

# SHOP TALK

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

Don't aspire to be the best on the team. Aspire to be the best for the team.

-Brian Tracy

The secret is to gang up on the problem, rather than each other.

-Thomas Stallkamp

A boat doesn't go forward if each one is rowing their own way.

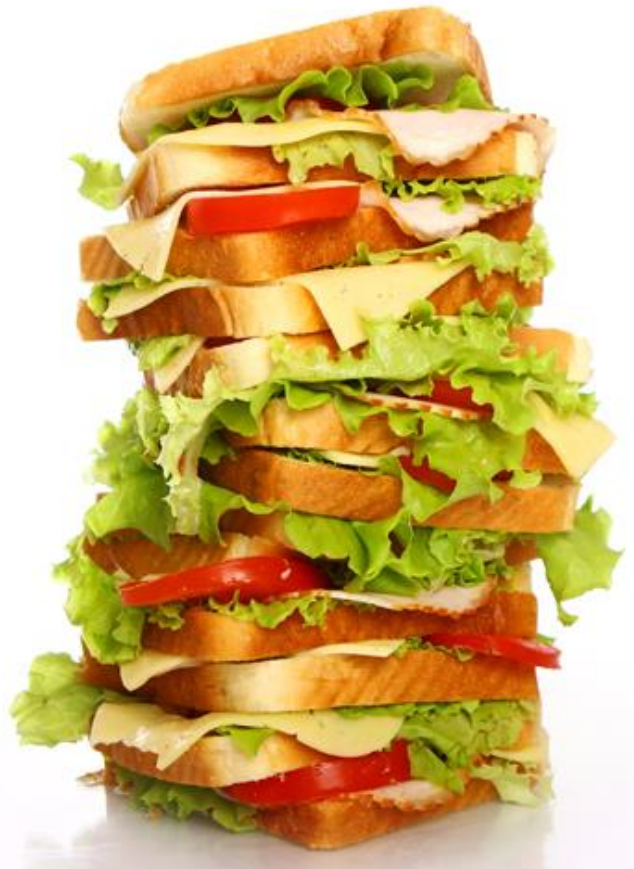
-Swahili Proverb

No one can whistle a symphony. It takes a whole orchestra to play it.

-H.E. Luccock

Many hands make light work.

-John Heywood



August is National Sandwich Month. The basic concept of the sandwich long predates the Earl of Sandwich, the real-life 18th-century aristocrat who reportedly loved them, and gave them their modern name.

The ancient Jewish sage Hillel the Elder is said to have wrapped lamb-meat and bitter herbs between two pieces of matzoh (unleavened bread) during Passover. Early versions of the "wrap" have also been found in Asia and Africa.

The sandwich grew in popularity among aristocrats in the 18th and 19th centuries. Legend has it they were popularly shared, held with one hand, during late-night gaming and drinking.



## APPLE & ONIONS PULLED PORK

What a tasty variant on the pulled pork sandwich. This easy to prepare recipe makes 12 sandwiches.

- |     |      |  |
|-----|------|--|
| 3   | lbs  | pulled pork                              |
| 2   | cups | apple juice                              |
| 1/4 | cup  | cider or wine vinegar (balsamic will do) |
| 1/2 | tsp  | cinnamon (seriously, it's important)     |
| 1/2 | tsp  | onion powder                             |
| 2   | each | medium onions, sliced about 1/8" thick   |
| 3   | each | green apples, sliced about 1/8" thick    |
| 1/2 | cup  | margarine or butter                      |

- Put the pulled pork in a pan, and sprinkle with cinnamon and onion powder.
- Pour on the apple juice and vinegar, stir into the pork. Cover the pan with a lid or foil.
- Bake at 250 F until the pork is well-heated and remove from oven. Set aside.
- In a sauté pan, heat the butter and add onions and apples at the same time.
- Cook on a medium heat until the onions are caramelized and the apples are tender.
- Place the pork in a steamtable pan for serving and place the apples and onions alongside.
- Alternatively, you can pre-make sandwiches and place them in a full size, shallow steamtable pan.



## GARLIC AIOLI BLT SANDWICH

The secret to a great BLT? Lots of bacon and a great sauce, plus a bit of ham. Makes 12 sandwiches.

