

Cooking with the Club

by Chef Robert Larios



Send Us Your Recipes!

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Dublin Up on Potatoes

Here are two dishes for St. Paddy's Day.

Happy Saint Patrick's Day to you all! In the spirit of this celebrated day, I have added not just one but two potato recipes from Ireland!

The first one is called Herbed, Buttered Potatoes with Peas. I used a nice bunch of dried herbs, but you are free to add any kind that you like. One recommendation is to always use dill; potatoes and dill form a great marriage.

The other great Irish potato recipe is called Hot Limerick Ham Salad. In America, most of us are used to cold salads with salad dressings like blue cheese or ranch (exceptions being potato and macaroni salad). But here, we use mayonnaise as a salad dressing in a hot potato salad. It's surely packed with flavor and is easy to make – a great combo for a family-style meal.

Special thanks to "Potluck Potato Recipes From Ireland" by Nell Donnelly, where these recipes came from, and to Irish-American and *Alive!* editor John Burnes for sending them in. Enjoy!"

Herbed, Buttered Potatoes with Peas

INGREDIENTS:

- 2 tablespoons mixed herbs (this would include: yellow mustard powder, ground coriander, tarragon, thyme, parsley, garlic powder, dill, fresh cracked pepper and sea salt)
- 6 potatoes
- 3 ounces butter
- 1/2 teaspoon garlic salt
- 1 8-to-12-ounce can of peas

MAKES SIX SERVINGS



DIRECTIONS:

Herbed, Buttered Potatoes with Peas



As one should with all vegetables and fruits, wash the potatoes and pat them dry. Place them in a pot with water and turn the heat up to medium high.



Allow the potatoes to cook by boiling the water. The potatoes should be fork-tender before straining the water from the potatoes.



Cut the potatoes in fours, and place back in the pot used to boil the potatoes. Add the butter, garlic salt, all the herbs and the can of peas. Mix gently with large wooden spoon or spatula.



Plate in a bowl and serve.

Hot Limerick Ham Salad

INGREDIENTS:

- 1.5 pounds rose potatoes, diced
- 1/4 cup chopped green bell pepper
- 1/4 cup chopped onion
- 2 tablespoons dill
- 1 tablespoon dried parsley
- Sea salt and freshly cracked pepper to your preference
- 1 pound chopped ham
- 2 tablespoons cooking oil
- 1/2 cup mayonnaise
- 1 cup cheddar cheese, grated



The Limerick recipe calls for cooking oil, and my favorite is extra virgin olive oil. But you may use other oils like canola and vegetable. You may choose a different cheese as well.

DIRECTIONS:

Hot Limerick Ham Salad



Place a large skillet on the stove on medium heat and add the butter and cooking oil.



Place the washed and diced rose potatoes in skillet. Add salt, pepper and dill. Let sauté until golden brown.



Take your ham and dice it into small cubes. If your ham is already sliced, go ahead and dice into small pieces. Add the ham to the potatoes, and now add the diced green bell pepper and onion as well. Let cook for about 10 minutes, stirring occasionally. Turn off stove and let cool for 10 minutes, and then add shredded cheddar cheese and mayonnaise, mixing fully.



Plate and add parsley all around plate.

[A Cook's Dictionary]

Potato:

The ancient Incas were cultivating this 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 are the 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. The Irish knew a good thing when they saw it, and 100 years later they were growing and consuming the potato in great quantities. Today, hundred 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:

“As for butter versus margarine, I trust cows more than chemists.” – Joan Gussow