



FYI Newsletter



Dear Associate,

Springtime is certainly a time of botanical phantasmagoria! Flowers, leaves and pretty trees are renewed! Not just showing us a good make-over but becoming brand new.

It seemed appropriate to me to devote the spring FYI to the prefix re! Re is certainly prominent in our design-world as we go back and renew with renovations, restorations, and reconstruction. We also accept our responsibility to protect and even restore this precious environment that gives us so much pleasure in spring.

For your information this season I offer short articles on Refrigeration and Retherm to add to your ever-growing repertoire of knowledge. Learn something new every day!

Wishing you a happy, healthy spring-time, and a personal season of renewal and rejoicing,

Yours, with more food for thought,

Lynn Hopkins

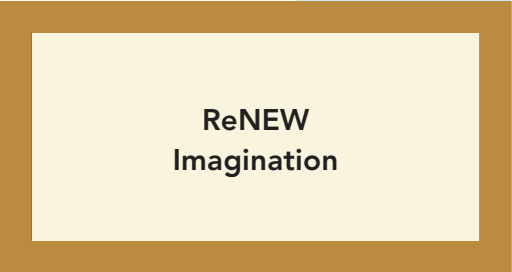
HOPKINS Reduces Global Warming, One Refrigerator at a Time.

As you may know refrigeration works by continuously removing heat from the box to the atmosphere. Hydrocarbon-based refrigerants have been outlawed for some time because of their high Ozone Depletion Potential (ODP), making newer refrigerants key to reducing Global Warming Potential (GWP). Beginning January 1, 2023 new refrigerants R-454b (Opteon XL41) and R-32 will help decrease GWP. Propane (R-290) is an organic compound with a low GWP of 3, and an ODP of 0. Propane was finally approved for use in foodservice equipment in the USA as a non-chemical refrigerant after being thoroughly vetted in Europe, approved for general use, and recently approved for use in quantities necessary for commercial refrigeration. HOPKINS moved to all propane refrigerants in designs as soon as possible, making HOPKINS a trailblazer in the use of R290 refrigerants to reduce GWP and ODP.

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To complement the refrigerant, HOPKINS-enhanced walk-in designs are superior due to our panel insulation, finish, and door style specs. For example, maintaining a stable cabinet temperature is key. Heat continually enters the refrigerator... **continued**



HOPKINS

Spring Buds and Blossoms

EDUCATION

SOM

Pennsylvania State Police Academy

U.S. EMBASSIES

Marlon Blackwell Architects

Bangui, Central African Republic

KCCT

Doha, Qatar

LIFE CARE

Perkins Eastman

D.C. Ward 8 Senior Wellness Facility

Studio Gang

Marlborough Greenhouse

STV/Ar

Mid-Hudson Forensic Replacement Hospital

WORKPLACE

Burns & McDonnell

D.C. Armory

BV/Jacobs

ECB5

Hensel Phelps/Gensler

ECB3

ON IDIQs

Smithsonian 2020

State Dept. Worldwide AE Support

USACE - Norfolk

Social Security Administration

USACE - Wilmington

USACE- East Campus Integrated Program

USACE - Baltimore

GSA - National AEI

FBOP

New York State Parks

Time for you!



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From Lynn's Kitchen

Quick - Easy - Delicious!

1. Sardine Butter - Whip butter and a can of sardines together and whom! tasty on crackers or as a crudite dip. Salt to taste. Great calcium content for our bones!
2. Tahini and Honey - Whip together, in whatever ratio suits you best, tahini and honey (A more savory honey like chestnut or acacia works best.) Spread on toast for breakfast or in lieu of peanut butter for a sandwich (with a banana for its potassium).
3. Olives - Place olives in a jar with the best olive oil you have and store in the pantry. No need for refrigeration. Last forever, tastes delicious! (Thank you John Spordis!)



RETHERM – Make it Hot Again!

As magical as refrigeration might have seemed to the Neolithic man, food still spoils over time. Engineers developed a food prep system that prepares food in bulk using specialized equipment and then places it in a high powered rapid refrigeration chiller. There it goes through a two-step chilling process, from 135°F to 70°F within minutes, and then from either 70°F to 41°F in four hours—or a rapid freeze from 41°F to 0°F or less within 24 hours.

