

# SHOP TALK



A Twice-Monthly Newsletter for our Team. February 1, 2024

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

*Robert Schuller*

Yes, Mardi Gras Day is nearly here. We celebrate in this issue with our annual King Cake recipe and procedures, some fun facts about Mardi Gras, and more.

"No individual can win a game by himself."

*Pelé*

Mardi Gras's roots go all the way back to pagan spring festivals thousands of years ago. The day has similarities to the raucous Roman festivals of Saturnalia and Lupercalia.

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

*Harry S. Truman*

Once Christianity came to Rome, religious leaders tried to blend pagan traditions with Christian traditions for a smoother transition. What resulted was a festival where people drank, feasted, danced, and partied before the abstinent and somber period of Lent began.

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

*Mother Teresa*

No matter its beginning, Mardi Gras has become a focal point of Louisiana tradition, as well as many countries around the world, with hundreds of thousands of people arriving in New Orleans from all around the world to celebrate "Fat Tuesday", the day before Lent and the last hurrah before fasting season begins to observe Easter.

"We rise by lifting others."

*Robert Ingersoll*

Today, Mardi Gras is a weeks long season with parades nearly every day, leading up to the most royal of parades, Rex, on the last day of the season.

So, join us in celebrating Mardi Gras by making your location festive and fun, and by creating some of the dishes in this issue.

By the way, the Super Bowl is February 11, so we've included some great tailgating food. Add to the fun of Mardi Gras the Sunday before with these great menu items.



## AUTHENTIC NEW ORLEANS KING CAKE

We begin with the most popular Mardi Gras treat: King Cake. The dough much like a cinnamon roll dough; It is finished off with icing and fancy colored sprinkles.

### The Dough (makes 1 King Cake)

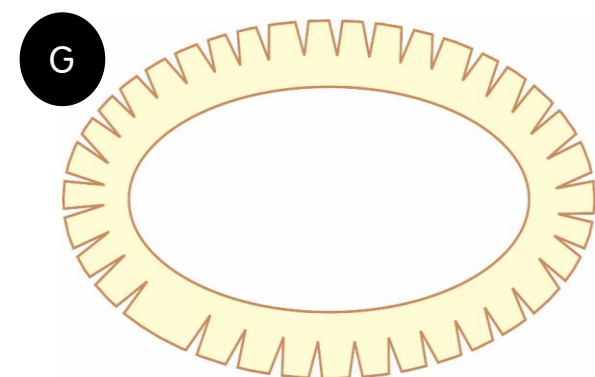
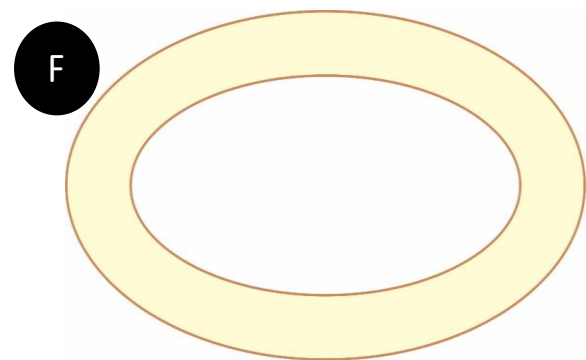
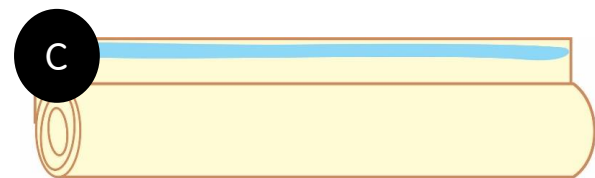
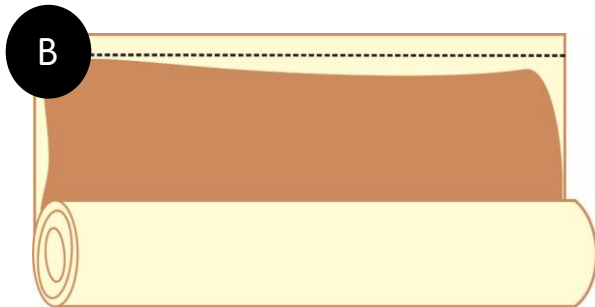
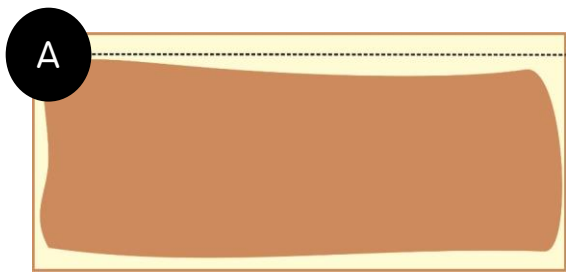
- 2 Tbsp yeast
- 2 cups milk, warmed to about 105 to 110 F
- 4 each eggs, (cold – straight from reach-in)
- 1 cup granulated sugar
- 2 tsp salt
- 9 cups flour
- 1/3 cup ground cinnamon
- 2 cups brown sugar, packed (light or dark)
- 3/4 cup oleo, softened and creamed in mixer

