

SHOP TALK

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



There is no better time to celebrate breakfast than the month of September. It's Better Breakfast Month! Breakfast is considered the most important meal of the day. Breakfast has many health benefits: a regular morning meal helps control weight and can guide us to eating healthier meals regularly throughout the day.

A complete breakfast should contain a balance of all the major food groups. Protein, dairy, fat, and carbohydrates. These elements are vital to maintaining stamina and fending off hunger throughout the day. Though carbs and fats are needed in the daily intake of nutrients, it's important to not overindulge in these two areas. However, a little bit won't hurt you.

In This Issue:

- Breakfast, Breakfast, and More
- Food Safety: Cooking, Cooling and Reheating Temperatures
- Red Velvet Cinnamon Rolls
- Kitchen Hacks

Education is the mother of leadership

--Wendell Willkie

You are never too small to make a difference.

--Greta Thunberg

Do not follow where the path may lead.
Go instead where there is no path and
leave a trail.

--Muriel Strode

Leadership should be more participative
than directive, more enabling than
performing.

--Mary D. Poole

It's okay to admit what you don't know. It's
okay to ask for help. And it's more than
okay to listen to the people you lead – in
fact, it's essential.

--Mary Barra, GM CEO

About Better Breakfast Month...

During World War I, the U. S. government encouraged citizens to eat a Better Breakfast. The program gained momentum again during World War II. Then, in 1951, the Cereal Institute (that's a real thing) promoted Better Breakfast Month for the first time in September.

Research by the institute suggested breakfast was the most important meal of the day. They selected the month to coordinate with children returning to school and businesses gearing back up after summer vacation. As a result, September became the month to promote the benefits of a healthful and delicious breakfast.

Trivia

- The most popular place to eat breakfast is at home at the table, either alone or with other members of the household, followed by on the couch.
- The world's first breakfast cereal was created in 1863 and needed soaking overnight to be chewable.
- McDonald's created the Egg McMuffin in 1973.
- The world's largest breakfast on record involved 27,854 people and took place in Germany on 29 May 2005.
- In the U.S. breakfast is the most frequently skipped meal. About 58% of Americans do not eat breakfast every day.
- In rural homes in the 19th century, apple and other fruit pie was often a common item served for breakfast, considered a good hearty beginning for a hard day's work
- Radishes were a common breakfast item for the Pennsylvania Dutch. (They still are in Japan).



SOUTHWEST BREAKFAST SLIDERS

A tasty grab-and-go item, these are delicious and also easy to make. Makes 12 Sliders.

12	each	eggs
¾	cup	ham, diced about 1/4 inch
4	Tbsp	onion, diced small
4	Tbsp	bell pepper, diced small
12	each	dinner rolls, sliced and toasted
1	cup	shredded Cheddar cheese
24	each	jalapeno pepper slices (from jar)
1	cup	salsa or picante sauce, warmed

- Crack eggs into a bowl and add onions, ham and bell pepper. Set aside for now.
- Arrange bottoms of slider buns in a half-size shallow steamtable pan.
- Scramble the egg mixture and cook on a grill or in a skillet until just done. Don't overcook.
- Top each slider with about a large serving spoon of cooked eggs.
- Top this with about 1 ½ tablespoons of salsa.
- Sprinkle on Cheddar cheese.
- Add 2 jalapenos to each slider for garnish
- Put bun tops on sort of half on / half off to show what is inside the slider.
- Serve. 😊

Note: you can also substitute (or just add) cooked bacon, or put a slice of avocado on top of each as another garnish.

LITTLE BREAKFAST PIES

These tasty, easy to make and even easier to grab “pies” are a great way to serve an entire meal in a single item. Makes a dozen.

- 1 lb breakfast sausage
- 1/4 cup minced onion
- 1/4 cup minced bell pepper
- 1 tube biscuit dough, or 12 3 x 3 portions of puff pastry dough
- 6 each eggs, beaten
- 1/4 cup milk
- 2 Tbsp flour
- 3/4 cup shredded Cheddar cheese

- Preheat the oven to 400 F
- In a skillet, combine the sausage, onion and pepper; cook until sausage is done.
- Drain, crumble the sausage and set aside.
- Flatten each biscuit into a round or use the puff pastry. Prep a muffin tin with food spray and place dough the tins to make a crust that goes up to the top. If you are using squares of the puff pastry that’s fine; just let the points stick up during baking.
- Put the sausage mixture evenly into each of the tins.
- Mix the milk, flour and eggs together, then pour over the sausage in each of the tins.
- Bake about 20 minutes (but check at 15).
- Remove and serve.



