

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.

DIRECTIONS:



Step 1: Wash your hands; the chicken, after it has defrosted in the fridge; your utensils; your cutting board; and anything else that comes in contact with the chicken.



Step 2: Place your chicken pieces in a gallon-sized Ziploc bag.



Step 3: Pour in the Asian spicy peanut vinaigrette to prepare for the refrigerated-overnight marinade.



Step 4: I like placing my marinating chicken in a large bowl, so that if there's a bag leak, it just leaks in the bowl and not on my other foods in the fridge. Let it marinate overnight.



Step 5: Place your chicken on the grill or sauté pan and let cook until golden brown on each side on medium heat. Cooking time varies. Although the chicken may look charred, don't let it fool you to remove the chicken too early and have it undercooked. Just let it get cook.



I just love chicken tacos! Enjoy!

Light, Sweet Chicken for Summer

Now that summer has struck the City, barbecuing on the grill is just part of living for us – unless your grill fell apart and you have to get a new one like me. Any other week, hamburgers, ribs, steaks and chicken are the mainstays at my house.

Of all the foods to grill, chicken tends to be the most sensitive to food-borne illnesses. However, there are some easy preventive measures to help you, your family and friends avoid getting food poisoning. With soap and warm water (hot water if you can stand it), wash your hands, the knives, your cutting board and anything that comes in contact with your chicken. Always leave your chicken refrigerated to avoid room temperatures, which accelerate the growth of bacteria on chicken. When defrosting chicken, always defrost in the refrigerator instead on the kitchen counter. It will take longer to defrost, but you reduce the bacterial levels on your chicken. The same goes when you marinate chicken, just like in this chicken marinade recipe. I marinate my chicken pieces in the fridge overnight. You could go for just a few hours, but overnight helps to intensify the flavor.

This simple marinade trick includes the use of a Ziploc bag and your favorite salad dressing or vinaigrette. Yes, that's right, salad dressing. I use an Asian spicy peanut vinaigrette, but you may use the old staple, Italian dressing, as with a previous recipe I did with chicken. You're free to experiment with any other type of dressing as well.

Once the chicken is cooked thoroughly, you may serve it just as it is, chopped over a salad, or tacos. As you can see, I turned my chicken into tacos. My deepest regret is having to sauté the chicken instead of using my barbecue grill. Can you believe it was destroyed the day of the photo shoot for my column? It's a long story, but it's a lesson to everyone that chicken can be cooked anywhere and still taste great as long as you consider the tips to prevent food poisoning.

Also, please enjoy a cookie recipe from Barbara Johnson, LAFD.

Barbara says that these cookies are for Halloween and Thanksgiving mostly... but that she loves them all year long! They can be decorated for any holiday or just plain for Thanksgiving and any day.



Vinaigrette Grilled Chicken

INGREDIENTS:

- 2 pounds chicken (I used thigh meat)
- 8 to 12 ounces Asian spicy peanut vinaigrette



Pumpkin Cookies!

by Barbara Johnson, LAFD

Pumpkin Cookies

INGREDIENTS:

- 1 cup sugar
- 1 15 oz. can pumpkin puree
- 1 egg
- 1 cup vegetable shortening (we've used margarine)
- 1 teaspoon baking soda
- 1 teaspoon cinnamon

- 2 cups flour
- 1/2 teaspoon salt (optional)
- 1 can vanilla frosting
- Black frosting tube (none for plain; or use a color to match holiday)
- Toothpicks (if doing designs)



Step 1

Preheat oven to 375F. Help kids measure the baking soda and salt into a bowl.

Step 2

In a separate bowl with a big spoon, cream the shortening; add pumpkin puree, then the egg and let kids mix it in.

Step 3

Show kids how to sift in the dry ingredients and mix everything thoroughly with the pumpkin puree.

Step 4

Drop heaping spoonfuls onto a lightly greased baking sheet. Bake 25 to 30 minutes.

Step 5

When cooled, ice cookies with the frosting.

Halloween:

Use the frosting tubes to draw three concentric circles on each. Use a toothpick to pull the black frosting out from the center to the edge of cookie to create a spider web.

Thanksgiving:

Use the plain frosting, or create leaf, turkey etc.

Christmas:

Use green frosting tube and draw Christmas trees. Be creative for other holidays!