- In mixer, put milk, granulated sugar, and yeast. Mix to just wet the yeast. Stop, and let proof until it foams.
- Add eggs, flour, and salt. Mix on low until dough forms.
- Increase mixer speed and knead the dough to develop. When it begins to clean the bowl, remove it.
- Put in a large bowl, cover with PVC film, and let rise until double, at least 1 hour.
- Remove, punch down, round up and let it rest 10 minutes.

- Mix cinnamon and brown sugar together.
- Sheet out dough about 18 x 40 inches.
- Spread oleo over the dough except 2 inches from the edge away from you (image A).
- Sprinkle sugar mixture evenly over the buttered area of the dough ONLY (image A).
- Roll up the dough into a log, as evenly as you can and as tightly as possible without tearing the dough (image B).
- Moisten the unbuttered end of the log with water to help bind the dough (Image C).
- Pinch to hold it together; roll it seam side down (image D).
- Transfer the log to a pan with parchment paper.
- Arrange the dough in an oval or a rectangle (image F).
- Optionally, you can use scissors or a knife (scissors are easier) to slash the outer edge of the dough as shown in image G. Don't go too far into the dough.
- Let proof about 40 minutes, until nearly doubled in size.
- Bake at 375 F for 30 to 35 minutes.
- Remove and allow to cool before applying icing and sugar.
- Pour the icing down the center of each cake and let it flow over the sides.
- Immediately sprinkle the colored sugar on the cakes. If you wait, the sprinkles won't stick to the icing.

### The King Cake Icing

- 2 cups powdered sugar
- 1 tsp vanilla flavoring
- 3 Tbsp water
- Mix ingredients together, adding water slowly until you achieve a thick, but pourable icing.



## HONEY HAM & CHEESE SLIDERS



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



## FRIED DILL PICKLES

This is a popular, simple and delicious recipe.

- 1 box fish fry
- Lots 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 mayonnaise
- 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



## 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

- 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! 🍷



## New Orleans Mardi Gras

The first American Mardi Gras took place on March 3, 1699, when French explorers Pierre Le Moyne d'Iberville and Sieur de Bienville landed near present-day New Orleans, Louisiana. They held a small celebration and dubbed their landing spot Point du Mardi Gras.

In the decades that followed, New Orleans and other French settlements began marking the holiday with street parties, masked balls, and lavish dinners. When the Spanish took control of New Orleans, however, they abolished these rowdy rituals, and the bans remained in force until Louisiana became a U.S. state in 1812.

On Mardi Gras in 1827, a group of students donned colorful costumes and danced through the streets of New Orleans, emulating the revelry they'd observed while visiting Paris. Ten years later, the first recorded New Orleans Mardi Gras parade took place, a tradition that continues to this day.

In 1857, a secret society of New Orleans businessmen called the Mistick Krewe of Comus organized a torch-lit Mardi Gras procession with marching bands and rolling floats, setting the tone for future public celebrations in the city.

