

SHOP TALK



Super Bowl Edition!

February 1, 2023

The older you get the tougher it is to lose weight, because by then your body and your fat are really good friends.

Bob Hope

My doctor told me to stop having intimate dinners for four...
Unless there are three other people.

Orson Welles

No diet will remove all the fat from your body because the brain is entirely fat. Without a brain you might look good but all you could do is run for public office.

George Bernard Shaw

The second day of a diet is always easier than the first. By the second day
You're off it.

Jackie Gleason

An optimist is a person who starts a new diet on Thanksgiving Day.

Irv Cupcinet



It's Super Bowl time!

It's that time of year again, when we feast on finger foods and dips while watching the elite of the NFL going at it.

This year's game is being held in State Farm in Glendale, AZ on Sunday, February 12th. That's plenty of time for us to plan and prepare some great snacks – or a football themed meal – for our customers.

Look no further than this issue for some great slider, dips and other recipes perfect for that dining room tailgate party.

IN THIS ISSUE:

- Superbowl tailgating recipes
- JSAs. What are they and Why?
- Dumb headlines and jokes



BUFFALO CHICKEN DIP

- 8 oz cream cheese, softened
 - 1/2 cup LA Hot Sauce (or Frank's)
 - 1/2 cup ranch dressing
 - 2 cups chopped, cooked chicken
 - 2 cups Cheddar cheese, divided
 - 4 each scallions, thinly sliced, divided
- Stuff for dipping (veggies, chips, etc)

- Preheat the oven to 375°F.
- In mixer bowl, mix the cream cheese until very creamy and smooth.
- Mix in the hot sauce and ranch dressing. Stir in the chicken, 1 cup of cheddar cheese, and one-half of the scallions.
- Transfer to a half pan.
- Top with the remaining cheddar cheese.
- Bake for 18-20 minutes, until the edges are bubbly and the cheese is melted on top.
- Remove from the oven and let rest for 5 minutes.
- Sprinkle with the remaining sliced scallions.
- Serve with veggies and chips.

HONEY HAM & CHEESE SLIDERS

It's hard to find an easier recipe than this. For 24 sliders you need:

- 1 pack King's Hawaiian roll, sliced
 - 24 slice ham, folded to fit the bun
 - 12 slice Swiss cheese (or American), halved
 - 1 cup garlic aioli (recipe follows)
 - 24 each dill pickle slices (optional)
 - 1/4 cup oleo, melted
 - 1/4 cup honey
- Parsley flakes as a garnish

It's best work as if it was one big sandwich.

- Spread aioli on the bottom of the rolls
- Place ham, then cheese on top, then add a pickle (optional)
- Place bun top on sandwiches
- Combine honey and oleo, then brush on top of rolls. Sprinkle on parsley
- Bake at 350 F until the cheese melts and ham is hot. Bread will be a little toasted.



Garlic Aioli

- 1/2 cup mayonnaise
- 1 tsp garlic powder
- 1 Tbsp lemon juice

Combine ingredients and let chill 30 minutes.



Speaking of sliders, here's a simple Cajun spiced cheeseburger. Makes 24 sliders.

- 3 lbs ground beef
- 1/4 cup green onions, white and green sliced
- 1 Tbsp Tony's or similar seasoning
- 1 tsp garlic powder
- 24 each King's Hawaiian rolls, sliced
- 12 slices American cheese
- 2 cups diced grilled onions & bell peppers
- 1 cup remoulade sauce (recipe follows)

- Mix beef, green onions and spices. Shape into 24 thin, small patties. They must be flat.
- Toast the buns and set aside
- Grill burgers on one side. Flip and top with grilled onions and cheese. Finish cooking.
- Transfer to the bun bottoms.
- Spread some remoulade sauce on the bun tops and place the top on the burgers. Serve.

VARIATIONS:

Add a slice of crisp bacon to each. Break into an "X" and cross pieces on top of the patty.

Add a slice of tomato and pickle to each.

You can also use 1 lb breakfast sausage and 2 lbs ground beef for a kicked up version of the patty.

Try some zesty burger sauce instead.

REMOULADE SAUCE

Not originally made for burgers but for shrimp cocktail, it's good on lots of stuff. Makes 2 cups.

- 1 cup mayonnaise
- 1/4 cup chili sauce (not the sweet Thai type)
- 2 Tbsp brown mustard or Creole mustard
- 2 Tbsp olive oil
- 2 Tbsp lemon juice (fresh is best)
- 2 tsp worcestershire sauce
- 4 each scallions, minced fine
- 2 Tbsp parsley, fresh, minced
- 3 Tbsp green olives, chopped fine
- 2 clove garlic, minced and mashed

Combine all the ingredients together. Allow to chill for a couple of hours or more to let flavor meld together.



