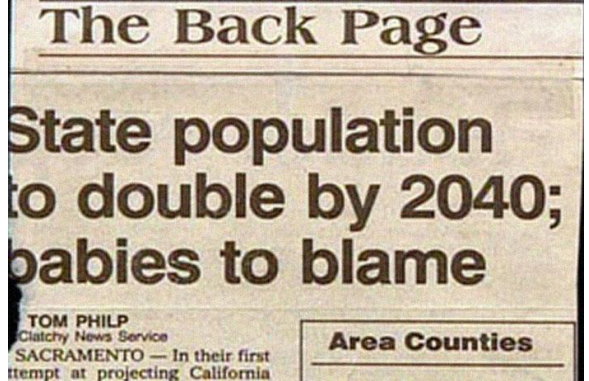


SHOP TALK

A Twice-Monthly Newsletter for our Team.

MORE DUMB HEADLINES



We love a good party don't we? Well, Cinco de Mayo is a great chance to have a fun time – even at work – with a fantastic meal. This edition celebrates Cinco de Mayo, which commemorates Mexico's victory over France in *El Día de la Batalla de Puebla* (The Day of the Battle of Puebla).

This day is even more popular in the U.S. than it is in Mexico, and that just proves that we love any opportunity to celebrate. And celebrating another culture is something we could all use a little more of, right? Read on for some great recipes and other ideas for Cinco de Mayo.

- Also in this issue:**
- Reporting incidents; why, when, and how
 - Easy, Tasty Carnitas
 - Pozole, a delicious, low cost "soup"
 - National Military Appreciation Month
 - Safety Awareness Redux
 - Some Rodney Dangerfield

CARNITAS!

Pork Carnitas. Nothing else like those juicy, tender, flavorful bits of pork on a soft corn tortilla. Yield: about 5 lbs of finished meat.

6	lbs	Boston butt
2	Tbsp	lime juice (or lemon)
1	cup	orange juice
4	tsp	salt
1 1/2	Tbsp	ground cumin
1	Tbsp	chili powder
1	Tbsp	garlic powder
2	tsp	dried oregano
1	Tbsp	onion powder
2	tsp	black pepper

- Cut pork into large strips like a country-style rib.
- Place pork into a container or bag.
- Combine all dry ingredients with juices, then pour over the pork.
- Marinate in cooler for 2 hours minimum; overnight is okay.
- Place pork with all marinade in a roasting pan or Dutch oven.
- Cover, bake at 350 F for about two hours, then reduce heat to 250F.
- Cook until meat is tender and can be easily shredded.
- Remove, let stand until it can be handled and shred.
- Either place in a serving pan for self-service, or portion into tacos:
 - ✓ Place 2 soft corn tortillas stacked, into your hand
 - ✓ Portion meat into tortilla, then place, folded, into a serving pan.



Serving Tips:

- Think of this as a traditional taco filling and have the appropriate things to serve with them: lettuce, tomato, cheese, perhaps sour cream.
- Have plenty of warm, soft corn tortillas (“street style” in Mexico is 2 tortillas per taco).
- Fresh pico de gallo is a great accompaniment (below).
- Grilled onions also pair well with carnitas.

PICO de GALLO



4	each	tomatoes, diced
1/2	each	red onion, finely diced or minced
1/4	cup	cilantro, chopped
1/2	each	jalapeno, seeded and minced
1	each	lime, juiced
2	tsp	minced garlic
1/2	tsp	garlic powder
1/2	tsp	ground cumin
To taste		Salt and pepper

- Combine all ingredients in a bowl and gently mix.
- Chill and serve as a side item or on salad bar.



INCIDENT REPORTING

We don't like to focus on negatives when we put together this letter, but there have been some incidents that have happened on locations that were not reported or when they were, it was days afterward.

