

SHOP TALK

A Twice-Monthly Newsletter for our Team. January 15, 2024

"Tough times don't last. Tough teams do."

Robert Schuller

"No individual can win a game by himself."

Pelé

"It is amazing what you can accomplish if you do not care who gets the credit."

Harry S. Truman

"I can do things you cannot, you can do things I cannot: together we can do great things."

Mother Teresa

"We rise by lifting others."

Robert Ingersoll



January is National Soup Month. For those of you who don't know, this is a famous meme from the Seinfeld show, the "Soup Nazi". He was very particular about how his diners should order soup and if you didn't do it just right, then "No Soup For you".

And, while some guys don't want to serve you soup, we're serving up some great soup recipes. New ones, old favorites, and some interesting other dishes for your use this month. Lots of comfort stuff that's perfect for cold weather.





ZUPPA TOSCANO (Tuscan Soup) ●

A favorite at Olive Garden, this easy to make soup will be a hit in cool weather. About 1 1/2 gallons.

- 8 strips bacon, cut into 1/2" pieces
- 1 1/2 pounds Italian sausage (out of casing)
- 1 each onion, diced
- 2 Tbsp garlic, minced
- 3/4 gallon chicken stock
- 8 each russet potatoes, sliced 1/8"
- 12 cups kale, stems removed
- 1 1/2 cups cream
- 1/2 tsp red pepper flakes
- To taste salt and pepper

- In a large stockpot, brown bacon pieces, remove and set aside.
- In stockpot, cook and crumble Italian sausage, remove and set aside.
- Add potatoes and onions, cooking until they are slightly softened. Add pepper flakes and chicken stock. Season with salt and pepper.
- Bring to a boil, reduce to simmer, and cook only until potatoes are barely done.
- Add cream, simmer a minute or two and add kale, bacon and sausage.
- Simmer another 5 minutes or so until kale is wilted and tender.
- Transfer from stockpot to a soup kettle or a 1/3 deep steamtable pan.
- Have Parmesan cheese available on the side.

CHICKEN ENCHILADA SOUP ●

Maybe it's a stew, or a chili or a soup. Doesn't matter if it's good. Serve with shredded cheddar and sour cream available.

Makes about 2 gallons

- 2 each large onion, diced
- 3 cans black beans
- 3 cans navy beans and jalapenos
- 3 cans whole kernel corn, drained
- 3 cups tomato sauce
- 5 cups chicken stock
- 3 cans Rotel
- 1 28 oz canned tomatoes, crushed
- 3 packs taco seasoning mix (or 4 ounces by volume)
- 1 Tbsp ground cumin
- 3 lbs boneless chicken thighs or breasts, or mixed

- Put all ingredients in a stockpot, bring to a boil and then reduce to a simmer. Cook until chicken is done enough to shred. Remove chicken to cool, then shred into large pieces.
- Return chicken meat to the soup; cook another half hour to an hour.
- Remove from heat and serve.



GRILLED CHICKEN PESTO SANDWICH

Grilled chicken sandwiches with tomato, mozzarella, and pesto. Makes 12 sandwiches

12	each	chicken breast, flattened
12	each	sub rolls or jumbo buns
1	Tbsp	red pepper flakes
1/3	cup	olive oil
1	Tbsp	fennel seed, crushed
1	cup	pesto
24	slices	tomato
12	slices	mozzarella cheese, OR
2 1/2	cups	shredded mozzarella cheese

- Grill the bun / roll halves to toast. Set aside.
- Rub fennel and pepper flakes into the chicken breast. Add salt to taste.
- Grill in olive oil on griddle or in sauté pan; flip and cook on the other side until done.
- While chicken is cooking, spread a bit of pesto on the bun bottom, then place tomato slices on the pesto.
- Sprinkle with salt and pepper.
- When chicken is finished cooking, place on each bun, then top with a slice of mozzarella, then top with about 1 1/2 Tbsp of pesto.
- If using shredded mozzarella, place the pesto directly on the chicken and then top with shredded mozzarella cheese.

