

# Cooking with the Club

by Chef Robert Larios



## Send Us Your Recipes!

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# Mirely's Chimichurri Marinade

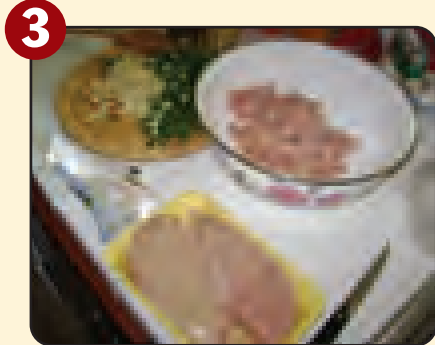
### DIRECTIONS:



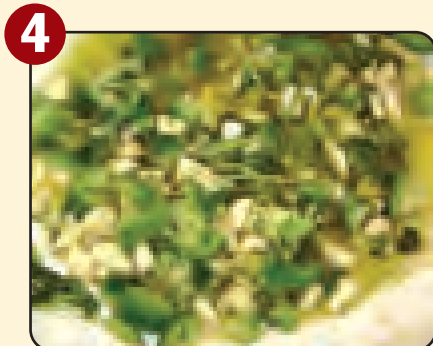
1 Bring all ingredients together for washing, chopping and dicing.



2 Chop the fresh herbs and dice the jalapeños.



3 Bring out the chicken and cut as you like. I prefer to cut in half so that I get four chicken breast pieces.



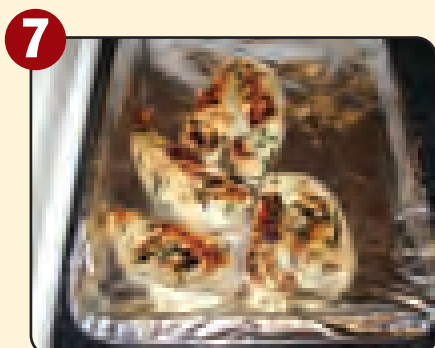
4 Add the honey to the marinade and mix. It will look like this.



5 Add marinade to the chicken and place in the refrigerator for 20 minutes. Feel free to let the chicken marinate for several hours.



6 Place chicken on nonstick pan on medium high heat. Turn chicken over once the side is golden brown – this should take about three to five minutes each side.



7 Place chicken breasts on a baking sheet and bake for 20 minutes at 400 F.



8 Take out the chicken and combine it to make a great salad or sandwich, or make it part of fantastic dinner plate. Enjoy!

The last time I made this particular marinade, I remember storing a young bottle of balsamic vinegar. That bottle is now 11 years old, and I used it in this chicken recipe.

This is more than just a chicken recipe because the superstar in this recipe is the marinade, which has a combination of balsamic vinegar, extra virgin olive oil, garlic, honey, fresh herbs and jalapeños.

To get the greatest amount of flavor and deep richness, use fresh herbs. If you're unable to locate any fresh herbs, dry herbs are your next option – just remember to rub and mash the herbs to bring out the flavor and stored aromas. Traditionally, garlic is used in a marinade like this, but in this case it may be abnormal to use as much as I like to use. However, my belief is that you're the boss when adding ingredients, including how much to use. And since I'm the boss here, I like more garlic!

Of all the ingredients here, I consider honey to be key, as it helps to add a new dimension to the flavor as well as mellow out the hot sensations of the jalapeños. This marinade is universal, as it can be used on seafood and other meats. Experiment and have fun finding the flavors that will have you making this recipe and others for years to come, just as this one is for me.

### Mirely's Chimichurri Marinade

#### INGREDIENTS:

- 1/4 cup fresh sage leaves, chopped
- 1/4 cup fresh rosemary, chopped
- 1/4 cup fresh thyme, chopped
- 1 to 1.5 head of garlic, diced
- 2 jalapeños, diced
- 1/2 cup extra virgin olive oil
- 2 tablespoons balsamic vinegar
- 1 tablespoon honey
- Pinch of sea salt and freshly cracked pepper
- 4 chicken breasts.



**Cooking Tidbit:** Any time you're preparing a protein product in a recipe such as chicken, beef, fish, etc., please take precautions to keep sanitized all surfaces with which the products come in contact. This includes cutting board, kitchen counter, etc. Always keep your products in the refrigerator until the moment you're ready to prepare them.

### [ A Cook's Dictionary ]

#### Marinade:

A seasoned liquid in which foods such as meat, fish and vegetables are soaked (marinated) to absorb flavor and, in some instances, to be tenderized. Most marinades contain an acid (lemon juice, vinegar or wine) and herbs or spices. The acid ingredient is especially important for tough cuts of meat because it serves as a tenderizer. Because most marinades contain acid ingredients, the marinating should be done in a glass, ceramic or stainless-steel container, never in aluminum.

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

