

SHOP TALK

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



National Wellness Month focuses on self-care, managing stress and promoting healthy routines. Research has shown self-care helps manage stress and promotes happiness. Whether you challenge yourself to a vigorous regimen, or take up walking, make a small change and impact your health in positive ways:

- Increase your water intake.
- Add more fruits and veggies to your meals.
- Monitor your sleep and make adjustments for better sleep habits
- Join a yoga, walking, or aerobics class.
- Learn to meditate.

These small steps can lead to many more healthy habits in your lifestyle

In This Issue:

- More Great Recipes
- Foodborne Illness: Salmonella
- Great Potato Side Dishes
- Staying Hydrated (infographic)
- Jokes

“You cannot do kindness too soon, for you never know how soon it will be too late.”
—Ralph Waldo Emerson

“Be kind whenever possible. It is always possible.”
—*The 14th Dalai Lama*

“Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you.”
—*Princess Diana*

“Kindness is the golden chain by which society is bound together.”
—*Johann Wolfgang von Goethe*

“A kind gesture can reach a wound that only compassion can heal.” —
Steve Maraboli



FOODBORNE ILLNESS: SALMONELLA

Food that is contaminated with Salmonella or other harmful germs usually looks, tastes, and smells normal. That's why it's important to know how to prevent infection.

Salmonella cause far more illnesses than you might suspect. For every case of Salmonella illness confirmed by laboratory tests, almost 30 other cases are not reported. That's because most people with symptoms of foodborne illness do not go to the doctor. CDC estimates that Salmonella cause more than 1 million foodborne illnesses in the United States every year.

You can get a Salmonella infection from a variety of foods, including poultry, beef, pork, eggs, fruits, sprouts, other vegetables, and even some processed foods. Some recent outbreaks that sickened people in many states were linked to chicken, ground turkey, ground beef, raw tuna, mushrooms, onions, peaches, and cut fruits.

Food isn't the only way Salmonella spread to people. The bacteria also spread through contaminated water, the environment, other people, and animals.

Salmonella illness can be serious. Symptoms usually start 6 hours to 6 days after infection. They include diarrhea that can be bloody, fever, and stomach cramps. Most people recover within 4 to 7 days without antibiotic treatment.

But some people with severe diarrhea may need to be hospitalized or take antibiotics.

Call the doctor if you have:

- Diarrhea and a fever higher than 102°F
- Diarrhea for more than 3 days that is not improving
- Bloody stools
- Prolonged vomiting that prevents you from keeping liquids down
- Signs of dehydration, such as:
 - Making very little urine
 - Dry mouth and throat
 - Dizziness when standing up

Four Steps to Help Prevent Salmonella Food Infections

Clean

- Wash hands with soap and clean, running water for 20 seconds before and after handling food.
- Wash and sanitize utensils, cutting boards, dishes, and countertops with hot, soapy water after they've touched raw foods.
- Don't wash raw eggs, meats, poultry, or seafood before cooking. It can spread germs to other foods and surfaces.
- Sanitize kitchen surfaces with a bleach and water solution, or use Sani-Tyze.

Separate

- Remember to store meats and seafood separately in the cooler. Bottom shelf.
- Keep raw meat, poultry, and seafood separate from ready-to-eat foods, such as salads and deli meat.
- Use HACCP cutting boards for produce, raw meat, poultry, seafood, and eggs.

Cook

- Use a food thermometer to ensure that foods are cooked to a safe internal temperature:

- 145°F for beef, pork, ham, veal, and lamb (let the meat rest for 3 minutes before carving or eating)
- 145°F for fish with fins (or cook until flesh is opaque)
- 160°F for ground beef, ground pork, ground veal, and ground lamb
- 160°F for egg dishes
- 165°F for poultry, including ground chicken and ground turkey
- 165°F for casseroles & leftovers.
- Cook eggs properly. Do not eat raw eggs or eggs that have runny whites or yolks.

Chill

- Keep all coolers at 40°F or colder.
- Never leave perishable foods out of refrigeration for more than 2 hours. If food is exposed to temperatures above 90°F refrigerate or freeze it within 1 hour.