CHICKEN CORN CHOWDER

This is the perfect way to use those leftovers: chicken, corn, bacon and even potatoes.

Makes about 2 1/2 gallons

12	slices	bacon, chopped
2	large	onions, diced
4	ribs	celery, diced
4	cloves	garlic, minced
1/2	cup	flour
1	gallon	chicken stock
8	each	potatoes, peeled and cubed about 1" (red or white ok)
2	lbs	whole kernel corn, thawed (or 6 cups canned)
4	cups	half and half (you can use evaporated milk also)
6 to 8	cups	chicken, cooked, chopped
2	tsp	dried thyme
1/4	cup	parsley flakes (or 1/2 cup fresh parsley, chopped)

- Cook the bacon in a stockpot. When crisp, remove bacon leaving the fat.
- Add onions, celery and garlic; sauté until soft. Add flour and cook a couple of minutes to achieve a blonde roux. Don't let it darken.
- Add half the stock, stirring with wire whip until roux is incorporated, then add remaining stock, thyme and add salt and pepper. Bring to a boil.
- Add potatoes and corn and let simmer until potatoes are tender, then add the chicken. Cook until chicken is heated through.
- Add the half and half, stir to blend and cook until heated through.
- Check salt and pepper and adjust as needed.
- Stir in the parsley flakes and transfer to serving pan or soup kettle.



WASATCH MOUNTAIN CHICKEN CHILI

Makes about 1 gallon

4	Tbsp	cooking oil
2	each	large onions, diced
3	cans	hominy, drained
2	lbs	great northern beans
2	quarts	chicken broth
2	lbs	chicken, cooked, cubed
¼	cup	cilantro, chopped
1	Tbsp	ground cumin
1	tsp	black pepper
1	lb	Swiss cheese slices

- Cook the beans in well-salted water until just done. They should be firm and not creamy or broken up.
- In a stockpot, cook onions in oil until soft.
- Add remaining ingredients except the cheese, bring to a boil and reduce to a simmer. Cook for a few minutes until everything is heated through.
- Stir in the cheese slices 1 or 2 at a time and heat until blended.
- Remove and serve.



JALAPENO POPPER CHICKEN SOUP

Inspired by the flavor of those popular poppers, this soup has a nice kick. 1 ¼ gallons.

1	lb	bacon, cut into 1/2" pieces
3	cups	onions, diced fine
2	cups	bell pepper, diced
6-8	each	jalapenos, seeded and minced
3	Tbsp	minced garlic
1	tsp	salt
1/2	cup	flour
10	cups	chicken stock (broth)
1	quart	milk
8	oz	cream cheese, softened
5	cups	chicken, shredded
2	cups	shredded Cheddar cheese

- In stockpot, cook bacon crisp, set aside.
- Add onion, bell pepper, jalapenos, and garlic. Cook until they are just softened – about 7 min.
- Add flour and blend with veggies and oil to form a blonde roux. Don't let it brown.
- Add broth, whisk to incorporate the roux mixture, and bring to a boil.
- Reduce to a simmer and cook until about ¼ of the liquid is evaporated and slightly thickened.
- Stir in cream cheese and stir in. Let it dissolve completely in the liquid.
- Add the chicken and cook until heated.
- Transfer to soup kettle or to a steamtable pan for serving on the line.



Who is Responsible for Safety at Work?

Yes, the employer has crucial and important safety responsibilities. For example, setting standards, effectively communicating them, alerting everyone of potential hazards and more.

But when you think about it, no matter what steps taken by the employer, WE are responsible for our own safety too.

Safety is everyone's responsibility! All employees should be concerned with safety and work as safely as possible. Making excuses for not working safely or trying to bypass safety rules and standards can cause injury to you or someone else.

We should keep safety at the top of our mental checklist, no matter what task we are performing.

We should:

- Learn to work safely and take all rules seriously.
- Recognize hazards and avoid them.
- Report all accidents, injuries, and illnesses to our supervisor immediately.

