

# FROM HOME

## POST PANDEMIC PLANNING - ADAPTING TO THE NEW NORMAL

PRESENTED BY  KONICA MINOLTA

Konica Minolta has evolved its existing virtual events series, "We've Got You All Covered," which was developed primarily as a pandemic response and remote work enablement series, into a new program for business planning and returning to work in a post COVID-19 world. The new series, "Post Pandemic Planning - Adapting to the Next Normal," helps businesses plan for reopening and offers solutions for what the "next normal" looks like for businesses moving into the future. Click [here](#) for the series schedule.



## WEEK IN REVIEW

### THE ORGANIZATION'S RESPONSE TO THE EVENTS OF THE PAST WEEK RECOGNIZING THE BLACK LIVES MATTER MOVEMENT.

Words alone fail us. There is no place in our world for the senseless acts of racial injustice that have tragically taken lives. No place in Kansas City, nor in any city. Not today, not ever.

We humbly stand in solidarity and peaceful protest with the Black community, both here and across America. We pledge to actively and intentionally use our voice for good. And to live by a standard that says we treat **all** of us the way **each** of us wants to be treated.

The Kansas City Royals are committed to doing all we can, wherever we can, to help turn this moment into the sustained change we seek.



In remembrance of Yordano Ventura whose birthday was June 3.



### BLOOD DRIVE

This past Wednesday the Royals partnered with the Community Blood Center to host a blood drive. The need for blood is urgent with their reserves well below normal. Appointments are available, and proper social distancing protocols are in place. To donate at the CBC or a future blood drive, click the button.

[VISIT](#)



Chef Johnny has put together a boujee meal to treat yourself with this week. Enjoy this favorite from The K with a pint of Boulevard.



Special Olympics  
Kansas City Metro

### SPECIAL OLYMPICS

Due to the COVID-19 pandemic, Special Olympic Athletes will compete in a virtual State Summer Games today and tomorrow. The Opening Ceremony, which starts tonight at 7pm, will include videos by Royals players, and you can send one too! Click the button below to show your support.

[VISIT](#)



There are only a few days left to bid on items for the Royals Respond Auction, which runs through Sunday. Proceeds benefit the Royals Respond Fund to help those most in need during the COVID-19 pandemic. To bid on the items, click the button.

[VISIT](#)

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## IN THE BALLPARK



Though we're not playing games, we still want to take a moment to honor those who are helping the community through two programs that are staples of the in-game experience at The K. Each Friday, we'll honor individuals on our social media channels until we can put them in the respective seats. We're also going to bring a little more of the ballpark experience to you at home with a weekly feature or two that are normally only shown on CrownVision.

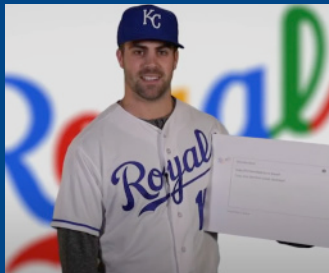


**COLONEL TOM BURSON**



**Jeremie Ballinger**

PRESENTED BY   Kansas City



**SEARCHBAR SHAKEDOWN**

[WATCH](#)



**TEAM STORE PICKUP**




If you want the latest Royals styles, you can now get curbside pickup outside of the Royals Team Store at The K! To place your order, you can email [kcsports@aramark.com](mailto:kcsports@aramark.com), call 816-504-4045, or send a direct message to @RoyalsTeamStore on Twitter or Instagram.

[SHOP](#)

## TUNE-IN

### ROYALS PLAYBACK SCHEDULE

Classic Royals games will air on Royals Radio Network partners across the six-state region. As we wait for the 2020 season, relive the following games listed below.

FRIDAY 6/5	SATURDAY 6/6
 Kansas City 2014 ALCS Game 4 Royals    12:00 pm CT	Johnny Cueto Royals Debut (8/10/15)  6:00 pm CT
Royals at White Sox (5/28/16) MLB    5:00 pm CT	
Yankees at Royals (5/26/19)  7:00 pm CT & 9:00 pm CT	

SUNDAY 6/7	MONDAY 6/8	TUESDAY 6/9	WEDNESDAY 6/10	THURSDAY 6/11	FRIDAY 6/12	SATURDAY 6/13
Moose 9-RBI Game (9/12/15)  12:00 pm CT	Royals at Nationals (7/5/2019)  7:00 pm CT	Royals Clinch AL Central Title (9/24/15)  7:00 pm CT	Royals at Braves (7/24/2019)  7:00 pm CT	World Series Ring Ceremony (4/3/16)  7:00 pm CT	2015 ALCS Game 6 Royals    12:00 pm CT	KC's 7-Run, 9th Inning Comeback (5/28/16)  6:00 pm CT
1989 All-Star Game  6:00 pm CT					Royals at Tigers (8/10/2019)  7:00 pm CT	
1965 All-Star Game  8:30 pm CT						



