

SHOP TALK



THANKSGIVING EDITION

November 15, 2022

Thanksgiving Day is a good day to recommit our energies to giving thanks and just giving.

Amy Grant

If you wish to make an apple pie truly from scratch you must first invent the universe.

Carl Sagan

If you think about a Thanksgiving dinner, it's really like making a large chicken.

Ina Garten

I suppose I will die never knowing what pumpkin pie tastes like when you have room for it.

Robert Brault

Some people are always grumbling because roses have thorns; I am thankful that thorns have roses.

Alphonse Karr

Thanksgiving is approaching, and while this has really been as demanding a year as 2021, let's all take a moment to consider the good things that we have for which to be thankful.

The blessings of family and friends; being safe from COVID, and just knowing that we can go to work every day and provide for our needs. Yes, things are still very, very tough, but they are improving. Perhaps we can be thankful for these things can't we?

We know not everyone celebrates Thanksgiving but giving thanks – holiday or not – is something that anyone can enjoy, as we plan, prepare and serve a bountiful holiday meal to our guests offshore. And maybe watch some football too!

So, in the spirit of Thanksgiving, our theme in this issue is lots of good food we can put together and enjoy across the Gulf of Mexico.



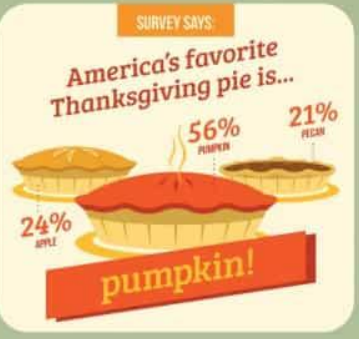
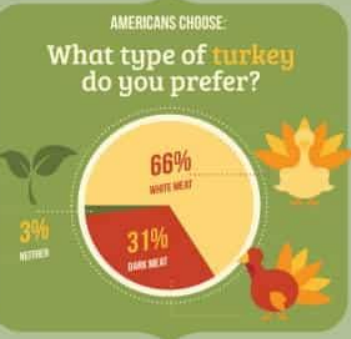
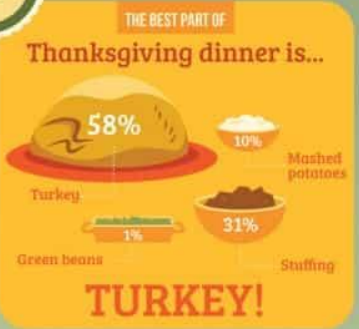
Happy Thanksgiving

Wishing You a Warm & Bountiful Holiday Season

FROM KRC

AMERICANS SAY...
The best holiday meal of the year is... **65%**
Thanksgiving!

28% SAY CHRISTMAS
6% SAY 4TH OF JULY
2% SAY EASTER



YOU WANT ME TO EAT WHAT?!

Unusual things
Americans have been served at Thanksgiving

POULTRY
DEER STEAK
TURKEY LOAF
SUSHI



Should retail stores stay closed on Thanksgiving?

76% SAY YES ENOUGH ALREADY!	We're OPEN
24% SAY NO, I NEED MORE TIME TO GET THE GOOD DEALS!	RESPECT



PLEASE...
BE SURE TO WEAR YOUR CUTTING GLOVE



PLEASE...

BE SURE TO
WEAR YOUR
CUTTING
GLOVE



Turkey Brine

Want a turkey that is amazingly tender while still maintaining a crispy skin? Here's the answer:

1	quart	water
1	gallon	vegetable stock
1	cup	salt
1	cup	brown sugar, loosely packed
2	Tbsp	fresh ginger
1	each	turkey, thawed

- Chill the vegetable stock until very cold before using it.
- Peel the ginger and grate it or mince it very fine.
- Boil the water and add seasonings; cook until the salt and sugar are dissolved, then add to the cold stock.
- Put turkey in a bag and set the bag in a large roaster.
- Pour in the ice-cold stock.
- Pull the bag around the turkey so that it is completely covered by marinade, then tie off the bag and put in a refrigerator. If you don't have room, put it in an ice chest with a lot of ice to keep it very cold while marinating.
- Allow to marinate overnight. Remove turkey when ready to cook. Pat dry and prepare according to the recipe.
- Discard the marinade.