Baked Dijon Salmon

Yield: 10 servings

- 3/4 cup butter, melted
- 1/2 cup Dijon mustard
- 1/4 cup honey
- 3/4 cup dry breadcrumbs
- 3/4 cup pecans, finely chopped
- 4 Tbsp fresh parsley, chopped fine
- 10 each salmon fillets
- 10 each lemon wedges (thin ones)
- Salt and pepper as needed

Preheat oven to 400 F.

- In a bowl, combine butter, mustard and honey.
- In a separate pan, combine breadcrumbs, pecans and parsley.
- Brush the top of each fillet with honey mixture, place on a baking pan.
- Sprinkle the top of fillets with the pecan mixture (should be evenly covered).
- Bake about 15 minutes but check it at 10 minutes. If the fish flakes easily then it is done.
- Remove and transfer to steamtable pan, top each fillet with a lemon wedge.

Spotlight on Chicken



CDC estimates that *Salmonella* causes more foodborne illnesses than any other bacteria. Chicken is a major source of these illnesses. In fact, about [1 in every 25 packages of chicken](#) at the grocery store are contaminated with *Salmonella*.

You can get sick from contaminated chicken if it's not cooked thoroughly. You can also get sick if its juices leak in the refrigerator or get on kitchen surfaces and then get on something you eat raw, such as salad.

Blackened Tuna with Mango Salsa

This is a simple but elegant dish to prepare. The photo shows the salsa with black beans in it but they are optional depending on the preference of our customers. Either way it's delicious!

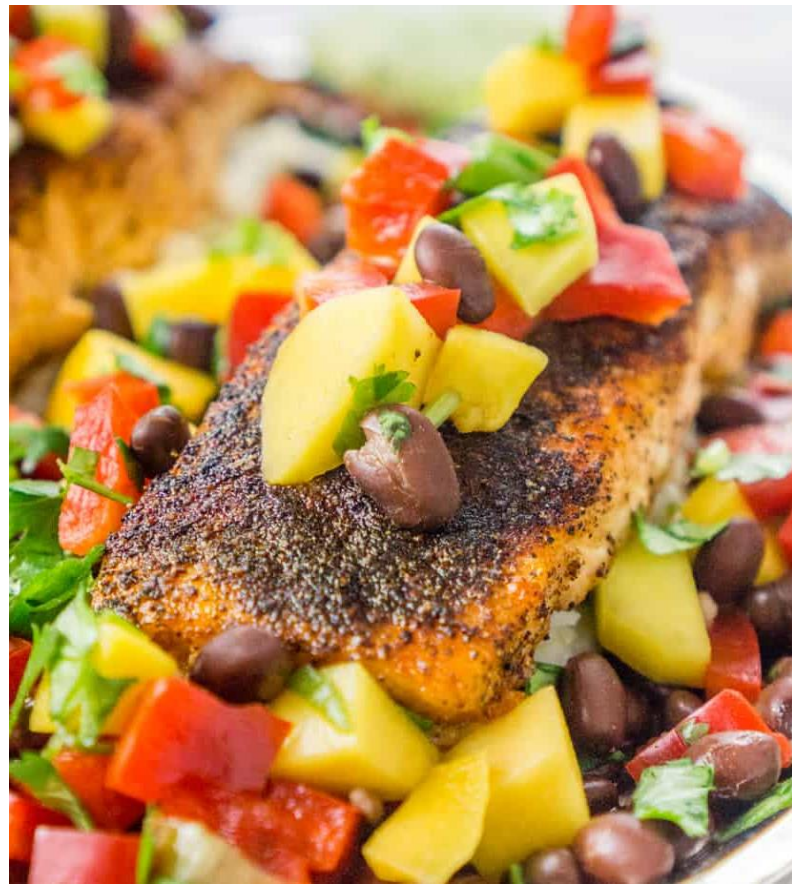
Yield: 10 servings

- 10 each tuna steaks
- 5 Tbsp olive oil
- 5 Tbsp lime juice
- 6 each garlic cloves, minced
- 2 each mango, peeled and diced
- 3/4 cup red bell pepper, diced
- 1 each onion, finely diced
- 3 each green onion, sliced thin
- 1/3 cup cilantro, chopped
- 1 each jalapeno, seeded and minced
- 1 can black beans, rinsed and drained
- 6 Tbsp paprika
- 3 Tbsp cayenne pepper
- 3 Tbsp onion powder
- 2 Tbsp salt
- 1 Tbsp ground black pepper
- 1 Tbsp dried thyme
- 1 Tbsp dried basil
- 1 Tbsp dried oregano
- 3 Tbsp garlic powder
- 1/2 cup vegetable oil

- In a bowl, combine olive oil, lime juice and garlic.
- Coat each tuna steak with oil and place in a bag to marinate for an hour in the cooler.
- Make the salsa: In a bowl, combine all the cut vegetables and fruit.
- Add the lime juice and toss to coat well. Put in the refrigerator to chill before using.

