

# Cooking with the Club

by our own  
**Robert Larios**

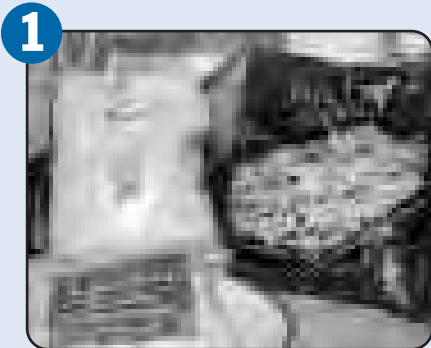


## Send Us Your Recipes!

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## Stir It Up, Asian-Style

### DIRECTIONS:



1 Gather you ingredients and get them ready.



2 Rinse and soak your rice a few times to clean it.



3 Place your cup of rice in a pan with two cups of water and begin to boil down. You are free to use a rice cooker as well.



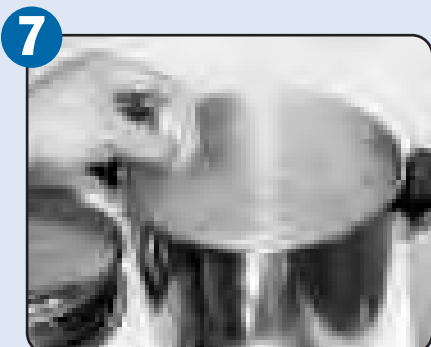
4 In a separate pot, add you oil (I'm using olive oil).



5 Season your seafood with paprika.



6 Place seafood in a pot with olive oil; stir and cook.



7 Add the juice of one lime to the seafood.



8 In another pan, raise stove to medium heat. Add more olive oil. Add stir-fry vegetables with the salt and pepper (or soy sauce and red chili pepper flakes).



9 Once the vegetables have been cooked through, place on large plate.



10 Clear the vegetables from the center of the plate so that you can place rice and the seafood on top of it.

### Quick, easy and tasty...

This is what most good cooks look for when making the best meals. And, quite frankly, recipes that call for the very basic of ingredients tend to be the very best in flavor.

A fine sample of this theory is my Asian-inspired seafood, rice and vegetable recipe. It calls for white rice, stir-fry vegetables and your favorite seafood. In my case, I like all seafood, so instead of selecting just scallops or just shrimp, I'm using a pound of a seafood mix that includes shrimp, scallops and calamari. You're welcome to make more portions and place on a huge plate for a family-style meal. You're also welcome to try this recipe out with variations to the ingredients including using other vegetables instead of an Asian stir-fry variety. You may decide to use soy sauce, a spicy sauce or a powder like red chili powder or flakes instead of the usual salt and pepper. You might even want to substitute olive oil with macadamia nut oil or canola oil.

No matter what you choose – you can't go wrong.



### Chef Larios' Asian Stir Fry

Serves 2 to 3

#### INGREDIENTS:

- 1 bag Asian stir-fry vegetables
- 1 pound seafood mix (scallops, shrimp and calamari)
- 1 cup rice
- 2 cups water (for rice)
- Paprika to taste

Salt and pepper to taste or use two tablespoons of soy sauce and red chili pepper flakes

- 1 lime
- 2 tablespoons paprika
- 2 tablespoons olive oil



11 Serve and enjoy!