

Cooking with the Club

by Chef Robert Larios



Send Us Your Recipes!

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Crab Stuffed Portobello Mushrooms

DIRECTIONS:



1 Gather all your ingredients, prepare to wash and dice them on your clean cutting board.



2 Wash your mushrooms thoroughly with running water and pat dry. Twist off the stem of the mushroom.



3 Dice the small mushrooms, green onions and cheese. Combine into a bowl with salt and pepper, the juice of one lemon, breadcrumbs, garlic powder, olive oil and crabmeat. Mix lightly.



4 Place mixed ingredients in pan and cook in medium heat until cheese begins to melt.



5 Stuff the Portobello mushrooms with the ingredients of the bowl. Preheat the oven to 400 degrees Fahrenheit. Place the stuffed Portobellos in the oven on a baking sheet or in a pan and bake for 20 minutes.

Portobello mushrooms are one of the most versatile foods. They can be grilled, sautéed or baked. When grilling them, a little drizzle of olive oil with a pinch of salt and pepper are the ticket to releasing the great flavors – perfect for a sandwich.

But in this recipe, two heating methods are used – sautéing and baking. Here, crab meat is used in a stuffing-like mixture. Of course, you can use clams, mussels or other seafood product. You may even leave it out altogether and just use the breadcrumb ingredients with diced mushrooms.

When combining the stuffing mixture, use a nonstick skillet in medium heat. Let cook and toss lightly until you see some browning and melting of the cheese. The recipe calls for Monterey Jack cheese, but I used a light Dubliner cheese. Feel free to use any other cheese that melts easily under heat. Enjoy and eat well!



Crab Stuffed Portobello Mushrooms

INGREDIENTS:

- 2 large Portobello mushrooms
- 6 small mushrooms
- 1 tablespoon dill weed
- Sea salt and pepper to taste
- 16oz. crabmeat
- 1 cup breadcrumbs
- 2 tablespoons extra virgin olive oil
- 1/4 cup cubed Monterey Jack cheese or white cheddar
- 1/4 cup diced green onion
- 1 lemon
- 1 tablespoon garlic powder

MAKES 2 SERVINGS

**Cooking
TIDBIT:**

Instead of Monterey Jack cheese or a white cheddar cheese, you may use any other good melting cheese.



[A Cook's Dictionary]

Portobello Mushroom:

A large, dark brown mushroom, the Portobello is the fully mature form of the crimino. The name Portobello began to be used in the 1980s as a marketing ploy to popularize an unglamorous mushroom. The Portobello mushroom, which can measure six inches in diameter, has an open, flat cap with fully exposed gills. The reduced moisture creates a dense, meaty texture. Their stems are very woody and should be removed. The caps can be used chopped, but it's more dramatic used whole. It's popular grilled and used in a sandwich, or cut into thick slices for a salad or entrée.

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



6 Plate, throw in a little dried parsley and enjoy!



Food Factoid:

“Whoever eats the last piece of bread has to kiss the cook.” – Italian proverb