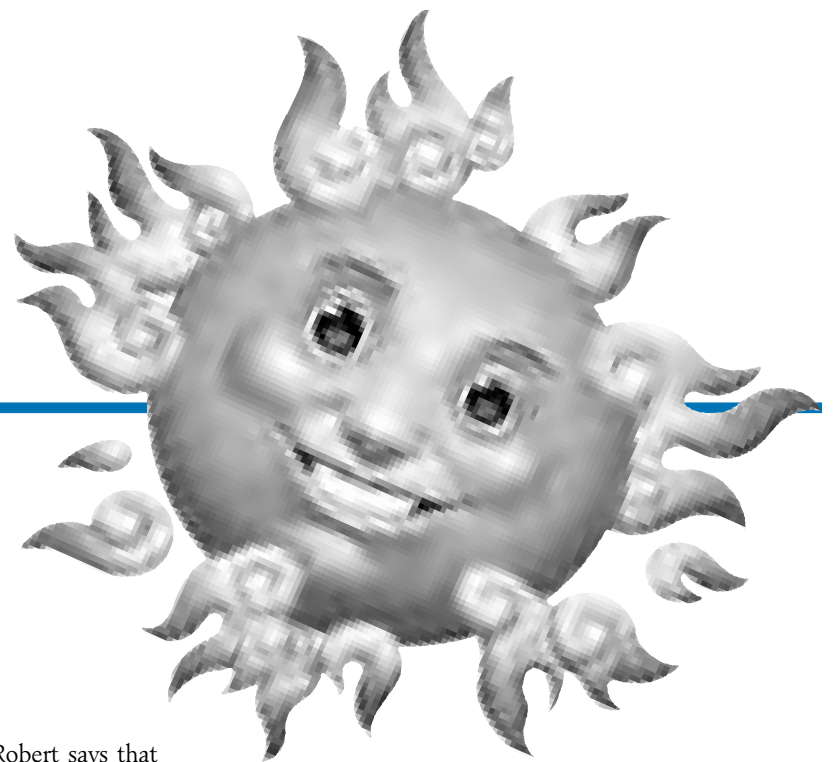


Cooking with the Club

by our own
Robert Larios



Club Members Get Summer Sizzling As They Send In Their Sunny Recipes

■ **Get your summer off to a great start with these treats.**

June is here! There is no turning back. School is out and graduations are in abundance. Picnics and barbecues are beginning to flare up along side Flag Day and Father's Day. It is such a busy month. But even then, there are City employees that have taken the time to send us some of their favorite recipes for June and for the rest of summer.

Take for instance the "Kepi's Kooler" beverage recipe submitted by Bob Pearce. It is refreshing during those hot summer days. Bob tells us that this is a must at barbecues, especially for the Fourth of July. He tells us that it "tastes great and makes you feel great." I am sure that we all agree with Bob on that comment! (It's strictly for adults only. And please enjoy it in moderation!)

Robert Lavelle from the Bureau of Sanitation has submitted

a recipe called Lavelle's California Albacore. Robert says that we "are blessed with people from all parts of the globe and can create some of the most diverse cooking recipes known to mankind. I've got one involving Albacore fillet marinated in Italian herb and garlic dressing."

The barbecue short ribs recipe comes from a couple of LAPD employees who wish to be known only as Martha and Harry. I didn't ask what they do for LAPD. But what I do know is that they submitted a barbecue short ribs recipe that is as good as any.

Lastly, I have added one of my own recipes called Daddy Flank Steak. If you want to make your father happy for Father's Day, this recipe will keep him smiling long after you grill the flank steak and plate it for him. 🍴

Kepi's Kooler

Mix one bottle (750 ml) of Captain Morgan's Parrot Bay rum with one bottle (64 oz) of Mauna Lai Mandarin Papaya juice. Chill and serve with pineapple spear.



Daddy Flank Steak

INGREDIENTS

- 1/4 cup soy sauce
- 3 tablespoons honey
- 2 tablespoons distilled white vinegar
- 1/2 teaspoon ground ginger
- 1/2 teaspoon garlic powder
- 1/2 cup vegetable oil
- 1 1/2 pounds flank steak



DIRECTIONS

1. In a blender, combine soy sauce, honey, vinegar, ginger, garlic powder and vegetable oil. Blend for 15 seconds.
2. Lay steak in a shallow glass or ceramic dish. Pierce flesh all over front and back with a sharp fork. Pour marinade over steak, then turn and coat the other side. Cover, and chill in the refrigerator 8 hours, or overnight.
3. Preheat an outdoor grill for high heat.
4. Place grate on highest level, and brush lightly with oil. Grill steak for 15 to 20 minutes, turning once, to desired doneness.

Send Us Your Recipes!

If you would like your recipe published in the next issue of *Alive!*, you may fax your recipes to (213) 620-0388 or e-mail us at talkback@cityemployeesclub.com.

Law Enforcement Beef Ribs

INGREDIENTS

- 1 tablespoon butter or margarine
- 1/3 cup chopped onion
- 1 tablespoon plus 1 teaspoon all purpose flour
- 1 cup apple cider or apple juice
- 3 tablespoons sweet pickle relish
- 1 tablespoon catsup
- 1/4 teaspoon salt
- 1/4 teaspoon dried basil
- 1/8 teaspoon ground cloves
- 4 pounds beef short ribs

DIRECTIONS

Melt butter in a medium saucepan over low heat; add chopped onion, and sauté until onion is done. Add flour, stirring well. Cook 1 minute, stirring constantly. Gradually add apple cider or apple juice, cook over medium heat, stirring constantly, until mixture thickens. Stir in remaining ingredients except ribs. Remove sauce from heat, and set aside.

Cut ribs into serving size portions, and grill over low coals 1 hour and 15 minutes. Baste ribs with sauce, and grill 20 more minutes or until desired degree of doneness. Turn and baste frequently with sauce. Serve the remaining sauce with ribs as desired.



Lavelle's California Albacore

INGREDIENTS

- Philippine sausage
- Peanut oil
- Salt
- Pepper
- Aeoli Sauce
- 1/2 cup mayonnaise
- 2 tablespoons olive oil (or butter)
- 3 cloves of garlic, minced
- 1 large onion, chopped
- Lemon juice
- Cayenne pepper (to taste)

DIRECTIONS

Add Philippine sausage in 1/4 inch sections by thinly slicing the fillet width-wise halfway through to keep the integrity of the fillet, and lay into a foil basket with top open cooking over low flame on barbeque for a few minutes (3 to 5 depending on the size of the fillet). Heat up some peanut oil and pour the hot peanut oil over the fillet stuffed with Philippine sausage while still broiling. Use a blender and add all ingredients to create the aeoli sauce. Finally, spread over some aeoli sauce cover loosely with foil tent for another 2 minutes or so and you are done.



- 1 teaspoon thyme
- 1 teaspoon oregano
- Green pepper (chopped)
- 1 cup chicken broth
- 1/2 cup white wine