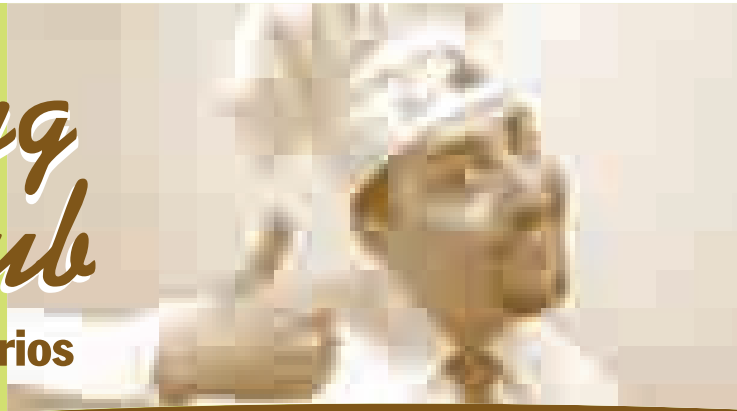


Cooking with the Club

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:

Carne Asada



Dice and mince the garlic.



Have the seasoning salt, pepper, minced garlic and parsley ready to coat each *carne asada* strip. Season both sides. Use a large bowl like I did here so that you can place the *carne asada* strips comfortably on top of one another as you season each piece.



Once the grill is hot, spray the nonstick cooking spray and coat the grill. Place the seasoned *carne asada* steak strips on the grill. Let them cook until dark brown.



The strips should look very much like this. You may grill Serrano chilies if you like.



Dice the *carne asada* strips into small cubes or slices. I like placing my *carne asada* on a hot tortilla and some salsa. You are free to add more to it.

Family Favorite: Carne Asada

Some of the best tacos are filled with chicken, fish or beef. Traditionally speaking, *carne asada* has been synonymous with the word taco, much like peanut butter and jelly is to sliced bread. *Carne asada* is Spanish for broiled meat – normally on a grill. *Carne asada* is a thin strip or finely diced seasoned steak placed between a corn or flour tortilla. Other ingredients can be added including salsa, beans, rice, cheese, onions, cilantro, lettuce, etc. The type of steak is usually called Spencer steak, but many other cuts can be used. Just mention to the butcher that you wish to make *carne asada* tacos. However, most meat markets or grocery stores will already have thinly sliced steak strips for *carne asada*. Some are already pre-seasoned, which I would suggest if you would like to spend the least amount of time preparing the meat for cooking.

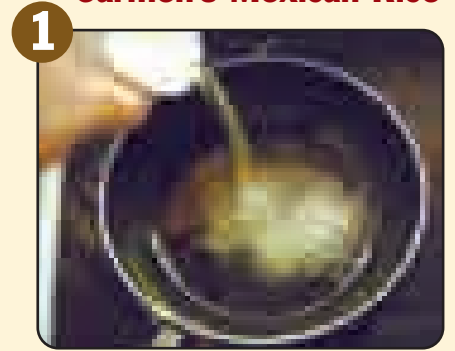
I've also included my mom's best recipe for Mexican rice – a recipe that has been made in the family household since I was a young lad. The secret in the flavor with the rice is the use of one bouillon cube. It's a perfect complement to *carne asada*. I like it with a side of beans and salad, but that combination or any other is up to you.



Have a little salad, rice and some tacos for a great meal.

DIRECTIONS:

Carmen's Mexican Rice



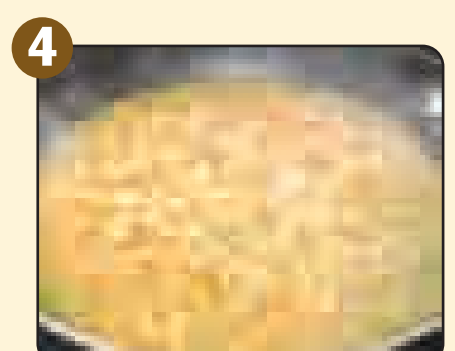
On a nonstick pan on medium heat, add the extra virgin olive oil and the two cups of rice. Stir lightly to brown the rice.



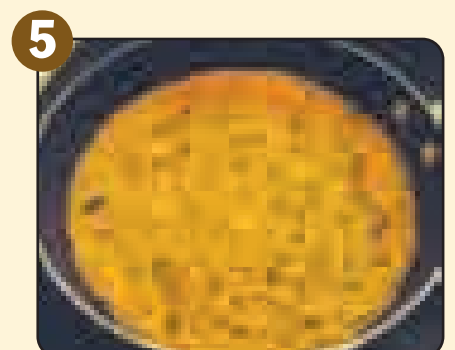
Add some diced onion and cilantro to the browning rice and stir.



Add a cup of water. Take great care with the steam that will be produced – don't burn yourself.



Now use Carmen's secret ingredient – one bouillon cube. Stir and let boil. Once boiling, reduce the heat to low.



Usually in about 20 minutes, the water should have reduced down, leaving just the seasoned rice.

Carne Asada Tacos and Carmen's Mexican Rice

INGREDIENTS:

- 1 to 2 pounds *carne asada*-style steak
- 1/4 cup dried parsley
- Pepper and seasoning salt (enough to lightly coat each side of the steak strips)
- 6 cloves minced garlic (you may use more)
- Nonstick cooking spray
- 2 cups rice
- 1 cup water
- 2 tablespoons extra virgin olive oil
- 1/4 cup of diced red onion (or white)
- 1/4 cup cilantro
- 1 bouillon cube (beef)

Cooking Tidbit: The use of a nonstick cooking spray is very useful when cooking with thin steak slices like that of *carne asada*. It will prevent the *carne asada* from sticking to the grill when turning over. Spray and coat the grill. Immediately place the *carne asada* strips on the hot grill.

[A Cook's Dictionary]

Bouillon cube:

A compressed, flavor-concentrated cube of dehydrated beef, chicken or vegetable stock. The cubes must be dissolved in a hot liquid before using.

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