- Make blackening seasoning: In a bowl, combine all the dry spices and blend well. It will keep until ready for use.
- Remove the tuna steaks from the cooler and gently rinse with water to remove oil.
- Dip each side of each steak in the spice mixture to coat.
- Either in a sauté pan or on the grill, put a thin coat of oil.
- Grill one side of the steaks for 3 minutes and remove. Wipe the grill and add another thin coat of oil.
- Return the steaks to the grill and cook another 2-3 minutes.
- While steaks are cooking, prep a shallow steamtable pan by placing some salsa on the bottom in 10 portions, about 1/2 cup each.
- When done, immediately remove the tuna steaks and place on top of the salsa.
- Spoon a dab of salsa on top of each steak.

Don't cook the tuna steaks too far ahead of time; the tuna will turn into something like canned tuna fish. ☹️ Treat them like steaks.





Mama's Mashed Potatoes

Nobody cooks like our mothers, and no doubt she made mashed potatoes you still hunger for on holidays. Well now you can have them any time. Recipe yields about 10 servings.

5 each large potatoes, peeled, cubed
1 cup whole milk
1/2 cup butter or margarine
Salt and pepper to taste

- Place the potatoes in a large saucepan or stockpot with salted water to cover.
- Bring to a boil then reduce to a simmer, cover and cook about 15 minutes. Check for doneness at about 12 minutes though, so they don't turn into mush.
- Remove from the heat, drain the potatoes well, and transfer to a mixer bowl.
- Run the mixer at a medium setting about a minute; then scrape the bowl and paddle.
- Add the milk and butter, and continue to mix until smooth and creamy.
- Add salt and pepper to taste. Serve.

Orange Baked Tilapia

Even folks that don't like tilapia will appreciate this. A nice buttery texture and citrus flavor makes a great pairing with almost anything. For 10 servings:

10 each tilapia fillets
2 - 3 cups orange juice
3/4 cup butter, softened
2 cups panko breadcrumbs

1/2 cup orange juice (not from above)
2 Tbsp minced garlic
1 Tbsp dried basil
1 cup orange juice (lots of O.J. here)

- Put the tilapia in a plastic bag, then add the 1st portion of orange juice. Put in the cooler and allow to marinate at least 3 hours.
- Preheat oven to 400 F.
- In a bowl, combine panko, 2nd portion of orange juice, minced garlic, and basil.
- Remove the fillets from the juice, drain the excess liquid and place on a sheet pan.
- Pour the last orange juice portion over the fillets, then top each with the panko mixture; it should be evenly coated.
- Bake about 15 minutes; serve.



Why You Need Water in Your Life

About 60% of your body is made up of water.



Your blood is mostly water, as are your muscles, lungs, and brain.

You typically can't survive more than 3 days without fresh water.

Your body sends you delayed alerts when you need water, so when you start feeling thirsty, you're already dehydrated.



* Note: colour may also be affected by medication and supplements like riboflavin and B vitamins

Signs You're Dehydrated

| | |
|---|--------------|
| Thirsty | Constipation |
| Pain in joints and muscles | Lethargic |
| Headaches | Weak & faint |
| Yellow urine (the darker, the more dehydrated) | |
| Lower back pain | |

5 Great Reasons to Drink Water

1) Water keeps your kidneys functioning

Your kidneys have a big job of cleaning and ridding your body of toxins, water helps them get the job done



2) Water helps you keep your weight in check

Sometimes people mistake thirst for hunger, and thus end up consuming too many calories



