

SHOP TALK

A Twice-Monthly Newsletter for our Team. July 1, 2022



No, it's not BBQ month but we're doing it anyway 😊! We have some great recipes for you and your grill. Read on for some tasty recipe ideas, and remember to be food-safety aware especially when cooking outdoors.

In This Issue:

- Barbecue, Barb-Q, and More BBQ!
- Foodborne Pathogens Redux: Staph
- Dumb Headlines
- Delicious New Recipes: Rubs, Mop Sauces, Marinades and More!

MORE DUMB HEADLINES...



Least Competent Criminals

The Irish Times reported that on Jan. 21, two men carried Peadar Doyle, 66, into a post office in Carlow, Ireland, and inquired about collecting his pension. The Staff and other customers became concerned about Doyle, as he seemed unresponsive, and made efforts to resuscitate him, but he was already deceased. While an investigation showed there was no foul play in his death, the two men were detained by police on Jan. 26. One of the men had gone to the post office earlier that day to try to collect Doyle's pension, but he was told the person had to be there. Both insisted that Doyle was alive but unwell when they left his home and that they helped him as he walked to the post office. They believe he died there.

U.S. border agents at the San Ysidro crossing in California stopped a 30-year-old man driving a truck on Feb. 25 as he attempted to cross from Mexico, the A.P. reported on March 8. Agents found 52 live reptiles tied up in small bags -- not so weird, except they were "concealed in the man's jacket, pants pockets, and groin area," CBP said in a statement. Nine snakes and 43 horned lizards were seized. Some species were endangered. The driver was a U.S. citizen.

Overreaction, Maybe?

Richland County (South Carolina) sheriff's officers are searching for a man and woman who held a Pizza Hut manager at gunpoint on May 29 in Columbia—because they didn't receive the 2-liter bottle of Pepsi they had ordered for delivery with their pie. The manager told WIS the couple entered the restaurant complaining about the delivery, then came behind the counter and as the man held out a gun, the woman removed a bottle of Pepsi from the cooler. Once the goods were in hand, the man put his gun away, and they left the store.

BBQ: It's Not Just for Breakfast

Before you put that brisket or pork butt on the grill, you want to have a killer rub and mop sauce that's just as good. Here are a couple:

Basic BBQ Rub

This is a good all-purpose rub. Use it on pretty much anything. Rub generously on beef, chicken, pork. One guy we know does goat meat with it.

1/2	cup	salt
1/2	cup	brown sugar light or dark
1/2	cup	smoked paprika (easy to make; recipe at the end of chapter)
1/4	cup	black pepper
1/4	cup	white pepper
1	Tbsp	cayenne
1	Tbsp	granulated garlic
1	Tbsp	onion powder

Mix it up. Use it up or put in a container and it'll keep a long time.

Bayou Blast Rub

It has the kick of cayenne and a smooth, earthy file' powder backing it up.

1/4	cup	salt
1/4	cup	smoked paprika (see the recipe)
1/4	cup	black pepper
1	Tbsp	cayenne pepper
1	Tbsp	dried thyme
1	tsp	oregano
2	Tbsp	onion powder
2	Tbsp	garlic powder
2	Tbsp	filé powder
2	tsp	white pepper

- Mix all ingredients and use or store. It will keep for weeks in dry storage.

Sazón Power Powder

Seasoned salt, or adobo to some, this simple rub is loaded with the flavor you want for a steak, chop or some grilled chicken.

1/3	cup	salt
2	Tbsp	white pepper
2	Tbsp	black pepper
2	Tbsp	ground cumin
1	Tbsp	dried oregano
2	Tbsp	granulated garlic
2	Tbsp	dried parsley
1	Tbsp	onion powder
2	Tbsp	paprika (smoked if you have it; it's easy to make)

- Mix it all up. Rub it all over. Eat it all up.

