

SHOP TALK

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

Coming together is a beginning. Keeping together is progress. Working together is success.

Henry Ford

It is literally true that you can succeed best and quickest by helping others to succeed.

Napoleon Hill

The most important single ingredient in the formula of success is knowing how to get along with other people.

Theodore Roosevelt

The only place where success comes before work is in the dictionary.

Vidal Sassoon

Great things in business are never done by one person; they're done by a team of people.

Steve Jobs



March is
**NATIONAL
NUTRITION
MONTH**

Our overall health is a balance of diet, exercise, rest, and hereditary traits. While we do not have control over heredity, we do control the other three.

Nutrition is one of the biggest factors in our health. What we eat can significantly increase or decrease our risk factors for disease and injury.

We are often bombarded by a variety of diet programs that aim to improve our health and keep us slim. Making sense of them all can become a daunting task.

However, most studies agree that including fruits and vegetables, whole grains, lean meats, and proteins comprise a healthy diet.

Simple Steps to Better Nutrition

- Reduce or eliminate sugary drinks and sodas. They add unnecessary calories.
- Pile on the vegetables. Vegetables are low in calories and high in nutrients.
- Serve smaller portion sizes. One way to do this is to use a salad plate instead of a dinner plate when serving your meal. Another option is to eat smaller meals more often.
- Eat smarter snacks. That doughnut looks so good, but it will likely leave you unsatisfied very quickly.
- When dining out, choose from the lighter side of the menu and only eat half of the dish. Take the rest home for another meal later.



BEEF NOODLE SKILLET

A one-pot dish, easy to make. Serves about 10.

1/4	cup	margarine
2	each	onions, diced
2	Tbsp	garlic, minced
2	lbs	ground beef
24	ounces	egg noodles (uncooked)
1 ½	quarts	beef stock (broth)
2	Tbsp	creole or brown mustard
2	tsp	paprika
1	tsp	Worcestershire sauce
2/3	cup	sour cream
1/4	cup	cream or half-and-half
1/2	cup	chopped green onion (tops)

- In a large saucepan, heat margarine; sauté onion and garlic about 2 minutes.
- Add beef, season with salt and pepper, cook until browned, breaking up as it cooks.
- Add beef stock, mustard, paprika and the Worcestershire; bring to a boil.
- Add the noodles, give a good stir, and reduce to a simmer. Cook until noodles are done.
- Remove from heat and add sour cream and cream, stirring gently into the mixture.
- Transfer to a steamtable pan and garnish with green onion slices.



BEEF GOULASH WITH NOODLES

Another easy one-pot meal. Tasty! Serves 10.

4	lbs	beef (chuck or similar. Not rump)
1/2	cup	margarine
2	each	onions, diced
2	each	red bell peppers, diced
2	each	green bell peppers, diced
2	Tbsp	paprika
28	oz	canned tomatoes, diced
2	cups	beef stock (broth)
16	oz	egg noodles, cooked & drained
1/4	cup	fresh parsley, chopped
As needed		salt and pepper

- In a skillet, heat half of oleo. Add beef in a single layer (working in batches). Cook until brown on one side, turn and cook other side.
- Remove meat and juices to a bowl.
- Add remaining margarine and onions. Cook onions until they brown. Add bell peppers and spices; cook another 3 minutes.
- Add in the beef, tomatoes, and stock.
- Bring to a boil then reduce to a simmer.
- Cook until beef is tender. Remove; transfer to a steamtable pan. Garnish with parsley.
- Butter the noodles and put in a separate steamtable pan.
- Serve sour cream on the side.



PEANUT NOODLES

Tender chicken, lots of noodles and peanuts sautéed in a creamy sauce. Serves about 15.

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|-----|------|---------------------------------------|
| 4 | lbs | chicken, cut into thin strips |
| 3 | tbsp | Sriracha sauce |
| 1/2 | cup | lemon juice |
| 4 | Tbsp | garlic, minced and mashed |
| 1/4 | cup | soy sauce |
| 2 | lbs | fettuccine noodles |
| 2 | cups | grated fresh carrots |
| 4 | cups | broccoli florets, chopped (frozen ok) |
| 1 | cup | green onion, sliced |
| 1 | cup | dry roasted peanuts (for garnish) |
| 2 | cups | bean sprouts (optional) |

For the sauce:

- | | | |
|-----|------|-----------------------|
| 2 | cups | chicken stock (broth) |
| 3/4 | cup | creamy peanut butter |
| 1/3 | cup | Sriracha sauce |
| 1/3 | cup | honey |
| 3/4 | cup | soy sauce |
| 1/3 | cup | ginger, minced |
| 3 | Tbsp | garlic, minced |

- In a large skillet, add oil and sauté chicken, Sriracha, lime juice, garlic, ginger, soy sauce, salt and pepper.
- While chicken is cooking, prepare the fettuccine noodles (to al dente) and make

the peanut sauce. After the chicken is cooked, remove from the skillet set aside but keep warm (in a warming cabinet or oven set at low temp, or a heat lamp).