Let's take a moment to go over what is expected and must be done:

What is an incident? It can be a near miss, such as a slip on a wet surface that doesn't result in injury. It's an event that causes someone to be injured – even if it's a teeny, little nick. Or it can be an event that had the potential to cause damage or injury – such as drying galley towels and causing them to smolder. So, if it's not the normal it needs to be reported.

Who reports, and to whom? All reporting goes through the Steward. He's the manager on the location. If something happens, no matter how small, report it immediately. If it happens at 3:00 AM, please wake the Steward and report it.

The Steward is expected to call in as soon as he has been informed of the incident, especially for any injury, however small it may be. We will take that call at any time without hesitation. And let's be clear about this:

THERE ARE NO CONSEQUENCES FOR CALLING IN AN INCIDENT. THERE WILL BE FOR FAILING TO DO SO.

Please understand that this is vital to everyone's safety. :-)

REFRIED BEANS

They're a staple of Mexican cuisine, and they're so easy to make that there's really never a reason to crack open a can. These are especially simple, as they really aren't "refried". But they have great flavor and texture. About 25 servings

- 1 each onion, peeled and diced
- 2 lbs dry pinto beans, rinsed
- 1/4 cup bacon fat or oil
- 2 each jalapeno, seeded and minced (optional)
- 3 Tbsp garlic, minced
- 2 Tbsp salt
- 1 Tbsp black pepper
- 1 tsp ground cumin

- Put everything into a medium saucepan.
- Add water to cover the beans.
- Bring to a boil, then reduce to a simmer. Simmer until tender.
- Add water or stock as needed.
- Remove and drain, reserve liquid.
- Mash with a potato masher or in a mixer to a somewhat smooth mix but with some beans not mashed.
- Add bean liquid as needed during mashing so they're not too thick.
- Transfer to a serving pan.



COOL KITCHEN HACKS

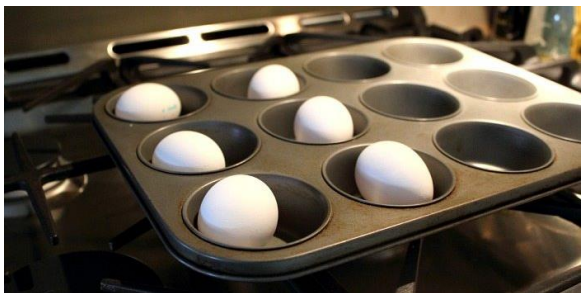
To grate cheese more easily, first apply food spray to the grater. Repeat as needed and your cheese will slide off the grater like magic!

Or If you need soft margarine or butter, use that grater, and your oleo will soften super fast.



Have a hard time getting boiled eggs just right? Try baking them. Seriously. Put one egg in each spot in a muffin pan, and bake at 325 F for 30 minutes.

Remove, and immerse in cold water to stop the cooking process. Peel.



Get more juice out of a lemon or lime by microwaving about 20 seconds first. Then roll on the counter and slice for twice the juicy goodness. :-)

6-Can Chicken Tortilla Soup

Super easy and very tasty. You can use corn or flour tortillas cut in strips and bake rather than fry if you prefer.

YIELD: about 6 servings

Ingredients

1	15 oz. can	whole kernel corn, drained
1	15 oz. can	black beans
2	15 oz. can	chicken broth (or 1 quart of stock)
1	10 oz. can	chunk chicken
1	10 oz. can	diced tomatoes with green chili peppers
1	teaspoon	chili powder
½	teaspoon	ground cumin
	To taste	salt
4	each	corn tortillas, cut into strips
As needed		cooking oil

- Open the canned corn, drain and put into stock pot.
- Open black beans – DRAIN WELL – and put in with corn
- Add everything else but salt.
- Bring to a quick boil and reduce to a simmer for 10 minutes or so.
- In a skillet or fryer, fry tortilla strips until crispy; drain.
- Serve soup in bowls garnished with tortilla strips