Turkey Roast with Rosemary

1	each	whole turkey, brined
3/4	cup	olive oil
3	Tbsp	garlic, minced
2	tsp	salt
1	Tbsp	dried rosemary, crushed
2	tsp	dried basil
1	Tbsp	Italian seasoning
1	tsp	black pepper

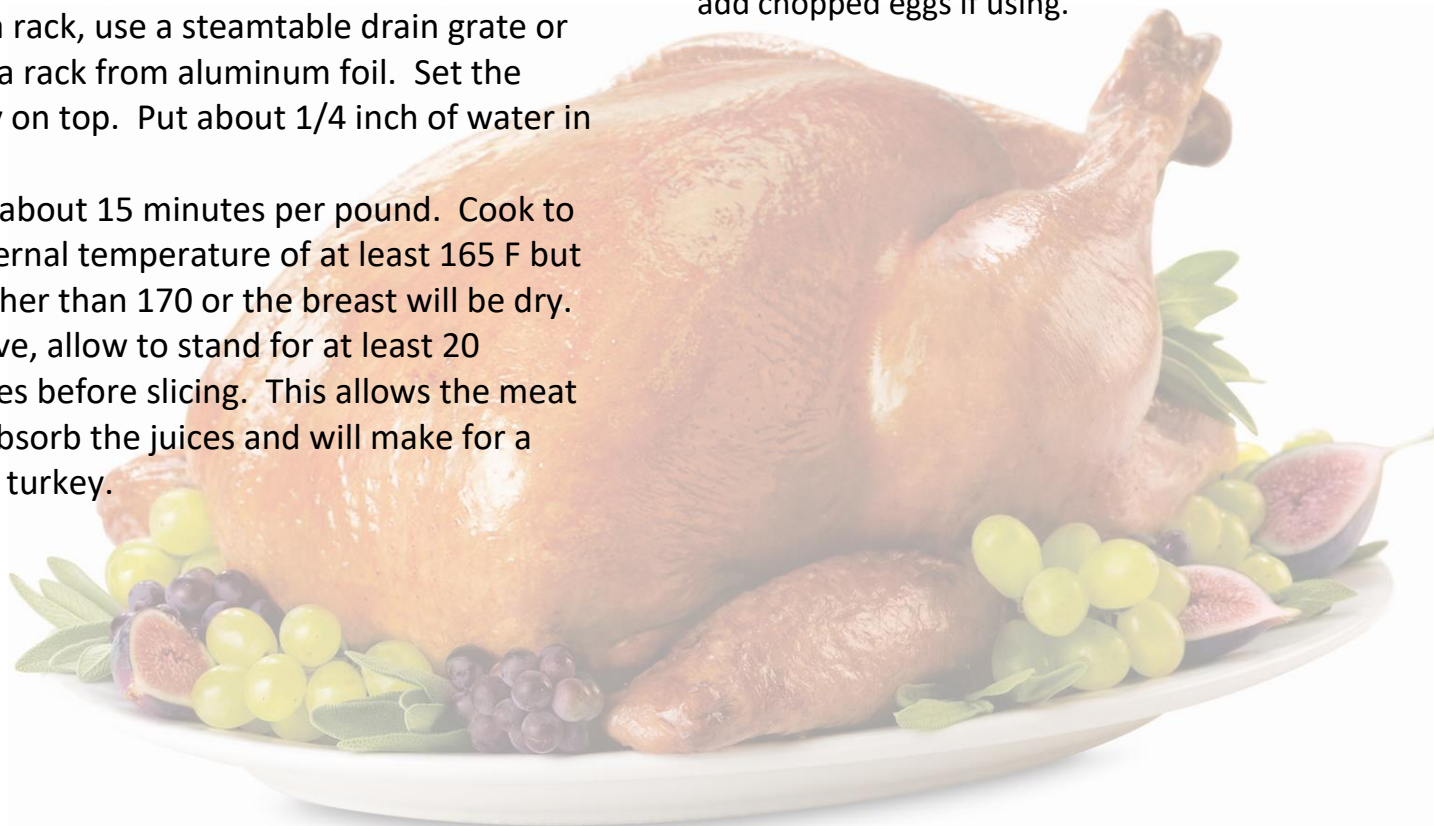
- Preheat oven to 325 F
- Remove giblets, neck and excess fat from the turkey. Rinse and pat dry.
- On a clean surface, mix salt and garlic. Using a spatula or the flat of a knife, grind them together to make a paste.
- Mix the oil, garlic paste and all other seasonings together.
- Loosen skin of turkey breast and, using your hand, rub the oil generously under the skin. Rub the rest on the outside of the turkey, starting with the breast.
- Put the turkey in a roasting pan. If you don't have a rack, use a steamtable drain grate or make a rack from aluminum foil. Set the turkey on top. Put about 1/4 inch of water in pan.
- Roast about 15 minutes per pound. Cook to an internal temperature of at least 165 F but no higher than 170 or the breast will be dry.
- Remove, allow to stand for at least 20 minutes before slicing. This allows the meat to reabsorb the juices and will make for a juicier turkey.