Texas Style Brisket Rub

Let's get this right from the start: if you put sugar in your rub, you ain't doin' a Texas brisket. Okay? The Zen of Texas brisket is about the meat. Not the stuff you put on it, in it or on top of it. This is a simple, simple rub. But be generous; you want a good crust on your brisket. This should do one brisket.

1/2	cup	paprika
3	Tbsp	black pepper
4	Tbsp	salt
2	Tbsp	chili powder

- Mix together and rub generously on the brisket.



All-Purpose Mop Sauce

3/4	cup	apple juice
3/4	cup	water
1/4	cup	cider or wine vinegar
1	Tbsp	LA hot sauce (NOT Tabasco)
1	tsp	salt
2	each	garlic cloves, crushed

Mix it all together and use during cooking.

Pork & Poultry Mop Sauce

Good for chops, chicken, pork steaks, etc.

3/4	cup	oleo
1	cup	apple juice
2	cups	apple cider vinegar
2	Tbsp	black pepper
2	Tbsp	sugar
1/2	tsp	cayenne
1	Tbsp	hot sauce
1	Tbsp	salt

- Melt oleo, add everything else and heat it up.
- Use it generously and keep warm as you do.
- This is best made several hours or even the day before.
- Mix everything but the oil and refrigerate until ready to use.
- Use when ready to mop your product.
- Be generous but don't drown the meat.

Vinegar Mop

This is another one that's good for pork or chicken.

1 3/4	cup	cider vinegar
2	Tbsp	cayenne
1/2	Tbsp	salt
1	tsp	lemon

- Use as you would any other mop sauce.

Korean Style Chicken Marinade

This can also be used as a basting sauce, or thickened as a finishing sauce.

1	cup	brown sugar
1	cup	soy sauce
1	cup	water
2	Tbsp	Sriracha sauce
2	Tbsp	fresh ginger (or 2 tsp ground)
1	tsp	onion powder
2	Tbsp	garlic, minced

- In a saucepan, heat everything together and bring to a boil.
- Reduce heat to a simmer; cook about 5 minutes.
- Remove from heat and let cool.

To use:

- Put chicken in a bag and pour in enough marinade to coat.
- Close the bag tightly, refrigerate overnight or at least 6 hours.
- After marinating, prepare chicken as you prefer.
- The unused marinade (**NOT** the used, leftover) can be thickened and used as a finishing sauce.



"Better than Bottled" Marinade

The title says it all. It's great on steak but also on other stuff too.

1/2	cup	olive oil
1/3	cup	soy sauce
1/3	cup	lemon juice
1/3	cup	Worcestershire sauce
2	Tbsp	garlic powder
3	Tbsp	dried basil
2	Tbsp	dried parsley flakes
1	tsp	white pepper
1	tsp	Tabasco
1	tsp	garlic, minced

- Put everything in a blender and blend at high speed about half a minute.
- Marinade meat with this for at least 3 or 4, and up to 8 hours.



Bold and Smoky BBQ Sauce

This is great with beef, but also works with pork and chicken – even lamb. Makes about 1 1/2 quarts

4	cups	ketchup
1	cup	molasses (can sub with Steen's)
1/2	cup	cider vinegar
1 1/2	Tbsp	liquid smoke
1/4	cup	onion, minced very fine
1/2	cup	brown sugar
1/2	cup	salt
1	tsp	chili powder
1	tsp	onion powder
1	tsp	garlic powder
1/4	tsp	cayenne

- Put everything in a saucepan, bring to a boil then reduce to a simmer.
- Simmer at least half an hour to let it thicken.
- When done, you should have about 1 1/2 quarts of sauce.
- It will keep for several months refrigerated.



FOODBORNE Pathogens: Staphylococcus

It's possible to get a staph infection from food poisoning, but a number of things have to happen first. This infection is caused by the bacteria *Staphylococcus aureus*, or "staph" for short. It's the main cause of skin infections and cellulitis (an infection of the underlying layers of your skin).

