



SHOP TALK
A Twice-Monthly Newsletter for our Team. July 1, 2023

Preparation for tomorrow is hard work today.

Bruce Lee

Work hard, be kind, and amazing things will happen

Conan O'Brien

Nobody who ever gave his best regretted it.

George Halas

The elevator to success is out of order. You have to use the stairs... one step at a time.

Joe Girard

Luck is a dividend of sweat. The more you sweat, the luckier you get.

Ray Kroc



NATIONAL GRILLING MONTH

Summer is the time for the best outdoor cooking, so it is no surprise July is National Grilling Month. Don't let improperly prepared food ruin your summer. And don't get hurt cooking outdoors!

We've compiled a list of food safety tips for your next trip to the grill. More on the following pages.

Plus, who's responsible for safety? Find out.

INSIDE

- Grilling safety and food safety
- Go Green grilled recipes
- Safety: Who's job is it?
- Dumb jokes



policygenius
presents

Be careful during cookouts!

Grilling safety, by the numbers

Each year, grill fires cause
\$118 million in property damage

8,900 home fires

are caused by grills each year

Grills cause 16,900 injuries per year

Propane is the fuel source in 69% of all
grill-related residential property fires

The leading causes of grill fires are:

- 1 Failure to clean the grill
- 2 Placing the grill too close to flammable structures
- 3 Leaving the grill unattended

57% of grill fires on residential properties

occur in
May, June, July, and August.

FOOD SAFETY

- Wash your hands. Use hand sanitizer when clean water isn't readily available where you are grilling.
- Wear gloves.
- Use a pair of tongs to handle raw foods, and another pair to work the items on the grill. Don't use the same tongs for both raw and cooking / cooked foods.
- Cook to the correct temperatures:
 - ✓ 165 F for poultry
 - ✓ 155 for ground beef
 - ✓ 145 for steaks & seafood
- Keep food items cold until you are ready to put them on the grill. Letting them sit allows bacteria to grow.
- Don't mix raw and cooked foods. Keep raw foods separate from each other. The bacteria from the raw food will contaminate the freshly cooked meal.
- Keep hot food warm to at least 135 degrees Fahrenheit
- Cool hot foods quickly to 41 degrees Fahrenheit. Place in a cooler with ice or refrigerator to prevent bacteria growth.
- For salads and cold foods, keep them chilled on ice during service. When the meal ends, put them immediately into the cooler.
- If you must pre-cook steaks due to a high crew count, do so as close to mealtime as is practical. Don't do more than you will use in about an hour.



GRILLING SAFETY

- Keep the grill clean. Most fire incidents are the result of a dirty grill.
- Wear proper clothing. Don't wear loose clothing. Tie and secure apron strings.
- Keep a pair of oven mitts handy just in case you need to handle a hot object.
- Keep a fire extinguisher within close reach.
- Have a fire watch on station on some locations.
- Use combustibles cautiously. Keep anything like lighter fluid or fire starter a safe distance from the grill.
- Never add flammable fluids to a fire.
- Create a safe zone around the grill.
- Grill at least 10 feet away from buildings.
- Never leave a grill unattended.
- Keep a safe zone around the grill. Secure the area and control traffic around the grill.
- Be at least 10 feet away from any structures.
- Never leave the grill unattended.



GRILLED SALMON & HOISIN BBQ SAUCE ●

For 12 salmon portions

- 1/4 cup vegetable oil
- 1 each small onion, sliced thinly
- 3 tbsp garlic, fresh, minced
- 1/2 cup oyster sauce
- 1 cup ketchup
- 1/3 cup honey
- 3 Tbsp Tabasco (or Sriracha, nothing else)
- 2 Tbsp soy sauce
- 1/4 cup vinegar (cider or rice is best)
- 12 each salmon steaks
- Salt and pepper to taste
- Cilantro for garnish

- Heat the oil and add garlic and onion, sauté until tender.
- Add the oyster sauce, ketchup, honey, Tabasco, and soy sauce. Cook 5 minutes.
- Season with salt and pepper to taste.
- Remove from heat, stir in the vinegar.
- Brush the salmon with oil and place on a hot grill outside or griddle inside.
- Brush the top with sauce and cook until golden brown and a bit charred on both sides. Be sure to brush with sauce every minute or two while cooking.
- When fish is done, remove, baste with sauce once more and sprinkle on some freshly chopped cilantro as a garnish (optional).