Turkey Giblet Gravy

Makes about 1 quart

3-4	cups	pan drippings
3	each	celery stalks, diced small
1	each	onion, diced
1/2	cup	flour
2	tsp	chicken base
3	each	diced hard
To taste		Salt and pepper
Optional: hard boiled eggs		

- Skim the fat off turkey pan drippings – about ½ cup – mix with flour and cook until you have a light roux.
- Put giblets in a saucepan. Add water to cover and cook until tender.
- Add onions and celery to broth, cook until tender
- Add remaining drippings and enough water to make about a quart of gravy. Add chicken base if needed for flavor.
- Bring to high heat to thicken, then reduce to a low simmer.
- Pick meat from the neck, chop the gizzards, and add to the gravy.
- Adjust salt and pepper, remove from heat and add chopped eggs if using.





Honey & Cinnamon Roasted Sweet Potatoes

This is a less-sweet dish than the usual sweet potato casserole or “candied yams” that are usually seen on Thanksgiving tables. Makes about 10 servings

3	lbs	sweet potatoes
1/2	cup	olive oil
1/2	cup	honey
4	tsp	ground cinnamon
		Salt as needed

This is a delicious alternative to the sweet potatoes with marshmallows. Pecan topping makes it savory while it is still nice and sweet. This will make about 20 portions (2” half pan)

1	stick	butter, melted
3 ½	lbs	sweet potatoes, peeled & cubed
1	cup	milk
1/2	cup	brown sugar
2	tsp	vanilla extract
1/2	tsp	salt
4	each	eggs

- Boil the sweet potatoes; drain
- Combine remaining ingredients in a bowl; blend together by hand until it is thoroughly mixed
- Transfer to a shallow half pan prepped with food spray or melted margarine.

Topping:

1	cup	flour
1	cup	brown sugar (packed)
1	stick	butter, melted
1/2	tsp	salt
1 ½	cup	pecans, chopped

- In bowl, combine everything but the pecans; blend together until it clumps together. Stir in the pecans.
- Sprinkle the topping evenly over the filling in pan.
- Bake at 350 F until center is set – about 30 minutes.
- Remove and place on the serving line.

- Preheat oven to 375 F
- In bowl, combine honey and oil; blend together.
- Peel and dice potatoes into 1-inch cubes; toss in honey/oil
- Transfer to a sheet pan lined with parchment paper
- Lightly dust the potatoes with salt and cinnamon
- Bake about 25 to 30 minutes, or until the potatoes are done.
- Remove and place on serving line. Drizzle on a bit more olive oil or melted margarine to moisten the potatoes if desired.