"STREET STYLE" CHICKEN TACOS

- 2 1/2 lbs boneless chicken thighs or breast, cut fajita style into thin strips
- 2 Tbsp chili powder
- 1 Tbsp ground cumin
- 2 tsp dried oregano
- 1/2 tsp salt
- 1 tsp garlic powder

- Place chicken into a pan or bowl.
- Combine dry ingredients, then add to chicken and toss to coat.
- In an oiled skillet or on a grill, grill the chicken until just done.
- Cook at a high enough temperature to brown lightly.
- Remove and start making tacos:
- Using TWO corn tortillas, make a pocket and portion chicken into the tortillas.
- Place tacos in shallow insert pan in rows.
- Garnish with pico de gallo.
- Have other items available for diners to choose toppings from.



BAKED TACO SALAD BOWLS

Make a few for your guests this Cinco de Mayo.

- Use a # 2 1/2 can as a form; take a large foil sheet, double it up and place over the can to form a tortilla bowl shape. Put on a sheet pan and repeat. Keep a few inches apart for the baking.
- Spray with food spray. Set aside.
- Warm flour tortillas by steaming, or put in a damp galley cloth and into the microwave or an oven.
- When they are soft, place one on each form as shown below.
- Spray each with food spray
- Bake at 350F about 5 minutes, then remove from the form and return to the oven to bake another 5 minutes or so.
- They should be a nice brown inside and out. Cool before using.





My wife and I were happy for twenty years. Then we met.

I asked my old man if I could go ice-skating on the lake. He told me, "Wait til it gets warmer".

My father carries around the picture of the kid who came with his wallet.

When I played in the sandbox the cat kept covering me up.

I could tell that my parents hated me. My bath toys were a toaster and a radio.

It's tough to stay married. My wife kisses the dog on the lips, yet she won't drink from my glass!

I remember I was so depressed I was going to jump out a window on the tenth floor. They sent a priest up to talk to me. He said, "On your mark..."

One day as I came home early from work, I saw a guy jogging naked. I said to the guy, "Hey buddy...why are you doing that for?" He said, "Because you came home early."

I was so ugly, my mother used to feed me with a slingshot!

Last week I told my psychiatrist, "I keep thinking about suicide." He told me from now on I have to pay in advance.



POZOLE ROJO

This traditional dish usually is pork-based, but you can use brisket or chicken thighs instead. Just remember to account for the different cooking times. For about 30 servings

Ingredients

3	qt	chicken, pork or beef stock
3	qt	enchilada sauce
6	each	cans hominy, drained and rinsed
3	lbs	pork shoulder, cut into 1-inch cubes
2	Tbsp	hot sauce (chipotle is best, or use LA Hot)
4	Tbsp	garlic, minced
2	each	onions, minced
3		bay leaves
1	Tbsp	ground cumin
2	Tbsp	dry oregano
2	tsp	black pepper
1	Tbsp	onion powder
As needed		Salt

Garnishes (can prep while pozole is cooking):

2	lbs	cabbage, sliced very thin
1 / 2	cup	cilantro, chopped
1	each	onions, chopped
12	each	corn tortillas, julienne cut

- Fill a large stockpot with stock and enchilada sauce.
- Bring to a boil while you perform the next steps.
- Brown the pork in a sauté pan. Work in batches so you don't crowd the pan (that causes the meat to steam, not brown. Transfer to the stockpot as each batch is done. When you have added all the pork, reduce to a simmer.
- Add garlic to the pan and diced onion and cook at medium-low until the onions are golden brown.
- Simmer about an hour, then add the drained hominy and continue cooking until pork is completely tender.
- Skim away excess fat as it cooks.
- Taste for seasoning and add more salt to taste (you will likely need more than you expect).
- The resulting soup should be brothy, as you will be adding a lot of garnishes. Add more water if necessary.
- While waiting for the soup to finish, deep fry the corn tortillas, salt lightly and drain well.
- To serve, arrange the garnishes in bowls Let guests pick and choose which garnishes they like in their pozole.