- Inspect tools before use to ensure that they are in good condition.
- Wear all assigned personal protective equipment.

Everyone must be aware of potential hazards on the job:

- Poor housekeeping results in slips, trips and falls.
- Electricity can cause shocks, burns or fire if not handled properly.
- Poor material handling may cause back problems or other injuries.
- Tools and equipment can cause injuries if guards or protective devices are disengaged.

Always use the protections that are provided on the job:

- Guards on machines and tools keep body parts from contacting moving equipment.
- Insulation on electrical equipment prevents burns, shock, and fire.
- Lock-out/tag-out: assure equipment is de-energized before it is repaired.
- Personal protective equipment shields our body from hazards we may face on the job.

In case of emergency:

- Understand alarms and know evacuation routes.
- Know how to notify emergency response personnel.
- Stay out of the way of emergency personnel so they can do their job.

By incorporating safety rules, employees avoid injury as well as illness from exposure to hazardous substances. With fewer injuries, a business can be more productive and profitable. The welfare of the community is also enhanced by providing cleaner air and water and less chance of dangerous accidents that can put lives and property at risk.



CHICKEN ALFREDO ROTINI SOUP

Another interesting twist on a favorite entrée, this soup is delicious. Makes about 1 ½ gallons.

2	jars	Alfredo sauce
1/4	cup	butter, melted.
1/4	cup	flour
2	each	onions, diced
2	Tbsp	garlic, minced
8	cups	chicken stock (broth)
8	oz	fettuccine noodles
6	cups	broccoli florets (frozen is fine)
4	cups	diced or shredded chicken
1/4	cup	parsley, chopped
1/2	cup	grated Parmesan cheese

- Cook the fettuccine noodles. Drain; set aside.
- In a stockpot, combine onions and butter.
- Sauté until the onions are soft, then add the garlic and cook another minute or so.
- Add the flour and blend to a blonde roux.
- Add chicken stock, bring to a boil, and then reduce to a simmer. Add the Alfredo sauce.
- Simmer about 5 minutes, then add the Parmesan cheese and broccoli. Cook another 5 minutes or so.
- Add the chicken and let cook until hot.
- Remove from the heat, add the parsley, and stir in.
- Season with salt and pepper as needed.
- Transfer to a soup kettle or other serving container such as a 1/3 steamtable pan.



MEATBALL STROGANOFF SOUP

Yes, it sounds a little different. Yes, it's delicious.

3/4	cup	margarine
3	lbs	meatballs, thawed
1	each	large onion, finely diced
1	lb	fresh mushrooms, sliced thin
1/2	cup	flour
6	cups	beef stock
3	cups	cream
2	Tbsp	Worcestershire sauce
12	oz	egg noodles
1	cup	sour cream
1/2	cup	parsley, finely chopped

- In a stockpot, melt margarine and add onions.
- Cook until onions are tender, then add mushrooms and cook about 5 more minutes.
- Sprinkle in the flour and blend well with the margarine. Cook for about 3 minutes but don't brown the roux.
- Add beef stock and bring to a boil.
- Add in the noodles and cook until just done.
- Reduce to a simmer and add Worcestershire sauce, cream and season with salt and pepper.
- Add the meatballs and simmer a few minutes until the meatballs are hot.
- Remove from heat and stir in the sour cream (don't add to boiling liquid or it will curdle).
- Stir in the parsley and transfer to a soup kettle or a 1/3 steamtable pan for serving.



“SOUPERIOR” LIPTON MEATLOAF ●

A classic recipe, kicked up with more flavor and sure to be a favorite among customers. Easy to prepare and goes with just about any meal. AND leftovers make fantastic patty melt sandwiches! This recipe will make a 2 lb meatloaf in a standard bread pan.

