

Cooking with the Club

by our own
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Send Us Your Recipes!

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The Wearin' o' the Green and the Eatin' o' the Stew



When I think of holidays in March, I can think only of St. Patrick's Day. But St. Patrick's Day is not a day I get as a holiday from work, if only I were so lucky. However, as a consolation, the month is filled with great events including Easter, the St. Patrick's Day Parade, the St. Baldrick's fundraiser, and others. Check out Michelle on the Move for all other great activities and events.

March is filled with glasses of green beverages, green-colored foods, and flying St. Patrick's Day confetti. But the true spirit of

St. Patrick's Day is through the making and tasting of the incredible foods of Ireland.

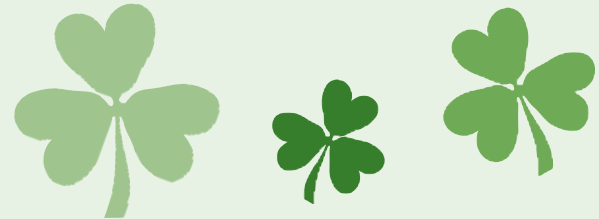
Burnes' Irish Beef Stew is a traditional favorite. It's one that will keep you warm during those cool and damp March evenings. Soups and stews are among my favorite to make. In most cases, all you do is dice vegetable and meats, throw them in a big stew pot, and add water. Plain and simple! Maybe not that simple, but Burnes' Irish Beef Stew is a straightforward recipe that would be hard to ruin.

No one can make an Irish recipe without potatoes, so I have included the recipe to O'Mally's Potatoes Cakes. It's very painless to make and can fit into any meal of the day.

My friend Kevin McFarley, who just turned 101 years old in January, gave me a great recipe that he has known since he was "a lad," as he would say it. So as a tribute to Kevin, I have his McFarley Chicken and Dumplings recipe to share with the Club community.

To help wash down these tasty and filling dishes, the Dublin Party Punch should provide you with the refreshing satisfaction.

After all these recipes, reward yourself with the Galway Shake. It's another simple concoction, but a treat only a dieting leprechaun would deny.



O'Mally's Potato Cakes

INGREDIENTS

- 1/4 cup butter
- 6 to 8 ounces all-purpose flour
- 1/2 teaspoon sea salt
- 1/2 teaspoon baking powder
- 3 cups freshly mashed potatoes (with milk)
- 1/2 teaspoon dill weed (optional)

DIRECTIONS

Cut butter into flour until it forms large granules. Add sea salt and baking powder, mix well. Mix in potatoes. Knead for a few minutes. Roll out onto lightly floured board with floured rolling pin. Cut into 2 rounds. Cook on a dry griddle or skillet until brown on both sides.

Makes 2 cakes.



Burnes' Irish Beef Stew

INGREDIENTS

- 1/4 cup vegetable oil
- 1 1/4 pounds stew beef, cut into 1-inch pieces
- 6 large garlic cloves, minced
- 8 cups beef stock or canned beef broth
- 2 tablespoons tomato paste
- 1 tablespoon sugar
- 1 tablespoon dried thyme
- 1 tablespoon Worcestershire sauce
- 2 bay leaves
- 2 tablespoons (1/4 stick) butter
- 3 pounds russet potatoes, peeled, cut into 1/2-inch pieces (about 7 cups)
- 1 large onion, chopped
- 2 cups (1/2-inch pieces) peeled carrots
- 2 tablespoons chopped fresh parsley

DIRECTIONS

Heat oil in heavy large pot over medium-high heat. Add beef and sauté until brown on all sides, about 5 minutes. Add garlic and sauté 1 minute. Add beef stock, tomato paste, sugar, thyme, Worcestershire sauce and bay leaves. Stir to combine. Bring mixture to boil. Reduce heat to medium-low, then cover and simmer 1 hour, stirring occasionally.

Meanwhile, melt butter in another large pot over medium heat. Add potatoes, onion

and carrots. Sauté vegetables until golden, about 20 minutes. Add vegetables to beef stew. Simmer uncovered until vegetables and beef are very tender, about 40 minutes. Discard bay leaves. Tilt pan and spoon off fat. (Can be prepared up to 2 days ahead. Cool slightly. Refrigerate uncovered until cold, then cover and refrigerate. Bring to simmer before serving.) Transfer stew to serving bowl. Sprinkle with parsley and serve.

Makes 4 to 6 servings.



McFarley's Chicken and Dumplings

INGREDIENTS

- 2 (10.75 ounce) cans condensed cream of chicken soup
- 3 cups water
- 1 cup chopped celery
- 2 onions, quartered
- 1 teaspoon salt
- 1 teaspoon pepper
- 1/2 teaspoon poultry seasoning
- 1/2 teaspoon ground black pepper
- 4 boneless chicken breast halves
- 5 carrots, sliced
- 1 (10 ounce) package frozen green peas
- 4 potatoes, quartered
- 3 cups baking mix
- 1 1/3 cups milk

DIRECTIONS

In large, heavy pot, combine soup, water, chicken, celery, onion, salt, poultry seasoning, and pepper. Cover and cook over low heat about 1 1/2 hours.

Add potatoes and carrots and cook another 30 minutes.

Remove chicken from pot, shred it, and return to pot. Add peas and cook only 5 minutes longer. Add dumplings.

To make dumplings: Mix baking mix and milk until a soft dough forms. Drop segments of dough (about one tablespoon each) onto boiling stew. Simmer covered for 10 minutes, then uncover and simmer an additional 10 minutes.

Makes 4 to 6 servings.



Dublin Party Punch

INGREDIENTS

- 2 liters ginger ale
- 1 large container frozen lemonade
- 1 large can pineapple juice (chilled)
- 1 quart lime sherbet

DIRECTIONS

Stir together. The lime sherbet melts and makes a milky green punch with foam on top.



The Galway Shake

INGREDIENTS

- 2 scoops vanilla ice cream
- 1 cup milk
- 3 or 4 drops green food coloring
- Chocolate syrup

DIRECTIONS

Put ice cream milk and food coloring into blender. Blend until smooth and green. Pour into glass. Drizzle with chocolate syrup and give one quick stir.

