

Cooking with the Club

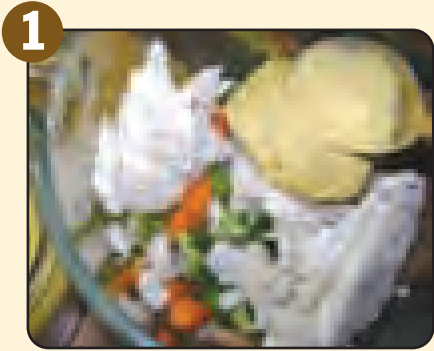
by Chef Robert Larios



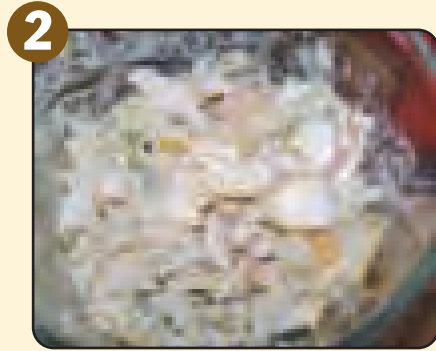
Send Us Your Recipes!

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.

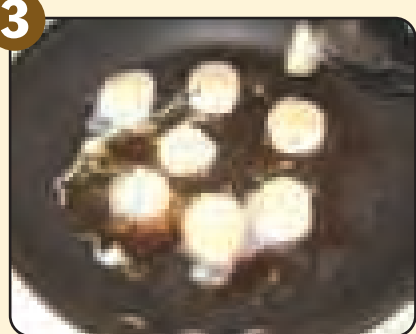
DIRECTIONS:



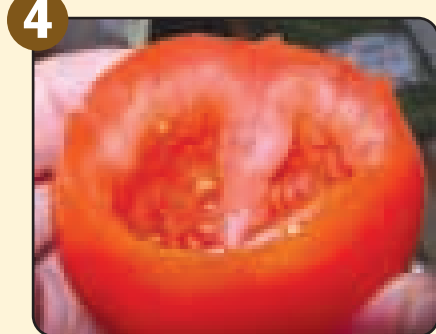
In a large bowl, add your diced ingredients, the crab, Dijon mustard, mayonnaise, sea salt, pepper, parsley, Worcestershire sauce and lemon.



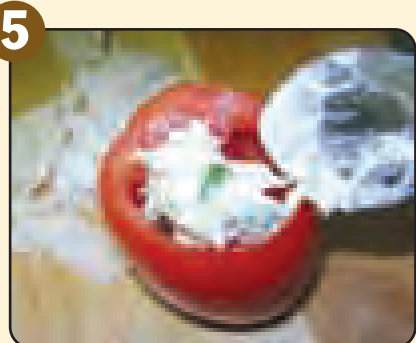
I like the added texture of breadcrumbs, and I'm not worried about the size of the crumbs.



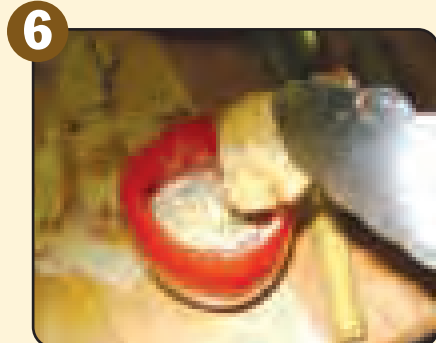
Pan-sear the jumbo scallops until slightly golden brown on medium heat. There's no need to cook thoroughly because they will be reheated in the oven.



Cut the tops of the tomatoes in a circular movement with a knife to hollow them out. Be sure not to cut all the way to the bottom.



Add the crab dressing into the tomatoes.



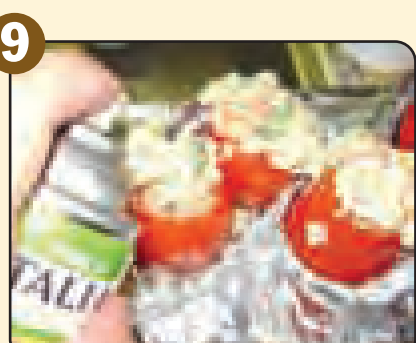
Pack one seared scallop into each tomato.



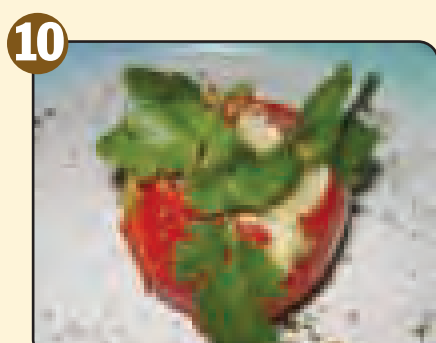
Add a few thin slices or grated amounts of Parmesan cheese.



Add more crab dressing.



To prevent burning while baking, use a cooking spray to coat the tops of the tomatoes. Place them in a 400° oven for 20 minutes. Care must be taken because overcooking will destroy the texture of the tomatoes and turn them into mush.



Add the cilantro; plate and serve as an appetizer.

Real Crab Makes the Difference



There's certainly a difference in texture and flavor between real and imitation crab. Frankly, I'm not all that sure what's in imitation crabmeat – but what's certain is that it doesn't taste real. Crab tends to be a seasonal product, and it's easy to know this when grocery stores don't have any fresh crab for purchase – they direct you the canned section. Another way you can tell is that restaurants delete their crab dishes for several months before soft shell crabs and crab legs reappear on the menu.

In this recipe, I use a simple crab dressing that seems to have the common set of ingredients, though it may seem unusual that I used Worcestershire sauce to accentuate the flavors in the dressing. I like the use of one jalapeño to add a spicy element to the dish, but you may add hot sauce as well – or not use any form of hot spice. It's entirely up to you.

When making the crab dressing, I suggest refrigerating it if it's going to be left in room temperature for more than five minutes. Crab and mayonnaise are highly perishable and can become harmful if attention to time and temperature is not taken.

By the way, the crab dressing made here is perfect as a sandwich if you have leftovers! Enjoy!

Roma Tomato-Stuffed Crab Dressing

INGREDIENTS:

- 1/2 pound crabmeat
- 5 Roma tomatoes
- 1/4 cup diced celery
- 1/4 cup diced red onion or scallion
- 1/2 cup diced carrot
- 1 diced jalapeño
- Sea salt and fresh cracked pepper, to taste
- 2 tablespoons Dijon mustard
- 1/4 mayonnaise
- 1 tablespoon parsley
- 1 teaspoon Worcestershire sauce
- Juice of 1 lemon
- 2 tablespoons breadcrumbs
- 5 jumbo-sized scallops
- 1 tablespoon extra virgin olive oil
- Parmesan cheese, to taste
- Cilantro, for garnish



Cooking Tidbit: It is strongly suggested that you select the largest of the Roma tomatoes as well as looking for those that have a flat bottom, or else you should place each crab-stuffed tomato into a cupcake baking pan.

[A Cook's Dictionary]

Parsley:

A slightly peppery, fresh-flavored herb commonly used as a flavoring and garnish. Though there are more than 30 varieties of this herb, the most popular are curly-leaf parsley and the more strongly flavored Italian or flat-leaf parsley. Parsley is an excellent source of vitamins A and C.

– From the *The New Food Lover's Companion*, Sharon Tyler Herbst, 1995, Barron's Educational Series.