Staph is found in the skin, hair, noses, and throats of many people and animals. Up to 25% of healthy people have this bacteria, and the percentage is even higher if you include those with skin, eye, nose, or throat infections. Most staph infections aren't much to worry about, but if the bacteria gets into your bloodstream or joints, it can become very serious.

How Do You Get a Staph Infection?

It's most often spread by someone who has the bacteria and did not wash their hands properly. Meal preparation is a common way staph is spread: Someone with the infection, and unclean hands, handles food or the equipment used to prepare it.

The bacteria can increase very rapidly at room temperature and produce a toxin that makes you sick. Cooking the food will kill the bacteria, but not the toxin if it has already spread in the food. So, the foods most at risk for staph are ones that were not kept in the refrigerator before cooking, or they're things that are not normally cooked. These include:

- Salads (tuna, macaroni, potato, and others)
- Baked goods such as pastries, cream pies, and chocolate éclairs
- Sandwiches, particularly if they're made with processed meats
- Unpasteurized milk and cheese products
- Salty foods, like ham

Food contaminated with the staph toxin may not look or smell bad, so you may not know to avoid them.

How Do You Prevent Staph Infection?

- Don't handle food if you have a nose or eye infection, or a wound or skin infection on your hands.
- Wash your hands and under your fingernails thoroughly with soap and water before preparing food.
- Keep your kitchen and food-serving areas clean and sanitary.
- If food is prepared more than 2 hours before serving, keep the hot foods hot (over 135 F) and the cold foods cold (under 40 F).
- Refrigerate cooked food as soon as possible and store it in a wide, shallow container.

How Do You Treat a Staph Infection?

Time and rest are the best treatments. Drink lots of fluids, as you will become dehydrated from vomiting. If symptoms continue beyond 24 hours and you're still dehydrated, see your doctor.



The 6 Key Safety Responsibilities of Every Employee

Employers and employees share accountability for encouraging a safety culture in the workplace. They also share accountability to encourage each other to value safe work practices and programs in a positive, proactive way. Employers and employees can work together to achieve an effective safety culture.

Safety is the business and responsibility of every one of us and can be achieved through proper education, training, use of protective equipment and by following safety rules, regulations, standards, and laws. Each of us is responsible for understanding and practicing appropriate safety procedures.


Act as safely at work as we would elsewhere, if not more so.

We should take reasonable care of our health and safety no matter where we are or what we're doing. This is especially true in the workplace, where our actions can affect both our own safety and that of others. It's important to cooperate with co-workers and supervisors, to be sure we receive the proper training for our job, and understand and follow our company's health and safety policies. In addition to SONOCO's policies,

STAPHYLOCOCCUS AUREUS

MRSA bacteria, under microscope

Antibiotic-resistant staph infections are more common and much deadlier than previously believed, causing about 94,000 life-threatening infections and 19,000 deaths in the U.S. in 2005.




Methicillin-resistant Staphylococcus aureus

- Resistant to penicillin-related antibiotics; can be treated with other drugs, but health officials fear resistance to those, too
- Bacteria lives on skin or in nose; can be carried by healthy people

Prevention and treatment

- Keep wounds covered, dry and clean
- Avoid sharing personal items
- Consult doctor at first sign of infection



Skin infection

Red, swollen and painful	Pus or other discharge
<ul style="list-style-type: none">• Bacteria enters skin through cut or small break• Spread by skin-to-skin contact• More severe if bacteria enters bloodstream	

Source: Journal of the American Medical Association, U.S. Centers for Disease Control and Prevention

there are generally accepted safe work practices and laws by which you should also abide.

Use the tools available to you to maintain a safe environment.

We will provide you with tools to ensure your health and safety at work. It's your responsibility as an employee to use them. Observe health and safety signs, posters, warning signals, and written directions. Follow safe practices and specific guidance from Safety Data Sheets (SDS) or chemical label instructions, use PPE appropriate to your work. It's also important that you never interfere with or misuse anything that's been provided for your health, safety or welfare.

