

# SHOP TALK

A Twice-Monthly Newsletter for our Team.

May 15, 2024

We may have all come on different ships, but  
we're in the same boat now.

Dr. Martin Luther King, Jr.

The strength of the team is each individual  
member. The strength of each member is the  
team.

Phil Jackson

I can do things you cannot; you can do things I  
cannot. Together, we can do great things.

Mother Teresa

The nicest thing about teamwork is that you  
always have others on your side.

Margaret Carty

Talent wins games, but teamwork and intelligence  
win championships.

Michael Jordan



National Military Appreciation Month in May is a month-long observance honoring the sacrifices of the United States Armed Forces.

Today, the United States Armed Forces is comprised of six branches including the Army, Navy, Airforce, Marines, Coast Guard, and Space Force. The U.S. military force is 2.2 million strong and includes National Guard and Reserve units.

There are more military-related observances during the month of May than any other month, so it is an appropriate time to celebrate the men and women in uniform.

The month honors active duty, guard and reserve members, and veteran service members. All month long, let's publicly honor the U.S. military and all they do to serve and protect our country.

**Thank you to all our military personnel  
and veterans for your service.**



## PORK TENDERLOIN TERIYAKI

This sweet and spicy teriyaki pork tenderloin recipe is super easy. Serves about 12 - 15

6	lbs	pork loin
1/4	cup	cooking oil
3	cups	chicken stock (broth)
1 ½	cups	teriyaki sauce
3/4	cup	brown sugar
2	each	onions, thinly sliced
1/4	cup	minced garlic
4	Tbsp	jalapenos, finely minced (fresh or jar)
1	tsp	black pepper

- Split the loin lengthwise. Rub each piece with cooking oil.
- Brown in a skillet or on the grill. Set aside.
- Combine the remaining ingredients in a saucepan and bring to a boil.
- Reduce to a simmer for about 5 minutes, until the brown sugar is completely melted.
- Place the loins in a small roasting pan, pour over the sauce and cover tightly.
- Bake low and slow at about 250 for 2 – 3 hours and check for doneness. It should be tender but not falling apart.
- When done, remove and allow to stand about 15 minutes, then slice and place in shallow pan for serving.
- Top with the sauce and garnish with sliced scallions or some fresh chopped parsley.
- Serve with fried rice or rice noodles and broccoli.



## LOW & SLOW CHICKEN THIGHS

Simply baked with potatoes and carrots, this take on a pot roast is delicious. You can do this in a roaster or a Dutch oven. Serves about 12.

2	each	large onions, sliced 1/4 inch thick
3	lbs	red potatoes, cut in 1/4 inch slices
4	cups	baby carrots
1	cup	celery, diced
1	cup	chicken stock (broth)
1	tsp	dried thyme
2	tsp	salt
1 ½	tsp	pepper
2	tsp	paprika
12	each	chicken thighs (bone-in or boneless)

- Oil the bottom of a roasting pan.
- Place the onions, then potatoes in layers.
- Add the carrots to the pan.
- Combine broth and seasonings (except paprika) and pour over the vegetables in the pan.
- Rub paprika over the chicken thighs and arrange the chicken on top of the vegetables.
- If cooking in a Dutch oven, bring to a boil then reduce to a simmer and simmer until chicken is completely cooked and tender.
- If baking, bake at 275 F until chicken is completely cooked and tender, about 45 min).
- Remove and transfer to a serving pan.





## SWEET POTATOES & BACON

This simple dish offers a great flavor and is a good choice for the healthy eater. Serves about 15.

6	lbs	sweet potatoes, peeled, cut into 1 inch slices
1	cup	orange juice
3/8	cup	melted butter
3/8	cup	brown sugar
2	tsp	salt
1/2	tsp	dried rosemary, ground or smashed
3	tsp	cornstarch
1/2	cup	fresh parsley, chopped
2	Tbsp	orange zest
1	Tbsp	garlic, minced
8	slices	bacon, crisp, coarsely crumbled

- Place the potatoes in a small roasting pan or Dutch oven.
- Combine the orange juice, melted butter, salt, garlic, and brown sugar. Mix together and pour over the potatoes in the pan.
- Cook the potatoes slowly on low until tender.
- Remove, transfer to a steamtable pan, leaving the liquid in the pan.
- Combine cornstarch with a bit of water to make a slurry; add to the liquid and bring to a boil.
- Pour liquid over the potatoes.
- Top with crumbled bacon and orange zest. Fold into the potatoes gently.
- Place on serving line.

NOTE: this is great with roast chicken, grilled salmon, or a chicken stew.

## Eating more tomatoes may help lower high blood pressure

Can consuming more tomatoes help lower the risk of hypertension (high blood pressure)?

A study published online Nov. 24, 2023, by the *European Journal of Preventive Cardiology* looked at about 7,000 people (ages 55 to 80) participating in the Spanish PREDIMED dietary study.

