

Cooking with the Club

by our own
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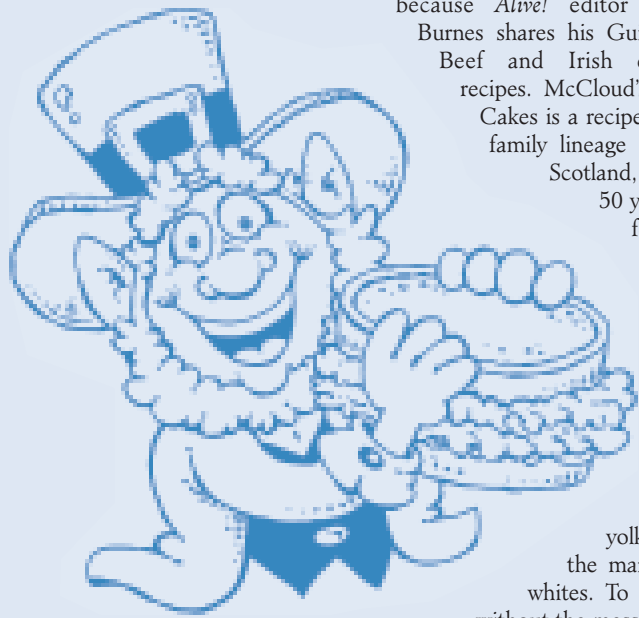
Remembering St. Pat With Food

March reminds me that I need to keep my umbrella ready for the heavy rain, have my TV Guide handy for the NCAA college basketball tournament, and buy bags of potatoes to make my dozens of Irish dishes.

I'm not the only one with the fervor to make Irish recipes in the name of St. Patrick's Day because *Alive!* editor John Burnes shares his Guinness Beef and Irish coffee recipes. McCloud's Potato

Cakes is a recipe from a friend of mine whose family lineage came from the highlands of Scotland, then moved to Ireland about 50 years ago. With him, he took a few family recipes, and this one is one of his most prized.

In the spirit of St. Patrick's Day, I've decided to create an omelet that uses potatoes, and my Irish Omelet is just that. If you're trying to reduce your cholesterol intake, use just egg whites. You can buy eggs and separate the yolk from the whites or just go to the market and get a carton of egg whites. To me they are the same thing without the mess.



My Saint Patrick's Day Punch recipe is as simple as it gets for a recipe. The only difficulty is finding lime sherbet at the market. Usually a specialty store will carry it, and some of the supermarkets out there should have it, too. Children will love it because they will get to drink a sweet tasting-green looking beverage.

Happy St. Patrick's Day!

St. Patrick's Day Punch

INGREDIENTS:

1/2 gallon lime sherbet
2 liter 7-up or Sprite

DIRECTIONS:

Let the sherbet soften in the refrigerator for about 1 to 2 hours before preparing. Mix sherbet and soda in punch bowl or large mixing bowl with a hand mixer on medium speed until well blended. Serve immediately or chill in the refrigerator.



McCloud's Potato Cakes

INGREDIENTS:

1/4 cup of butter
6-8 oz white flour
1/2 lb plain flour
1/2 tsp salt
1/2 tsp baking powder
3 cups freshly mashed potato (with milk)

DIRECTIONS:

Cut butter into flour until it forms large granules. Add 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. Servings: 2 cakes.



Guinness Beef

INGREDIENTS:

2 1/2 lb shin/slab of beef
2 large onions
6 medium carrots
2 tbsp seasoned flour
Fat/beef dripping
1/2 cup dry cider
1/2 pt/1 cup Guinness with water
Sprig of parsley

DIRECTIONS:

Cut the beef into chunks and peel and slice the onions and carrots.

Toss the beef in the flour and brown quickly in hot fat. Remove the beef and fry the onions gently until transparent. Return the beef and add the carrots and the liquid. Bring just to the boil, reduce the heat to a very gentle simmer, cover closely and cook for 1.5 - 2 hours. Check that the dish does not dry out, adding more liquid if necessary. Sprinkle with chopped parsley and serve with plainly boiled potatoes. Serves 4.



Irish Coffee (for grownups!)

INGREDIENTS:

1/4 cup hot, strong, black coffee
1-2 tsp sugar
1 large measure Irish whiskey (Jameson or Bushmills)
1-2 tbsp double cream or lightly whipped single cream

DIRECTIONS:

Warm a coffee mug (or a whiskey glass). Fill the glass a little more than half way with coffee and add sugar to taste. Stir to dissolve, then add the whiskey. Pour the cream over the back of a spoon to float on top.

Drink the coffee through the cool cream. If double cream is not available use lightly whipped single (whipping) cream.



Irish Omelet

INGREDIENTS:

6 small eggs or 4 large eggs
2 pounds of cooked potatoes, mashed
Squeezed lemon juice
1/2 cup chopped chives or scallions
Salt and pepper
Butter (the more the better)

DIRECTIONS:

Separate the eggs and beat the yolks: add to the mashed potato, mixing thoroughly, then add the lemon juice, chives, and salt and pepper. Melt the butter in the omelet pan. Whisk the egg whites until stiff and stir them into the potato mixture. Cook the mixture until golden, then run under the oven to finish and puff it up. Serve at once.