Educate yourself on hazards, safety practices, and rules.

When you were first hired, we provided you with training for the work you are expected to perform. However, this is not where your on-the-job education should end. It is up to you to continue to educate yourself. Learn about potential hazards associated with your work and work area, know where information on these hazards is kept for review, and please use it.

Participate in health and safety training when it is available, as well as monitoring programs. Being in a state of continuing education will help you recognize when you are not qualified or adequately trained for a task, which will prevent you from operating equipment or machinery unless you've been adequately trained.

Communicate about unsafe practices and conditions.

You are the first line of defense against unsafe practices. When you are aware of hazardous conditions or behavior, defective equipment, or other hazards, it is your **responsibility** to warn your co-workers to keep them out of harm's way. You should report unsafe acts, unsafe conditions, illnesses and injuries to your supervisor.

No one knows your job or tools better than you do – if you think a job or task is unsafe, stop the work and communicate your concerns with your supervisor. You should also consider ways to make a process or equipment safer and communicate those as well.

Identify and lower your Level of Acceptable Risk (LOAR).

The Level of Acceptable Risk is the “warning light” threshold that each of us has that establishes the level of risk we are willing to accept to perform a task or before we feel the risk is too great.

Each time you successfully take a risk while performing a job, your LOAR rises. You start telling yourself, “I've done this a hundred times and nothing has happened to me. I'm going to keep doing it this way”. Learn to lower your LOAR and plan your work to remove the risk.

Following safety rules and regulations isn't optional – it's the law.

OSHA's General Duty Clause states, “Each employee shall comply with occupational safety and health standards and all rules, regulations, and orders issued according to this Act which is applicable to his own actions and conduct.” This means that, by law, employees must follow the OSHA rules and regulations while performing work operations. Let's also remember our higher duty to preserve and protect our team members.





Pucker Up Mustard Sauce

This one is from South Carolina. Yep, they sure do it different. Offer as an option and you may be surprised by how well it is liked. Makes 1 quart

2	Tbsp	butter
1	each	medium onion, minced
1	cup	water
2	clove	garlic, minced
1 1/2	cup	Dijon mustard
1 1/4	cup	cider vinegar
1	cup	brown sugar (firmly packed cup)
2	Tbsp	hot sauce (Cajun Chef or Frank's or similar)
		Salt and pepper as need

- In a saucepan at a low heat, sauté the onion and garlic in the butter until soft and transparent but not brown.
- Add the remaining ingredients and simmer the sauce to let thicken. During cooking check for salt and pepper, and add as needed.
- Remove from the heat and serve hot, or at room temperature.
- Keeps 2 weeks refrigerated (but not if you pull out more than you need and return it. Just pull what you need and keep adding).

Smoked Paprika

Wait until a day when you're using the pit for something, and when you're finished for the day, leave the coals hot and put on some smoking wood (chips, chunks, etc.).

- Put a piece of foil on a pie tin or baking sheet.
- Put on a lot of paprika and spread it in a thin layer.
- Put the pan in the pit away from the heat.
- Let it smoke about half an hour, shake the pan a bit to move the paprika around, then smoke another half hour.
- Remove and let completely cool before putting in a storage container.
- Use as you would regular paprika. But it is way better, especially in smoked and Mexican cuisine.
- Lasts months if kept covered and in a dry place.



OVEN BARBECUED RIBS

Yes, you can make awesome ribs in the oven. It's just another heat source. Figure about 1/2 rack per person, at 2 1/2 pounds per rack for Baby Back, or a similar amount if you're using Spare Ribs (we use a St. Louis Cut). To summarize, the steps are basic:

- Pull the membrane.
- Apply a good rub.
- Cook low and slow.
- Let them sit a bit before serving.

Before you start the ribs, pull the membrane from the racks. That's the filmy tissue on the concave side as you can see in the photo below.