GRILLED CHICKEN & PEACH GLAZE

Yes, it may sound a little odd but fruit pairs very well with poultry (and also pork). This has a bit of heat, giving a nice contrast to the sweetness of the preserves. Makes about 10 servings

2	cups	peach preserves
1/4	cup	olive oil
2	Tbsp	soy sauce
1	Tbsp	Dijon mustard
1	Tbsp	garlic, minced
1	each	jalapeno, finely minced
10	each	chicken breasts, split

- Combine the peach preserves, olive oil, soy sauce, mustard, garlic and jalapeno in a medium bowl and season with salt and pepper. Reserve 1/2 cup.
- Preheat the grill.
- Brush the chicken with olive oil and season with salt and pepper. Place the chicken and cook until golden brown.
- Turn and continue cooking for 3-5 minutes.
- Brush both sides with the peach glaze and continue cooking until done.
- Remove and place in shallow steamtable pan



GRILLED SNAPPER VERA CRUZ

Apple juice? Vinegar? Yes, it's alcohol free white wine sort of. This makes a delicious, healthy entrée on steak or seafood night. 10 servings.

10	each	snapper filets (or tilapia)
1/4	cup	olive oil
1	each	large onions, <u>thin</u> sliced
3	Tbsp	garlic, fresh, minced
3/4	cup	green olives, chopped
2	each	large jalapenos, minced
1 1/2	Tbsp	granulated sugar

- Brush the fish with oil, then season with salt and pepper. Place on a grill for about 2 minutes per side.
- Transfer to a sheet pan; set aside
- Heat remaining olive oil in a sauté pan and add onions and garlic; cook until soft
- Add remaining ingredients and bring to a boil. Cook until thickened.
- Spoon over the fish, reserving the balance.
- Bake until fish is flaky and completely done.
- Transfer to a shallow steamtable pan.
- Spoon remaining tomato mixture over each portion of fish.
- Garnish with a thin slice of lemon or some thin slices of green onions.



GRILLED MAHI MAHI & JERK SPICE

2	each	red onion, coarsely chopped
1	Tbsp	dried thyme
6	each	scallions, sliced (green only)
1	Tbsp	allspice (see recipe below)
1	tsp	ground cinnamon
1/2	tsp	ground nutmeg
2	Tbsp	white pepper
1/4	tsp	cayenne pepper
2	each	jalapeno, fresh, minced
1/4	cup	olive oil
1	Tbsp	salt
12	each	mahi mahi fillets

- Place everything (NOT the fish) in a food processor.
- Season the fish with salt, let sit 5 minutes then rub with jerk seasoning on each side.
- Place onto a hot pan or grill set to 350F and sear on both sides.
- Cook until fish is done; remove and serve.

ALLSPICE

1 Tbsp	Nutmeg (ground)
1 Tbsp	cloves (Ground)
1 Tbsp	Cinnamon (ground)

- Blend together.
- Will keep in a dry place for months.

CHILI-RUBBED CHOPS & SPANISH RICE

1	each	onion, rough chopped
1/2	cup	chili powder
3/4	tsp	salt
1	tsp	dried oregano
1 1/2	tsp	ground cumin
1/2	tsp	ground cloves
1	Tbsp	garlic, minced
2	each	onions, thinly sliced
12	each	pork chops
As needed		veg oil

- In blender or processor, combine chopped onion and all seasonings. Blend into a paste, adding enough water to make a thick paste.
- In a bowl, combine sliced onions, chops and the paste. Mix to blend well.
- On a hot oiled grill or in an oiled skillet, place the chops. Cook on the first side until browned, then flip and cook on the other side. Remove and place in a steamtable pan.
- Place onions on the grill and cook until they are tender and begin to caramelize.
- Remove and place on top of the onions.
- Place on serving line.
- Down center of chops in pan, line some Spanish rice.



