

# Cooking with the Club

by our own  
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## Send Us Your Recipes!

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## Food Is Big Part of July 4

### Minty Cooler – Ernesto Rigoberto

#### INGREDIENTS

- 1/2 cup lightly packed fresh mint leaves
- 2 cups lime cordial
- 2 cups club soda
- 4 slices lime

#### DIRECTIONS:

Reserve 4 mint leaves for garnish. Place the remaining mint leaves and lime cordial into the container of a blender, and process until mint is finely ground. Stir in the club soda. Serve in tall glasses over ice. Garnish with fresh mint leaves and lime slices.



Ah yes! Welcome to July, the middle of the road for the year. We have now passed the official halfway point for 2005. And in some ways, the Fourth of July is the ceremonial halftime, a much-needed break from all that we do in the City. It would only make sense to me that we celebrate in style and class with great recipes from our City colleagues.

Take, for instance, Potato Salad Spangled. Yes, the name that Jesse Jones gives this recipe is thoroughly relevant to the upcoming holiday. Jesse stresses the use of salt and black pepper to aid in bringing out the full flavor of the potatoes. I have to say that Jesse must be a chef by trade because this is what my master chefs at the culinary arts school emphasized every day in the kitchen.

Gerald Tavarez offers Fried Rice Americana as the American version of Chinese Fried Rice. Gerald tells the Club that although this recipe has an American twist, you still have to use soy sauce to give this recipe the kind of flavor Abraham Lincoln would smile about.

No one at the Club kitchen can forget the recipe with the name Crunchy Firecracker Chicken Fingers by Tina Kolmes. What a recipe! It is the ideal combination of flavor and ease to make.

Ernesto Rigoberto has a wonderful drink to keep us feeling cool from the incapacitating summer heat. His Minty Cool recipe is a beverage recipe like no other, but it is definitely one that has to be made by all who read my column.



The trick, he says, is making sure every ingredient is fresh as can be to maximize its cooling effects. I am sure that Ernesto would agree that ice cubes are a necessary component to making this a cool drink.

Last but not least, Martin Felix offers his Chicken 'n' Sticks recipe for the barbecue aficionados. Again, I am fond of quick and easy recipes that have tons of flavor, and believe me, this one has it all.

**Happy Fourth of July!**

### Fried Rice Americana – Gerald Tavarez

#### INGREDIENTS

- 1 tablespoon olive oil
- 3 eggs, beaten
- 2 cups water
- 1 (16 ounce) package frozen vegetables, thawed
- 1/4 cup soy sauce (you can't go without it)
- 1 cube chicken bouillon
- 2 cups white rice, uncooked

#### DIRECTIONS:

Heat oil in large skillet on medium heat. Add eggs; cook until set, stirring occasionally. Remove from skillet. Add water, vegetables, soy sauce and bouillon to skillet; bring to a



boil. Stir in rice; cover. Remove from heat. Let stand 5 minutes. Stir in eggs. Serve immediately.

### Chicken 'n' Sticks – Martin Felix

#### INGREDIENTS

- 4 skinless, boneless chicken breast halves
- 1 teaspoon meat tenderizer
- 1/2 cup Italian-style salad dressing

#### DIRECTIONS:

Rinse chicken breasts and pat dry. Sprinkle with the meat tenderizer and place in a sealable plastic bag. Pour the dressing in the bag and turn the chicken to coat thoroughly. Seal and marinate in the refrigerator for 30 minutes to 1 hour.

Preheat an outdoor grill for medium heat and lightly oil grate. Place the chicken onto skewers and grill over medium heat for 5 to 10 minutes per side. Chicken is done when its juices run clear.



### Crunchy Firecracker Chicken Fingers – Tina Kolmes

#### INGREDIENTS

- 2 pounds skinless, boneless chicken breast halves, cut into strips
- 2 eggs, beaten
- 1/2 cup milk
- 1 teaspoon of sea salt
- 1 teaspoon of black pepper
- 1 (12 ounce) package tortilla chips, crushed

#### DIRECTIONS:

Preheat oven to 400 degrees F (200 degrees C). Mix egg beat and milk in a shallow dish or bowl and add salt and pepper; place crushed chips in a separate shallow dish or bowl. Dip



chicken first in egg mixture, then in crushed chips to coat. Place coated chicken on an ungreased cookie sheet. Bake in preheated oven for 10 minutes; turn sides and bake for another 10 minutes.

### Potato Salad Spangled – Jesse Jones

#### INGREDIENTS

- 3 pounds potatoes, peeled and diced
- 1/3 cup cider vinegar
- 2 teaspoons white sugar
- 1 1/2 teaspoons dry mustard
- 1 1/2 teaspoons salt
- 3/4 teaspoon ground black pepper
- 1/2 cup mayonnaise
- 1/2 cup sour cream
- 1/4 cup heavy cream
- 3/4 cup chopped onion
- 3 hard-cooked eggs, peeled and chopped

#### DIRECTIONS:

Bring a large pot of salted water to a boil, add the potatoes and let cook until tender. While the potatoes cook, in a large bowl, whisk together the vinegar, sugar, mustard, salt and pepper. Drain the potatoes, stir them into the vinegar mixture and let them mari-



nate for 30 minutes to absorb the flavors. In a small bowl, whisk the mayonnaise, sour cream and heavy cream. Fold this creamy mixture into the potato mixture along with the onions and hard-cooked eggs. Cover and chill before serving if you wish. (This salad keeps for up to three days in the refrigerator.)