

# SHOP TALK

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

Collaboration has no hierarchy. The sun collaborates with soil to bring flowers on the earth.

-Amit Ray

If everyone is moving forward together, then success takes care of itself.

-Henry Ford

Unity is strength. When there is teamwork and collaboration, wonderful things can be achieved.

-Mattie Stepanek

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

-Napoleon Hill

The value of achievement lies in the achieving.

-Albert Einstein



Get your grills ready because July 1 marks the start of National Grilling Month! This month-long celebration is a popular summer tradition that dates back to the late 1800s, when it was common for families to cook their meals outside over an open fire.

Today, grilling has become a beloved pastime and a delicious way to enjoy outdoor gatherings with friends and family. From burgers and hot dogs to veggies and seafood, there's no limit to what you can whip up on the grill.

So fire up those coals and get ready to serve some mouth-watering dishes all month long!

# National Grilling Month History

## 1800s - Outdoor Cooking Begins

During the late 1800s, it was common for families to cook their meals outside over an open fire, marking the origins of grilling.

## 1897 - First Charcoal Grill Patented

The first charcoal grill was patented by Ellsworth B. A. Zwoyer, which went on to revolutionize outdoor grilling.

## 1952 - Invention of Weber Grill

George Stephen Sr. invents the Weber Kettle Grill, a dome-shaped grill that helped reduce flare-ups and control temperature.

## 1970s - Gas Grills Become Popular

In the 1970s, gas grills became popular, offering a cleaner and more controlled method of grilling.

## 1985 - Barbecue Championships Begin

The first barbecue championships took place, with competitive grilling becoming a popular trend, showcasing grilling skills and innovative recipes.

## 2003 - National Grilling Month Established

July was officially designated as National Grilling Month, providing an opportunity to celebrate and engage in outdoor grilling activities.

### Explore new grilling recipes

Take this month as an opportunity to explore new grilling recipes. From grilled pizza to grilled fruit, there are endless possibilities on the grill. Get creative and try something new!



## GRILLED MAHI MAHI

Mild, flaky, but firm, mahi is easy to season and grill. Top it with mango salsa and serve it with rice and a great salad for a tasty meal. Serves 12

12	each	mahi mahi fillets
1/2	cup	olive oil
1	Tbsp	salt
1	tsp	dried thyme leaves
1 ½	tsp	paprika
1 ½	tsp	garlic powder
1 ½	tsp	black pepper
		Lemon wedges or slices

- Preheat the grill to medium-high heat
- In a small bowl, combine spices. Set aside.
- Brush the fillets on both sides with olive oil, or place in a bowl and toss to coat well.
- Sprinkle seasoning mix evenly on both sides of the fish fillets.
- Place the fish on the hot grill grates.
- Grill, uncovered and undisturbed until grill marks form and the fish releases easily from the grates – about 5 minutes.
- Flip the fish and cook another 3 minutes until it is fully cooked.
- Remove and transfer to a steamtable pan.
- Garnish with lemon wedges or slices.





## GRILLED RED POTATOES

Another simple dish that is easy to grill alongside your main dish. Serves about 12 people.

12 each large red potatoes  
 1/4 cup olive oil  
 2 tsp minced garlic  
 1 tsp salt  
 2 tsp Tony's or similar Creole seasoning  
 Parsley, fresh, chopped for garnish

- Preheat grill to medium-high.
- Wash potatoes and cook in boiling water until just beginning to become tender.
- Remove from water, drain, and set aside.
- Remove and allow to cool until cool enough to handle. Cut each potato in 3 or 4 pieces to create uniform pieces.
- Place potatoes in a medium bowl and toss with olive oil, garlic, salt, and Cajun seasoning to coat evenly.
- Grill potatoes for 5 minutes. Turn potatoes over and cook for an additional 5 minutes, then another 5 minutes on each side until fork tender.
- Remove from grill and sprinkle with fresh parsley. Eat them as is or serve them with ketchup or your favorite fry sauce! Consider the Bang Bang Sauce as an option. 😊