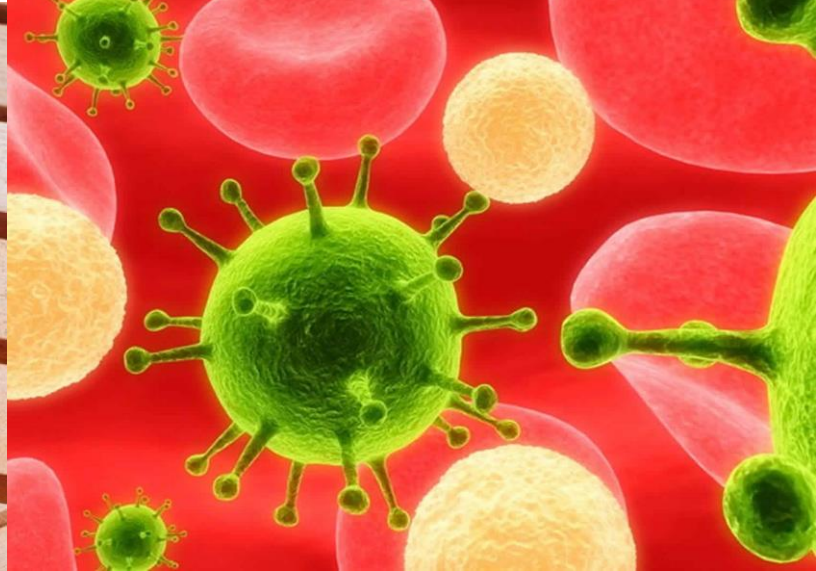


GINGER GARLIC CHICKEN ●

Savory and sweet, this is a great dish for fried chicken day as a healthy alternative or put it out anytime you light the grill outside! Serves 10.

- 4 lbs chicken thighs, boneless
- 2 cups red onion, thinly sliced
- ¼ cup minced garlic
- ¼ cup peeled, fresh ginger
- ½ cup soy sauce
- ½ cup orange juice
- 2 tsp black pepper

- Combine everything but the chicken in a plastic bag, seal tightly and shake to blend.
- Remove about a third of the marinade and save in the refrigerator.
- Put the chicken in the bag and close it to submerge the chicken completely.
- Refrigerate overnight.
- The next day, remove the chicken and put on the grill. Cook about 5 minutes on one side and flip to the other side, basting with the reserved marinade.
- Let cook until done, about another 4-5 minutes. To an internal temp of 165 F.
- Remove and baste with remaining marinade.



WHAT ARE BLOODBORNE PATHOGENS?

Pathogens are disease-causing microorganisms; viruses or bacteria present in human blood and body fluids which can infect and cause disease in humans. The two most notable are Human Immunodeficiency Virus (HIV), the virus that causes AIDS, and the Hepatitis B virus (HBV).

How Do Bloodborne Pathogens Spread in the Workplace?

The most common ways bloodborne pathogens spread are through sexual transmission or IV drug use. However, any contact with infected blood or body fluids carries the risk of infection.

Personal Protective Equipment

Personal Protective Equipment includes clothing and equipment worn during activities which may result in exposure:

Latex gloves protect your skin and hands from coming into contact with blood.

Face Shield and eye protection: these items prevent blood from entering the mucous membranes through the eyes, nose or mouth.

Pocket Mask: a pocket mask refers to any one of many types of devices used while performing CPR or mouth-to-mouth resuscitation.

BLOODBORNE PATHOGENS

UNIVERSAL PRECAUTIONS FOR THOSE EXPOSED TO BLOOD OR OTHER POTENTIALLY INFECTIOUS MATERIALS IN THEIR OCCUPATION

PROTECT YOURSELF

ALL BLOOD AND BODILY FLUID MUST BE TREATED AS IF THEY WERE INFECTED WITH:

- HUMAN IMMUNODEFICIENCY VIRUS (HIV) WHICH FREQUENTLY LEADS TO AIDS.
- HEPATITIS B VIRUS (HBV).
- OTHER BLOODBORNE PATHOGENS (MICROORGANISMS FOUND IN HUMAN BLOOD WHICH CAN CAUSE DISEASE).

KNOW THE RULES

BE FAMILIAR WITH YOUR ORGANIZATION'S EXPOSURE CONTROL PLAN.



MAKE SURE YOU KNOW:

- VACCINATION REQUIREMENTS
- PROCEDURES
- PRACTICES
- PROPER REPORTING REQUIREMENTS FOR INCIDENTS OF EXPOSURE.

KNOW YOUR COLORS

- RED BAGS OR CONTAINERS DON'T NEED TO BE LABELED - THEIR COLOR INDICATES THEY MAY CONTAIN BIOHAZARDS.
- FLUORESCENT ORANGE-RED LABELS AND SIGNS WITH CONTRASTING LETTERING OR SYMBOLS ARE APPROPRIATE

READ ALL LABELS AND SIGNS

WEAR THE RIGHT EQUIPMENT



PROPER PROCEDURE CAN REDUCE YOUR RISK OF INFECTION TO ZERO

WASH HANDS



AND FOLLOW SAFE HYGIENE AND WORK PRACTICES.