- |    |        |                               |
|----|--------|-------------------------------|
| 48 | pieces | bacon, cooked, broken in half |
| 24 | slices | deli ham, or fresh sliced ham |
| 24 | slices | thick cut house-made bread    |
| 24 | slices | tomato                        |
| 12 | pieces | romaine or iceberg lettuce    |
| 2  | cups   | garlic aioli (recipe follows) |

- Toast the bread on both sides.
- Portion 1 heaping tablespoon of aioli on 12 pieces of toast.
- Place lettuce, then tomato, bacon and ham on the aioli, then top with another slice of toast.
- Cut on the diagonal for serving and place in a shallow steamtable pan.

## Garlic Aioli (cheater's version 😊)

- |       |      |                                  |
|-------|------|----------------------------------|
| 2     | cups | mayonnaise                       |
| 3     | Tbsp | garlic, minced and <b>MASHED</b> |
| 1/3   | cup  | lemon juice                      |
| 1 1/2 | tsp  | salt                             |
| 1     | tsp  | black pepper                     |

- Combine all ingredients, blend well.
- Refrigerate at least 30 minutes before using.
- Keeps a week in refrigeration.





## VIETNAMESE PORK SANDWICH

This is a spicy sandwich – what we Cajuns call “well-seasoned”. Though the ingredient list is long, it’s easy to prepare and a definite winner for flavor. Makes about 12 sandwiches.

### For the pork:

- 3 lbs pulled pork
- 1 each yellow onion, diced small
- 1 Tbsp grated ginger (a heaping tablespoon)
- 1/2 cup chicken stock (broth)
- 1/2 cup hoisin sauce
- 1/2 cup fish sauce
- 1 tsp black pepper

- Put everything in a Dutch oven or roaster. Cover with a lid or foil.
- Bake at 350 F for about an hour to let the flavors work into the pork. Remove and set aside.

### For the Pickled Vegetables:

- 2 cups white vinegar
- 1/4 cup sugar
- 2 Tbsp salt
- 2 cups radishes, thinly sliced
- 1 1/2 cups carrots, cut into thin strips or grated

- 1 each cucumber, partially peeled, cut in half lengthwise, and then cut in half moons

- Place the vegetables in a bowl.
- In a saucepan, heat the vinegar, sugar and salt until the salt and sugar are dissolved.
- Pour the hot liquid over the vegetables and let stand for about an hour.
- Drain the vegetables and set aside for now.

### For the Spicy Mayonnaise:

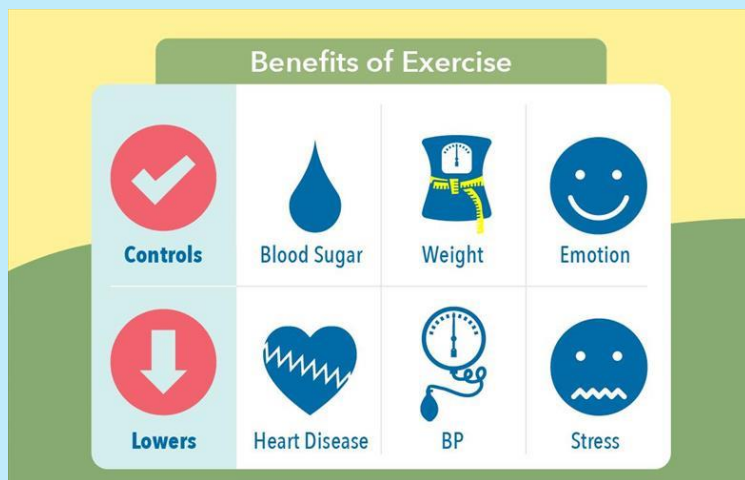
- 1 1/2 cups mayonnaise
- 1/4 cup Sriracha sauce
- 1 tsp sesame oil (if you have on hand)

- Combine the three ingredients, blending well until fully blended.

### Building the Sandwich:

- Split some fresh, house-made po boy or hoagie loaves lengthwise.
- Toast the buns on the griddle.
- Spread some spicy mayonnaise down the length of the bun.
- Portion about 4 ounces of pork into each bun.
- Portion a generous serving of pickled vegetables on top of the pork.
- Place the sandwiches, opened up, in a shallow steamtable pan for serving.

Note: you can garnish with some roughly chopped cilantro leaves if you wish but be sure that your crew overall likes the flavor of it.



It is known that a clear correlation exists between having a more active lifestyle and having less disease/illness. People who exercise have lower blood pressure, lower heart rates, and improved circulation.

