

SHOP TALK

A Twice-Monthly Newsletter for our Team. September 15, 2022



September is National Food Safety Month. As you know, the Shop Talk letters focus on this topic all year round, but we'll talk about it a bit more in this issue.

We're going to focus on personal behaviors that can affect food safety: hygiene, cross-contamination, cleaning & sanitizing, and more.

Look inside for more information, and as always, you can contact our office for any information you need on this and other educational topics.

In This Issue:

- 4 Steps to Food Safety
- Proper Hand Washing
- Some Great, Simple Recipes
- New and Interesting Dessert Ideas
- Jokes

"Striving for success without hard work is like trying to harvest where you haven't planted."

— David Bly

"Talent is cheaper than table salt. What separates the talented individual from the successful one is a lot of hard work."

— Stephen King

"Opportunities are usually disguised as hard work, so most people don't recognize them."

— Ann Landers

The harder I work, the luckier I get."

— Samuel Goldwyn

"Patience, persistence, and perspiration make an unbeatable combination for success."

— Napoleon Hill

The four steps to food safety



Step 1

Keep it clean: the equipment we work with, the work surfaces we work on, and especially our own self. Shower daily (or more often if we need to), and keep those hands clean and covered with gloves while handling food!

Step 2

Separate: Don't cross-contaminate. Keep raw meats, poultry, seafood separate from ready to eat foods or foods that we won't be cooking. So, keep those veggies on a separate cutting board from the raw meats when prepping for meals. And be sure to keep separate all food in storage.

Step 3

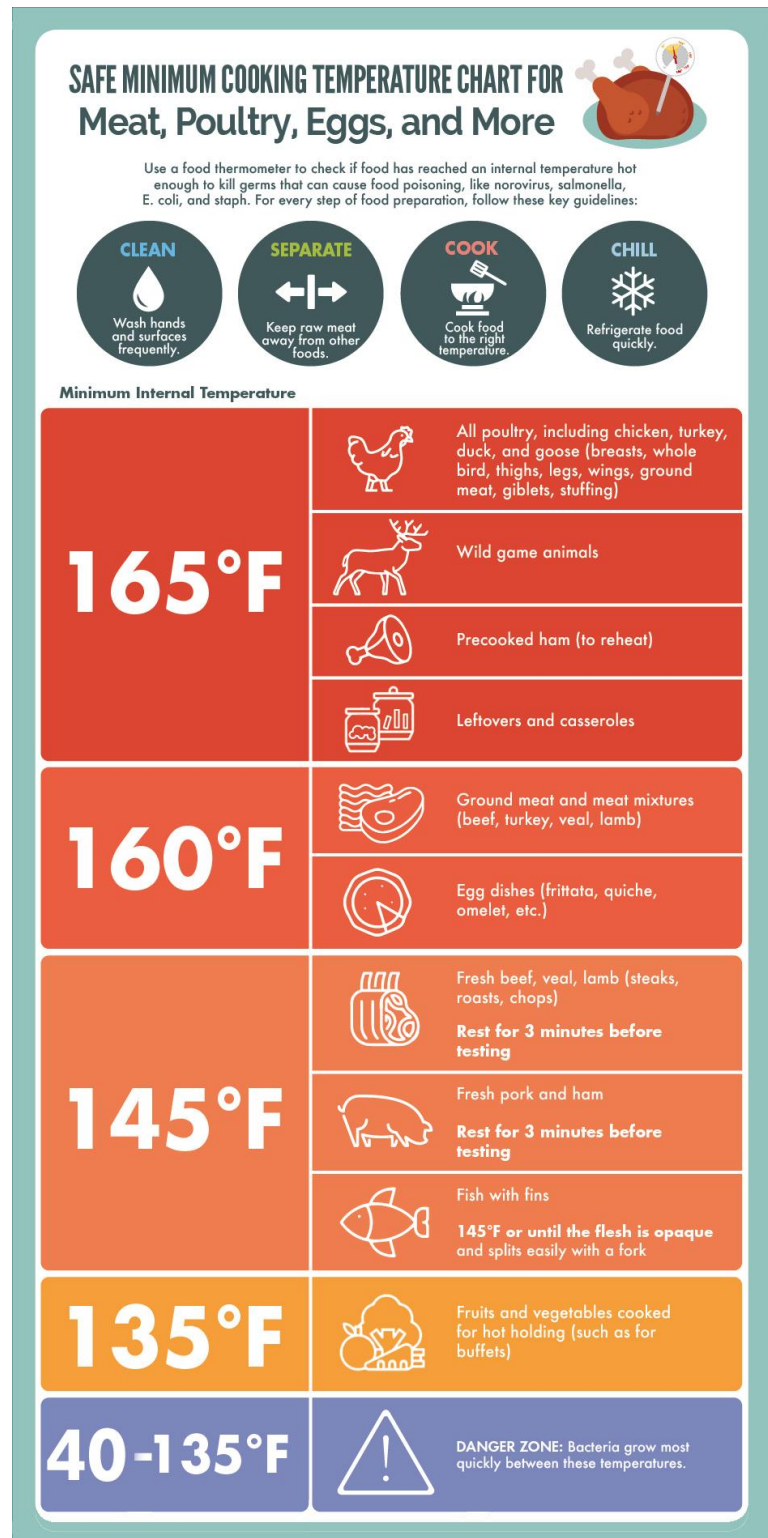
Cook: Be sure that all foods are cooked to the correct internal temperature. Refer to the chart at right for the temps. And if you would like a poster for your galley, let us know and we'll send you a shiny, laminated 8.5 x 11 "cheat sheet". 😊