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|-----|----------|--------------------------------|
| 1 | envelope | Lipton onion soup mix |
| 3/4 | cup | breadcrumbs (Italian or plain) |
| 2 | each | eggs |
| 3/4 | cup | beef stock (broth) |
| 2 | Tbsp | Worcestershire sauce |
| 1/3 | cup | ketchup |
| 4 | strip | bacon, cooked & crumbled |

- In a bowl, combine all ingredients and blend well. Don't overwork it however, or it will be rubbery and chewy when done.
- Place into a bread loaf pan.
- Bake at 350 F for about an hour, or until a thermometer inserted reads at least 145 F.
- Remove from pan and allow to stand about 10 minutes before slicing (allowing it to drain).
- Slice and place in a shallow steamtable pan.

Notes:

If you prefer a “crunchy” crust, brush on BBQ sauce or additional ketchup for the last 15 minutes of cooking. Let it caramelize and remove from oven.

A great side is scalloped potatoes – no gravy needed – or horseradish mashed potatoes. Just add a little horseradish and sour cream when you mash them.

CHEESY GRITS BREAKFAST CASSEROLE ●

Yes, that's right. Grits casserole. Silky, cheesy grits with savory bacon. Yum. Makes 1 shallow 1/2 pan.

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|-----|--------|---------------------------------------|
| 12 | strips | bacon, chopped |
| 1/2 | each | onion, chopped very fine |
| 1 | each | jalapeno, seeded and chopped fine |
| 1/2 | tsp | salt |
| 1/4 | tsp | black pepper |
| 5 | cups | cooked grits |
| 3 | cups | shredded Cheddar cheese |
| 1 | cup | half and half or cream |
| 4 | each | eggs, beaten |
| 1/4 | cup | green onions (green part) thin sliced |

- Prep the steamtable pan by wiping it with oil.
- In a large saucepan cook bacon until browned and crisp, then remove and set aside for now.
- Add onions and jalapenos and cook until softened. Remove and set aside.
- Leaving the bacon drippings in the pan, add grits and cream. Heat and blend until the mixture is smooth and free of lumps of grits.
- Add the cheese and blend well until the cheese is fully melted.
- Add the onions, jalapenos and bacon to the mix and stir well, then add the eggs and fold in until very well mixed.
- Pour contents into the baking pan and bake until the top is lightly browned – about 45 minutes up to an hour at 350 F.
- Remove and top with the green onion slices and place on the steamtable for service.



BISCUIT TOPPED CHICKEN POT PIE

Makes a half pan, or about 12 servings.

1/2 cup margarine
1 cup onion, diced
1 cup celery, diced
2 cups diced carrots (or carrot slices)
1 cup frozen peas
5 cups chicken, cooked, shredded or diced
1/2 cup flour
6 cups chicken broth or fresh stock (best)
1/2 cup cream
12 each biscuits

- In a saucepan, heat the margarine, then add the onion, celery and carrots (a standard mirepoix).
- Cook until the onions and celery are beginning to become tender.
- Add the flour and stir to make a blonde roux; cooking for another 3 minutes.
- Stir in the chicken stock and blend so the roux is well incorporated into the liquid.
- Add the chicken and bring the mixture to a boil. Cook a couple of minutes, then add the peas and cream. Thicken the liquid with cornstarch slurry if you find it a little thin.
- Transfer to a half size steamtable pan and place biscuits on top.
- Bake at 400F until the biscuits are golden brown on top.
- Remove and place on the serving line.

At The Bank

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 wit you than wid her !"

The Argument

Boudreaux & Marie were having their first fight, and it was a big one. After a while, Boudreaux said "When we got married, you promised to love, honor and obey."

Marie replied, "I know. But I didn't want to start an argument in front of all dem people at the wedding."

Would Marie Remarry?

"Marie," Boudreaux whispered to his wife late one night, "if I died, would you get married again?"

"Mais, yeh, I guess," she replied. "Would you sleep in de same bed with him?"

"Well, it's de only bed in de house, so I guess I'd have to."

"Would you make love to him?" "Cher," Marie said patiently, "I guess, since he'd be my husband." "Would you give him my pickum-up truck?"

"No, Boudreaux. I wouldn't never give him your pickum-up truck." she yawned, "Besides, he don't know how to drive a stick shift."



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