ZESTY BURGER SAUCE

2 cups

- 1/2 cup mayonnaise
- 1/2 cup 1000 island dressing
- 1/4 cup yellow mustard
- 1/2 cup ketchup
- 2 tsp onion powder
- 1/2 tsp garlic powder
- 1/4 tsp cayenne
- 1 Tbsp hot sauce

Blend together and slather all over those burgers!



FRIED DILL PICKLES

It's hard to find something easier or more popular than this simple and delicious recipe.

1 box fish fry
Pickles

- Drain the pickles but don't pat dry.
- Toss them in the fish fry mix and coat well
- Deep fry at 350 F until they're brown as shown in the photo above.
- Remove, drain and serve with sauce (recipe follows)

Horseradish Sauce

1 cup mayonaisse
1/4 cup horseradish (about 4 Tbsp)
1 tsp lemon juice
1/2 tsp garlic powder
1/4 tsp black pepper
1 tsp dried parsley flakes

- Mix all ingredients
- Chill about half an hour
- Serve

CHEESE STRAWS

Six ingredients and a pastry tip. That's it. Easy.

1 ½ cups margarine, softened
1 lb Cheddar cheese, shredded
1 ½ tsp salt
½ tsp cayenne
1 tsp paprika
4 cups flour



- Mix everything BUT flour until well blended.
- Gradually add flour and continue beating until it is just barely combined. Don't overmix it.
- Use a pastry star tip in a pastry bag and bag out long "straws" as shown above onto a sheet pan with parchment paper liner.
- Cut the straws into pieces of whatever length you prefer and separate slightly.
- Bake at 350 F for about 12 minutes.
- Remove and cool on a cooling rack or drain grate.
- Serve with a cool dip or sauce.



ROTEL DIP

The old standby. Dead easy to make and it'll disappear on game day or a Mexican theme meal.

- 2 lbs Velveeta
- 1 cans Ro-tel (undrained)
- 2 lbs ground beef

- In a large saucepan, brown the ground beef and drain.
- Add in the velveeta and Ro-tel.
- Cook on low heat until the cheese is fully melted and hot.
- Transfer to a 1/2 size shallow pan or a 1/3 size 4" deep pan.

Alternatively, you can combine the browned beef, cheese and tomatoes in a steamtable pan and bake until done.

Variations:

- Add Chorizo in place of half the beef
- Add green onions for color and a little flavor
- Kick it up with more jalapenos
- And yes, we'll say it... Bacon!

JSAs. What Are They and Why Do We Need Them?

If worker safety is important to you then conducting a job safety analysis (JSA) on specific tasks is an easy way to improve overall health and safety. Developing a JSA is proactive, so you also stand a good chance of preventing injuries and illnesses. So what's the biggest misconception construction companies have about JSAs?

"One of the most common job safety analysis misconceptions is that **JSA** procedures, and safety in general, are a separate part of the job. In actuality, **job safety analysis** exists to integrate safety into every aspect of a job. No matter your role or title, safety is paramount to a successful team. No matter your role or title, safety is paramount to a successful team.

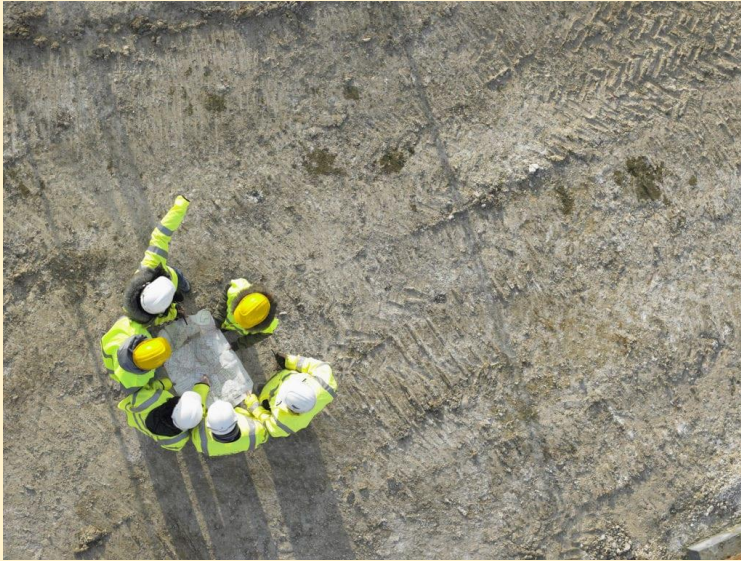
How a JSA Works

An effective JSA works because it makes you think ahead. Let's face it, we often miss cues about safety because we aren't focused on them. When using a JSA, you concentrate on a particular task in order to find both obvious and hidden hazards. That activity alone often turns up surprising safety insights. The process itself is pretty straightforward as well.