BREAKFAST QUESADILLAS

The name says it all. Makes 12 quesadillas

- 18 each eggs
- 24 slices bacon, cooked and crumbled
- 12 each flour tortilla
- 1 each small onion, diced
- 3 cups shredded Cheddar cheese
- 12 slices Swiss cheese, cut in half (triangular)
- 1/4 cup green onion (tops only) sliced

- In a skillet or on a grill, sauté the onions briefly until wilted. Caramelize them if you prefer.
- Stir in the eggs and bacon and cook until the eggs are set.
- Lay out the flour tortillas. Onto each one, place the two triangles of Swiss cheese on one side only.
- Top the cheese with the egg mixture on one side only to cover the cheese up.
- On top of this, portion the Cheddar cheese, then the green onions.
- Fold the tortilla in half and place on the grill. You can butter the grill but if you do, go lightly so the tortillas aren’t greasy.
- Grill until both sides of the tortilla are a light golden brown.
- Remove, cut in half and arrange in a shallow steamtable pan (with or without a grate).



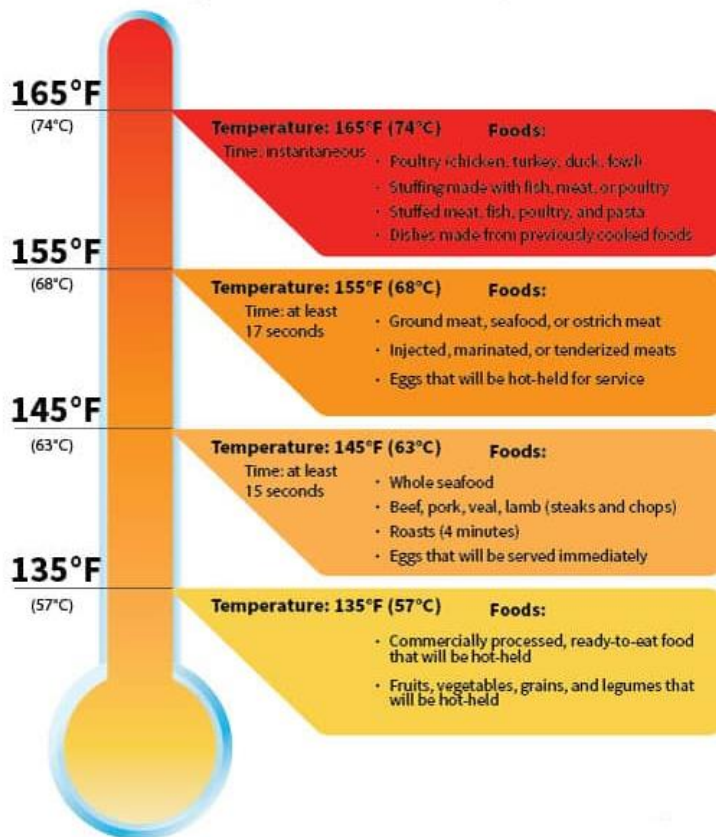
BANANA & SOUR CREAM PANCAKES

A nice twist on the same old everyday pancakes. This yields about 24 pancakes

- 3 cups flour
- 1/3 cup sugar
- 1 1/2 Tbsp baking powder
- 1 Tbsp salt
- 1 cup sour cream
- 1 1/2 cups milk
- 5 each eggs
- 1 Tbsp vanilla
- 1 Tbsp lemon zest (don't omit 😊)
- 4 each ripe bananas, diced and chilled
- 2 each bananas, sliced for garnish

- Mix dry ingredients. Set aside.
- Mix eggs, sour cream, milk, vanilla, and zest.
- Add liquid mixture to the dry ingredients.
- Ladle out pancakes onto a hot griddle, then sprinkle diced bananas onto the wet batter immediately before it starts to dry out.
- When the sides dry and the bubbles start to break on the surface, flip the pancakes.
- Cook another minute or so, then remove.
- Arrange in a shallow steamtable pan without the grate.
- Top with melted butter, and sliced bananas.

Cooking Times and Temperatures



FOOD SAFETY: TEMPERATURE

A crucial part of food safety is maintaining the correct temperature. If we don't control temps, we are creating a food safety hazard.

Why? Harmful pathogens (virii, bacteria, molds and parasites) can grow like crazy if allowed to stay in the "danger zone" too long. We'll talk more about this in a moment, but for now let's focus on getting food heated to the safe cooking temperature.

As the chart above shows, there is no single, correct temperature. Seafood differs from beef, which differs from poultry. Even ground beef has a specific temperature to which it must be cooked for food safety.

So, what happens at these temperatures? Well simply put, it kills the pathogens. Cooking to a specific internal temperature for at least 15

seconds will assure that the food you are cooking will not be populated by legions of nasty bugs.

But that isn't the whole story...

