

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.

These Ideas Say 'Summer'

Nick's Burgers – Nick Richardson, Rec and Parks

INGREDIENTS

- 2 beef patties
- 2 slices red onion, 1/2-inch thick
- Barbecue sauce
- 6 ounces bleu cheese
- 1 teaspoon Worcestershire sauce
- 6 drops Tabasco sauce
- 1/2 cup mayonnaise
- 2 hamburger buns
- Salt and pepper to taste



DIRECTIONS:

Grill the onion slices and brush barbecue sauce on each side. Loosely wrap in foil and set aside. Grill burger to your taste: rare, medium, well done, etc. Toast the buns. Combine the remaining ingredients. Place onion slice on bottom bun, followed by beef patty. Top patty with generous dollop of bleu cheese mixture. Top with bun. Serves 2.

August Roast Marinade – Roger Stanley, Airports

INGREDIENTS

- 1 standing rib roast
- Worcestershire sauce or A1 sauce
- Horseradish
- Steak seasoning



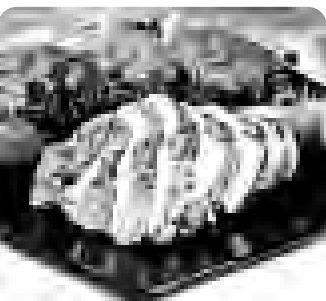
DIRECTIONS:

Slather on sauce, then apply horseradish and finally sprinkle with seasoning. Let sit overnight.

California Chicken – Tim Thompson, DWP

INGREDIENTS

- 4 boneless chicken breasts
- 1/4 cup honey
- 2 tablespoons frozen orange juice concentrate
- 1 teaspoon orange zest
- 1 clove garlic, minced
- 1/2 teaspoon salt
- 1/4 teaspoon red pepper, crushed



DIRECTIONS:

Combine honey, orange juice, zest, garlic, salt and pepper flakes. Grill breasts so the meat temperature is 160 degrees F. It doesn't take long! Near the end, apply a generous coating to both sides, sear so the sugars start to caramelize. Serve with remaining sauce spooned over meat.

If you want to do this on the stove: In skillet, heat 1 teaspoon oil and 1 tablespoon margarine. Add breasts and cook 4 minutes, turn and cook another 4 minutes. Pour honey mixture over chicken and cook until thickened. Coat both sides of chicken with honey mixture. Serve with sauce spooned over breasts.

The summer is sizzling now, and we are all in the middle of it. But that's okay because, while we bake in the summer sun, our barbecue sets can grill great food for us.

Nick Richardson has the right idea when it comes to barbecuing. When you have a recipe to share that calls for burgers, barbecue sauce, bleu cheese and Tabasco sauce, you have the makings of a world-class meal. That is exactly what Nick is sharing with his recipe Nick's Burgers. I have to say that if Nick ever decides to open a hamburger stand, I will be his first customer.

I love a roast in the winter for its warming effects, but how many people make a roast in the summer? Roger Stanley of Airports does! And after I tried his recipe, I will be making his August Roast recipe all year! He makes it clear that the flavor is brought out to its full strength only after it sits in the refrigerator overnight.

Maria's recipe for Chicken Thighs requires a similar overnight process. Marinating chicken thighs is the call of the day when making this very delicious dish. I think Maria has the right idea when using Italian dressing as marinade because Italian dressing has a unique blend and contains a perfect ingredient of flavor.

I asked Tim Thompson why he called his recipe the California Chicken. He says it is because he uses honey and oranges, food products made here in California! It makes sense, Tim. He also says that he had a tough time get-



ting his children to eat chicken until he put together this sweet but flavorful recipe. He recommends trying this one for anyone with finicky children.

How fitting that Julie Stubbs of the Fire Department is sharing a heat-quenching drink called Julie's Boston Iced Tea? This will certainly wash down your thirst and is a perfect complement to any of the other dishes mentioned.

Take care during these hot summer days and remember to keep it simple but tasty in the kitchen!

Oh, and Happy Birthday Mom!

Maria's Chicken Thighs – Maria Tanner, Gen. Services

INGREDIENTS

- 20 ounces catsup
- 1/3 cup oil
- 1/3 cup cider vinegar
- 1 1/2 cups onions, chopped
- 3 garlic cloves
- 2 tablespoons dark brown sugar
- 2 tablespoons jalapeño peppers, diced
- 1 1/2 teaspoons salt
- 1 teaspoon dry mustard
- 12 chicken thighs



This is a technique for making chicken thighs. You can use your favorite barbecue sauce. Two secrets: marinate overnight in Italian dressing and, after partially cooking, soak and simmer in sauce. This uses a huge amount of sauce!

DIRECTIONS:

Make the sauce the day before. In saucepan, heat oil. Sauté onions and garlic. Add remaining ingredients and cook for 10 to 15 minutes. Marinate thighs overnight in Italian salad dressing. Cook using indirect heat until temp reaches 170 degrees F (one to three hours). Soak in sauce for one hour with a loose covering of foil. Just before serving, crisp up over direct heat.

Julie's Boston Iced Tea – Julie Stubbs, LAFD

INGREDIENTS

- 1 gallon water
- 1 cup white sugar
- 15 tea bags
- 1 (12-ounce) can frozen cranberry juice concentrate



DIRECTIONS:

Put water in large pot, and heat on high until boiling. Add sugar and stir until dissolved. Add teabags and let steep until desired strength is acquired. Stir in cranberry juice concentrate, and allow to cool.

Time: approx. 20 minutes. Cook time: approx. 15 minutes. Ready in approx. 35 minutes. Makes 14 servings.