COOL KITCHEN HACKS

Gravy Hack:

The secret to great gravy is skimmed — not greasy — pan drippings. If you have no fat separator, pour your drippings into a large zip lock bag, then hang it in the freezer. As the drippings cool, the fat will rise to the top and solidify. Cut the corner of the bag to let out the stock and the fat stays behind. C'est bon!

Speaking of great gravy, you'll find a ton of flavor in pan drippings. If you don't have enough, add any homemade stock you have (not seafood though 😊).

Another trick? Take all those chicken and turkey bones from your normal use and simmer with celery and onion pieces. And maybe a chopped carrot. After an hour or so, you have a delicious stock.

Skip the Potato Peeler...

Boil your potatoes whole and then shock them in cold water; the skins peel right off! You can also consider mashing potatoes with the skins on. Which is something many people actually like.

Shape foil into a ring to keep the turkey moist while roasting.

Don't have a roasting rack? It's all good. Set your bird on top of the foil and add more aluminum as needed so that your Thanksgiving turkey will stay elevated while cooking. The foil ring will help heat flow around your turkey for even roasting.



PERSONAL ERGONOMICS & SAFETY

What's Ergonomics? It's the science of **matching** tools and tasks to the work environment. In other words, it tries to make your job fit you, rather than making you fit your job to reduce or eliminate injuries that can result from stress on muscles, nerves, and joints.

These types of injuries have been common to workplaces for a long time, but safety standards concerning them are new.

Ergonomically related injuries happen. They are commonly known as repetitive motion or stress disorders, and they account for almost one-half of all workplace illnesses each year. They are called "illnesses" because the problems generally build up over time, rather than being caused by one single event, such as in the case of an accident.

Physical problems from cumulative trauma: These usually involve damage to muscles, tendons, and nerves in the back, neck, and joints. Discomfort can be mild and periodic, or long lasting.

Disorders can be caused by making the same motion over and over, staying in one position too long, working in awkward positions, with tools that don't fit the body, using a great deal of physical force, or exposure to long periods of heavy vibration.

Avoid Discomfort: You can help yourself by practicing basic ergonomic principles:

- Use two hands for a task instead of one.
- Use tools that are right for the job.
- Take frequent breaks from repetitive motion tasks.
- Avoid repeating awkward movements or positions.
- Wear gloves that reduce pressure or vibration on fingers.
- Report Early Symptoms: Anyone who feels numbness, tingling or pain in their hands, arms or neck should seek the advice of a supervisor.

TRADITIONAL CORNBREAD DRESSING

Look no further for the very best dressing ever. This moist dressing uses no sage. Makes 2 half pans, about 24 servings. You can easily double recipe.

1	half pan	cornbread, prepared (NOT Jiffy)
4	each	eggs
1/4	cup	margarine
2	cups	onions, diced
2	cups	celery, diced
2	quarts	chicken stock or broth
2	tsp	ground black pepper
1	tsp	salt
4	cups	chicken, cooked and chopped

- In a large bowl, crumble the cornbread so it is fine.
- In a saucepan, heat the stock, celery and onions. Cook until the vegetables are tender. Remove the vegetables from the stock; add to the cornbread.
- Add the chicken to cornbread, season with salt and pepper to taste.
- Add the eggs and blend into the mixture
- Add the margarine, half the stock, and work in. It should be a loose mixture, like a cornbread batter. Add as much liquid as needed. Save the rest.
- Transfer into 2 half pans, 2" deep. Bake, uncovered, at 350 F until lightly brown on top and center is set.