- Re-oil the skillet, add vegetables and sauté (except for the bean sprouts, add those a few minutes before serving so they are still nice and crunchy and don't get overcooked).
- Add the chicken and bean sprouts to the skillet, cover, reduce heat and simmer for 2-3 minutes.
- Drain noodles and stir them together with the peanut sauce.
- Transfer to a steamtable pan.
- Top with veggies & chicken and garnish with peanuts and limes.

Peanut Sauce

- Combine chicken broth, peanut butter, chili sauce, honey, soy sauce, ginger, and garlic in a small saucepan over medium-low heat until sauce becomes smooth and well blended.





NOODLES with GINGER PORK

Serves about 10

24	oz	rice noodles
2 ½	lbs	pork tenderloin, cut into 1/2 Inch cubes
4 ½	cups	chicken stock (broth)
3	Tbsp	cornstarch
1/3	cup	cooking oil (not olive oil)
2	bunches	green onions, sliced
4	inch	piece of ginger, minced
4	Tbsp	garlic, minced
2	lbs	oriental vegetables, thawed and drained well.
3/4	cup	fresh cilantro, chopped
1/3	cup	lemon juice (or lime)

- Cook noodles as directed. Drain, cool.
- Season pork with salt and pepper.
- In large skillet or on griddle at high heat, brown the pork; transfer to a bowl.
- Add remaining oil to grill/skillet, and sauté ginger, garlic and green onions (white part)
- After 3 minutes, add vegetables and stir fry.
- Combine cornstarch and broth, add to the vegetable mixture. Cook until sauce thickens.
- Add back the pork and also noodles. Cook about 2 minutes and remove from heat.
- Stir in the lemon juice.
- Transfer to a steamtable pan, garnish with green onion tops (green part). Stir in.



BANG BANG CHICKEN

Spicy and crunchy. Goes great with Peanut Noodles or a similar side. Serves about 10.

3	cups	panko breadcrumbs
2	Tbsp	mayonnaise
4	lbs	boneless chicken in 1 ½" pieces
2/3	cup	mayonnaise
1/3	cup	Thai sweet chili sauce
3	Tbsp	lemon juice
2	Tbsp	Sriracha sauce
2	tsp	onion powder
1/2	tsp	salt

- Preheat oven to 450
- Line a pan with parchment.
- Toss chicken in 2 tbsp of mayonnaise.
- Dredge in panko and pat to coat.
- Place on sheet pan, not touching.
- Bake about 12 minutes, until it reads 165 F.
- While chicken is cooking, make sauce.
- Combine mayo, chili sauce and remaining ingredients. Whisk together until well blended. Set aside.
- When chicken is done, remove and transfer to a shallow steamtable pan.
- Sprinkle with salt, then drizzle the sauce evenly over the chicken pieces. Put out the remaining sauce for dipping.
- Serve with noodles, fried rice, etc.



CHICKEN CORDON BLUE CASSEROLE

Great, creamy taste and easy prep. Serves 10 ish

- 16 oz egg noodles (cooked and drained)
- 5 cups cooked, diced chicken (leftovers 😊)
- 1 lb cooked ham, cubed
- 1 lb Swiss cheese slices, diced
- 2 cans cream of chicken soup
- 1 cup 2% milk
- 1 cup sour cream
- 1/4 cup butter
- 2/3 cup breadcrumbs (seasoned are better)
- 1/2 cup Parmesan cheese, grated

- Place the cooked noodles in a buttered steamtable pan.
- Top with chicken, ham, and Swiss cheese.
- Mix soup, milk and sour cream and pour or spoon over the top of the noodle mixture.
- In a skillet, melt butter and add breadcrumbs and Parmesan cheese. Stir until blended.
- Remove from heat and top casserole evenly.
- Bake at 350 F until the topping is browned and the mixture is bubbling hot.
- Remove from oven and place on serving line.



FRENCH TOAST CASSEROLE

Think of it as breakfast bread pudding. Makes 1/2 shallow steamtable pan.

- 1 lb French bread, cut into 1 inch cubes
- 8 each eggs, lightly beaten
- 3 cups 2% milk
- 4 tsp sugar
- 2 tsp vanilla extract/flavoring
- 3/4 Tbsp salt (sounds like a lot but isn't)

Topping

- 3 Tbsp butter
- 6 Tbsp sugar
- 1 Tbsp ground cinnamon

- Place bread in a shallow half pan.
- Combine milk, sugar, vanilla, salt and eggs.
- Pour over the bread. Let soak overnight.
- The next day, remove bread and let stand 30 minutes before baking.
- Dot the bread with butter.
- Just before baking, combine cinnamon and sugar, and sprinkle over the top of bread.
- Bake at 350 F for about 45 minutes or so, until a knife inserted in center comes out clean.
- Remove from oven, allow to stand about 5 minutes and score into serving size portions.
- Serve with syrup on the side or heat and place on the steamtable.



Slips, Trips, and Falls Safety

Slips, trips, and falls are one of the leading causes of injuries and fatalities in the workplace. According to OSHA, slip, trip, and fall incidents cause 15% of all accidental deaths and are second only to motor vehicle incidents as a cause of fatalities on the job. These types of incidents can result in life-changing injuries to the employees who suffer them.

