

SHOP TALK 2023

HAPPY NEW YEAR TO OUR SONOCO FAMILY!!

In this new year, be grateful that God has given you victory over many things over the past year.

Steven M. Hitchcock

Write it on your heart that every day is the best day in the year.

Ralph Waldo Emerson

You know how I always dread the whole year? Well this time I'm only going to dread one day at a time.

Charlie Brown

The bad news is time flies. The good news is you're the pilot.

Michael Altshuler

No matter how hard the past, you can always begin again.

Buddha

NEW YEAR'S DAY FACTS & TRIVIA

The year is coming to an end, but wow, 2022 has been another tough one. Most of us are probably looking forward to starting a whole new year! Many places around the world begin New Year's celebrations on December 31st. The celebrations continue into the early hours of January 1st. Before we ring in the new year, let's get some facts about New Year's Day.

The first New Year was in March

New Year's wasn't always celebrated on January 1st. The earliest New Year festivities date back about 4,000 years. At that time, the people of ancient Babylon began their new year in what we now call March.

Who changed it to January 1st?

The calendar that we use today is known as the Gregorian calendar. It was introduced 400 years ago by Pope Gregory XIII in 1582. He declared once and for all that January 1st should be New Year's Day.

Since then most of the Western world celebrates the start of the year just like you do — on the first day of January.

How does everyone celebrate?

Here in North America, we usually ring in the new year by gathering with family and friends for parties. Or even special meals and spectacular firework displays.

In Greece, a gold or silver coin is baked into a cake, called a **vasilopita**. The person who receives the piece of cake with the coin inside is said to have luck the rest of the year.

In Spain they eat 12 grapes at midnight on New Year's Eve to bring 12 months of happiness.

While in Bolivia, families often hang small homemade dolls outside their homes for good luck.

Over in Japan, at midnight on New Year's Eve, bells and gongs sound to banish bad spirits. To leave the old year behind and welcome in the new one, the Dutch make bonfires in the street using Christmas trees. Portuguese children go from home to home and sing for neighbours. They may receive sweets and coins in return.

What's with the fireworks?

Fireworks originated centuries ago and are believed to have been invented by the Chinese. They are said to chase away evil spirits and bring good luck, making them a perfect way to begin a new year!

What's that song they always sing?

The song that's traditionally sung at midnight on New Year's Eve is called *Auld Lang Syne*. Its title means "times gone by." The song is an old Scottish tune. But, a Canadian bandleader named Guy Lombardo is responsible for making it a New Year's tradition. He performed the song at midnight at a New Year's Eve party in New York City in 1929.

Want to be one of the first people to welcome the new year? Then you'll want to visit the tiny Pacific island nation of Kiribati.

As for the last place to ring in the coming year? That title belongs to American Samoa in the South Pacific Ocean.



What to Eat on New Year's Day

According to popular folklore, if these foods are eaten on New Year's Day, they guarantee good luck throughout the year.

- Peas or beans are said to symbolize coins or wealth. Choose traditional black-eyed peas.
- Greens resemble money, specifically folding money. Make dishes using smothered cabbage or collard greens, or other green, leafy vegetables to ensure good fortune for the coming year.
- Pork is considered a sign of prosperity in some cultures because pigs root forward. Many Southern New Year's Day dishes contain pork or ham, but feel free to serve a pork roast or baked ham as an entrée.
- Cornbread might symbolize gold, and besides, it is essential with black-eyed peas and greens.

In other cultures, fish, grapes, and ring-shaped cakes or doughnuts, or cakes with special treats inside symbolize luck.

What Not to Eat on New Year's Day

- Some believe that lobster could cause bad luck in the coming year because it moves in a backward direction and could mean setbacks in the year ahead.
- For the same reason, some believe chicken dishes should be avoided New Years Day. Chickens scratch backward, plus they are winged so your luck could fly away.



SPICY BLACK-EYED PEAS & HAM

- 1 lb dry black-eyed peas
 - 2 quart chicken or pork stock
 - ¼ lb salt meat, diced small (about ¼")
 - 1 each onion, large, diced
 - 1 Tbsp garlic, minced
 - ½ lb ham, diced (preferably bone-in ham)
 - 2 ribs celery, diced
 - 1 each bell pepper, diced
 - 1 each jalapeno, minced (or 2 Tbsp pickled)
 - 2 tsp Tony's or Slap Ya Mama
 - ½ tsp black pepper
- Salt, adjusted as needed (if needed)

- Rinse the peas and pick them over. Set aside.
- In a large saucepan, render the salt meat and add the onion, celery, peppers and garlic.
- Cook until the vegetables are tender.
- Add the diced ham and brown lightly.
- Add the stock, black-eyed peas and seasoning.
- Bring to a boil and reduce to a simmer; cook low and slow, stirring occasionally until the beans are done. Add water as needed during cooking.
- Adjust for salt and seasoning and add to taste.
- Remove and place on serving line in 1/3 pan.