The great advantage of chilling is that rapid-chilled foods will hold for 30 days with minimal qualitative change i.e., color, texture, taste, and moisture content whereas most refrigerated foods degrade sooner. Chilled foods are returned to the original hot state either in bulk, or first portioned and trayed cold and, then re-heated.

Either way, re-thermalization is most gentle to the food when using a slow heating process in a controlled environment (imagine waking up slowly and how that affects you, compared to

having water splashed on your face). Re-thermalization of bulk foods are slowly reheated in a combination steamer-oven located under a commercial exhaust hood or slowly in a heating cabinet without the need for a hood.

However, if the distance from the kitchen to the point of service requires more than ten minutes travel, then the food will need to be re-thermalized at the point of service. When trayed food is placed in specialized retherm carts, hot foods are very slowly brought up to temp using dual hot/cold compartmented carts with split food trays. While the hot food component is heated in one hot part of the tray the cold part circulates cold air over the cold food components.

Thankfully, technology has produced a new exciting state-of-the-art European food system that negates the need for retherm. Hot food is sealed in special vacuum pans that hold the food hot for up to a week without degradation. This saves on the very expensive equipment needed for the cook-chill process. Hopefully, the system will soon be adopted in America. Ω

Refrigeration continued...like a sinking ship is continually being filled with seawater. The biggest threat occurs when doors are left open, which let in a burst of warm, humid room air. We avoid exterior hinged-style doors that take up as much as eight feet of aisle space to open and are often left open for loading and unloading for about 5 minutes. HOPKINS' walk-in designs have hands-free auto-sensing exterior roll-up doors. The cook only needs to approach the door

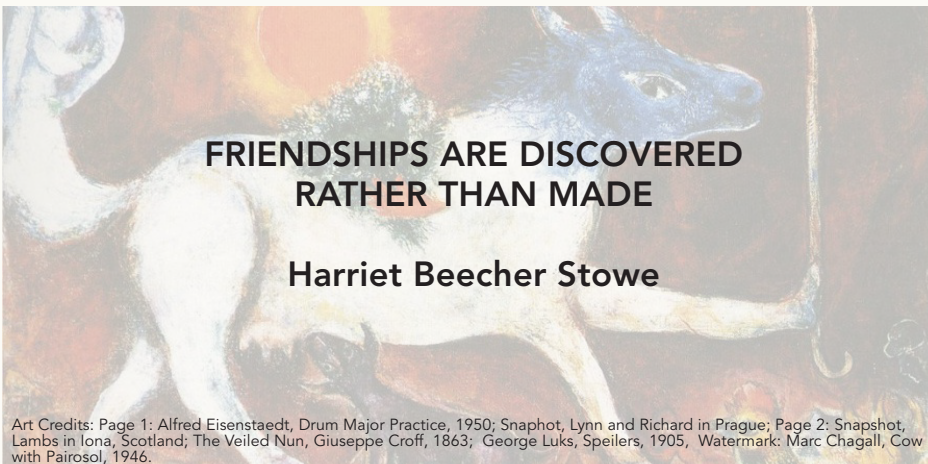


carrying a load and the sensor will automatically open the door. Lights turn on as the cook enters, the door stays open for the proscribed time, usually 30 seconds, and then the door is shut right away. Imagine the energy savings and the prolonged shelf-life of the food inside.

Better still, HOPKINS' walk-in designs have improved indoor air quality. Our air treatment systems scrub the air, to keep microbes from spoiling the food, to not waste money on trim loss.

As for buyout refrigerators, many of the higher quality ones HOPKINS specifies have some of the same features as our walk-ins. Most importantly, we usually specify buy-out refrigerators with drawers instead of doors to reduce infiltration of warm air when the unit is opened.

Users don't know who to credit for HOPKINS' kitchen design, but the reduced stress in the kitchen, like reduced energy use in the world, is not just invisible, it's priceless! Ω .



**FRIENDSHIPS ARE DISCOVERED
RATHER THAN MADE**

Harriet Beecher Stowe