Step 4

Chill: Be sure to cool foods as quickly as you can to 40 F or lower. Remember this and you won't go wrong: **"Quick chill in small batches"**.

The belief that you should leave food out for a while before putting in refrigeration is a myth. It should be divided into small batches and then placed in the cooler – or even the freezer – until it reaches 40 F.

Remember the danger zone: 40 F to 135 F



Source: Centers for Disease Control and Prevention



Strawberry Shortcake French Toast

- 10 each large eggs
 - 1 ½ cup whole milk
 - 1/2 cup heavy cream
 - 2 Tbsp vanilla extract
 - 4 Tbsp granulated sugar
 - 1 ½ tsp ground cinnamon
 - 1/8 tsp freshly grated nutmeg

 - 16 slices thick bread or English muffins
 - 2 cups strawberries, washed and sliced
 - Lots Powdered sugar, for garnish
- Combine all of the first group of ingredients and blend well.
 - Soak the bread in the liquid for a minute or two, then grill until golden brown. Remove.
 - Place half the French toast in a steamtable pan, then top with berries and powdered sugar. Drizzle with a little syrup or honey.
 - Place the remaining bread slices on top of the berries and dust with powdered sugar.
 - Put remaining berries on top of the bread and drizzle with honey or syrup.

French Toast Panini & Grilled Bananas

- 8 each eggs, lightly beaten
- 2 cup milk
- ½ cup orange juice
- 3 Tbsp vanilla extract
- 4 Tbsp granulated sugar
- 1 tsp cinnamon
- ¼ tsp nutmeg

- 12 each thick slices of stale French bread
- 4 each large, ripe bananas, sliced
- Lots powdered sugar for garnish

- Combine the first set of ingredients; pour into a baking pan and place the bread in the pan.
- Let soak for about 3 minutes on each side.
- Grill on a grill that is well-coated with a blend of margarine and vegetable oil.
- While the bread is grilling, add bananas to the grill and cook briefly, then place on top of the French toast.
- Top this with another slice of French toast, then place a weight on top to press together the sandwich. Don't go crazy; you want it to be slightly flattened but not smushed. 😊
- Remove, cut diagonally and dust generously with powdered sugar.
- Transfer to a steamtable pan and if you like, drizzle with some syrup.





Taco Pie with Salsa

Yield: about 12 servings 4 x 4

- 1 sheet puff pastry dough
 - 2 lbs ground beef
 - 2 packs taco seasoning mix
 - 1 Tbsp ground cumin
 - 1 cup salsa or mild picante sauce
 - 1 pint sour cream (optional)
 - 1 lb shredded Cheddar cheese
 - 1 16oz bag nacho chips, crushed
- Place puff pastry dough in bottom of a half sheet pan, and top with parchment paper then another pan (for weight).
 - Bake at 350 F until golden brown.
 - Brown ground beef, then add seasonings (don't drain the beef).
 - Stir in the salsa and heat the mixture.
 - When pastry is brown, remove and top with the beef, then top with half the cheese.
 - Top this with the crushed chips, then the rest of the cheese.
 - Return to the oven to melt the cheese, then remove and cut into serving portions.
 - Top with dollops of sour cream if using. Also, you can garnish with green onions or cilantro.

Deconstructed Cabbage Rolls

This is a super simple dish with the flavor of a traditional cabbage roll. Serves about 15 or so.

