



**SHOP TALK**  
A Twice-Monthly Newsletter for our Team. May 18, 2022



## Yes, It's National Hamburger Month!

We love our burgers here in the U.S., and why wouldn't we? This is where it started. Never mind the snobs in France, burgers are a favorite the world over. And though they're not always beef (think Aloo Tikki in India), they're always welcome and most definitely tasty.

In this issue we'll offer some different takes on the classic burger that will be sure to satisfy.

Oh, and it's also SALAD MONTH, so we'll toss in a few salads as well (please pardon the pun).

- Also in This Issue:**
- H2S Awareness Month and Your Safety
  - Make the perfect burger patty
  - More dumb headlines from newspapers
  - Tasty and simple condiments

"Learn as if you will live forever, live like you will die tomorrow".

*Mahatma Gandhi*

"Success is not final; failure is not fatal: It is the courage to continue that counts".

*Winston S. Churchill*

"Develop success from failures. Discouragement and failure are two of the surest stepping stones to success".

*Dale Carnegie*

"The pessimist sees difficulty in every opportunity. The optimist sees opportunity in every difficulty".

*Winston Churchill*

"I'm a great believer in luck, and I find that the harder I work, the more of it I have".

*Thomas Jefferson*



You may have heard that Hamburg, Germany is the home of the first burger. While the inspiration for the hamburger did come from Hamburg, the sandwich concept was invented much later.

Where all hamburger origin stories agree is this: By the 19th century, beef from German Hamburg cows was minced and combined with garlic, onions, salt and pepper, then formed into patties (without bread or a bun) to make Hamburg steaks.

### So, where was the burger invented?

When German immigrants began arriving in **New York and Chicago**, many earned a living by opening restaurants. Menus frequently featured Hamburg steak, an Americanized version of the German offering.

During the Industrial Revolution, factory workers were served Hamburg steak from food carts. They proved hard to eat while standing, so a creative cook placed the meat patty between two slices of bread. Thus, the Hamburg sandwich was born, an evolution that boosted the burger's popularity throughout the U.S.

## It Starts With the Burger Patty

It's hard to count the number of patties we've seen made offshore that just don't measure up, and the weird methods of making them, so here's a primer on how to make a great patty.

First, don't make the mistake of blending in a bunch of seasoning and mixing the meat like a madman. Be Gentle, take it easy 😊

Second, the patties should be the same size, and not look like they were cut from a log or mashed with a can. Treat the meat like bread dough: Don't overwork it or it will toughen. Just pick off a large piece about 3 inches in diameter, place it on the table, and gently press it into a burger shape that's even, round, larger than the bun, and about 3/4 inch thick.

And by the way, what's the deal with those burgers that look like a ball? And how do you prevent it? With "The Dimple". This keeps that burger flat and helps it cook evenly. Use it, and you'll see the difference first time.

As you can see in the photos below, once you've made that great patty, press the center in a bit. It should look like the one on the right. That's The Dimple.



And here's the difference when you cook them...

### With Dimple



### Without





# A LEAN & JUICY BURGER PATTY

This makes a juicy burger and, by the way, helps with cost also. With 1 lb ground turkey to help keep it lean and isn't noticeable. Makes 20 patties, about 5 1/3 ounces each.

- 5 lbs ground beef
- 1 lb ground turkey
- 3 each eggs, well beaten
- 2 cups breadcrumbs (plain)
- 1/2 cup evaporated milk, cream or milk
- 1/3 cup Worcestershire sauce
- 2 tsp black pepper
- 1 tsp garlic powder

- In a large bowl, make a *panade* with everything but the meat (a panade is just a liquid/starch mixture).
- Break up the turkey and add to the panade and blend.
- Break up the ground beef; gently blend with panade.
- Portion into 5-ounce patties, gently shape them round and be sure to put a dimple in the middle of each by pressing your thumb into the center of the patties.