They also have lower cholesterol, lower blood glucose levels, lower body mass indices (BMI) and less body fat; as well as higher metabolic rates and better weight control. They sleep better, have more energy, are less stressed/anxious and are happier and more confident.

Exercise can improve someone's social life and regular exercisers are also able to maintain independence for longer in their own homes.

**Why is exercise especially important for someone with diabetes?** Unlike medication, exercise is low cost and side-effect free. Those with diabetes who don't exercise are three times more likely to have poor blood glucose control and are more likely to suffer diabetes complications. However, those who exercise regularly— apart from getting the benefits listed above—have improved sensitivity to their body's own insulin and their bodies become better at transporting glucose.

This happens because exercise stimulates the body's muscles. Exercise also reduces the level of fat in the body, particularly around the abdominal

area. It is thought that it is this mobilization of the body's fat stores by exercising that might improve the person with diabetes' blood glucose control. There is less glucose in the blood because it's now stored in the body's muscle, which means improved blood glucose control and reduction in the complications associated with diabetes.

### How long do these effects from exercise last?

The good news is that if someone regularly exercises these benefits can be permanent, and for someone with diabetes it can mean reducing their medication.

For those with a family history of Type 2 diabetes, engaging in a routine exercise program may prevent or at least delay the onset of Type 2 diabetes.

A single session of exercise can benefit the body's sensitivity to insulin for 16-18 hours—exerting effects on blood glucose control for 24-48 hours, but these effects have worn off by 60-72 hours. Even a little bit of exercise is better than none at all, and an “a-little-andoften” approach to exercise can be of benefit.

**How much exercise should I be doing?** To obtain health benefits, it is recommended that adults should be aiming to exercise at a moderate intensity for 30 minutes a day for a minimum of five days a week (preferably seven days). However, the same health benefits can be gained by breaking this down into 10 minute intervals of moderate activity. The overall aim should be to accumulate at least 150 minutes of moderate activity per week.

Before you start!

- Get a medical clearance if you have not exercised in over a year, if you are a man over 45 years old or a women over 55 years old.
- Start with 5-10 minutes of activity per day for the first week, then add on 5 minutes per day

each week until the target goal of 150 minutes of moderate activity is reached.

- Build up slowly and gently increase activity levels over a series of weeks.
- If using a pedometer, aim initially to build up an extra 3,000 steps/day; alter this each week by just doing a little more within the daily routine (see below for some ideas) until the target 10,000 steps/day is reached.

### **What do we mean by moderate activity?**

Moderate activity means the exerciser should feel some breathlessness, be aware that his/her pulse is raised, be sweating, know that he/she is using his/her muscles but still be able to hold some brief conversation



Breathe Well-being

## **Best Exercise For Diabetes At Home**

- Jump Rope
- Stair Climbing
- Jumping Jacks
- Push-Ups
- Planks
- Yoga



### **What types of exercise should be performed?**

Three S's make up the components of all-round exercise. These are strength, suppleness, and stamina. To gain the benefits of exercise all of these components should be included in the exercise routine, as this will mean having sufficient power, strength, and range of movement to repeatedly undertake activities of daily living.

Traditional exercise prescriptions focused on aerobic exercise, but it is now recognized that

health benefits—particularly for people with diabetes—are best conferred by doing some strength (resistance) exercises too.

To develop these components and achieve the benefits of exercise you don't have to join a gym or an exercise class, but these methods are recommended—as you will have company exercising, someone is likely to be supervising what you are doing, and if in the gym you will probably have been prescribed a personal exercise plan by a professional trainer.

But if the gym or exercise class is not for you, there are still ways to exercise in and around your home and during your daily routines:

- Walking is an inexpensive and easy way of getting exercise and can be built into daily routines by parking the car further away from work, getting off the bus a stop earlier, or intentionally going for a walk at lunchtime or after work.
- Purchase a pedometer, as counting the number of steps you take each day can be a good motivational tool and demonstrates your progress in reaching your target.
- Use the stairs instead of elevators.
- If doing a home-based exercise routine, instructor-led exercise videos/DVDs can be readily bought or borrowed from the library, or a range of simple and not too expensive exercise equipment can be purchased. Check the want ads or thrift stores for used equipment. How do I get started?
- Check with your health care professional that your diabetes is presently stable enough to allow you to begin an exercise routine.
- Start with small sessions of exercise of low intensity and build up gradually.
- Find an exercise partner — this could be a family member, your child or grandchild, or a friend or work colleague — and make it fun.
- Choose something you enjoy, as you are more likely to stick with it