3) Water helps keep your muscles moving

When exercising, your muscles lose water and stop working as well

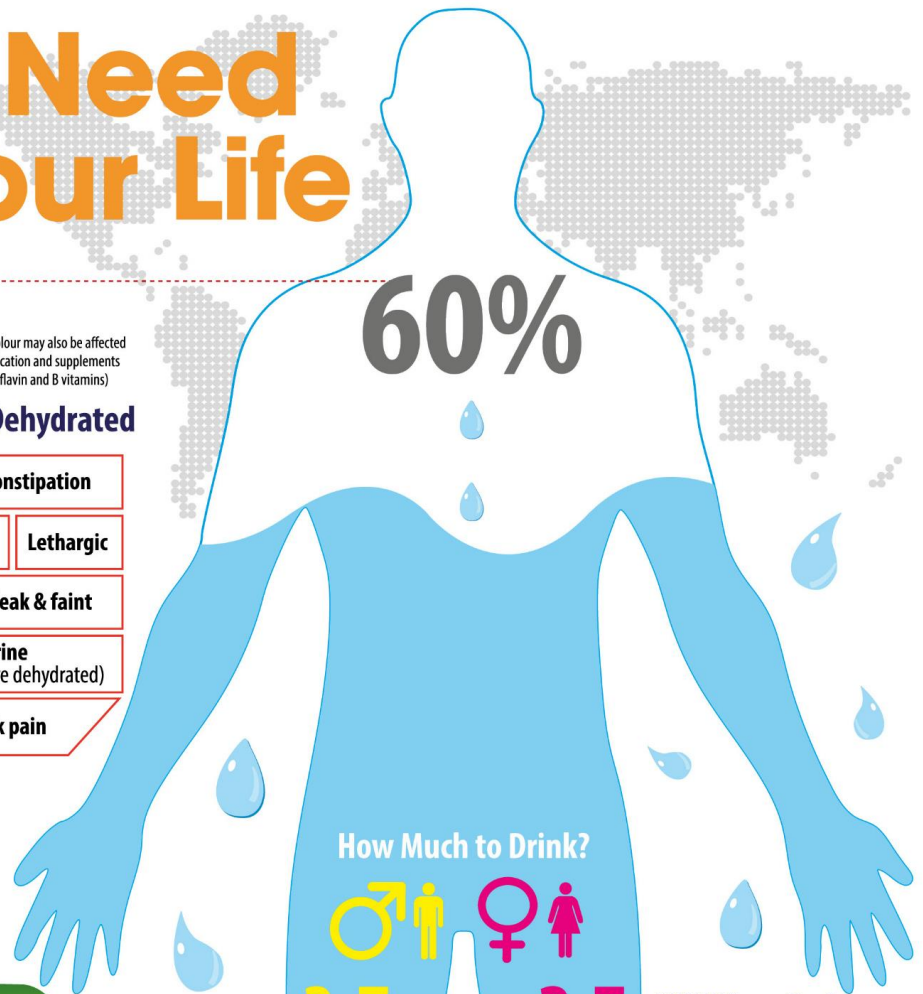


4) Water keeps your skin looking good

Your skin contains lots of water, and lack of it makes your skin look dry and wrinkled



5. Water helps you go poo poo when you don't get enough fluids, your body pulls water from your poo to maintain hydration, and you end up constipated



How Much to Drink?



3.7 litres



2.7 litres



8 glasses is a myth

= 1.9 litres

WHY Your Body Needs Water

- Carries nutrients to all the cells in your body
- Lubricates your joint
- Aids digestions
- Regulates body temperature
- Flushes out harmful toxins from your body

Drink water before every snack and meal (this helps to control your appetite too)

Drink some water every 30 mins

Drink a glass of water as soon as you wake up

Eat more fruits and veggies (they have high water content)

If you don't like the taste of water, squeeze in some lime or lemon juice!

Always have a bottle of water with you

TIPS

Beware of Over-hydrating

- There IS such a thing as too much water
- Although rare, over-hydration can lead to fatal condition called Hyponatremia (water intoxication)
- When you drink too much water too fast, your kidneys can't flush the excess water out and blood becomes waterlogged.

What to Drink?

- It doesn't always have to be just water
- Other fluids contribute to your daily fluid intake
- Fruit juice, milk, coffee, tea and soda are considered fluids
- Water is still best as it has ZERO calories

When Do You Need More Water?