# BAYOU BURGER PATTIES

A nice, SoLA kick. Makes 15 patties, about 5 ounces each.

- 5 lbs ground beef
- 2 each eggs, well beaten
- 1 cup breadcrumbs (plain)
- 1/4 cup Worcestershire sauce
- 2 tsp black pepper
- 1 1/2 tsp garlic powder
- 1 tsp cayenne
- 1 cup green onions, minced (green and white parts)
- 2 Tbsp minced garlic
- 1/2 Tbsp dry mustard

- Combine all ingredients except beef
- Add beef to mixture and gently blend
- Shape into 5 1/3 oz patties (remember the dimple).



## THE SONOCO STEAKBURGER

Use the Bayou Burger Patty for this.  
For each burger, use:

- 2 slices fresh tomato
- 3 leaves iceberg lettuce
- 3 slices bacon, cooked
- 1 slice Swiss cheese
- 1/8 cup shredded Cheddar
- 1 each cherry tomato
- 1/4 cup fried red onion strings

- Make the onion strings (see below)
- Cook the burgers medium
- While burgers cook, toast buns
- Place bottoms in a shallow insert; top with blue cheese dressing or mayo, then fried red onion strings.
- Top with a patty, then shredded cheddar, lettuce, tomato, bacon and Swiss cheese.
- Add more dressing or mayo to the bun top and place on the burger.
- Put a single cherry or grape tomato on the bun center, then place a steak knife through from the top to hold it.

### Fried Red Onion Strings

- Thin slice a couple of red onions.
- Run through an egg wash, then flour.
- Repeat the breading.
- Deep fry golden brown, then remove, salt lightly and drain well.





- H<sub>2</sub>S is both an irritant and a chemical asphyxiant with effects on both oxygen utilization and the central nervous system. Its health effects can vary depending on the level and duration of exposure.
- Low concentrations irritate the eyes, nose, throat and respiratory system (e.g., burning/tearing of eyes, cough, shortness of breath).
- Asthmatics may experience breathing difficulties. The effects can be delayed for several hours, or several days, when working in low-level concentrations.
- Repeated or prolonged exposures may cause eye inflammation, headache, fatigue, irritability, insomnia, digestive disturbances and weight loss.
- Moderate concentrations can cause more severe eye and respiratory irritation (coughing, difficulty breathing, accumulation of fluid in the lungs), headache, dizziness, nausea, vomiting, staggering and excitability.

## What PPE is needed for H<sub>2</sub>S?

**Eye/Face Protection:** Wear chemical safety goggles. A face shield (with safety goggles) may also be necessary.

**Skin Protection:** Wear chemical protective clothing: gloves, aprons, boots. In some operations: wear a chemical protective, full-body encapsulating suit and self-contained breathing apparatus (SCBA).

## Respiratory Protection:

Up to 100 ppm:

(APF = 10) Any supplied-air respirator\*.

(APF = 25) Any powered, air-purifying respirator with cartridge(s) providing protection against hydrogen sulfide.

(APF = 50) Any air-purifying, full-facepiece respirator (gas mask) with a chin-style, front- or back-mounted canister providing protection against hydrogen sulfide or Any self-contained breathing apparatus with a full facepiece.

\*Reported to cause eye irritation or damage; may require eye protection.

APF = Assigned Protection Factor

**If you have any questions about H<sub>2</sub>S, please do not hesitate to bring them to your Steward. Or contact our Safety Department. We're here to help, and glad to answer them.**

## Ensure you're aware of different H<sub>2</sub>S hazards!

H<sub>2</sub>S is a hazard in a number of Canadian industries. Ensure you know what you're dealing with, so you can mitigate the risks.

### What's the difference between health and safety hazards?

**Health hazards** affect a person's health, and their risks include illness, poisoning, sensitization, and diseases. Their onset can be sudden, or delayed.

**Safety hazards**, on the other hand are unsafe working conditions that can cause injury, illness and death. Safety hazards are the most common workplace hazards and may include fire and explosion.