## N'AWLINS ROAST BEEF PO BOY

Nothing better defines our New Orleans food tradition than the Po Boy sandwich. Makes 15

### For the Beef:

- 1 each chuck roast (about 6 lbs on average)
- 20 clove garlic, each cut in half lengthwise
- 1 Tbsp salt
- 1 Tbsp black pepper
- 1/4 cup cooking oil (not olive oil)
- 4 cups beef broth or stock

- Cut 20 slits into the roast (go deep!).
- Insert a garlic piece into each slit.
- Season the roast with salt and pepper.
- In a Dutch oven, heat the oil, then sear the roast on all sides. You want it very brown because this builds the flavor and adds color to the drippings.
- Turn the heat to low and add the beef stock.
- Cover tightly and simmer until the beef is fork tender and just about falling apart.
- Remove roast from the liquid and allow to stand until it can be handled.
- Pull the beef into shreds using two forks and return the beef to the liquid, which should still be hot. Set aside for now.

Note: If you want the gravy to be thicker, you can make a medium roux and add to the liquid while the beef is cooling to shred.

### For the Sandwich:

You gotta have Po boy loaves, which you can order or bake fresh if you prefer.

- 36 each thin tomato slices
- 6 cups shredded iceberg lettuce
- 2 - 3 cups mayonnaise
- 1 bottle Tiger sauce

- Split each po boy loaf in half lengthwise.
- Open up and toast on the griddle, or place on a sheet pan and toast in the oven. This is an important step as it allows the bread to hold up with all the wet gravy coming its way. :-)
- Lay out the loaves and spread the bottom of each loaf with mayonnaise. Be generous.
- Top each loaf with 6 ounces or so of the beef.
- Pour on about half an ounce (1 Tablespoon) of the Tiger sauce over the meat.
- Top this with shredded lettuce and three slices of tomato.
- Arrange on a steamtable pan and serve.
- Be sure you've got plenty of napkins on hand.
- C'est bon!

The Martin brothers, Benny and Clovis, had worked as streetcar conductors in New Orleans in the mid-1910s before opening their restaurant in 1922.

When the streetcar workers went on strike in 1929, the brothers made gravy sandwiches with French fry potatoes and French bread.

An Italian baker came up with a consistent loaf of bread called the poor boy loaf, which was meant to make inexpensive sandwiches that still satisfied the streetcar strike workers.

The sandwich is considered the Gulf Coast version of a submarine sandwich and is a bedrock of New Orleans culinary culture



## BUFFALO CHICKEN SUB

Makes 10 really good sandwiches.

2	Tbsp	cooking oil
4	lbs	leftover chicken, shredded
1	tsp	salt
1	tsp	black pepper
3	Tbsp	brown sugar
1	Tbsp	paprika
1/2	tsp	cayenne
2	cups	LA hot sauce (not tabasco)
1/4	cup	butter
5	cups	shredded lettuce
		Ranch or Blue Cheese dressing

- In a Dutch oven or stockpot, heat cooking oil.
- Add the chicken and cook until it browns a bit.
- Add all seasonings, brown sugar, hot sauce and butter and turn heat down to low simmer.
- Cook until the seasonings are well blended, and the chicken is well coated and hot.
- Remove and portion about 6 ounces into toasted sub rolls.
- Top with lettuce (and tomatoes optionally)
- Top this with a generous application of Ranch or Blue Cheese dressing.
- Place in a shallow steamtable pan for serving.