# BAKED LOBSTER MAC AND CHEESE

**DIFFICULTY:** ★ ★ ★ ★

DRINK  SMART®

**NUMBER OF SERVINGS:** 4 LARGE SERVINGS

**PREP TIME:** BUTTERED BREAD CRUMBS- 10 MINUTES | CHEESE SAUCE: 25 MINUTES | PASTA: 10 MINUTES

**COOK TIME:** 25 MINUTES

**TOOLS & UTENSILS:** SMALL SHEET PAN, WOODEN SPOON/RUBBER SPATULA,  
WIRE WHISK, SMALL BOWL, SMALL SAUTE PAN, STOCK POT (PASTA),  
MEDIUM HIGH-SIDED POT/PAN (CHEESE SAUCE), BAKING VESSEL

## BUTTERED BREAD CRUMBS

YIELD: 1-1/2 CUPS

### INGREDIENTS

- **1 ½ Cups** Japanese Style Bread Crumbs, untoasted
- **3 Tbsp** Butter, unsalted, melted
- **2 Tsp** Parsley, fresh, chopped
- **2 Tsp** Tarragon, fresh, chopped
- **2 Tsp** Dill, fresh, chopped
- **1 tsp** Salt, Kosher
- **1 tsp** Black Pepper, ground

### PROCEDURE

- Pre-heat oven to 350°F
- Melt butter in a small saute pan, avoid burning.
- In a small bowl combine bread crumbs, butter, salt and pepper.
- Place on sheet pan, bake in oven for 3-5 minutes, until golden brown. Stir and redistribute across sheet pan halfway through cooking to ensure even toasting of breadcrumbs.
- When toasted, place back in bowl, add fresh herbs, toss together until fully incorporated throughout. Reserve for later.

## PASTA

YIELD: 1-1/2 CUPS

### INGREDIENTS

- **1 Lb.** Elbow Pasta
- **1 Gallon** Water
- **3 Tbsp** Salt, kosher

### PROCEDURE

- Add water and salt to stock pot. Bring to a boil.
- Add pasta, stir to avoid it sticking together. Cook for 5-7 minutes, to al dente, slightly having a little toughness. This is because it is still going to be baked and we want the pasta to be able to hold up.
- Drain pasta.



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## 3 CHEESE LOBSTER SAUCE

YIELD: 4 PORTIONS

### INGREDIENTS

- **4 Cups** Whole Milk
- **6 Tbsp** Butter, unsalted
- **½ Cup** All Purpose Flour
- **8 Ounces** Gruyere Cheese, grated
- **8 Ounces** Sharp Cheddar Cheese, grated
- **4 Ounces** Smoked Gouda Cheese, grated
- **1 Tbsp** Salt, kosher
- **1 Tsp** Black Pepper, ground
- **1 ½ Lbs** Cooked Lobster Meat

### PROCEDURE

- Squeeze all excess water out of lobster meat, reserve in refrigerator.
- In high sided pan/pot, melt butter over medium heat.
- Add flour, stir in and cook for 3-5 minutes, creating a roux. Stir constantly to avoid burning.
- Slowly add milk, whisking vigorously to incorporate the roux into liquid. Continue whisking until no lumps remain and mixture thickens, approximately 7-10 minutes.
- Add cheeses, salt and pepper. Remove from heat to avoid scorching, stir until all cheese is melted and mixture is smooth.
- Fold in lobster meat. Reserve hot, covered.



## BAKED LOBSTER MAC AND CHEESE

YIELD: 4 PORTIONS

### INGREDIENTS

- **1 Recipe** Cooked Pasta
- **1 Recipe** 3 Cheese Lobster Sauce
- **1 Recipe** Buttered Bread Crumbs

### PROCEDURE

- Pre-heat oven to 350°F
- Place pasta back in pot which it was cooked, pour lobster cheese sauce over it, stir until all pasta is coated.
- Place mixture into oven safe vessel (casserole dish/dutch oven), leaving ½ inch at top.
- Bake in oven for 20 minutes. Remove, sprinkle breadcrumbs on top evenly. Place back in oven for additional 5 minutes.
- Enjoy!!!