- 2 lbs ground beef
- 1 each large onion, diced
- 1 each medium cabbage, diced 1" or so
- 28 oz diced tomatoes, canned
- 8 oz tomato sauce
- 1/2 cup chicken or beef stock
- 2 Tbsp garlic, minced
- 2 tsp salt
- 1 1/2 tsp ground black pepper
- 1/4 tsp cayenne pepper

- In a Dutch oven or large braiser, brown the beef with the onion, then add the garlic and cook until garlic wilts.
- Add the remaining ingredients and bring to a boil. Then reduce to a simmer and cook until the cabbage is tender, about half an hour (but check and stir occasionally).
- Remove and transfer to a shallow half or third pan and place on steamtable for service



HOW TO WASH YOUR HANDS PROPERLY



**Get your hands wet
with clean water**



**Apply soap and
rub them together**



**Don't forget between
your fingers, fingertips,
the back of your hands
and even your wrists**



**Scrub like this for at
least 20 seconds. Try
humming a song like
"Happy Birthday"!**



**Rinse using clean,
running water,
just like step 1**



**Dry your hands
using a clean towel**



Baked Apple Crisp

A simple, tasty and popular dessert that is also a great way to get rid of those apples that aren't pretty enough for the fruit bowl, or are getting a little older. Yields a half pan or 9 x 13 cake pan.

- 5 cups apples, peeled, cored, sliced
- 1 ½ cups flour
- 1 cup oatmeal, uncooked
- 1 ½ cups granulated sugar
- 1/2 cup brown sugar
- 1 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1/2 tsp salt
- 1 cup margarine, softened & cubed

- Prep a shallow, half-size steamtable pan with food spray. You can also use a 9 x 13 pan.
- Place apple slices into the pan in even layer
- In a mixing bowl, combine all dry ingredients
- Cut in the margarine cubes with a pastry cutter, or you can use the whip attachment and mix on low. The mixture should be crumbly and somewhat like coarse cornmeal.
- Spread evenly over the apple slices; distribute it well and use it all.
- Bake at 350 F until the mixture on top is golden brown. About 40 minutes or so, but check at 30 minutes.
- Remove and allow to stand before serving if using a 9 x 13 pan. If a steamtable pan, place it on the serving line for hot holding.

Lemon Coconut Pound Cake

- 1 cup granulated sugar
- 1/2 cup margarine, softened
- 2 each eggs
- 1 each lemon, juiced and zested
- 1 ½ cups flour
- 1 tsp baking powder
- 1/4 tsp salt
- 1/2 cup half and half or whole milk
- 3/4 cup coconut flakes

- 1 cup powdered sugar
- 3 Tbsp lemon juice (or as needed)

- Cream sugar and oleo in mixer; add eggs one at a time and scrape bowl between additions
- Add lemon juice and zest, blend into sugar
- Mix drys in a separate bowl and add half to sugar mix, then half of the milk, and repeat until all is added. Scrape bowl often.
- Transfer to buttered loaf pan, bake at 350 F about an hour; when done remove and rest.
- Mix powdered sugar and lemon juice to make a glaze.
- Pour over the cooled loaf to coat, letting it run around the sides as shown below.



Chicken Cordon Bleu Casserole



All the flavor of a traditional chicken cordon bleu but with a lot less hassle. You can adjust the amount of meat and cheese if you have extra leftovers to use up.

12 oz. pack egg noodles, cooked and drained
3 cups cooked, diced or shredded chicken
3 cups diced ham (pit or bone-in is fine)
16 slices Swiss cheese, diced about 1/2"
2 cans cream of chicken soup
1 1/2 cup milk

1/4 cup margarine, melted
1/2 cup breadcrumbs (plain is better here)
1/2 cup parmesan cheese

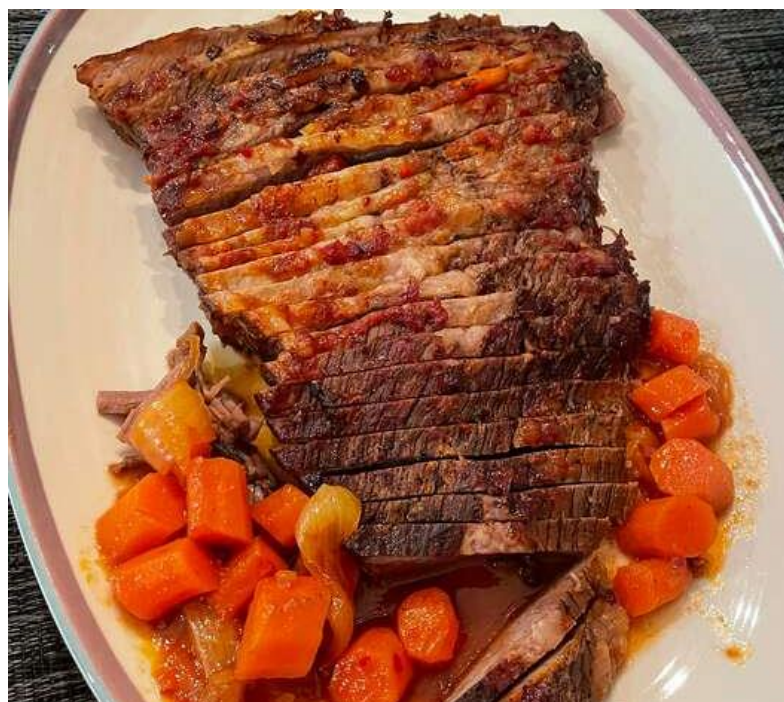
- In a bowl, combine meats, noodles and cheese.
- Mix the milk and soup mix, then spoon over the noodle mixture; fold in until just incorporated.
- Transfer into two shallow half pans prepped with food spray.
- Stir breadcrumbs and Parmesan cheese in the melted oleo until crumbs are coated and the mixture is moist; don't over mix.
- Sprinkle bread crumb mixture over casserole.
- Bake at 350 F until the casserole is hot and the crumbs are lightly browned. About 30 or 40 minutes. Check at 25 minutes depending on your oven.
- Remove and place in serving line or hold hot.