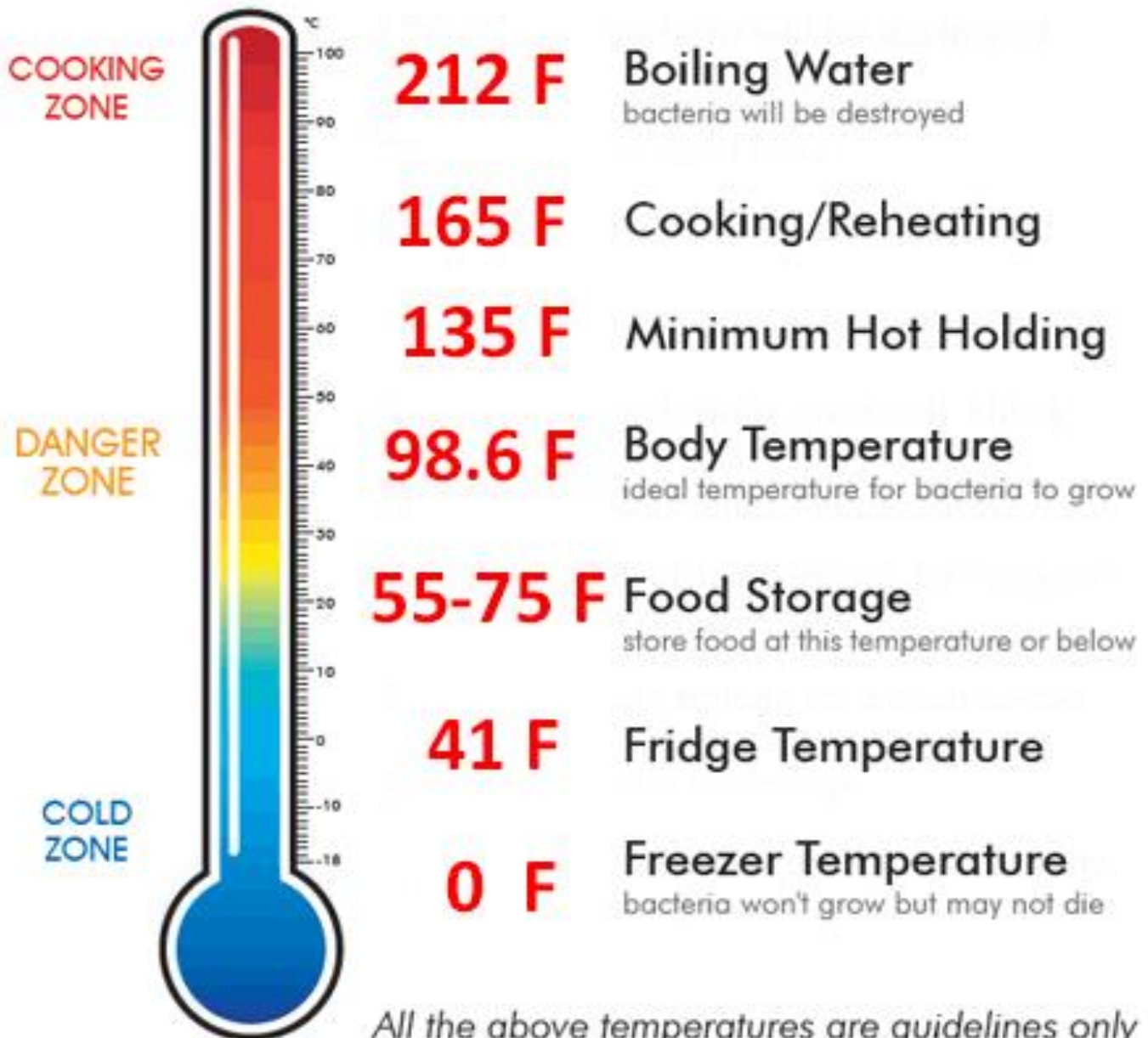
You've got to KEEP it warm – at least 135 F, for as long as you are serving it. And you can't keep it at that temperature for more than 4 hours. So, keep that steamtable hot, check the food every half hour and stir it to redistribute the heat.

Oh, and never, ever, use a steamtable to reheat.

JUST CHILL!

As for keeping food cold, this is also crucial. It will not kill pathogens, but will slow growth. In general, the colder the storage the more effective it is in controlling the growth of pathogens. But it's not a silver bullet. Some pathogens will go into a "spore" state and just hibernate until the temperature is right again for them to grow.

The key is keeping it cold. Until it's time to cook or reheat. Then get the product up to the correct temperature as quickly as possible. That is why we don't use a steamtable to heat or reheat.



All the above temperatures are guidelines only



Using cake mix to make a delicious, yeast-raised dough produces a fantastic tasting cinnamon roll. Makes about a dozen.