## SOY GINGER BEEF KABOBS

A delicious kabob, great for steak night. Serve with rice pilaf or yellow rice. Serves 12

1/2 cup soy sauce  
 1/2 cup oyster sauce  
 1/2 cup vegetable oil or cooking oil  
 1/4 cup honey  
 1/4 cup apple juice  
 2 Tbsp wine or cider vinegar  
 3 Tbsp fresh ginger, grated  
 3 Tbsp garlic, minced  
 3 each bell pepper, cut in 1 inch pieces  
 4 lbs roast, trimmed, cut in 1 inch cubes

- In a bowl, combine everything but the roast and bell pepper. Mix well to blend together.
- Set aside 1/2 cup of the marinade for grilling.
- Add the meat and chill for at least 2 hours.
- Soak wooden skewers in water to prevent burning while they are on the grill.
- Toss the bell pepper in veg oil to coat, then do the same with the drained beef cubes.
- Place meat and bell pepper on skewers, alternating as you do.
- Arrange the skewers on the hot grill.
- Cook about 5 minutes per side, until the beef is cooked to an internal temperature of 145 F.
- Remove and serve.



## GRILLED FLANK STEAK

Offer this on Steak Night as an alternative to the usual fare. Serves about 10.

1/2	cup	olive oil
1/2	cup	Worcestershire sauce
1/4	cup	wine or cider vinegar
1/3	cup	brown sugar
5	lbs	flank steak
1	tsp	salt
1	tsp	black pepper

- In a bowl, combine oil, vinegar, Worcestershire, and brown sugar.
- Place the flank steak in a small trash bag and pour in the marinade.
- Tie the bag closed and put in cooler for at least half an hour but not more than 2.
- Remove the steak and pat dry, season with salt and pepper.
- Grill until it reaches an internal temperature of 135 (medium rare).
- Remove, allow to stand at least 5 minutes before slicing. Place slices in a full-sized shallow steamtable pan or serve to the guests directly from the grill.



## GRILLED SALMON FILLETS

Salmon needs very little effort to make it tasty, but this recipe will wow fish lovers. Serves 10.

10	each	salmon fillets
1/2	cup	olive oil
1	Tbsp	salt
1 ½	tsp	black pepper
1/3	cup	cider or wine vinegar
1 ½	tsp	Dijon mustard
1	tsp	paprika

- Preheat the grill to a medium-high temp. Combine the wine vinegar, 1 Tbsp of olive oil and mustard. Set aside.
- Brush the salmon fillets with olive oil.
- Sprinkle evenly with salt and pepper.
- Oil the grill grates and place the salmon on the grates, skin side down.
- Brush with the vinegar mixture and cook until the fillets release easily from the grates, about 5 minutes or so.
- Flip the fillets and grill until it's cooked all the way through, about 3 more minutes.
- Remove and brush with some of the remaining vinegar mixture.
- Transfer to a steamtable pan and garnish with a bit of freshly chopped parsley.





## GRILLED EGGPLANT

The peel on the eggplant gives it some structure, and after a couple of minutes on the grill it's fully cooked. Just be sure to wash the eggplant before grilling. Serves about 10 people.

4	each	eggplant (4 – 5 pounds)
1 ½	tsp	salt
1/2	cup	olive oil
1	Tbsp	black pepper
		chopped parsley for garnish
		Marinara sauce on the side

- Wash the eggplant and pat dry, then cut into slices about ½ inch thick.
- Arrange the slices on sheet pans with paper towels in a single layer.
- Season with salt on both sides of the slices, then allow to sit for half an hour (this pulls out moisture, so they don't get soggy in grilling).
- Pat the slices dry with a towel or paper towel, then brush with oil and season with pepper.
- Place the slices on a medium-high grill and cook until the eggplant has grill marks, about 5 minutes per side.
- Remove and place in a shallow steamtable pan for serving. Garnish with chopped parsley.
- Serve hot marinara sauce on the side as a condiment.



