

Cooking with the Club

by our own
Robert Larios



Send Us Your Recipes!

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Shrimp Kabobs For Patty

Photos by Ana Larios, sister to Chef Larios

DIRECTIONS:



Step 1: Wash your hands, the shrimp (after they have defrosted in the fridge), your utensils, your cutting board, and anything else that comes in contact with your preparation area. Place your shrimp in a large bowl.



Step 2: Cut the limes in halves and squeeze the juice onto the shrimp.



Step 3: Add olive oil to the shrimp.



Step 4: Let's not forget the garlic as part of the marinade.



Step 5: Add salt and pepper as well as the hot sauce.



Step 6: Sprinkle in some parsley.



Step 7: Mix ingredients and let marinate in the fridge for several hours – two hours is good enough.



Step 8: Slide in the veggies and shrimp in any order or quantity, just make sure the end pieces are not the shrimp because they will burn on the grill.



Step 9: Place on a baking sheet, and construct as many kabobs as the ingredients allow. The kabobs should look something like this.



Step 10: Place the kabobs on the grill and turn every so often to balance the cooking on all sides of the kabob.



Step 11: Serve and enjoy!

Patty's Shrimp Kabobs

Serves about 2 to 4

INGREDIENTS:

- 2 - 3 pounds of shrimp
- 2 limes
- 1 tablespoon hot sauce (I used Tapatio)
- 4 cloves of garlic, crushed and diced
- 2 tablespoons extra virgin olive oil

- Salt and pepper, to desired amount
- 1 large zucchini
- 1 onion
- 2 green peppers
- 1/4 cup of dried parsley



In honor of my youngest sister, Patty, I'm sharing one of her favorite shrimp recipes – shrimp kabobs.

The success of this dish is all in the preparation. Dice your favorite vegetables such as onions, zucchini and peppers. It's a good idea to marinate the shrimp for a few hours as well. I went with the basics and used just olive oil, salt, pepper, garlic and limes. I did add some hot sauce to spice it up a bit, but that's entirely up to you since I consider it to be optional.

Although you could use frozen cooked shrimp, fresh or fresh frozen shrimp is best for the greatest flavor. When you use frozen shrimp, however, defrost them in the fridge – this may take up to 24 hours, so be patient. The size of the shrimp doesn't matter to me as long as they are bigger than 50 to 70 per pound -- if they're too small, they may tear when you pierce them with the skewer.

As for the skewer, I used a metal version, but I do prefer the bamboo skewer variety. If you use bamboo, remember to soak them in water before you place them on the barbecue grill. Otherwise, they will burn and will leave your food with an undesirable taste.

Many different ingredients can be used for kabobs, so experiment and have fun.