CRISPY CRUST CORNBREAD

To start with, you gotta – gotta – have a hot pan with hot oil in it first. So put some oil in a black skillet and stick it in a 425 F oven while you mix up the bagger. 😊 Makes 1 skillet (12" diameter)

- 2 ½ cups yellow cornmeal
- 1 ½ cups flour
- 1 Tbsp baking soda
- 1 ½ Tbsp baking powder
- 1 tsp salt
- 2 cups buttermilk (make your own, yum)
- 2 each eggs
- ½ cup veg oil

- Got that pan in the oven? Good.
- Sift together all dry ingredients.
- Combine milk, oil and eggs
- Combine the wet and dry ingredients and gently stir together.
- Pour into that hot skillet from the center, letting the batter spread to the edges.
- Stick it in the oven and bake about half an hour or so. It'll have a hollow thumping sound if you tap on the center.
- Remove and let cool before cutting into either squares or wedges for serving.





SMOTHERED CABBAGE & SAUSAGE

- 2 Tbsp Veg Oil
- 4 each bacon strips, diced or chopped
- 1 lb Smoked Sausage, Cut Into 1" Slices
- 1 each Large Onion, Diced
- 1 each Green Bell Pepper, Diced
- 1 Head Cabbage, Cored, Coarsely Chopped
- Salt To Taste
- Cayenne Pepper To Taste
- Black Pepper To Taste

- Heat oil in a large 8 quart Dutch oven or stockpot at medium heat.
- Cook bacon until it begins to crisp.
- Add sausage, cook, stirring occasionally, until sausage pieces brown, 7-10 minutes.
- Add onions and bell peppers and cook for 5 minutes.
- Reduce heat to medium.
- Add cabbage, salt, red cayenne pepper, and black pepper.
- Cook, covered and stirring occasionally, until cabbage is tender, about 45 minutes.

BROCCOLI MAC & CHEESE

Simple, colorful, and fast to prepare.

Serves about 25

- 3 lbs elbow macaroni
- 8 cups cheese sauce
- 2 cups chicken broth
- 2 lbs broccoli, thawed, cut into small florets
- 2 Tbsp garlic, minced
- 2 cups shredded mozzarella
- 2 cups shredded cheddar
- 3/4 cup butter

- Cook the macaroni in well salted, boiling water, then drain.
- Meanwhile, sauté garlic in the butter, then add the broccoli and heat through.
- Add cheese sauce and turn heat low.
- When noodles are done and drained, combine with the broccoli / cheese sauce, transfer to steamtable pans and top with cheese.
- Bake until the cheese is melted and bubbly.





SENATE BEAN SOUP RECIPE

Say what you will about our senate, they do have a good bean soup.

Makes about 2 ½ gallons

2	lbs	dry navy beans
1 ½	gallons	water
2	lbs	smoked ham hocks or a large ham bone
5	cups	mashed potatoes
4	tsp	salt
½	tsp	pepper
2	cups	onions, diced
2	cups	celery, diced
2	cloves	garlic, minced

BEEF CABBAGE SOUP

This is very similar to a popular recipe from a chain restaurant. Makes about 2 gallons

2	lbs	ground beef
1	head	cabbage, dice 1 inch
4	ribs	celery, diced
2	cups	bell pepper, diced
2	cups	onion, diced
1	lb	kidney beans, cooked firm and drained
2	28 oz	cans whole tomatoes, chopped coarsely
2	quarts	beef stock
1/4	cup	Worcestershire sauce
1	tsp	black pepper
1	tsp	garlic powder
		Salt as needed

- In a stockpot, brown ground beef and drain.
- Add remaining ingredients except the beans.
- Bring to a boil, reduce to a simmer and cook until cabbage is tender.
- Check seasoning. There should be a slightly noticeable sweetness; add more Worcestershire if needed. Season with salt and pepper to taste.
- Add the beans and simmer until fully heated. Remove and serve.

- Heat beans, hocks (or ham bone) and water to boiling. Cook 2 minutes; remove from heat. Cover and let stand an hour.
- Return to a boil, then reduce to simmer and cook about 2 hours or until beans are tender.
- Add remaining ingredients, cover and simmer an hour.
- Remove the hocks, let cool enough to handle. Remove meat, cut into ½ inch pieces and add back to the soup.
- Garnish with some parsley and serve.



Shrimp and Corn Soup

Makes a couple of gallons

6	cups	whole kernel corn
4	lbs	small shrimp, peeled
2	cups	butter
2	cups	flour
3	cup	onions, diced
2	cup	celery, diced
1	cup	green bell pepper, diced
1/2	cup	minced garlic
2	cups	tomatoes, seeded, diced
2	cups	tomato sauce
5	quarts	shellfish stock if you have it, chicken if you don't
2	cup	heavy cream
1/2	cup	fresh parsley, chopped

Tip: for a really good flavor, use corn on the cob, thawed. Shuck the corn and boil the cob with the broth (remove before serving).

