

Cooking with the Club

by our own
Robert Larios



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.

Giant's Flank Steak

INGREDIENTS

- Marinate 1 flank steak (poked with a fork about 100 times, with shallow cross-slits cut in both sides) overnight in soy sauce, minced garlic and black pepper (I always used fresh cracked).

DIRECTIONS

Grill the steak, brushing with a Teriyaki BBQ sauce. Remove while still rare.



IMPORTANT: Cut very thin slices at an angle. Serve on a steak roll.

Mexican-Style Bean Dip

INGREDIENTS

- 1 can (15 oz.) pinto beans, rinsed and drained
- 1 med. fresh tomato, seeded
- 2 teaspoons lime juice
- 3 garlic cloves
- 2 scallions
- 1/3 cup cilantro
- 1/2 (more or less to taste) jalapeno pepper
- Salt and pepper to taste

DIRECTIONS

Crush and chop the garlic, and chop the vegetables. Mix well and serve with hearty tortilla chips.



Artichoke Dip

INGREDIENTS

- 1/2 cup nonfat (or regular) sour cream
- 1/2 cup fat free (or regular) mayonnaise
- 1 (.65-ounce) Italian dressing mix (Good Seasons is a good one)
- 1 (14-ounce) can artichoke hearts, drained and chopped (can be from the can)
- 1 tbsp dill weed
- Salt and pepper to taste

DIRECTIONS

Mix all ingredients together.



Resolved to Lose Weight? Good Luck Making It Through the Annual Super Bowl Super Party

Ahhh! Not long after the New Years holiday, resolutions to lose the extra pounds begin to lose their appeal. By the time the Super Bowl comes along, all bets are off and there is no longer any point to keep those New Year resolutions. Why? With a Super Bowl game, you have to have at least one television and megatons of high fat, finger-licking snack foods with a variety of favorite beverages to wash down those deliciously clogging foods. Think about the chips, cheese dips, chili, salsa, Buffalo wings, cheese balls, sour cream and pizza (chicken and pineapple are my favorite toppings!).

It seems that Super Bowl parties are one of the top party events of the year. Super Bowl parties have become much more than a gathering of football lovers. In fact, many people attending these parties don't love football as much as they love the excuse to get together

with friends and food. Whether you're planning a Super Bowl party out of love for the game or just the desire to host a fun, relaxing party, here are tips for making this a super bash:

- Plan simple, portable foods.
- A buffet is the way to do it.
- Get several televisions.
- Serve easy-to-make foods.
- Get a wide variety of beverages.
- Decorate and get in the Super Bowl spirit.
- Be prepared for messes. Have the paper towels handy.

If you are having trouble figuring out what to have for your Super Bowl party, here are a few recipes. I won't be offended if you order pizza ... just make sure you get one with pineapple. 🍍

Eagle Steak

INGREDIENTS

- 2 flank steaks about 2 1/2 lbs.
- 2/3 cup of soy sauce
- 1/2 cup Louisiana hot sauce or some other brand of sweet slightly hot pepper sauce
- 1/3 cup Worcestershire sauce
- 4 tbsp dry red wine
- 4 tbsp red wine vinegar
- 2 1/2 tsp dark brown sugar
- 2 cloves minced garlic
- 2 tbsp A1 steak sauce

DIRECTIONS

Mix all ingredients [except the steak] into mixing bowl and then pour over the steaks for at least 24 hours, but two days would be better. Remove the steaks [but save the marinade] and grill over hot coals till done about 5 minutes a side (repeatedly). Meanwhile bring to a boil and reduce the marinade in a saucepan by about 1/3. Let the steaks rest 10 minutes or so; cut on the grain and serve with reduced sauce poured over it.



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