Common Slip, Trip, and Fall Incidents

- Falls from elevation can result in serious injury and may include falls from ladders, falls off of mobile equipment, falls from roofs or other elevated structures, etc.
- Slip incidents on slippery surfaces are common in colder geographical areas in the U.S. Wet floor conditions or spilled liquids are also common causes of slip incidents at work.
- Trips can be caused by a number of reasons, [poor housekeeping](#), changes in elevation, poor lighting conditions, improper footwear, etc.

Mitigation Actions to Prevent Slip, Trip, and Fall Incidents

- Always be sure to use fall prevention or protection for work over 4ft in

general industry work and 6ft in the [construction](#) industry. Protect workers by using proper guarding of any holes or open windows and use guardrails to prevent falls. Where guardrails are not feasible, use adequate fall protection. An example of adequate fall protection is a full-body harness and a self-retracting lanyard attached to an approved anchor point with 100% tie-off.

- Proper housekeeping is very important in preventing slip, trip, and falls incidents. Objects on the ground create a hazard for anyone walking or working in the area. Maintain clearly defined paths for walking in the work area. Maintain organized [laydown yards](#) for tools and equipment out of the way of employee foot traffic.
- Address any wet, slippery, or icy walking surfaces in your work area. Post signs of any hazardous surfaces until the situation is taken care of completely.
- When climbing up or down a portable or fixed ladder, ensure that you use proper techniques, such as using three points of contact and keeping your belt buckle within the sides of the ladder. Do not lean to reach objects- this can throw off your balance, and you could fall.

Slips, trips and falls are a major cause of workplace injuries. Unsafe conditions and behaviors, along with a lack of safety awareness, can lead to these types of accidents.



SLIPS, TRIPS & FALLS:
15% of all accidents*

SLIPS, TRIPS & FALLS
on the same level are the
2nd LEADING
CAUSE OF
INJURY**

25,000
SLIP, TRIP & FALL
ACCIDENTS occur **DAILY**
in the US*



SPICY SRIRACHA BRISKET

Brisket is one of the leanest cuts of beef and has great flavor – if you cook it low and slow. Here's a great variation with a decidedly different flavor profile. Don't let the fish sauce and Coke scare you off; this is a great tasting dish!

1	each	15 lb brisket
¼	cup	red chili flakes
¼	cup	paprika
¼	cup	salt
2	tsp	black pepper
¼	cup	garlic, minced
¼	cup	ginger, fresh minced
2	cans	Coca-Cola or Pepsi
1	cup	Sriracha sauce
½	cup	ketchup
¼	cup	soy sauce
2	Tbsp	fish sauce
4	Tbsp	sesame oil
¼	cup	veg oil
3	each	large onions, diced

- Split the brisket into the flat and the point and trim most of the fat. Discard fat.
- Make a marinade with everything but onions and veg oil. Marinade the brisket overnight or at least 8 hours (but overnight is better).
- The morning of the day you plan on serving: sauté the onions in the veg oil until they begin to caramelize a little and are tender.
- Transfer to the bottom of a roasting pan.
- Place the brisket pieces on top of the onions and top with enough marinade to come up to about half the side of the briskets.
- Cover pan and bake at 350 F for about 4 hours before checking for doneness.
- After 4 hours, begin checking every hour or so to see if they are tender enough to slice but not falling apart. You want a fork to pierce the meat but not to shred it.
- When the meat is done, remove from the oven, take out of the liquid and let it stand for about 15 minutes before slicing.
- Pour the liquid into a tall container to let the fat rise to the top; then skim off most of the fat.
- Slice and arrange in a serving pan. You may find that you must slice along the grain to prevent it falling apart because it is so tender. That's fine.
- Pour some of the cooking liquid over the brisket in the serving pan.

"There is a good chance; an accident brought you into this world. Don't let one take you out."

— Author Unknown

"In case of fire, gently wake sleeping employees to prevent causing nervous shock. Then leave the building as quickly as you do at closing time."

— Author Unknown



PEANUT BUTTER BREAD

This quick bread takes only minutes to make. Served hot from the oven or sliced and dusted with powdered sugar, it is a simple, delicious quick bread recipe. And, add chocolate chips or peanuts if you want for more variety.

Makes a single loaf

2	cups	flour
¼	cup	sugar
½	tsp	salt
4	tsp	baking powder
1 1/3	cups	milk
¾	cup	peanut butter (creamy or crunchy)

- Preheat oven to 325 F.
- Mix dry ingredients together.
- Add milk and blend in well at medium low speed.
- Add peanut butter; mix until incorporated.
- Pour into a greased loaf pan (or use parchment).
- Bake about an hour (check at 50 minutes).
- Remove, let stand about 10 minutes before slicing.

DAD JOKES

Q: What do you call a fish with no eyes?
A: a fish

Q: When does a joke become a dad joke?
A: when it becomes apparent

Q: Where do you learn to make ice cream?
A: sundae school

To whoever stole my copy of Microsoft Office, I will find you. You have my Word.

**A cheese factory
exploded in France.**
Da brie is everywhere!



RD