Cheesy Smashed Potatoes

Makes about 20 servings (a half pan)

6	lbs	russet potatoes
3/4	cup	sour cream
5	cups	shredded Cheddar cheese
1/2	cup	green onions, thinly sliced
		salt and pepper as needed

- Boil the potatoes in salted water until tender – 10 to 15 minutes. Drain and return to the stockpot.
- Smash the potatoes with a masher and add the salt, pepper, sour cream and cheese. Mix for an even consistency but you want it to be “chunky”.
- Taste and adjust salt and pepper, then fold in the green onions. Remove and place in a serving pan.

Smelling up the Joint

Make the whole galley smell fantastic with a simple holiday potpourri. Here's what you need:

1	each	cut-up apple
1	each	peel from an orange (all of it)
4	tsp	cinnamon
1	Tbsp	cloves
1	Tbsp	vanilla extract

Combine everything in a saucepan and cover with water. Simmer on the stove all day long. Add water as needed. Likewise, the other stuff.

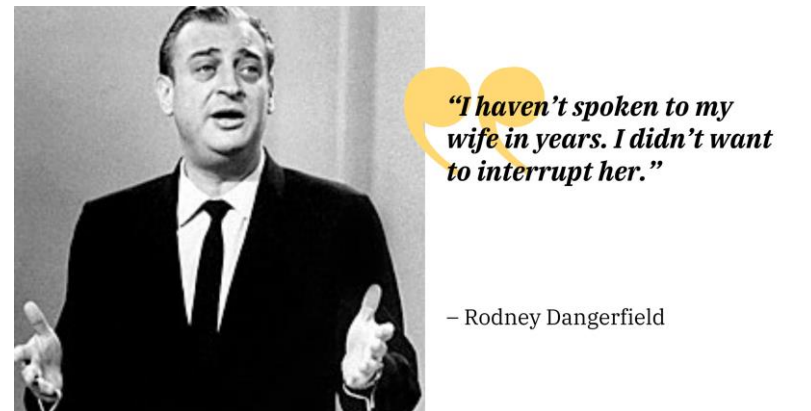
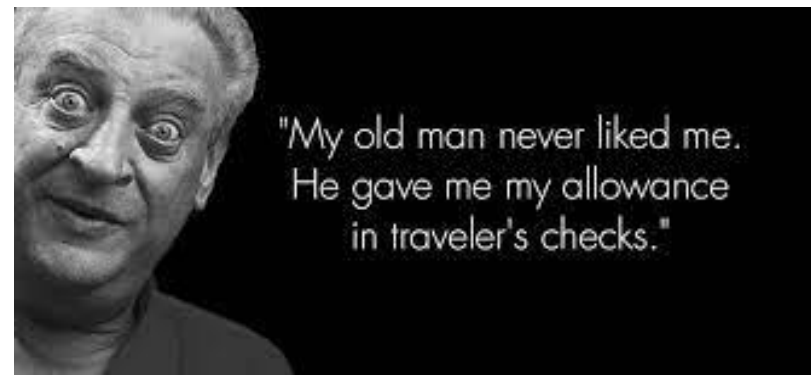


Cheesy Mushroom Broccoli Casserole

Makes a half pan, about 20 servings

3/4	cup	margarine, melted
1/2	cup	flour
1	16 oz can	mushrooms, drained
1	cup	onions, finely chopped
2	tsp	garlic powder (not garlic salt)
1	tsp	cayenne pepper
4	cups	heavy cream
2	cups	chicken stock
2	lbs	frozen broccoli, thawed, drained
5	cups	shredded Cheddar
8	cups	cooked rice

- In a large pot, make a roux the color of peanut butter with the flour and margarine.
- Add onions and sauté until tender, then garlic, powder, cayenne, cream, and chicken stock. Cook until heated and stir in half the cheese until it melts.
- Add broccoli, mushrooms, and the rice. Season with salt and pepper, to taste.
- Pour into buttered half pan and top with remaining shredded Cheddar.
- Bake until cheese is melted and golden, about 25 to 30 minutes. Remove and put on serving line.



Happy Thanksgiving!