Get started with the tip of a knife under the edge, then use a dry paper towel to get a firm grip on the slippery stuff, and tug until it's all off. Discard it.



Portion the racks into serving sizes.

Now, pick a rub, make an adequate amount and generously rub it onto the racks as you see here. You may want to use the Sweet Pork Rub or the Basic BBQ rub for pork.

So on to the next steps. But first:



Boiling ribs just boils away the flavor. Would you boil a steak? Nope. So why boil ribs to tenderize them when it's easier and tastier to roast them slowly?

Okay, the ribs have the membrane pulled, they've got a good rub. Next up:

- Place them on sheet pans, meat side up. Put in a hot oven for about 10 -20 minutes or more until they pick up some color.
- Remove and place in a roasting pan. Cover the pan and turn the oven down to 275 or 250 F. Bake about 2 1/2 hours and check. They probably aren't done at this point but you'll get an idea of their doneness.
- Check about every 45 minutes or so until they are pull-apart tender.
- When they're ready, remove from the oven and place on a sheet pan (gently), and pour the drippings into a tall container. Set aside.
- Place your rib portions in serving pans and keep warm.
- If you want to use the pan juices (and who wouldn't?), skim the fat and put them in a saucepan. Take a taste and adjust salt, pepper, and so on.
- Bring it to a boil and either let it reduce a bit, or you can thicken it just a tiny bit with some cornstarch. As an option, you can add some of your favorite BBQ sauce that you just made to the pan and tighten it up.
- Moisten the ribs with some of that fine finish sauce and serve.



Thank you for NOT BOILING the ribs.



BBQ RIBS ON THE PIT

The procedure is the mostly the same as the Oven Barbecued with a couple of differences. And it's the same for Spareribs or Baby Back Ribs.

You'll want to have a mop sauce on hand to keep the ribs moist. Baste them once in a while (about every 30 to 45 minutes).

Keeping the heat going can be a challenge, so consider how much charcoal you'll need, and also wood. Optionally, if you get a good smoke on the ribs, just bring them inside to finish in a slow oven.

Remember that fresh charcoal will impart an unpleasant and bitter taste, so don't load up a ton of fresh charcoal onto the pit after you get your ribs on.

Killer Coleslaw Dressing

This traditional BBQ side is easy and delicious.

1	cup	mayo
1/4	cup	granulated sugar
1/4	cup	lemon juice
1	Tbsp	vinegar
1	tsp	black pepper
1/2	tsp	salt
Optional		celery seeds to taste

- Blend together, chill for an hour before using.
- Mix into finely shredded cabbage and carrots. You can also add parsley or green onions if desired.
- It will keep for a couple of weeks if refrigerated.

Korean Style Smoked Pork

This is a guaranteed hit whether you can smoke it or not. If you have a pit or not it doesn't matter. We'll cover oven pit cooking here.

Serves about 20

8	lbs	Boston butt
1	cup	soy sauce
1	cup	brown sugar (packed)
1/4	cup	Thai sweet chili sauce (use Tiger sauce as a substitute)
4	Tbsp	garlic, minced
4	Tbsp	ginger, fresh grated (don't use powdered)
1	tsp	salt

- Cut the meat lengthwise into 4 pieces. Work around the bone and don't worry much about precision. You just want 4 pieces.
- Combine all the ingredients (except the meat) and make a marinade.
- Put the pork in a close-fitting pan, cover with marinade, and refrigerate. Leave it overnight if you can, but at least 8 hours. Turn every 4 hours.
- Remove from marinade when ready to cook.
- If you have a pit, then make a good coal bed to one side and put the pork on the other side away from direct heat as long as your coal lasts.
- When the coals lose their heat, put the meat in the oven at 220F, uncovered, until it is tender enough to slice but not completely fall apart.
- If you don't have a pit, cook in the oven low and slow at 220F
- When the meat is ready, pull from the oven, remove from pans, let stand 15 minutes before slicing.
- While waiting to slice the meat, drain the pan juices into a saucepan, bring to a boil for a few minutes. Remove from heat and set aside.
- Slice pork thinly, put in serving pan and then pour the sauce evenly over the top of the pork.
- Return to oven at 350 and cook until it forms a bit of a crust on surface.
- Remove and place on serving line.



