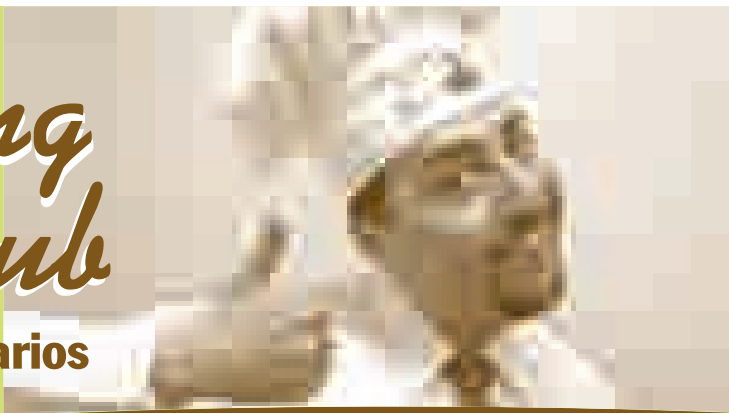


Cooking with the Club

by Chef Robert Larios

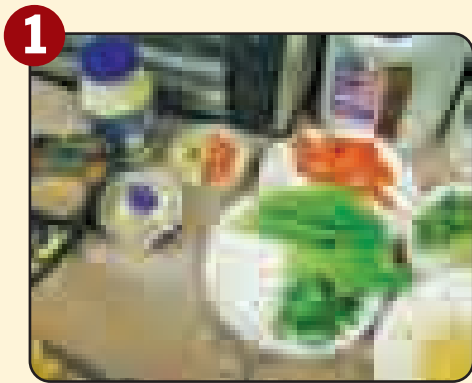


Send Us Your Recipes!

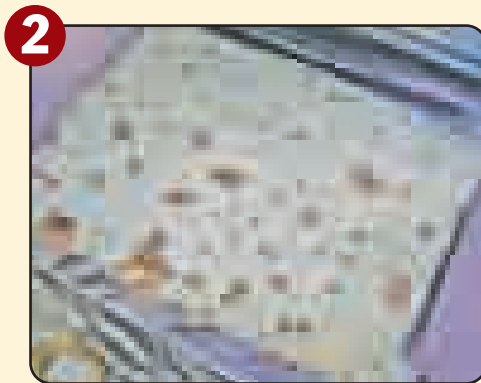
If you would like your recipe published in the next issue of *Alive!*, you may fax your recipes to (213) 620-0398 or e-mail us at talkback@cityemployeesclub.com.

It's a Wrap ... With Turkey and Beef

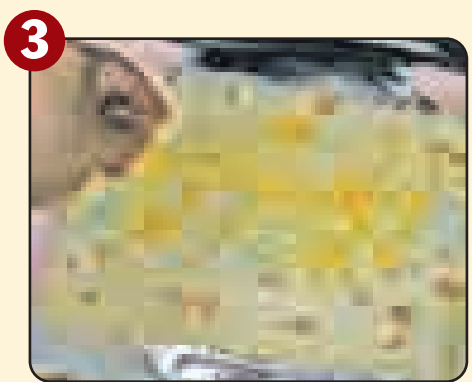
DIRECTIONS:



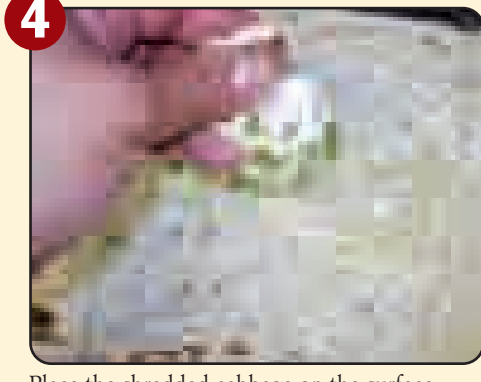
1 Have all the ingredients ready. Dice the green onion, tomato and jalapeño. Separate the romaine lettuce, grate the cheese and shred the cabbage.



