

# Cooking with the Club

by Chef Robert Larios



## Send Us Your Recipes!

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# Beef, for Dad

**Father's Day Special:  
marinated beef strips and creamed spinach.**

June is here, and to me it's all about paying tribute to my Dad on Father's Day. And it reminds me that I need to pay tribute to him on every other day, too! One of his favorite dishes is a marinated beef strips (or, as he would prefer to call them, *carne asada*), with a side of creamed spinach. The trick is to marinate the beef strips overnight so that the marinade penetrates the beef thoroughly and activates the full flavor it intended. It's very important to use fresh ginger and not the powdered version. Although they're the same product, the flavors are completely different.

Creamed spinach is quite a tasty side dish and, to be frank, it's very easy to make. Of course, anything with heavy cream invariably tastes good.

Plate these together, and you have the makings of a meal that all the dad's stomachs will enjoy. Happy Father's Day!

## Creamed Spinach

### INGREDIENTS:

- 1/4 cup diced green onions
- 1 shallot
- 2 pounds frozen spinach (fresh spinach is fine, too)
- 2 tablespoons unsalted butter
- 3/4 teaspoon sea salt
- 1/2 teaspoon fresh ground black pepper
- 1/4 teaspoon nutmeg
- 1/2 cup heavy cream



### DIRECTIONS:

#### Creamed Spinach



Take the frozen spinach and place in a large pot with salted water, and boil over high heat. Cook for about two minutes, then drain with a strainer. Melt the butter in medium sauté pan over medium-high heat. Add the shallots and garlic, and cook and stir. Add the spinach and cook, stirring just until the liquid is released. Add the cream, salt, pepper and nutmeg, and cook until the cream is reduced by half, about four minutes. Remove from the heat and serve immediately.

## Marinated Beef Strips

### INGREDIENTS:

- 6 cloves garlic
- 1/4 cup diced green onions
- 1/4 cup extra virgin olive oil
- 1/2 cup soy sauce
- 2 tablespoons honey or brown sugar
- 2 tablespoons hot sauce (of your choice)
- 3 lbs thin beef strips (can be *carne asada*)



**Cooking Tidbit:** If you can't marinate the beef overnight in the refrigerator, shoot for three to four hours.

### DIRECTIONS:

#### Beef Strips



Add the extra virgin olive oil, soy sauce, honey and hot sauce to the large bowl, and mix the ingredients.



Add the ingredients in the bowl to the beef in the Ziplock bag. Let marinate overnight if possible.



In a large bowl, add your grated ginger, diced green onions and minced garlic.



Place the beef strips in a gallon-sized Ziplock bag.



Take the beef strips and place on a grill on medium heat until browned on each side. Once cooked, place to the side.



Plate the beef strips and the creamed spinach. Give to your dad.

## [ A Cook's Dictionary ]

### Heavy Cream:

Upon standing, unhomogenized milk naturally separates into two layers – a milk-fat-rich cream on top and an almost fat-free (or skimmed) milk on the bottom. Heavy cream, also called heavy whipping cream, is whipping cream with milk fat content of between 36 and 40 percent.

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



**Food Factoid:**

**"The secret to staying young is to live honestly, eat slowly, and lie about your age." – Lucille Ball**