- 1 ¼ cups warm water (to proof the yeast)
- 1 Tbsp yeast
- 1 Tbsp granulated sugar

- 1 box Red Velvet cake mix
- 2 ½ cups flour
- 1 ½ cups brown sugar (packed)
- 3 Tbsp cinnamon
- 1/8 tsp cloves (optional but good)
- 1 cup margarine or butter

- 4 oz cream cheese, softened (1/2 pack)
- 1 ½ cups powdered sugar
- 1/4 cup cream or half and half
- 1 tsp vanilla extract or flavoring

- Place the yeast in a mixing bowl with the warm water and sugar. Let it proof.
- Add in the flour and cake mix; blend for a minute on low until it creates a dough that just comes together.

- DON'T overwork the dough; it will just get sticky and be very hard to work with.
- Cover the bowl with a damp towel or plastic wrap and allow to double in size – about an hour but maybe as long as 1 ½ hours.

While the dough is rising, make the filling:

- Mix brown sugar, cinnamon and a pinch of salt and the clove together, then work in 3/4 of the butter until it is well mixed. Set aside.

In a separate bowl make the icing:

- In mixer, or with hand mixer, combine the cream cheese, butter, powdered sugar and the cream; mix well until smooth. Set aside.

When the dough is doubled:

- Punch it down and round up; let rest about 10 minutes and then roll out into a sheet about 12 x 18 inches.
- Apply the filling across the dough sheet except for one edge (for sealing the dough).
- Roll into a log and press the edge into the log to seal it.
- Place the seam side down on the work top and slice into 12 rolls.
- Pan into a cake pan so they're almost touching and allow to rise about 30 minutes.
- Bake at 350 for half an hour or so (but check at 25 minutes).
- When done, remove from the oven and let them stand about 20 minutes before icing.
- Ice with the cream cheese icing and serve to thunderous applause!





ENGLISH MUFFIN BREAKFAST "PIZZA"

- 1 each English muffin, split
- 1 each small tomato, seeded and diced
- 1 tsp olive oil
- 1/4 cup ham, diced small or thin sliced
- 1/4 cup shredded mozzarella cheese
- 1 tsp fresh parsley for garnish

- Preheat the oven to 450 degrees. Line a small baking sheet with foil.
- Place the English muffin halves cut-side up on the baking sheet.
- Top each with tomato and drizzle with the olive oil.
- Sprinkle the ham over the tomatoes, then top with the mozzarella.
- Bake for 10 to 12 minutes, or until the cheese is melted and beginning to brown. Sprinkle with basil.

Notes:

You can add or substitute bacon if you wish. If you have any leftover pasta sauce, use it instead of the tomatoes (or with them).

Chicken Noodle Casserole

It isn't breakfast but it sure is comfort food.
Serves about 12

- 6 each boneless chicken breast halves
- 12 oz egg noodles, cooked, drained
- 2 can cream of mushroom soup
- 2 can cream of chicken soup
- 1 cup sour cream
- 1 cup chicken broth or stock

- As needed salt and pepper
- 1 cup margarine, melted
- 2 cups Ritz cracker or Captain's Wafers,

- Grill the chicken; cool and dice about 1/2"
- In a bowl, combine soup, broth and sour cream. Adjust salt and pepper for taste.
- Fold in the chicken and noodles.
- Transfer to a steamtable pan.
- Bake about 20 minutes.
- While the dish is baking, crush the crackers into crumbs.
- Melt the margarine and add the cracker crumbs; stir to blend together.
- Remove the casserole, top evenly with the crumbs and return to the oven.
- Bake until the topping begins to brown.

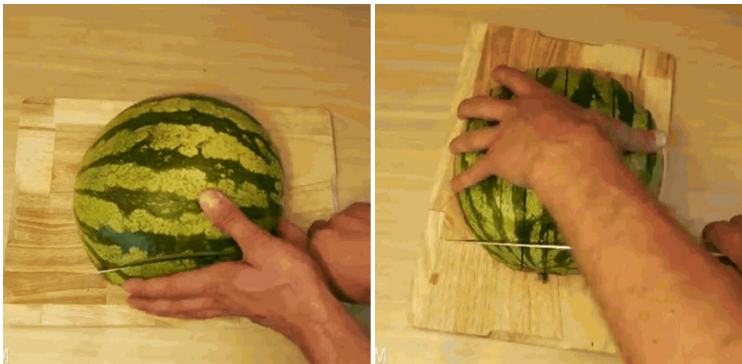




Cut a Melon (any kind) for Fruit Salad



TO REMOVE FAT FROM A SOUP STEW OR CASSEROLE, DROP ICE CUBES TO REVEAL CONGEALED FAT THAT WILL BE EASY TO SCOOP OUT



Cut a watermelon without a mess...

Cut the watermelon in half. Lay one half on the cutting board with the flat side down. Keeping the watermelon together, cut into slices about 1-2" apart. Turn the watermelon, keeping it all together and cut across it the same way (like you're cutting a pan of brownies).

Slow down rotting

Store tomatoes stem end down to keep them from spoiling as quickly.