First, you identify the tasks that pose the greatest risks. These usually include jobs associated with high rates of injury, those that cause disabling injuries, have new methods and materials, or require detailed instructions. You might also check out available safety records showing tasks with high rates of "close calls."

Once you know the tasks you want to focus on, you brainstorm possible hazards. Decide on preventive actions workers must take when performing the task. In some cases, you'll discover you can eliminate the hazard by using

engineering or administrative controls. That's a bonus because then you don't have to worry about making sure people use personal protective equipment. However, there are other advantages that might surprise you.



Greater Safety Awareness with a JSA

Besides uncovering safety hazards you haven't realized existed on your jobsite, JSAs help us know our jobs better. They also raise our safety consciousness.

JSAs improve our safety in countless ways, but most importantly, the process reminds us of the hazards we encounter daily but might otherwise disregard. This also applies to the procedures put in place to address these hazards, which we might not have understood or even known about prior to the JSA exercise. Documenting these procedures digitally helps promote compliance and job safety awareness.

How a JSA Improves Communications

You also probably wouldn't expect JSAs to improve communication among your team. Nevertheless, anytime you get people sharing information, communication improves. If that

sharing happens to be about safety, it's doubly beneficial.

Crafting an effective JSA requires not only thorough observation of specific work procedures and the hazards involved, it also encourages supervisors, safety committees, and onsite teams to work together and understand the risks involved in a job that they might not have considered before.

Every employer knows that people will avoid following safety procedures simply because they may perceive them as a waste of their time, or they don't want the inconvenience. JSAs help show us why the rules exist.

There is caution when setting out to create JSAs. We must consistently demonstrate our commitment to each other's safety and health. That means more than just enforcement. It means emulating the expected behaviors. When you identify hazards, make sure you tell people how to control them.

MAJOR STEPS of a JSA

- 1) Select a Job.
- 2) Break the job down into steps.
- 3) Identify hazards and determine controls of the hazards.
- 4) Apply controls to the hazards.
- 5) Evaluate the controls.



ROAST BEEF SLIDERS

You can use deli roast beef or some good leftover roast you have on hand for these.

1	pack	King's Hawaiian Rolls
24	slices	roast beef
12	slices	Swiss cheese, cut in half
1/2	cup	garlic aioli (recipe this issue)
1 1/2	cups	diced grilled onions
1/4	cup	melted oleo
1	Tbsp	parsley, fresh, minced

TACO PINWHEELS

This simple recipe makes about 4 dozen .

8	ounces	cream cheese, softened
1 1/2	cups	cooked, seasoned taco meat
1/2	cup	shredded Cheddar Cheese
1/2	cup	salsa
1/4	cup	mayonaisse
1/4	cup	green onion, thinly sliced
1/4	cup	black olives, chopped
1	cup	shredded lettuce
4	each	flour tortillas (12") or wraps

- In a bowl, beat the cream cheese until it is smooth and soft.
- combine remaining ingredients except lettuce, mixing gently until blended.
- Spread evenly on the tortillas and top with lettuce.
- Roll up tightly like a jelly roll. Wrap in plastic and chill at least an hour. Longer is okay.
- Remove, remove plastic and cut into individual pinwheels about 1" thick. Adjust the cut to your preference.
- Arrange on a tray for serving.



- Split the rolls. It's easier to do the whole pack at once. Set the tops aside for now.
- Grill the buns – top and bottom – until brown.
- Place the bottoms on a sheet pan, spread on the garlic aioli onto each bun bottom.
- Top with roast beef, then grilled onions, and then a slice of cheese.
- Put the bun tops on the sandwiches.
- Brush oleo onto the bun tops, then sprinkle on the parsley.
- Bake until the cheese melts and the beef is hot.
- Remove and serve hot.

Variation:

- Add 3 Tbsp horseradish to the garlic aioli.
- Yes, once again. Bacon makes it better! 😊

"Do you know what I love most about baseball? The pine tar, the resin, the grass, the dirt. And that's just in the hot dogs."

- *David Letterman*

"By the time a man is wise enough to watch his step, he's too old to go anywhere."

- *Billy Joel*

"Accept who you are. Unless you're a serial killer."

- *Ellen DeGeneres*

"If God had really intended man to fly, He'd make it easier to get to the airport."

- *Jonathan Winters*

"If you think nobody cares about you, try missing a couple of payments."

- *Steven Wright*

"Twenty years ago we had Johnny Cash, Bob Hope and Steve Jobs. Now we have no Cash, no Hope and no Jobs. Please don't let Kevin Bacon die."

- *Bill Murray*

"If the presidency is the head of the American body politic, Congress is its gastrointestinal tract."

- *Jon Stewart*

MORE DUMB HEADLINES...

