

Cooking with the Club

by Chef Robert Larios



Send Us Your Recipes!

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Beef Roast, Slowly

DIRECTIONS:



1 Have your ingredients ready; wash, dry and peel carrots.



2 Dice onions, shallot, celery and carrots. Set aside.



3 Rub sea salt, pepper and paprika onto the roast, and then place in the crock-pot.



4 Add beef broth on sides of the roast, then add the red wine.



5 Cover with lid and cook on high for 8 to 12 hours. Yes! That long!



6 Add onions, shallot, celery and carrot at about the halfway point, about 4 to 6 hours into the cooking process.



7 It should begin to look like this, cooked fully through. The broth with vegetables should cook down.



8 At the end of the cooking process, take the roast and place on large plate. Be careful, as the roast will be very delicate and fall apart easily. This is what you're looking for. Now you're ready to use in sandwiches, tacos, burritos or as a side dish.

Often there are electrical appliances in the kitchen that get little use. There's an initial excitement of purchasing the appliance with dozens of ideas for dishes, but sadly the appliance soon finds its way into a kitchen cabinet instead of the kitchen counter or kitchen prepping table. This is often the case with crock-pots, at least with the kitchens owned by my family and friends.

Even so, I find crock-pots to be an appliance that can turn tough meats into tender and delicious dishes. All it takes is some patience and basic ingredients, and you have the making of a wonderful roast that can be used in a variety of ways. It can be shredded to make great shredded beef sandwiches as well as wonderful tacos – perfect as Super Bowl food. The use of carrots, onions, garlic and celery is critical, since they heighten the flavors. Of course you always have to at least season it with salt and pepper. In this recipe I used one of my most favorite spices, paprika. Paprika tends to have a sweet but slightly spicy flavor that goes well with meats. It also gives foods a darker appearance, which is more appealing in my opinion.

Feel free to use other roast meats, and when you do, the cooking times will vary with type and weight.

Happy New Year!

Crock-pot Beef Roast

INGREDIENTS:

- 2 lbs. tri tip roast
- 6 sticks celery
- 6 carrots
- 1 shallot
- 1 yellow onion
- 6 cloves garlic
- 1 quart beef broth
- 1 cup red wine
- Sea salt and pepper
- 1/2 cup of paprika

Cooking Tidbit: You may use other roasts types such as rib roast, tenderloin roast, pork loin roast, crown roast, etc..



[A Cook's Dictionary]

Crock-Pot:

The slow cooker, also called a Crock-pot: The slow cooker is an electric "casserole" that cooks food with low, steady moist heat. It's designed to cook food over a period of 8 to 12 hours. These appliances range in size from 1 to 6 quarts. Slow cookers can cook a dish while you're at work, and they don't heat up the kitchen. On the minus side is that some vegetables (like celery) can become mushy before they other ingredients are done.

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