### H<sub>2</sub>S Health Hazards

H<sub>2</sub>S is extremely toxic to the body. It's both a chemical asphyxiant and irritant. The two main routes of entry for H<sub>2</sub>S are inhalation and absorption.

#### Inhalation

- Is the primary route of entry
- Causes severe irritation of the nose and throat
- Causes headaches, dizziness, sudden collapse (knockdown) and even death

#### Absorption

- Direct contact chills the skin and eyes and causes frostbite
- Irritates the eyes and can cause eye damage or blindness

### H<sub>2</sub>S Safety Hazards

H<sub>2</sub>S presents many safety hazards that need to be accounted for.

#### Fire and explosion hazards

- Highly flammable gas that ignites easily
- Can be explosive when mixed with air at room temperature
- Can produce other toxic vapors and gases when it burns, such as sulfur dioxide
- Highly reactive, increased risk of fire and explosion on contact. Incompatible materials include:
  - Metal oxides
  - Rust oxidizing agents such as peroxides
  - Strong bases like sodium hydroxide
  - Oxygen (H<sub>2</sub>S mixtures are explosive between 280-360°C)

#### Corrosion hazards

- Corrosive to some metals in certain conditions
- Wet H<sub>2</sub>S is corrosive to copper, bronze, cast iron, brass, lead and certain types of carbon steels and stainless steels (temperature dependent)
- Dry H<sub>2</sub>S is corrosive to non-metals such as nylon, polyurethane, hard rubber, and silicon

#### Compressed Gas

- If not properly stored and transported, compressed gas cylinders can:
  - Rupture and release gas
  - Become become projectiles if subjected to heat or agitation

# TEX-MEX TACO BURGER

All the flavor of a taco but nestled in a toasted bun. Yum! You'll need:

Shredded lettuce  
Diced tomato  
Sliced onion (very thin slices)  
Shredded Cheddar cheese  
Taco seasoning (1 pack per lb of beef)  
Ground cumin (1 tsp per lb of beef)  
Garlic powder (1 tsp per lb of beef)  
Pickled jalapenos (in a jar, optional)  
Salsa (optional depending on the crew)

- Break the ground beef into pieces and season with the seasoning packets and spices. Blend together.
- Make patties about 1/2 inch thick, but larger in diameter than the bun.
- Cook the burgers on medium heat – otherwise you'll scorch the spices.
- Meanwhile, toast the burger buns and place the bun bottoms in a shallow full-size insert pan.
- Top each bun with some shredded lettuce, then the patty. Add the cheese, then more lettuce; tomatoes, sliced onion, and jalapenos if you are using them.
- Set the top bun on and you're done!



# THE GRILLED MEAT LOAF "BURGER"



Strictly Speaking, this isn't a burger. It's better than most burgers though. And you can use leftover meat loaf or bake a fresh batch just for these. The key to this is grilling it well, and add those grilled onions. 😊

For each burger you'll need:

2	each	thick slices of fresh baked bread
1	each	thick slice of meat loaf, or enough to cover the bread completely
2	slices	Swiss cheese
1/4	cup	grilled (caramelized) onions

- Grill the thick slice of meat loaf on both sides.
- At the same time, grill the bread slices with a piece of Swiss cheese on each; you're making grilled cheese sandwiches but leave open.
- Place onions on top of the cheese on one slice of the bread; leave the other with just cheese. This will be the "top" of the sandwich.
- Place the grilled meat loaf on the slice of bread with the onions, then put the other slice on top.
- Grill longer if needed, but when done, remove and slice diagonally.
- Place in a shallow full-size insert pan.



## ROASTED GARLIC MUSTARD

- Wrap 10 cloves of garlic in foil; roast 30 minutes at 400 F
- Squeeze garlic out of the foil into a blender. Puree with:
  - 1/2 cup Dijon mustard
  - 1/3 cup maple syrup
  - Salt and pepper to taste.