If you're thinking, "Hey, this would make great soft tacos with a Korean slaw!" you're absolutely right. Betcha didn't think about a mango salsa though, did you? That's okay. We did.

Simple Mango Salsa

This is amazingly good on grilled or broiled fish. Even better on blackened fish. And if you use it with ginger glazed fish? It's hard to describe just how good it is.

Yield: about 1 1/2 cups

1	each	mango, peeled, pitted, diced small
1	each	tomato, seeded and diced
1/4	each	red bell pepper, diced
1	each	small jalapeno, seeded and diced. Or a few pickled slices
1	each	green onion, sliced (both white and green part)
3	Tbsp	lemon juice
2	Tbsp	chopped cilantro

Toss everything gently in a bowl. Keep chilled until service. Lasts 5 days



Pintos & Chorizo

This is more like a charro bean than a creamy bean, which means it's a bit soupy but not too much. You want just a bit of broth but these shouldn't be swimming in liquid when you put them on the line to serve.

You can either break up the chorizo and brown it like ground beef or handle it like a smoked sausage: cook first and then slice.

2	lbs	pinto beans
1/4	cup	cooking oil or olive oil
1	each	large onion, diced fine
4	clove	garlic, minced
4	tsp	ground cumin
1	tsp	chili powder
2	lbs	chorizo (casing on or off)

- Cook chorizo with casing on or off.
- **With casing:** when done, remove from pan, add oil and sauté onion and garlic until tender. Slice the chorizo into coins about 1/4 inch.
- **Without casing:** Sauté onions, garlic and when tender, add chorizo; cook until done, breaking up the meat into pieces but not too fine.
- Place in stockpot with beans and spices; cover with water plus just enough water to cover. Bring to a boil and then reduce to simmer.
- Adjust salt and pepper as needed during cooking.
- Cook about 1 1/2 – 2 hours or until beans are tender. Add water as needed but do let it cook down during the process.
- Remove and serve.

BEST BAKED BEANS. EVER. PERIOD.

We said it. You can make it, and make it yours.

8	slices	bacon
1	each	medium onion, diced
1	each	bell pepper, diced
1	each	#10 can pork and beans (or three 28-ounce cans)
1	cup	BBQ Sauce (homemade 😊)
1/2	cup	brown sugar, packed
1	cup	white or cider vinegar
2	Tbsp	Dijon mustard (or 2 tsp dry)

- Set the oven to 325 F
- In a saucepan, heat the beans, sugar, vinegar and mustard. Simmer, don't boil.
- In a skillet fry the bacon about half cooked
- Remove and drain. Set aside.
- Add the onions and peppers and sauté until tender – about 5 minutes or so.
- When done, add to the beans.
- Transfer the beans to a half-size steamtable pan and top with the bacon strips.
- Bake about 2 hours, until it's bubbly, the bacon has cooked more and the liquid is about the consistency of syrup.
- Remove, let stand for 15 minutes, then place in the steamtable for service.



I came from a real tough neighborhood. Why, every time I shut the window I hurt somebody's fingers.

I came from a real tough neighborhood. I put my hand in some cement and felt another hand.

I went to a fight the other night, and a hockey game broke out.

Last time I saw a mouth like that, it had a hook in it.

Once I pulled a job, I was so stupid. I picked a guy's pocket on an airplane and made a run for it.

I haven't spoken to my wife in years. I didn't want to interrupt her.

Yeah, I know I'm ugly... I said to a bartender, 'Make me a zombie.' He said 'God beat me to it.'

I drink too much. The last time I gave a urine sample it had an olive in it.

My wife can't cook at all. She made chocolate mousse. An antler got stuck in my throat.