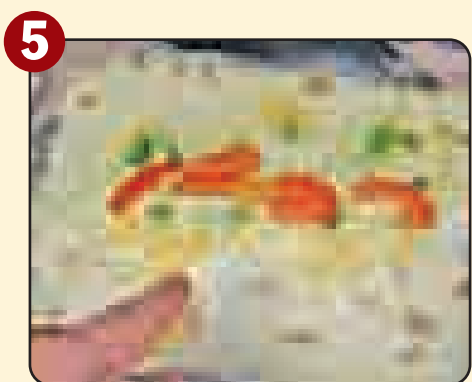
2 Take out one slice of the lavash bread and place it on a flat surface, such as a cutting board.



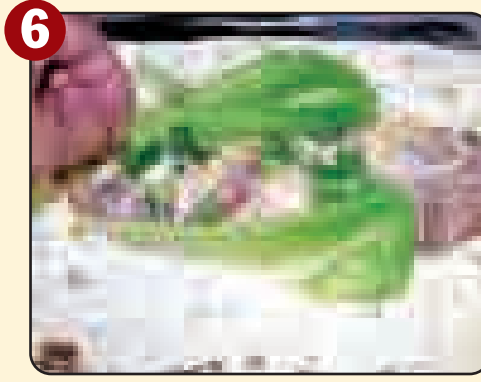
3 Spread a light coating of mayonnaise, tahini sauce and the yogurt to one side of the lavash bread.



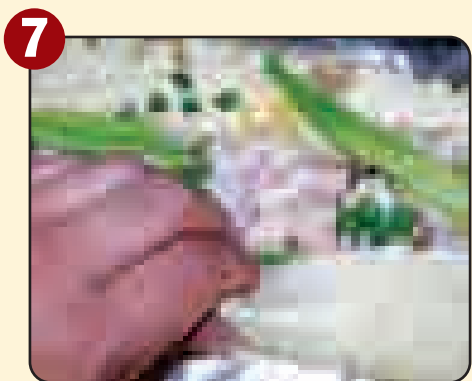
4 Place the shredded cabbage on the surface of the lavash bread.



5 Add the roast beef and roasted turkey, shredded cheese, diced jalapeño and tomato.



6 Add two to three leaves of romaine lettuce.



7 Roll the lavash bread as you would with a taco or burrito.



8 Cut the lavash wrap in half or in three pieces and plate.

In my opinion, wraps are as tasty and easy to make as the best sandwiches. It really boils down to knowing the right combination of ingredients. To be frank, nothing about making wraps is complicated. Prepare, place on lavash bread, roll, and cut – that's it. Easy enough!

In this recipe I combine turkey and roast beef, but you may add turkey without the roast beef or vice versa. You may use other meats, or even vegetables including eggplant. In fact, you can use roasted eggplant as a substitute to the turkey and roast beef I used for this recipe. The combination of the yogurt, tahini sauce, and mayonnaise does so well in a wrap, but is heavenly with eggplant.

You might be wondering where you're going to find tahini sauce. It's becoming more and more available at most supermarkets, but if you don't find it, it's okay to go without it.

You can't go wrong with this recipe. It's very versatile, since it can be made for lunch or for a quick dinner, and the variety of ingredients you can use is varied. If you have children, this is a great alternative to the traditional sandwich. If your children are averse to hot flavors, you're free to remove the jalapeño. I add it to give it some crunch and a subtle, spicy hot taste. Remember to experiment, and take delight in making meals.

Turkey & Beef Wraps Serves 2 to 4

INGREDIENTS:

- 1 to 4 slices of lavash bread (or large tortillas)
- 1/4 cup mayonnaise
- 1/4 cup tahini sauce
- 1/4 cup yogurt with dill and chives
- 1 medium tomato
- 1/2 cup diced green onions
- 1 cup shredded cabbage
- 1 medium jalapeño, diced
- 1 cup shredded cheese (mozzarella and mild cheddar)
- Approximately 6 leaves of romaine lettuce
- 1/4 to 1/2 pound turkey breast
- 1/4 to 1/2 pound roast beef

Cooking Tidbit: Feel free to substitute other types of cheese and meats. Experiment with other roasted vegetables. If you can't find lavash bread, use tortillas.

[A Cook's Dictionary]

Tabini:

Used in Middle Eastern cooking, tabini is a thick paste made of ground sesame seed. It's used to flavor various dishes including hummus and baba ghanoush.

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