

#125453

Cooking with the Club

by Chef Robert Larios



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Simple, and a Little More

Lemon-Garlic Sautéed Green Beans With Shrimp

DIRECTIONS:



In a large sauté pan on medium heat, add olive oil, garlic and shallots. Let this cook for about 3 to 4 minutes before going to step 2.



Add the green beans and gently mix. Add salt and pepper.



Add the juice of one lemon, and then the sliced almonds. Now is a good time to add the balsamic vinegar.



Here's the magic to enhancing the flavor of this recipe: Add butter.



As you've entered about 10 minutes into the cooking process and the shrimp has turned pinkish in color and the green beans are cooked through, add the quarter-cup of Parmesan cheese.



Enjoy!

Typically, this recipe calls for just green beans, garlic, lemon and shallots, with salt and pepper. In its simplest form, it's a magnificent combination. But, being Chef Larios, I've decided to add some more deliciousness to the recipe. The most jaw-dropping addition is shrimp. You are free to add other items including scallops, chicken, beef, etc.

If that weren't enough, I've added sliced raw almonds, balsamic vinegar and Parmesan cheese. For those who are bit leery of green beans, the addition of butter and copious amounts of garlic will quash the fears.

This is a recipe that is wonderful as a side dish any time of the year.

Lemon-Garlic Sautéed Green Beans With Shrimp

INGREDIENTS:

- 1 pound green beans
- 2 tablespoons extra virgin olive oil
- 2 tablespoons butter
- 1 lemon (the juice of one lemon)
- 1 medium shallot
- 6 to 8 cloves garlic
- 1 pound shrimp; size is up to you
- 1/4 cup raw sliced almonds
- Freshly ground pepper and sea salt to taste
- 2 tablespoons balsamic vinegar
- 2 tablespoons parsley
- 1/4 cup Parmesan cheese

Cooking Tidbit: If you don't have lemons or balsamic vinegar, add more of the one you do have.



Plate and enjoy the yummy goodness.

[A Cook's Dictionary]

Balsamic Vinegar:

Made from white Trebbiano grape juice, balsamic vinegar gets its dark color and pungent sweetness from aging in barrels of various woods and in graduating sizes over a period of years. Many balsamic vinegars contain sulfites, added primarily to inhibit the growth of unfavorable, flavor-detracting bacteria

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



Food Factoid:

"One cannot think well, love well, sleep well, if one has not dined well." — Virginia Woolf