Environment:

hot and humid weather which makes you sweat

Sickness:

fevers, vomiting and diarrhea makes your body lose fluids

Exercise:

when you sweat from physical activity

Pregnancy or breast-feeding:

additional fluids needed to stay hydrated

SOURCES

- Only Health
<http://www.urmc.rochester.edu/encyclopedia/content.aspx?ContentTypeID=1&ContentID=1499>
- <http://water.usgs.gov/edu/propertyyou.html>
- <http://www.mayoclinic.org/healthy-living/nutrition-and-healthy-eating/in-depth/water/art-20044256>
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- <http://www.nhs.uk/Conditions/dehydration/Pages/Introduction.aspx>
- http://americancollegeofnutrition.org/content/the-journal/content/26/suppl_5/5335.full
- http://www.iom.edu/Home/Global/News%20Announcements/~/_media/Files/Activity%20Files/Nutrition/DRI/DRI_Electrolytes_Water.aspx
- <http://www.scientificamerican.com/article/eight-glasses-water-per-day/>



Potato Pancakes

Potato Pancakes (latkes) are a must have for Hanukkah, but great any time. They go especially well with pork and fish. Serve with a side of applesauce or sour cream. About 10 servings

8 cups shredded potato (or hash browns)
3/4 cup grated onion (use the box grater)
5 each eggs, beaten well
20 each saltines, crushed
2 1/2 tsp salt
1 tsp ground pepper
Oil as needed

- If you use fresh grated potatoes (and you really should), use them right away.
- Mix all ingredients except oil together so it's uniformly mixed.
- In a skillet, pour some cooking oil until it's about 1/2 inch deep. Bring it up to a medium-high temperature.
- Using a slotted spoon, portion out some of the mixture and press out the excess liquid. Spoon enough to form about a 3-inch pancake into the hot oil. Flatten it a bit so it's uniformly thick.
- Cook about 3 minutes per side, remove and drain.
- Transfer to a shallow steamtable pan, or serve to order.



Garlic Mashed Red Potatoes

Three words: Garlic. Butter. Cheese.
Enough said. This makes about 10 servings.

5 lbs red potatoes, with skin, quartered
1/2 lb butter or margarine
3/4 cup diced Swiss cheese
1/4 cup Parmesan cheese
6 Tbsp garlic, minced
1 Tbsp dried oregano
1/2 cup green onions, sliced
Salt, pepper, garlic powder to taste

- Boil the potatoes in a pot of salted water.
- Cook until tender but still a bit firm, about 30 minutes to 45 minutes. Check at 30.
- Remove and drain well.
- Transfer to a mixing bowl with a wire whip.
- Mix the potatoes a minute until they break up a bit but don't over mash or the skins will be very small. Scrape the bowl sides.
- Add the remaining ingredients and combine until uniformly mixed. Scrape the bowl again.
- Check seasoning and adjust as needed. Also, if you wish, add some milk or chicken stock to make them creamier.
- Remove and transfer to a steamtable pan.



Baked Potato Wedges

Sort of a cross between a steak fry and a crispy baked potato, these are a great change from the usual French fries. Serves about 12.

6 each medium russet (baking) potatoes
3/4 cup Parmesan cheese
1/4 cup olive oil
1 Tbsp onion powder
1 Tbsp garlic powder
1 tsp salt
1 tsp black pepper
1/2 tsp ground cumin

- Preheat the oven to 425 F.
- Scrub the potatoes as you'll be serving them with the skin.
- Dry and slice the potatoes into nice wedges
- Put in a plastic bag and add the oil. Shake or knead the bag to coat the potatoes.
- Mix the remaining ingredients together, then add to the bag and shake to coat the potatoes on all sides.
- Put on a sheet pan in a single layer. Use more pans but don't crowd the potatoes.
- Bake about half an hour until they're crisp on the outside and tender on the inside.
- Remove and transfer to a steamtable pan.



"I came from a real tough neighborhood. On my street, the kids take hubcaps ... from moving cars."

"I have good looking kids. Thank goodness my wife cheats on me."

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

"I was so ugly my mother used to feed me with a sling shot."

"I went to see my doctor. 'Doctor, every morning when I get up and look in the mirror... I feel like throwing up. What's wrong with me?' He said, 'I don't know but your eyesight is perfect.'"

"My wife has to be the worst cook. In my house, we pray after we eat."

"We sleep in separate rooms, we have dinner apart, we take separate vacations. We're doing everything we can to keep our marriage together."

"The football team from my high school was tough, after they sacked the quarterback they went after his family."