## PICO DE GALLO

Mix 3 chopped tomatoes, 1 diced seeded jalapeno, 1 diced red onion, 2 tablespoons chopped cilantro, 1/4 teaspoon ground cumin, and salt to taste.



## PINEAPPLE SALSA

- Mix 3 chopped tomatoes, 1 diced seeded jalapeno, 1 diced red onion, 1/4 cup chopped cilantro.
- Add 1 cup diced pineapple, a pinch of sugar, 1/4 teaspoon ground cumin, and salt to taste.



## ROOT BEER BBQ SAUCE

- Combine a 12-ounce can of root beer, 1/2 cup ketchup, 1/4 cup each lemon juice and orange juice, 2 tablespoons each barbecue sauce, brown sugar and Worcestershire sauce, 1 tablespoon molasses and 1/2 teaspoon ground ginger in a saucepan.
- Simmer until thick, stirring, 45 minutes.



## CALIENTE ALOHA BURGER

Not just another pineapple-topped burger; this has a bit of kick to it. For each burger you need:

1 slice	Swiss cheese or:
1/4 cup	shredded Cheddar
1 ring	pineapple (fresh or can)
2 slices	tomato
1 slice	white onion (thin slice)
2 leaves	lettuce (any variety)
2 strips	bacon, cooked
1 Tbsp	roasted garlic mustard
1 Tbsp	root beer BBQ sauce
1 tsp	Thai sweet chili sauce

- Cook the burger medium and add the cheese after flipping.
- Meanwhile, grill pineapple rings & toast the buns
- On bottom bun put BBQ sauce
- Place burger on toasted bun
- On top of burger portion mustard
- Put bacon on next
- Add the pineapple ring to bacon
- Top with Thai chili sauce
- Add lettuce, tomato & onion
- Place top bun on and put your masterpiece in a full-size, shallow insert pan.



### **Bacon-Onion Relish**

- Cook 3 slices diced bacon until crisp; remove and reserve.
- Add 2 sliced onions to the pan.
- Season with salt and pepper and cook over low heat, covered, 10 minutes.
- Uncover and cook until golden, 30 more minutes.
- Stir in 2 tablespoons chopped parsley and the bacon.



### **Red Onion Marmalade**

- Cook 2 thinly sliced large red onions in a skillet with 1/4 cup oil at low heat, covered, until golden, 30 minutes.
- Stir in 3 tablespoons cider vinegar, 2 tablespoons brown sugar and 1 teaspoon grated peeled ginger; season with salt.
- Cook until thick, about 20 more minutes.

## **The Story of a Cajun Man named Poo Poo Boudreaux**

A bit of Cajun humor from Tommy Joe Breaux:

Dey was this fella down in Sout' Louisiana named Poo Poo Boudreaux. He HATED his name, people teased him about it all his life. Growing up, all dem kids used to tease him, and hollerin', "hey Poo Poo Boudreaux!!" and then dey laughed.

One day a friend told him that he could go before the judge and change his name legally. So Poo Poo went before the judge and told him his story.

He said, "Your Honor, I been named dis all my life and I hate my name and I want to change it."

To which, the judge replied, " Mr. Boudreaux, I can see why you would want to change your name. Changing your name is serious business and should be taken as such. You gotta want it real bad to do that. And what would you be changing your name to?"

To which Poo Poo Boudreaux exclaimed, "Poo Poo Falgout!"

### **Boudreaux's Vacations**

Boudreaux & Thibodeaux were talking one afternoon, and Boudreaux tells Thibodeaux, "You know, I tink I'm ready for a little vacation. But dis year I wants to do sumting different. De las' few years, I took your suggestions about where to go. Three years ago you said I should go to Hawaii, an' I did an' Marie got pregnant. De next year you said to go to de Bahamas. Marie got pregnant again. And last year you told me to go to Tahiti. Sure enough, Marie got pregnant again. Dis year I wants to go someplace cheaper so I can bring her wit me !"