MAY IS
**NATIONAL HIGH
BLOOD PRESSURE
EDUCATION
MONTH**

NATIONAL BLOOD PRESSURE EDUCATION MONTH

Many people don't even know they have high blood pressure. Symptoms often go unnoticed and if left uncontrolled the risk of heart problems such as stroke or heart attack increase.

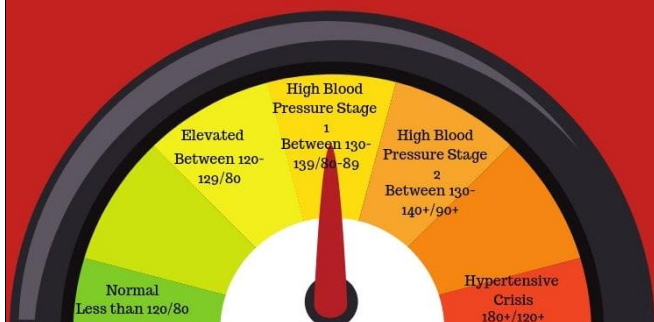
It's important to know your numbers. When blood pressure is measured, the upper number (systolic pressure) measures the pressure in your arteries when your heart beats. The lower number (diastolic pressure) measures the pressure between heartbeats. For most people, a normal blood pressure is less than 120/80.

During May, have your blood pressure checked by your primary care physician or visit a local pharmacy that does blood pressure readings. If your blood pressure is elevated, it may be time for a physical. Some medications increase blood pressure. Lifestyle can be a factor, too.



May is Military Appreciation Month. This is time set aside to honor those who choose to serve. It is their effort, commitment to country, and sacrifice that allows each of us to enjoy the freedom we enjoy.

If you know someone who serves, thank them; they will appreciate it. And remember those who came before them also, who fought for our way of life.



What Is Safety Awareness? (and why do we care?)

Safety awareness is a constant realization that we each must have at all times. It goes beyond what we learn in the safety training classroom and at morning safety meetings. Being constantly aware of how we're operating at work and being able to recognize hazards is critical if we are to reduce safety-related risks.

Awareness goes beyond the obvious hazards like machines, ergonomics, and electrical safety. The term 'safety' broadly covers a variety of ways an incident can occur, from physical hazards to occupational, natural, and social risks.

Things like tornadoes, hurricanes, acts of violence, traffic-related hazards, and other incidents that can occur at work shouldn't be neglected when we think of safety awareness.

In short, it goes much deeper than many of us realize, and creating ongoing awareness is a huge part of building a successful safety culture.

Why Safety Awareness Is Important and How It Affects US

Because safety is such an important part of our daily lives, it's important to remain aware of potential safety issues at all times and consciously act in our (and our team's) best interest.

It's easier said than done, of course. Daily responsibilities at work can

often distract even the most focused among us, and decrease alertness.

Those of us who have been doing the same job for years are at an even higher risk because we're less likely to consciously think about our actions. Repetitive tasks can switch on our "autopilot" to the point that we don't need to put much thought into their work. We can become complacent because we are comfortable in a familiar situation, so we don't give safety the attention that is vital to our well-being.

When this happens, safety becomes less of a daily thought until it's brought back to the spotlight.

Without ongoing awareness, we may begin to neglect safe practices in lieu of faster, more efficient methods. Taking a shortcut once with no negative consequences makes it easier to repeat those shortcuts and look for new ones – but evidence shows that it's only a matter of time before those "efficiencies" result in an undesirable outcome.

Events like Safety Awareness Week or in-house training sessions can help to bring top of mind awareness to certain topics, but they do little to continue the conversation and keep us engaged long-term.

The best way to create effective safety awareness is to build safety into everything we do. Safety should be a natural part of business, not a once in a while thing that's brought up in meetings or training sessions. When we can approach safety as easily and as often as we do our work responsibilities, we stand a much higher chance of keeping Safety Awareness as a core value. Not just something we "do" once in a while.

