

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.

Shrimp Scampi a la Larios

DIRECTIONS:

1



Gather your ingredients. Dice the green onions, jalapeño and red bell pepper, and mince all cloves of garlic.

2



Turn on stovetop to medium heat. Add olive oil and butter to a large saucepan. Once butter melts, add minced garlic, diced green onions, jalapeño, and red bell pepper. Let these ingredients brown and then add shrimp, white wine, juice of lemon and parsley. Let cook until shrimp turns white and pink – signaling they are done. Please note that overcooking shrimp will make it chewy.

Shrimp scampi typically calls for lemon, parsley, butter, onions, a little white wine and, of course, garlic. But my version has pizzazz and flair, with the addition of a jalapeño, red bell pepper, extra virgin olive oil and sliced almonds. The addition of heat from the jalapeño and the crunchy texture of the sliced almonds gives this shrimp scampi a new dimension and level of deliciousness. Also, you can never have enough garlic in my opinion, so if you want to add more than what is suggested in the recipe, be my guest! With parsley, use as much as you like as well. I find that if you have the opportunity to use fresh parsley, you can use less of it than if you used dried parsley.

This is truly one of my favorite dishes, and I hope this becomes one of yours, too!

Shrimp Scampi a la Larios

INGREDIENTS:

- 2 tablespoons unsalted butter
- 2 green onions
- 1 jalapeño
- 6 to 8 cloves garlic
- 1 lemon
- 1 red bell pepper
- 2 lbs. shrimp (size does not matter) and can be frozen before cooking
- Sea salt and pepper to taste
- 1/2 cup sliced or crumbled almonds
- 1/4 white wine
- 2 tablespoons extra virgin olive oil
- 1/4 cup diced fresh parsley or half-cup dried parsley
- Parmesan cheese, shredded (optional)



Cooking Tidbit: Roll the lemon on the cutting board with your hand to loosen the juice. This will aid in releasing more of it when you squeeze out the juice.

3



Just before serving with everything still in the saucepan, add more parsley if you like as well as some shredded Parmesan cheese. It's optional, of course, but it does add a whole new dimension.

[A Cook's Dictionary]

Almond:

The kernel of the fruit of the almond tree, grown extensively in California, the Mediterranean, Australia and South Africa. There are two major types of almonds – sweet and bitter.

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



Food Factoid:

Did you know shrimp got their name from *schrimpe*, the Middle English word for “small, puny person”?