

Cooking with the Club

by Chef Robert Larios



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Advocating the Avocado

DIRECTIONS:



1 Have your ingredients washed and ready for dicing.



2 Put your avocados aside and dice the other ingredients.



3 Place all your ingredients in a large bowl.



4 Begin cutting the avocados in half. Take out the seeds, and cut through the flesh only. Make crisscross cuts, but do not cut through the outer skin, since you will need to use them as mini-bowls later.



5 Once all the avocados are cut, use a spoon to scoop out the flesh. Place the avocado bits in the bowl of diced ingredients. Do this for all four avocados. Put aside all the avocado skin cavities. Put aside all the avocado skin cavities.



6 Squeeze the juice of one lime into the bowl of ingredients. Add the salt and pepper to taste. Lightly mix the ingredients.



7 With a spoon, add the avocado mixture into the hollow avocado cavities. Do this for all avocados cavities.



8 Plate the stuffed avocados and serve!

With the Super Bowl and Valentine's Day as the happening events in February, I consider it to be the month of the avocado.

The Super Bowl is just not the Super Bowl without guacamole, and believe it or not, avocado has long been considered fitting for a romantic meal, too. And what better day than Valentine's Day.

You're free to experiment with the types of ingredients used. Cilantro is always a favorite as well as chili powder, and you may try using other types of chilies other than jalapeño to heighten the flavor. Of course, you may do without the spice as well.

For those of you who remember, I put together a similar guacamole recipe in an earlier edition. This is a bit different, since I use the skin as part of the dish, and I've incorporated some different ingredients as well.

Guacamole

INGREDIENTS:

- 1 jalapeño
- 1 shallot
- 4 Hass avocados
- 1 green onion
- 2 small tomatoes
- 1 lime
- 3 cloves garlic
- 1 small red bell pepper
- Salt and pepper to taste



Cooking Tidbit: There are many varieties of avocado that make a great guacamole, but the best one to use for this particular recipe is the Hass avocado. It has the sturdy skin that can keep its shape for use as a decorative bowl.

[A Cook's Dictionary]

Guacamole:

A popular Mexican specialty of mashed avocado mixed with lemon or lime juice and various seasonings (usually chili powder and red pepper). Sometimes finely chopped tomato, green onion and cilantro are added.

Guacamole can be used as a dip, sauce topping or side dish. It must be covered closely and tightly to prevent discoloration.

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

