

# 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) 620-0398 or e-mail us at [talkback@cityemployeesclub.com](mailto:talkback@cityemployeesclub.com).

# Talking Turkey

## ■ Thanksgiving inspires Club Members to submit their recipes.

Traffic jams, congested supermarkets, and a copious sum of people flying to their favorite Thanksgiving retreats are all part of the custom this time of the year. The smells of canned yams, warm pumpkin pie and cooked turkey are some of the foods that are delightfully embedded into the American psyche (as well as our stomachs), at least during November.

I know there are several City employees who agree, including April Broussard, Sherry Cox, Toni Chagolla, Lourdes Lozano, Marviana Jones, Valorie Keys and Nyra Smith. These City employees work for the Bureau of Sanitation. It must be a pre-requisite to be cooks before City employees get hired there because the members have provided the Club with excellent recipes.

I sure hope everyone enjoys their Thanksgiving holiday, but sometimes food-borne illnesses take over the Thanksgiving festivities. I would not do my job as Chef Larios if I didn't talk about food safety. Here are a few tips to follow to help prevent the trip to the doctor by you and anyone else during the holiday.

To thaw a frozen turkey, the best bet is to begin thawing it in your refrigerator a few days before you begin to cook your turkey. Do not thaw at room temperature or else you will have a turkey pre-seasoned with bacteria that can render even the strongest of men, weak and in pain.

When cooking a whole turkey, follow the cooking instructions carefully. Purchase a quality meat thermometer for use when determining internal poultry temperature. Get a quality meat thermometer to confirm internal turkey temperature. If a turkey is not properly cooked internally, the turkey could still harbor bacteria.

Always wash hands thoroughly after every time you handle the turkey. Wash down all surface areas that came into contact with the turkey like your cutting boards.

Happy Thanksgiving, everybody!



Recipes on  
**TARGET!**

Last month, *Alive!* invited Club members to send in their favorite holiday recipes. So, let's hear it for members at the Bureau of Sanitation — April Broussard, Sherry Cox, Toni Chagolla, Lourdes Lozano, Marviana Jones, Valorie Keys and Nyra Smith — who answered the call. Thanks for contributing, ladies! We'll be sending those certificates out very soon.

## Sherry's Spicy Green Beans

### INGREDIENTS

- 3 large cans or 1 large bag of string beans, drained
- 1 teaspoon curry powder
- 1 smoked turkey leg or wing
- 1/2 cup of butter
- 1/2 cup of onion chopped
- 1 teaspoon of seasoned salt
- 1 teaspoon of garlic salt
- 1 teaspoon of pepper
- 1 teaspoon of cayenne pepper
- 2 cups chopped russet potato



### DIRECTIONS

Place water and meat in pot and boil. Turn to medium heat. Add vegetables and remaining ingredients and let the ingredients cook for 30 minutes. Place the temperature on low and let simmer another 30 minutes stirring occasionally. Season to taste.

Serve in a casserole dish.

By Sherry Cox,  
West LA Sanitation



## Titillating Jalapeno-Cheese Dip

### INGREDIENTS

- 1 bell pepper, chopped
- 1/2 onion, chopped
- 3-4 (3 of a stalk) celery, chopped
- 1 large tomato, seeded and chopped
- 1 2 lb. box of Velveeta cheese
- 4-5 Jalapenos, canned (use as many as you want for taste), diced



### DIRECTIONS

Put chopped bell pepper, celery, onion and a half-cup of water in a non-stick saucepot, and sauté until they are soft; don't overcook. Drain any water that is in the pot, then cut up the cheese into big pieces. Put the cheese into the pot and stir until it is all melted; keep stirring, or it may burn and stick to the bottom of the pot. When it is melted to a sauce, put in the chopped, seeded tomatoes (if you don't seed them, it will make the dip watery) and the jalapenos. Stir.

Serve with tortilla strips /corn chips.

By Toni Chagolla,  
West LA Sanitation



## Val's Voluptuous Peach Cobbler

### INGREDIENTS

- 1 large can of Sliced Peaches
- 1 stick of butter or margarine
- 1 1/2 cups of granulated sugar
- 1 1/2 teaspoon of vanilla flavor
- 1 1/2 teaspoon of cinnamon
- 1/2 cup brown sugar
- 1 box of pie crust mix – follow the directions to make the pie crust



### DIRECTIONS

Drain and mix peaches, butter, sugars, vanilla, and cinnamon in a large oven pot, and bring to a boil.

