

# Cooking with the Club

by Chef Robert Larios



## Send Us Your Recipes!

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# Hold the Mayo

## The I-Can't-Believe-It-Doesn't-Have-Mayo Potato Salad

That's right! A potato salad without mayonnaise! The main substitute is Greek yogurt. There are different types of fat content with Greek yogurt, but since I like the combination of flavor and health, I chose 2 percent fat. The roasted almonds give it a unique taste in that you get a crunchiness and roasted flavor. The use of Dijon mustard or aioli will really help to intensify the flavor of the salad, so make sure to use some kind of mustard if you can't get aioli or Dijon mustard.

After making this version of potato salad, you may never go back to the traditional mayonnaise-based salad.

Also, I want to thank Monica Valencia of Ed Reyes' City Council Office for her submission of a superb raspberry oatmeal bar recipe.

From: **Monica Valencia**

### Raspberry Oatmeal Bars

#### INGREDIENTS:

- 1/2 cup firmly packed light brown sugar
- 1/2 cup non-hydrogenated, nondairy butter, softened
- 1 cup all-purpose unbleached flour
- 3/4 cup raspberry (or other fruit) preserves.
- 1/4 teaspoon baking soda
- 1/8 teaspoon salt
- 1 cup quick-cooking oats



(Reprinted with permission from the award-winning cookbook, *The Joy of Vegan Baking*, by Colleen Patrick-Goudreau.)

#### DIRECTIONS:

### Raspberry Oatmeal Bars



Preheat the oven to 350 degrees. Lightly oil an 8- or 9-inch square pan on all sides.

In a medium-sized bowl, combine the brown sugar, flour, baking soda, salt and oats. Add the butter and, using your hands, create a crumbly mixture. Press two-thirds of the mixture into the bottom of the prepared pan. Spread the jam within 1/4 inch of the edge. An offset spatula works well for this.

Sprinkle the remaining one-third of the crumb mixture over the top, and lightly press it into the jam.

Bake for 35 to 40 minutes, or until lightly browned. Allow it to cool before cutting into squares. Yield: 6 to 8 bars, depending on size.

### [ A Cook's Dictionary ]

#### Potato:

The ancient Incas cultivated the humble tuber thousands of years ago. The potato was not readily accepted in Europe, however, because it was known to be a member of the nightshade family (as a tomato and eggplant) and therefore thought to be poisonous. In the 16th century, Sir Walter Raleigh was instrumental in debunking the poisonous potato superstition when he planted them on property he owned in Ireland. Today, hundreds of varieties of this popular vegetable are grown around the world.

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



**Food Factoid:** "... follow the directions exactly the first time you try a recipe. But from then on, you're on your own." — James Beard

### No-Mayo Potato Salad

#### INGREDIENTS:

- 1/4 cup black olives,
- 1 to 2 cans (approximately 16 ounces) artichoke hearts
- 1/2 cup aioli garlic mustard sauce or Dijon mustard
- 1/4 cup extra virgin olive oil
- 1 pint Greek-style yogurt
- 1/4 cup Parmesan cheese
- 1 cup Italian parsley
- 1/2 cup cilantro
- 2 tablespoons dill
- 1 tablespoon rosemary sprigs (tablespoons and decoration)
- 1/2 cup Monterey Jack cheese, cubed (optional)
- 1/4 cup chives, diced
- 1/2 cup almonds
- 2 lbs. potatoes: red, rose, and golden
- Sea salt and pepper to taste



**Cooking TIDBIT:** The addition of cheese at the end of the recipe is optional. I suggest using a mild cheese and not a strong and pungent cheese like Gorgonzola or bleu cheese...unless you like that flavor.

#### DIRECTIONS:

### Potato Salad



Once the potatoes have roasted, place in a large bowl and add black olives, parsley, cilantro, dill, rosemary, chives, yogurt, Parmesan cheese, roasted almonds, aioli garlic mustard sauce or Dijon mustard and extra virgin olive oil.



Fold with wooden spoon with care – try not to smash the potatoes. Spread ingredients all around and evenly.



Plate and enjoy.



Dice the potatoes and place on a baking pan. You may drizzle olive oil or nonstick spray on the bottom before placing the potatoes. Drizzle olive oil on top of the potatoes and add sea salt and pepper as well. Roast potatoes for 30 minutes in the oven at 375 F.



Roast the almonds, and mix in a nonstick pan for five minutes on medium heat.



Place the artichoke hearts on top of potato salad. You can use my decorative design, or create one yourself. On top, place some sprigs of rosemary and add cheese of your choice but it is not necessary to add.