

# Cooking with the Club

by our own  
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## Send Us Your Recipes!

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## March Remembers Two Dedicated To Freedom: Patrick and Cesar

St. Patrick's Day is celebrated on March 17 to honor Patrick, Ireland's patron saint.

Almost 1,500 years ago the patron saint and national hero of Ireland was born in Wales to a Gaelic family that had migrated to Britain. The Roman Empire had its grip on the land, so most people like Patrick had become Christian.

Patrick lived a normal life as the son of a prosperous landowner and magistrate. Captured and forced into slavery, Patrick spent six years as a sheepherder. After escaping, Patrick returned to Ireland to do missionary work. On his return, Patrick worked for about 40 years in Ireland, preaching, baptizing and establishing churches, schools and colleges. His life and mark on history is commemorated on the day of his death—March 17, 461AD.

As luck would have it, I share with you a



variety of recipes to assist in the St. Patrick Day festivities. We couldn't get by without a recipe with corned beef, but you should know

that corned beef (and cabbage, of course) are really American more than Irish. The Irish who came to America learned how to make this dish from other immigrants in New York.

You'd be hard pressed to find corned beef in Ireland today.

March also marks the birthday of another hero, this one very close to many here in Southern California—César Chávez, who fought for the rites of Mexican Americans, and in doing that, worked for the rights of everyone, everywhere. The City celebrates his birthday March 31. Here we have a recipe from a city employee, Henry Jones, who was undoubtedly thinking about César Chávez by offering the Mexican Chicken Breast recipe. 🍴

## My-Oh-My Corned Beef Meal

### INGREDIENTS

- 5 lb joint of corned beef
  - 1 large cabbage
  - Bay leaf
  - 2 large onions
  - cold water to cover
  - 2 large carrots
  - Ground black pepper
  - 4 potatoes
- (Serves four to six)

### DIRECTIONS

Quarter the cabbage and put aside. Peel and slice the other vegetables. Cover the meat with the water and bring to the boil. Skim the surface, add the vegetables (except the cabbage), the bay leaf and the pepper and simmer gently for 20 minutes. Add the cabbage and cook 30 minutes more. Serve the meat surrounded by the vegetables with additional mashed potatoes.



## Limerick Ham

To the Irish, ham is a cured leg of pork. The preserving process is carried out in a number of different ways: salting, smoking, immersion in brine or even honey. Traditionally, Limerick ham is smoked over juniper branches. Whole hams should be steeped in cold water overnight before cooking but this is not necessary with smaller joints. The ham in this recipe is not really baked but rather finished off in the oven after having been cooked by simmering in cider.

### INGREDIENTS

- 3-5 lb ham
- Cider to cover
- 1/2 cup brown sugar
- 1 tsp mustard
- 20 whole cloves

### DIRECTIONS

Cover the ham with cold water and bring slowly to the boil. Throw out the water and replace with cider. Bring this just to the boil and lower the heat, keeping the liquid barely simmering for 20 minutes to the 1 lb. Remove from the heat and allow to stand in the liquid for 30 minutes. Take out the ham, skin it and score the fat with a sharp knife in a diamond pattern. Stud with whole cloves. Mix the sugar and mustard and rub well into the surface of the ham. Bake in a pre-heated oven 10 minutes more to the 1 lb. at 400°F.



## Potato Farl (aka potato cake)

The recipe calls for cooked, mashed potatoes. But be warned: This is not for the faint of heart with the amount of fat used. In any case, the mashed potatoes should be freshly boiled, or, better still, steamed and passed through a food mill, and used warm.

### INGREDIENTS

- 2 lb mashed potatoes
- 4 oz plain flour
- 2 tbsp unsalted butter
- salt and pepper

### DIRECTIONS

Melt the butter and mix into the potatoes with the salt. Work in the flour quickly but thoroughly and knead lightly. Divide in two and roll out each half on a floured board to form a circle about the size of a large dinner plate. Cut in quarters and cook for about 3 minutes on each side in a heavy frying pan in a little bacon fat if you can find it.



## Burnes Ballymaloe Brown Bread

(Try saying that 10 times fast!)

This is a version of a staple of Irish life, and it's quite tasty. This recipe comes from Ballymaloe, a town (and castle) in County Cork. Most Irish who came to America came through the seaport at Cork. This is a no-knead, one-rise bread.

### INGREDIENTS

- 3 1/2 tsp dry yeast
- 1 1/4 cups water
- 1 tsp molasses
- 3 1/2 cups whole-wheat flour
- 2 tsp salt

### DIRECTIONS

■ Grease an 8-inch by 2 1/2-inch loaf pan and warm it in a preheated oven 250°F for 10 minutes.

■ Sprinkle the yeast into 2/3 cup of the water in a bowl. Leave for 5 minutes; stir to dissolve. Add the molasses. Leave for 10 minutes, until frothy. Add the remaining water and stir.

■ Mix the flour and salt in a large bowl. Make a well in the center and pour in the dissolved yeast. Stir in the flour to form a thick batter.

■ Use your hands to mix the batter gently in the bowl for 1 minute, until it begins to leave the sides of the bowl clean and forms a soft, sticky dough.

■ Place the dough in the prepared pan and cover with a dishtowel. Proof until the dough is 1/2in above the top of the pan, about 25-30 minutes.

■ Bake in the preheated oven at 420°F for 30 minutes, then lower the oven to 400°F and bake for 15 minutes.

■ Turn the loaf out of the pan and onto a baking sheet. Return the bread, bottom side up, to the oven. Bake for a further 10 minutes, until golden and hollow sounding when tapped underneath. Let cool on a wire rack.

**Proofing:** 25-30 minutes. **Oven temperature:** 425°F.

**Baking:** 55 minutes **Yeast alternative:** 1oz cake yeast **Yield:** 1 loaf



## Mexican Chicken Breasts

Submitted by Henry Jones, Sanitation

### INGREDIENTS

- 4 boned chicken breasts, cooked, cubed
- 1 can tomatoes with green chilies
- 1 can cream of mushroom soup
- 1 can cream of chicken soup
- 1 (4 oz.) can taco sauce
- 1/2 cup chicken broth
- 1 package taco chips
- 1/2 cup grated American cheese or Classic Melts blend of Cheddar and American

### DIRECTIONS

Combine and heat tomatoes, soups, taco sauce and broth. Line bottom of casserole dish with taco chips. Add mixture of chicken and sauce. Top with grated cheese. Bake at 350 degrees until bubbly and hot.