About 83% of them had hypertension, and they all had one or more other cardiovascular risk factors, such as diabetes, smoking, high cholesterol, excess weight, or a family history of early-onset heart disease. Everyone filled out annual questionnaires on their food consumption, including raw tomatoes, tomato sauce, and gazpacho (a Spanish tomato soup).

After three years, researchers observed an association between eating more tomatoes and lower blood pressure. They also found that among participants who did not have hypertension at the start of the study, those who consumed the most tomatoes (more than 110 grams — about one large tomato — per day) reduced their overall risk for hypertension by 36%, compared with those who consumed the least (less than 44 grams).

Researchers suggested that tomatoes' high amounts of lycopene are a possible reason. Lycopene, a plant chemical that gives tomatoes their red color, is a powerful antioxidant that helps fight inflammation and molecules that damage cells.

*By Heidi Godman, Executive Editor, Harvard Health Letter*



## BRAISED BRISKET & VEGETABLES

Cooked Low and slow, this simple dish to prepare has a great depth of flavor. Yield: 1 Brisket

- 1 each whole brisket,
- 1 1/2 Tbsp salt
- 1 Tbsp black pepper
- 1/4 cup cooking oil (don't use olive oil)
- 3 each onions, large, diced large
- 8 each large carrots, peeled and diced large
- 8 each celery stalks, washed, rough chopped
- 4 lbs red potatoes, cut in large chunks
- 4 Tbsp garlic, minced
- 2 Tbsp Italian seasoning
- 3 cups beef or chicken stock (broth)
- 3/4 cup cider vinegar
- 3/4 cup grape juice } (Substitute for red wine)
- 1/4 cup soy sauce
- 3 each bay leaves
- 1/2 cup cold water
- 5 Tbsp cornstarch

- Season brisket with salt and pepper.
- In a Dutch oven or roaster, brown the brisket on all sides. Put in a roasting pan.
- In the Dutch oven, brown the vegetables except potatoes. Cook until soft, about 10 minutes or so.

- Add garlic and Italian seasoning. Cook about 3 minutes until fragrant and tender.
- Place the vegetable mixture and the potatoes in the roasting pan on top of and around the brisket.
- Combine stock (broth) vinegar, grape juice, soy sauce, and bay leaves.
- Pour over the brisket and vegetables.
- Cover tightly with a lid or foil.
- Roast at 275 F for about 4 hours, then check for doneness. It may take another two hours to cook depending on your oven.
- When brisket is nearly tender enough to shred, remove from oven and set aside.
- Pull the brisket from the pan and set aside; allow it to rest about 20 minutes before slicing or shredding to serve.
- Remove the vegetables to a shallow full-size steamtable pan, leaving juice in the roaster.
- Make a slurry with the cornstarch and water.
- Add to the liquid in the roaster and place roaster on the stove; bring to a quick boil, stirring the whole time, and remove from the heat.
- Slice the brisket and place in the pan with vegetables (moving them aside as you do).
- Pour over the pan gravy on the brisket and the vegetables. Serve.

### NOTES:

- This is great with plain white rice or just by itself.
- You may opt to place the potatoes in a separate pan. This will make more room for the brisket and allow guests to get at the potatoes without them getting mashed up.
- Serve with a hearty, crusty bread for dipping into the pan gravy. It's delicious!



You can't stop a tropical storm or hurricane, but you can take steps now to protect yourself and your family.

If you live in areas at risk, the CDC encourages you to be prepared for hurricane season. The Atlantic hurricane season is June 1 through November 30 each year. It's always important to be prepared for a hurricane. Planning for hurricane season and other potential disasters can be stressful, and with COVID-19 to consider as well, it may be especially so.

## **Prepare to Evacuate**

If you may need to evacuate, prepare a "go kit" with personal items you cannot do without during an emergency.

If you need to go to a disaster shelter, follow CDC recommendations for staying safe and healthy in a public disaster shelter during the COVID-19 pandemic.

Follow guidance from your local public health or emergency management officials on when and where to shelter.

## **Stay in a safe place from water & wind**

Always keep a safe distance from flooded and damaged areas. When you're at risk from storm surge or flooding, it's important to get to high ground away from bodies of water and any flood-prone areas. Evacuate if told to do so. Never drive through floodwaters or compromised bridges. Always pay attention to barriers and signage.

If your house becomes flooded and you're still there, get higher in your house to escape the flood waters. If the highest floor of your home becomes dangerous, get on the roof, and call 911.

Though rain and storm surge cause more direct deaths, wind can also be very destructive and deadly in hurricanes. Winds can be stronger higher above ground level. This can put high-rise buildings at a greater risk. To protect yourself from wind, the best thing you can do is put as many walls as possible between you and the outside. An interior room without windows is the safest place you can be in a building. You can cover yourself with a mattress and wear a helmet for added protection. If your area is under an Extreme Wind Warning, take shelter immediately. Make sure to stay sheltered until the threat is gone.