Roll the pie crust into 2 sheets. Place one roll at the bottom of the dish. Pour ingredients into the dish. Then place the second roll of crust to cover the dish, or cut it into strips and place over the peach mixture.

Preheat oven to 350 degrees

Cook until golden brown approximately 1 hour. Brush crust with butter. Best served with vanilla ice cream.

By Valorie Keys,  
West Valley Sanitation



## Marviana's Marvelous Lamb Chops

### INGREDIENTS

- 6 lamb chops
- 1 cup onions chopped
- 1 clove of garlic chopped
- 2 teaspoon garlic salt
- 2 teaspoon pepper
- 3 tablespoon flour
- 1 cup water



### DIRECTIONS

Clean meat thoroughly. Place meat in dish, sprinkle seasonings and garlic on both sides. Broil each side of the meat for five minutes or until golden brown. Turn oven to 350. Mix flour, water and onions and pour over meat. Let meat bake for 30-45 until meat is well and gravy is thick.

By Marviana Jones,  
West LA Sanitation



## April's All-Star Macaroni

### INGREDIENTS

- 1 tablespoon butter or margarine
- 1 small package of cream cheese
- 1 small can cream of chicken soup
- 1 small bag of macaroni shells
- 1 pound of mild cheddar shredded



### DIRECTIONS

Preheat oven to 350 degrees. Boil and drain pasta. Mix butter and cream cheese in pasta. Add soup to mixture. Place mixture in a casserole dish. Add cheese on top of mixture. Bake until cheese is melted.

Serve hot.

By April Broussard,  
West LA Sanitation



## Lourde's Luscious Spanish Rice

Courtesy of Cheryl Power, DWP

### INGREDIENTS

- 3 cups of rice
- 1 clove of garlic
- 1 whole onion
- 3 tablespoon of cooking oil
- 1 tablespoon chicken bouillon
- 12 ounces of tomato sauce
- 4 cups water



### DIRECTIONS

Wash rice thoroughly. Place rice, onion, garlic and oil in pot until medium brown. Add water, let boil. Turn fire down to low and add bouillon and tomato sauce in pot. Let cook for 15 to 20 minutes.

Sauce will dissipate. Serve in a casserole dish.

By Lourdes Lozano,  
West LA Sanitation



## Cheesy Mash Potatoes

### INGREDIENTS

- 2 to 2 1/4 pounds baby Yukon gold potatoes
- 1/4 cup sour cream
- 2 cups shredded cheddar
- 3 tablespoons chives, chopped or snipped
- Salt and black pepper



### DIRECTIONS

Cut potatoes in half and place in a pot. Cover with water and bring to a boil. Work on other dishes while you are waiting for the water to boil.

When water boils, add the potatoes and some salt, 2 big pinches, and boil for 10 minutes or until tender. Drain and return potatoes to the hot pot. Smash potatoes with masher and combine with sour cream and cheese. When cheese melts into potatoes, add chives and salt and pepper and re-smash. Taste the potatoes and adjust seasonings.

By Nyra Smith,  
Sanitation



## Newsbrief



### SILVER LAKE RESERVOIR

The City of Los Angeles Departments of Public Works (DPW) and Water and Power (LADWP) hosted a groundbreaking ceremony for the Silver Lake Reservoir Street Improvement Project Oct. 8. The event took place at the Northeast side of Silver Lake Reservoir, corner of Tesla and Armstrong Avenues. Assembly Majority Leader Dario Frommer, 43rd District, joined City Councilmembers Tom LaBonge, District 4; Eric Garcetti, District 13; and other civic and community leaders at the ceremony to break ground and observe the start of phase 1 of the project's Master Plan Implementation.

When completed in May 2005, the project will provide a pedestrian walkway to improve pedestrian safety around the reservoir, as well as landscaping, new fencing and other street improvements adjacent to the reservoir. The DPW Bureau of Engineering and the LADWP have worked mutually with community groups, elected officials and numerous local and state agencies on the project. Collaborators include the City Council Offices of Tom LaBonge and Eric Garcetti; the Silver Lake Residents Association; and the Citizens to Save Silver Lake Reservoir.

DWP initiated the project in October 2002, and received a \$2.3 million grant, secured by Assembly Majority Leader Frommer, from the state's Natural Resources Infrastructure Fund. The grant funded planning, design, and project management, based on the Silver Lake Master Plan. The Bureau of Engineering's Capital Improvement Expenditure Program provided \$1.9 million in additional funding.

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