DISPOSE OF NEEDLES IN APPROPRIATE CONTAINERS.



NEVER RECAP, BEND, OR BREAK NEEDLES.

FOLLOW PROPER DISPOSAL PROCEDURES.

CONTAMINATED LAUNDRY AND PERSONAL PROTECTIVE EQUIPMENT SHOULD BE DISPOSED OF IN PROPERLY DESIGNATED AREAS.



KEEP IT CLEAN

CLEAN WORKSITE AND DECONTAMINATE EQUIPMENT. FOLLOW ALL SAFE HANDLING PROCEDURES.

DON'T FORGET

ALL BODY FLUIDS SHOULD BE HANDLED AS IF POTENTIALLY INFECTIOUS.

Housekeeping

Always wear PPE when doing any housekeeping task. Look before you put your hands anywhere to reduce the risk of harm from sharps

Work Practices to Prevent Infection

If you perform CPR, give mouth-to-mouth resuscitation, administer first aid, or **clean up after an incident**, protective measures need to be taken to prevent exposure. Protect yourself by following these steps:

- Treat all blood and body fluid spills as if they were infectious.
- When providing first aid or CPR, protect yourself first, then treat the victim second.

- Wear appropriate PPE: gloves, goggles, etc. as required.
- Contain spills immediately, then clean up and disinfect the area.
- Clean up contaminated broken glass with a brush and dustpan. Never use your hands, even if protected with gloves.
- **Handle all trash as if it contains sharps and/or infectious items.**
- When removing contaminated clothing, carefully turn inside out as it is removed to contain contaminants. Dispose in appropriately labeled bags or containers.
- After removing personal protective equipment, wash hands or other affected body parts with soap and warm water.

Vigorously scrub all areas to remove all potentially infectious contamination.

- Place all potentially infectious materials and contaminated items in closeable containers or bags. The bags must be color coded (usually red) and/or marked with a biohazard label. Check with your supervisor for proper procedures.
- Don't eat or smoke in your work area. Germs get on your hands, food and smoking materials and go right into your mouth.

Protect Yourself First. Treat Victim Second.

If you have an exposure, follow these steps:

- Flush the area on your body that was exposed with warm water, then wash with soap and water. Vigorously scrub all areas. It is the abrasive action of scrubbing that removes contaminants from the skin.
- If you have an open wound, squeeze gently to make it bleed, then wash with soap and water.
- Notify your supervisor who will initiate SONOCO's Exposure Incident procedures.
- Seek emergency medical treatment following an exposure incident.
- You will be counseled by a physician regarding the risk of HIV or HBV infection and any other follow-up treatment needed.

Vaccines

HBV

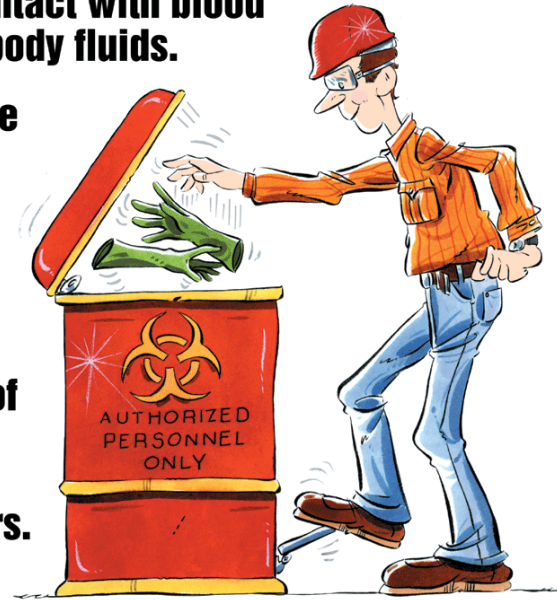
There is a safe and effective vaccine to prevent the HBV infection. The vaccine is a series of three injections.

HIV

There is not yet available a vaccine for HIV.

BLOODBORNE PATHOGENS Require Caution

- **Use proper PPE to prevent direct contact with blood or other body fluids.**
- **Make sure PPE is in good condition before using.**
- **Dispose of PPE in proper containers.**



Sontheimer Offshore/catering Co.