## **Have a way to get weather alerts and updates**

Make sure to have Wireless Emergency Alerts enabled on your phone to receive Warnings and other alerts. Always pay attention to the latest forecast as conditions can change quickly and storms can rapidly intensify from a tropical storm to a major hurricane. Even small changes in the storm's track can make a big difference.

## **Realize that impacts can be felt far away**

Remain vigilant even if you're far from the most damaging winds. Inland flooding can be felt hundreds of miles from the coast. Never drive through floodwaters! A car can be swept away with only a foot of water, and there's no way to know if the road itself has collapsed when hidden by water.

## **Listen to local officials & avoid travel unless ordered to evacuate**

Local officials can provide up-to-date information as the situation changes. Evacuation orders may still be given at this late stage — leave immediately if ordered! Follow recommended evacuation routes — do not take shortcuts, as they may be blocked. Be alert for road hazards such as washed-out roads or bridges and downed power lines. Never drive through floodwaters!





## HONEY GARLIC CHICKEN THIGHS

Serves about 12

2	tsp	garlic powder
2	tsp	paprika
1	tsp	salt
18	each	chicken thighs, boneless skinless
1	cup	honey
1/4	cup	soy sauce
2	Tbsp	cider vinegar
2	Tbsp	grated fresh ginger
1/3	cup	garlic, minced
1/2	cup	butter, chunked
1/4	cup	cornstarch
1/4	cup	cold water
1/2	cup	sliced green onions

- Combine spices and rub on chicken thighs.
- In a skillet, brown both sides of chicken, transfer to a small roasting pan.
- Combine honey, soy sauce, vinegar, ginger and garlic, then pour over the chicken.
- Sprinkle the butter pieces on top of chicken.
- Cover the pan tightly and bake for about 30-40 minutes at 350 F. The chicken should be tender but not falling apart.
- Transfer the chicken into a shallow steamtable pan for serving.
- Thicken the sauce with cornstarch/water slurry. Pour over the chicken.
- Serve with rice.



## LOADED BROCCOLI SALAD

This is the broccoli salad you will get special requests for. The combination of bacon, sour cream, mayonnaise, scallions, and Cheddar is hard to resist.

8	cups	fresh broccoli, chopped
6	slices	crisp bacon, crumbled
1/2	cup	sour cream
1/2	cup	mayonnaise
3	Tbsp	cider vinegar
1/2	tsp	black pepper
3/4	cup	sliced green onions
1	cup	shredded Cheddar cheese

- Combine sour cream, mayo, vinegar, and pepper in a large bowl.
- Add the broccoli, bacon, cheese and sliced green onions.
- Stir gently to fold together.
- Refrigerate for half an hour to an hour before serving.
- Place in a salad bar pan or in a small bowl for serving.







## PESTO PASTA WALNUT SALAD

A simple and savory salad, perfect as a cold side dish for any hot, sunny day. Serves about 12

- |     |      |                               |
|-----|------|-------------------------------|
| 1   | lb   | penne or rotini pasta         |
| 1/4 | cup  | olive oil                     |
| 1   | cup  | pesto sauce                   |
| 1   | each | tomato, seeded and chopped OR |
| 1   | cup  | grape tomatoes, halved        |
| 1/2 | cup  | pimiento, diced               |
| 1   | cup  | walnuts, chopped              |
| 1/2 | cup  | grated Parmesan cheese        |

- Cook the pasta al dente. Drain and put in a large bowl.
- Add the pesto and olive oil to the pasta and fold together.
- Fold in the walnuts, pimiento, and tomato, stirring gently to not mash the tomatoes.
- Transfer to a serving pan for salad bar, or place in a bowl for serving.
- Sprinkle Parmesan cheese on top of salad.



## GRILLING SAFETY

Warmer weather is here, and with it, an increase in those days that are just too nice to stay indoors. Outdoor grilling is a staple of Summertime gatherings, but there are a few tips to keep in mind to keep everyone at your cook-out safe.

You may have noticed the word “outdoor” was used to describe the type of grilling we’re talking about today, and there’s good reason for it. While I’m quite sure everyone reading this knows better than to attempt firing up their charcoal or gas grill indoors, it may surprise you to know that not everyone shares this common sense. The National Fire Protection Association actually lists this tip first in their *Grilling Safety* bulletin, and for good reason. The U.S. Consumer Product Safety Commission reports annually there are about 20 fatalities and around 400 emergency room visits due to carbon monoxide poisoning as a result of indoor grilling.