## SAUSAGE & PEPPER BURGERS

These juicy patties are made with beef and sausage, then topped with gooey provolone and sautéed onions and peppers. Serves about 12

1/4	cup	cooking oil
2	each	red bell peppers, sliced
2	each	green bell peppers, sliced
2	each	onions, sliced
2	tsp	salt
2	tsp	pepper
2	Tbsp	garlic, minced
3	lbs	ground beef
2	lbs	Italian sausage
1/2	tsp	ground sage
1	tsp	oregano

- Remove the Italian sausage from its casing.
- In a bowl, blend the beef, sausage, and seasonings but do it gently.
- Shape into generous patties, about 15 each
- Sauté the onions, peppers, and garlic in the oil until just barely tender. Set aside.
- Grill the burgers on medium-high heat until they reach an internal temperature of 155 F.
- Remove and place on fresh-made, toasted buns and top with a slice of mozzarella or Swiss cheese.
- Portion peppers and onions onto the top of the cheese slice and place bun top on the burgers.
- Place in a shallow steamtable pan for serving.



## GRILLED ASPARAGUS

If you haven't tried grilled asparagus, then get ready to have a new favorite among your vegetable side dishes. Quick, easy, this versatile vegetable dish is perfect with grilled steak, chicken, and fish. Yields about 12 servings.

3	bunch	asparagus
1/3	cup	olive oil
1	Tbsp	salt
1 ½	tsp	black pepper
2	each	lemons, sliced 1/3" thick

- Cut an inch from the stems before washing.
- Wash the asparagus (remove the bands).
- Pat dry and place in a roaster or bowl.
- Pour on the olive oil and toss to coat well.
- Sprinkle on salt and pepper and toss again.
- Place asparagus and lemons across the grates (so they don't fall in) on a grill at a medium-high heat but not directly over the coals.
- Grill, turning as needed until grill marks form on the asparagus, about 3 minutes per side.
- Remove from the grill when just tender and when nice grill marks have formed.
- Place in a shallow steamtable pan and place the lemon slices on top of the asparagus as a garnish.
- Serve.



## GRILLED CORN & BACON BUTTER

Since the grill is already hot, and you're probably serving corn on the cob anyway, why not try this flavorful, spicy take on grilled corn? Serves 12

8	slices	bacon
16	ears	corn on the cob, thawed
2	sticks	butter or margarine, softened
1	cup	fresh parsley, chopped
1	cup	pickled jalapenos (from a jar)
		salt and pepper to taste

- Cook the bacon crisp, remove, and drain. Be sure to save the bacon drippings.
- In a mixer, whip the butter until it is softened and airy.
- Add the parsley, bacon, jalapenos and mix until evenly blended.
- Salt and pepper the corn, then place each ear on a sheet of potato wrap foil.
- Put about a tablespoon of the butter on each ear, then wrap the foil tightly around the ear.
- Grill the corn at about a medium high location on the grill, and cook about 5 minutes.
- After 5 minutes have passed, turn the ears onto the opposite side and cook another 5 minutes or so.
- Check for tenderness and remove when done.
- Transfer to a steamtable pan for service by partially opening the foil and placing the ears in the pan with the open portion visible.



# 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.



## GRILLING SAFETY TIPS

- 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.



**What's a committee?**

*Twelve people doing the work of one.*

**I used to work for a paper business.**

*But then it folded.*

**What's proof that the work week is rough?**

*After Monday and Tuesday, even the calendar says WTF...*

**I ordered an egg and a chicken online,**

*So I'll let you know.*

**Before you criticize someone, you should walk a mile in their shoes.**

*That way, when you criticize them, you're a mile away and you have their shoes.*

**I always say you should take life with a grain of salt.**

*And a lemon wedge, and a shot of tequila.*

**Don't you hate it when someone answers their own questions?**

*I do.*

