

Cooking with the Club

by our own
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Super Foods for Super Bowl

Even if you aren't a football fanatic, you can't escape the delight of Super Bowl food. There are endless number recipes and new ones being created for one of the most anticipated sporting events of the year. Not to mention that Super Bowl watchers consume about nine million pounds of just tortilla chips and more than 15,000 pounds of guacamole.

Super Bowl Sunday, in early February, is definitely one of the favorite eating pastimes for football fans. Some of the best dishes are made right at home. I'm sharing just some of my favorite Super Bowl dishes as well as some great tips on making sure you

are food-safe.

The night before the game, try to get as much work done as possible. Cut up vegetables and marinate meat.

If making sandwiches, make and freeze these ahead of time using coarse-textured bread that doesn't get soggy when thawed. Make sure you refrigerate the mayonnaise.

Perishable foods such as lunch meats, cooked beef or chicken, tuna, potato, egg and pasta salads all need to be refrigerated. I highly recommend that you use watertight containers to prevent those leaks.

Be prepared to wash your hands frequently, especially when handling protein like poultry and raw beef.

When the party is over, you may have leftovers. The following tips are great for handling leftovers: Refrigerate leftovers as soon as you can because food that sits out for more than two hours isn't safe to eat. If the ambient temperature is above 90 degrees, food should be put up after one hour.

When in doubt, throw it out!

Marino's Grilled Butter Oysters

INGREDIENTS

- 1 lb. butter, melted and clarified
- 2 tbs. chopped garlic
- 1 tsp. sea salt
- 1/2 cup of parsley
- 1 tsp. ground black pepper
- 3 dozen oysters on the half shell



DIRECTIONS

Open oysters and place on the half shell on the grill. Ladle butter mixture on top. When cooked, sprinkle with Parmesan cheese and a bit of chopped parsley on each oyster.

Spice Reliever Punch

INGREDIENTS

Make two days in advance:

- Boil 2 cups water and 3 cups sugar, chill

Make one day in advance:

- 46 oz. can unsweetened pineapple juice.
- 12oz. can of frozen orange juice concentrate.
- 1/4 cup fresh lemon juice.
- 3 bananas, ripe but not overripe.

DIRECTIONS

Just before serving:

- Combine with 4 qts. Ginger ale
- Use the whole quart of simple syrup!



Garlic Toast a la Grilled

INGREDIENTS

- 1/2 lb. butter
- 1/2 lb. margarine
- 1-cup parsley, chopped
- 3 green onions, chopped
- 8-12 cloves garlic, minced
- 1/2 cup Romano cheese (optional)



DIRECTIONS

Soften butter and margarine to room temperature. Fold in parsley, garlic and cheese. Spread on loaf of bread cut in thick slices. Place on hot grill until toasted.



Running Back Jalapeños

INGREDIENTS

- 1/4 lb ground beef
- 10-12 popper-size jalapeños
- 1 small onion
- 1 lb bacon
- 12 oz - 1 lb. Monterey Jack w/jalapeños cheese



DIRECTIONS

Chop onion and brown in small amount of oil. Add hamburger and brown and drain. Grate cheese and mix with hamburger. Cut top off jalapeños and core out the seeds. Slit down to 1/4 inch from bottom. Stuff with hamburger mixture. Wrap slice of bacon around popper. Stick with toothpick if necessary. Grill over coals until done.

Coach's Seasoned Guacamole

INGREDIENTS

- 2 California avocados, about 1 pound
- 1 tablespoon fresh lemon juice
- 1/2 cup finely diced red bell pepper
- 1/2 cup small cherry tomatoes
- 1/4 cup thinly sliced green onion
- 3 cloves garlic, finely chopped
- 1/2 teaspoon chopped, fresh thyme leaves or 1/4 rounded teaspoon dried
- 1/2 teaspoon sea salt
- 1/4 teaspoon freshly ground black pepper
- 1/8 teaspoon cayenne pepper

DIRECTIONS

Coarsely mash avocados; stir in lemon juice. Fold in remaining ingredients. Guacamole is best made as close to serving as possible. For short-term storage, seal in an airtight container with a piece of plastic wrap against the surface of the guacamole, and one avocado seed.