Since then, krewes have remained a fixture of the Carnival scene throughout Louisiana. Other lasting customs include throwing beads and other trinkets,

wearing masks, decorating floats, and eating King Cake.

Did you know? Rex, one of the oldest Mardi Gras krewes, has been participating in parades since 1872 and established purple, gold and green as the iconic Mardi Gras colors.

Louisiana is the only state in which Mardi Gras is a legal holiday. However, elaborate carnival festivities draw crowds in other parts of the United States during the Mardi Gras season as well, including Alabama and Mississippi. Each region has its own events and traditions.

### Even Hurricanes Can't Stop Mardi Gras

Hurricane Katrina devastated New Orleans, leaving much of it in shambles just a few months before Mardi Gras was set to take place. Undaunted by the hard road ahead, the citizens decided to have the celebration anyway. Luckily, the French Quarter was spared the brunt of Katrina's wrath, as were many of the floats.

### Mardi Gras Around the World

Across the globe, pre-Lenten festivals continue to take place in many countries with significant Roman Catholic populations.

Brazil's weeklong Carnival festivities feature a vibrant amalgam of European, African, and native traditions. In Canada, Quebec City hosts the giant Quebec Winter Carnival. In Italy, tourists flock to Venice's Carnevale, which dates back to the 13th century and is famous for its masquerade balls.



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

If 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.



## TIGER CATFISH & CORN SAUTÉ

Great for our guests observing Lent! For 10 filets:

1	cup	Tiger Sauce
2	Tbsp	Lemon Juice
1	cup	Melted Margarine
1/2	tsp	Liquid Crab Boil

- Put it all together, heat it up and mix, set aside.
- Place filets face down on a sheet pan with parchment
- Brush Tiger Butter on each filet.
- Broil or bake at the highest temp your oven goes.
- After 10 minutes, flip the fish and brush with more Tiger Butter. Put back in the oven until it is done (flaky).
- Remove, transfer to line pan; brush with more butter.

## Corn Sauté

2	lbs	frozen corn (thawed)
1 1/2	Tbsp	Tony's or similar
2	Tbsp	garlic, minced
1	can	Ro-tel, drained
1/3	cup	cilantro, coarsely chopped
1	Tbsp	lemon juice
1/4	cup	oil or margarine (not olive oil)

- Sauté garlic in oil or oleo until fragrant; add Tony's
- Add the corn and tomatoes; sauté' 10 minutes
- Remove from heat; stir in cilantro and lemon juice.
- Ladle some on top of each filet; serve the rest on the side.



## Knife Safety and You...

Cutlery is essential to the operation of any commercial kitchen, so it is important to know how to use it correctly. Proper knife training can help minimize the risk of injury. If you are just beginning or need to brush up on your approach, keep reading...



### 1. Use a Sharp Knife

When you use a dull knife to cut, you need to apply more force; the knife is more likely to slip, increasing the risk of injury. Keeping knives sharp is one of the easiest ways to keep them safe.

### 2. Choose the Right Knife for the Task

Correctly selecting is a basic safety tip that food professionals should know.

- **Blade size:** Choose a knife that is proportional to what you're cutting. For example, a paring knife isn't good for butchering a large cut of meat; use a cleaver or chef knife instead.
- **Flexibility:** Some tasks require a flexible blade, while others need a firm one. Think about the knife you'd choose to remove scales from a fish compared to the knife you'd need to cut potatoes.
- **Blade edge:** The edge of the blade can make your job easier or harder: serrated knives are excellent for cutting through foods with tender centers, while Granton blades are suited for wet foods like cheese and salmon.

### 3. Keep Your Knives Clean

To prevent contamination, it is important to clean a knife as soon as you're finished using it. Leaving a knife on the cutting board clutters a kitchen and creates opportunities for contamination and injury.

A clean knife is also easier to handle. Food residue can make your knife slippery, so be sure to keep it clean for the most secure grip.

**And never, ever,** place a knife in a sink and leave it. This is a sure recipe for injury. The next person to come along – your teammate – is at great risk for a serious hand injury. When you are finished with a knife, wash, rinse and sanitize, then store it properly and safely.



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