SUNDAY DINNER BRISKET

Finally, another way to cook brisket! It's a delicious alternative to pot roast or even smoked brisket when you think it's about time for a change. Serves 20-25

1 each brisket, split into flat and point
3 cups ketchup
2 packs onion soup mix (dry packets)
3 cans ginger ale (or sprite + 1/2 tsp ginger)
12 each carrots, peeled, cut into 1" pieces
2 each medium onions, thick sliced

- Place the brisket in roasting pan(s), fat side up. Prep the pan(s) with food spray.
- Arrange the carrots and onions around the brisket in each pan.
- In a bowl, mix the remaining items and blend well. Pour over the briskets
- Cover with lid or foil (seal tightly) and roast at 350 F for about 2 1/2 hours.
- Remove the cover and continue roasting for another 1 1/2 hours or so. Check tenderness after an hour and monitor; it should be very tender but still able to be sliced without falling apart.
- When ready, remove brisket from the liquid and allow to stand about 15 minutes before slicing.
- Slice as shown below and place in shallow pan; arrange the carrots around the meat and pour the pan drippings over the meat.
- Place on steamtable for serving, or hold hot.





There was this Hell's Angel riding down the road on his motorcycle last winter. He was wearing a leather jacket that had a broken zipper. He finally stopped the bike and thought to himself, "Man, I can't drive anymore with the cold air hitting me in my chest."

So he decided to put the coat on backwards to block the air from hitting him. He rode on and came around a bend in the road, lost control and wrecked, coincidentally, in front of Boudreaux's house.

Boudreaux happened to see what happened, and called the State Police to report the accident. The Trooper on the phone asked him, "Is the guy showing any sign of life?"

"Well," Boudreaux told him, "He was until I turned his head around da right way!"

A long time ago, Boudreaux, believe it or not, was known among his friends to be very brief an to the point - he really never said too much.

One day, an Avon lady knocked his door and asked to see his wife, so Boudreaux told her that Marie wasn't home.

"Well," the woman said, "could I please wait for her?" Boudreaux directed her to the kitchen and left her sitting there for more than three hours. Starting to worry, she called out for him an asked, "May I ask where your wife is?"

"She went to da cemetery," Boudreaux replied. "And when is she coming back?"

"Mais, I really don' know," he said. "She been dere eleven years now!"

Boudreaux & Thibodeaux found three hand gernades. So dey decide to take dem to da police station. Thib says, "Mais, what if one of dem explode on our way dere?"

Boudreaux said, "Mais, we gonna lie & told dem we just found two."

Boudreaux was in the bookstore looking for a book. He was becoming frustrated not finding what he was looking for. He had never been in this store before and did not know he could ask for help.

Thibodeaux comes in and ask, "Boudreaux, what you doing here, never seen you here before?"

Boudreaux says, "I looking for dis book a friend tole me about, says I will see many of my friends in it. Can you help me find it?"

"Mais yeah, I can help, what de name of de book?" Boudreaux say,

"Mais it stay wrote on dis piece of paper right here, see, Face Book".

Boudreaux was called into his bank to discuss his accounts. "Your finances are in terrible shape," the banker stated.

"Your checking account is way overdrawn, and your loan's are overdue." "Yeh, I know." said Boudreaux.

"It's my wife, Marie. She's out of control." The banker asked Boudreaux, "Why do you allow your wife to spend more money than you have?"

"Mais, to tell de truth, Mr. Banker," replied Boudreaux with a deep sigh, "because I'd rather argue wid you than wid her !"

I work in a Cajun restaurant and people always ask what the alligator tastes like. I tell them it tastes great, but we make ours out of baby alligator so it has a little bite to it.