## BLACKENED FISH SANDWICH

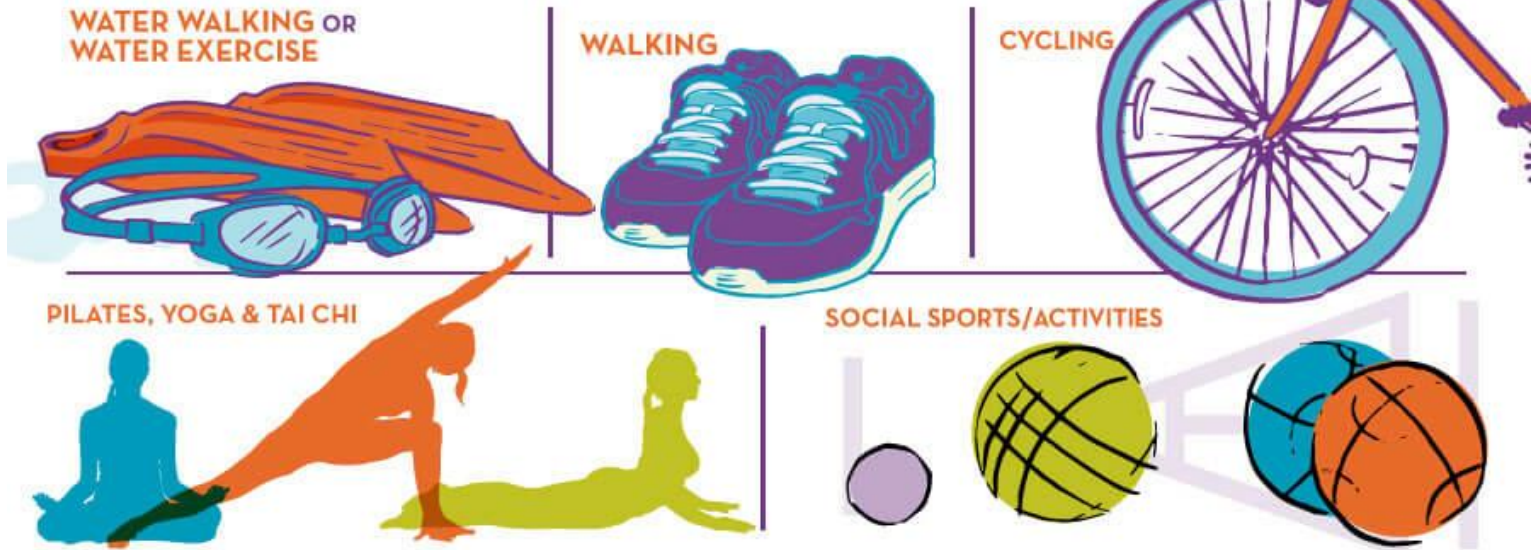
Nice and spicy with a zesty Horseradish Tartar Sauce.  
Makes 10 sandwiches

10	each	hamburger buns or house made buns
		Margarine, softened, for buns
1	cup	tartar sauce (your recipe)
1/2	cup	sour cream
2 1/2	Tbsp	horseradish
10	each	cod fillets, patted dry
1/4	cup	blackening seasoning
10	each	large romaine or iceberg lettuce leaves

- Combine tartar sauce, sour cream and horseradish, cover, and chill until needed.
- Sprinkle a generous amount of seasoning on both sides of each cod fillet. Set aside.
- Spread margarine on buns and toast on a hot griddle. Place into a shallow steamtable pan and top with a leaf of lettuce.
- Place the seasoned fillets on a very hot griddle or black iron skillet. Be sure vents are on!!
- Cook until blackened on the bottom (about 3 minutes) and flip over. Cook another 2-3 minutes, remove and place one fillet on each bun, on top of the lettuce.
- Place a generous amount of tartar sauce on top of each fillet and place the top bun partway on the sandwich as shown in the photo above.



# GREAT EXERCISES FOR PEOPLE WITH ARTHRITIS



## Range-of-motion exercises for arthritis

The pain and stiffness of arthritis can make it difficult to perform the daily tasks most people take for granted, from putting on socks to cooking dinner. Fortunately, stretches and range-of-motion exercises can help improve the mobility and flexibility of your joints.

To increase your range of motion, move a joint as far as it can go and then try to gently push a little farther.

Here are four range-of-motion exercises that you can do at home any time, even when your joints are painful, as long as you do them gently.

### Hand

Open your hand, holding the fingers straight. Bend the middle finger joints. Next, touch your fingertips to the top of your palm. Open your hand. Repeat 10 times with each hand. Next, reach your thumb across your hand to touch the base of your little finger. Stretch your thumb back out. Repeat 10 times.

### Shoulder

Lie on your back with your hands at your sides. Raise one arm slowly over your head, keeping your arm close to your ear and your elbow straight. Return your arm to your side. Repeat with the other arm. Repeat 10 times.

### Knee

Sit in a chair that is high enough for you to swing your legs. Keep your thighs on the seat and straighten out one leg. Hold for a few seconds. Then bend your knee and bring your foot as far back as possible. Repeat with the other leg. Repeat 10 times.

### Hip

Lie on your back, legs straight and about 6 inches apart. Point your toes toward the ceiling. Slide one leg out to the side and then back to its original position. Try to keep your toes pointed up the whole time. Repeat 10 times with each leg.