- In a large stockpot, melt butter; add corn, onions, celery, bell peppers, and garlic; sauté about 5 minutes until vegetables are wilted.
- Add flour; cook while stirring a few minutes. Don't brown the roux.
- Add tomatoes, tomato sauce and stock, slowly, into the roux to prevent lumping. Stir as you add until it is all blended in. Bring to a boil.
- Reduce to a simmer; add cream and shrimp. Cook for about 20 minutes at a low simmer. Add parsley, salt and pepper to taste.



Corned Beef & Cabbage

Lots of us grew up eating this dish, especially after the winter garden started coming in. Preparation varies across the south. This one is a traditional Acadian version from the heart of south Louisiana. Serve some horseradish and cornbread on the side. C'est Bon!

Serves about 30

1	each	corned beef (average about 13 lbs)
6 - 8	lbs	cabbage, cut in wedges, leaving the core on for now
6	each	large onions, quartered
12	each	carrots, peeled, cut in 3 inch pieces
6	each	celery stalks, cut in 2 inch pieces
1/4	tsp	ground clove
1/2	tsp	black pepper
2	each	bay leaves
4	lbs	red potatoes, quartered (or new potatoes, drained)
4	Tbsp	garlic, salt and black pepper to taste LA hot sauce as needed

- In a large stock pot, place corned beef, half of the onions, celery, clove, pepper and bay leaves. Cover with lightly salted water, about 1" over meat, and season to taste with hot sauce.

- Bring to a rolling boil; reduce to a simmer and cook until the corned beef is tender, about 3 hours. Check it periodically. You'll want to be able to slice it, so don't let it get so tender you can't remove it and slice it.
- When ready, remove and allow to stand before slicing
- Strain the liquid and return it to the stock pot. Add potatoes, carrots and garlic. Season to taste using salt and pepper.
- Return it to a boil and then reduce to a simmer for about 15 minutes.
- Slice the cabbage into 8 equal wedges – leaving on the core – and add to the stock. Cook 20 to 30 minutes, and all vegetables should be ready.
- While vegetables simmer, slice brisket across the grain, in 1/4 inch thick slices, and place in shallow long pans. Don't use 4" pans because they're too deep. Keep warm while waiting for vegetables to finish.
- Remove vegetables from the liquid and arrange around the brisket in the long pans. Remove the core from the cabbage wedges at this time.
- Use some of the liquid to moisten the beef and vegetables, but do not use too much. This dish should not be swimming in liquid.
- Garnish with a few sliced green onions.



Corned Beef Hash

You have this leftover corned beef. Now what? How about some real corned beef hash? You can serve it at breakfast, sure. Or you can make it up for a dinner meal and serve some hearty omelets with it. We guarantee thumbs up.

Yield: about 12 servings

1/4 cup oleo
 1 1/2 cups large onion, very finely chopped
 5 – 6 cups corned beef leftover, finely chopped
 5 – 6 cups baking potatoes, diced and cooked (or leftover bakes)

Salt and pepper to taste

- In a large cast iron skillet, melt butter and sauté the onions until wilted.
- Add potatoes, corned beef, salt and pepper and mix in with the onions.
- Spread everything across the pan in even layer and turn up the heat a bit.
- Let it cook until it is browned. Don't stir.
- When browned, flip (you can cut in sections and flip each section) and let cook until other side is browned also. If you notice sticking, add more oleo to the pan as you flip.
- When browned on both sides and potatoes have a crisp texture, remove and serve.

2023

HAPPY NEW YEAR

My resolution was to read more...
So I put the subtitles on my TV.

What's the one group that hates New Years Day?
The New Years Eve Cleanup Crew

On New Year's Eve, Marilyn stood up in the local pub and said that it was time to get ready. At the stroke of midnight, she wanted every husband to be standing next to the one person who made his life worth living. Well, it was kind of embarrassing. As the clock struck, the bartender was almost crushed to death.

On New Year's Eve, Daniel was in no shape to drive, so he sensibly left his van in the car park and walked home. As he was wobbling along, he was stopped by a policeman. 'What are you doing out here at four o'clock in the morning?' asked the police officer.

'I'm on my way to a lecture,' answered Roger. 'And who on earth, in their right mind, is going to give a lecture at this time on New Year's Eve?' enquired the constable sarcastically. 'My wife,' slurred Daniel grimly.

Janine was taking an afternoon nap on New Year's Eve before the festivities. After she woke up, she confided to Max, her husband, 'I just dreamed that you gave me a diamond ring for a New Year's present. What do you think it all means?'

'Aha, you'll know tonight,' answered Max smiling broadly.

At midnight, as the New Year was chiming, Max approached Jemima and handed her small package. Delighted and excited she opened it quickly. There in her hand rested a book entitled: 'The meaning of dreams'.



My New Year's resolution is to stop hanging out with people who ask me about my New Year's resolutions.

This New Year's I resolve to be less awesome since that is really the only thing I do in excess.

May all your troubles last as long as your New Year resolutions.

I hereby resolve not to catch fire while riding a flaming hoverboard...

..again.