So you keep your grill outside of your house, but is it far enough away? A good rule of thumb is to keep your grill or any open flame at least 10 feet from your house. Vinyl siding boasts an ignition point of 750 degrees Fahrenheit, far higher than your average grill temperature. However, that same vinyl siding will start to melt at a much lower temperature (between 160-165 °F). This can expose building materials underneath with much lower ignition points, raising the potential

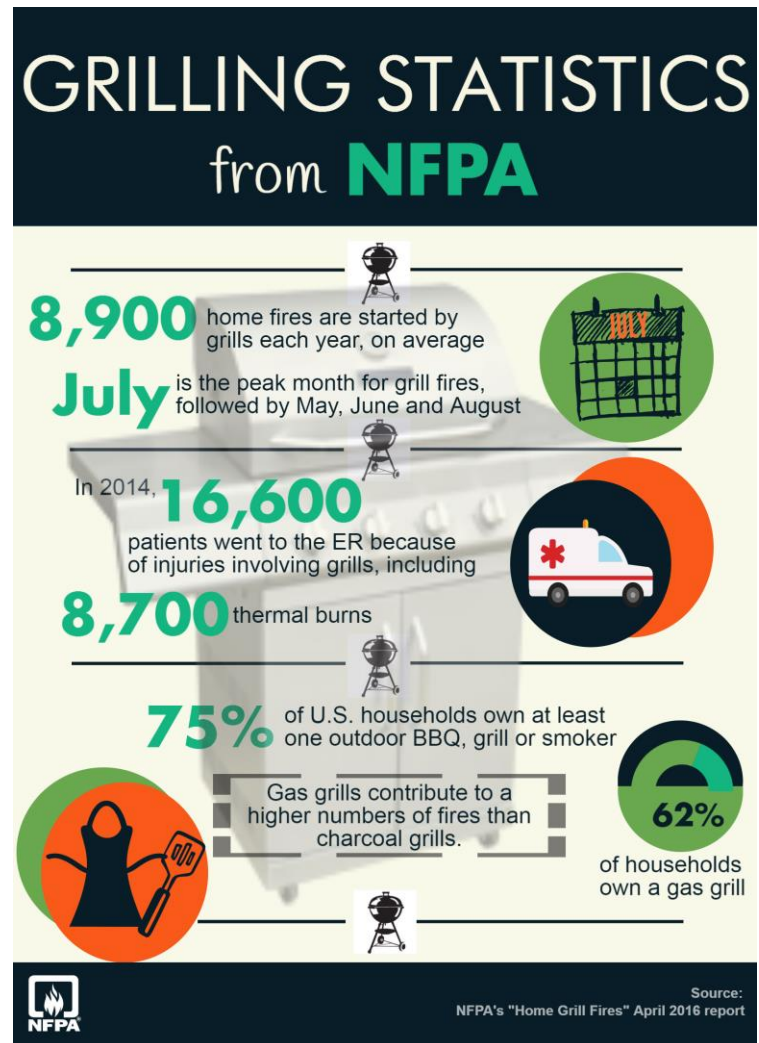
for a catastrophic house fire. So what about brick homes? Flare ups from the pit can send flames high enough to combust materials closer to your roof, putting you in just as much danger as your friends with vinyl siding. Your best bet is to simply keep the grill away from your home.

Grill maintenance is perhaps even more important in preventing fires. Many grills feature catch pans for debris and grease. Emptying these after each use is necessary to prevent hazardous build up. This preventative maintenance procedure is not only useful for at-home grilling, but for cooking offshore as well. The overwhelming majority of kitchen and galley fires occur due to poor cleaning and maintenance habits. We can prevent an incident from occurring by adopting regular cleaning habits.

Once the grilling is done, you may have some charcoal to dispose of. So how do you do it safely? Offshore or in a commercial setting, it would be ideal to have a metal bin with a lid specifically for spent coals. Though the coals won't be able to burn through the bin, adequate time for the coals to cool should still be given to mitigate any risks. At home, you may not have a bin to dispose of your coals, so you'll want to allow for longer cooling time (a minimum of 48 hours is recommended). Lump charcoal ash can also be used sparingly in the garden as a fertilizer as it does not contain the same toxicities found in briquettes.

So, to recap: We want to make sure our grilling is happening outside and at a safe distance from our home or any other structures. If we maintain our grill properly, we can mitigate the risk of fire. We should be mindful when disposing of ash, taking special care to ensure they have properly cooled. Following these easy procedures will help to keep you and your guests safe at the next BBQ gathering. For more information, check out the downloadable resources provided by the

National Fire Protection Association found at [www.nfpa.org](http://www.nfpa.org)



Please remember, a fire watch should be present whenever outdoor grilling is happening. Be sure to have a properly filled, inspected fire extinguisher on hand just in case.

Check with your location leadership to find out any location-specific requirements, and please be sure to follow them, as well as following SONOCO practices, especially a pre-task JSEA.

