

# Cooking with the Club

by Chef Robert Larios



## Send Us Your Recipes!

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# Prosciutto Melon Salad

## DIRECTIONS:



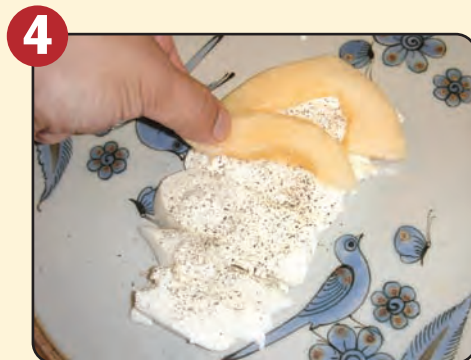
There are many brands of prosciutto available; perhaps find an Italian deli so that you can taste-test some of it. Gather up your ingredients – the cantaloupe, prosciutto, the burrata mozzarella and balsamic vinegar to start.



With a sharp knife, place your cantaloupe on the cutting board and slice half the cantaloupe into very thin slices.



Take the burrata mozzarella and cut into slices if firm enough. Otherwise just pull chunks out and lay them on the serving plate.



Place the cheese on the plate, then season lightly with salt and pepper. Lay the cantaloupe slices on top of the cheese.



The last step is adding the prosciutto on top of the cantaloupe. You may cut the slices even more thinly by dicing them once and sprinkling them over the cantaloupe.



Finding intense flavor in simple foods and recipes is the goal for many in the kitchen. It certainly is the goal for me when I'm cooking – as well as eating. It's a tremendous challenge to use the right combination of ingredients and transform them into culinary masterpieces, but when one is discovered, it can be nearly life-changing.

I had a version of this salad at a restaurant not too long ago and was captured by its amazing flavor and simplicity. The main ingredients are ham, cantaloupe and mozzarella cheese. How's that for simplicity! I had to share a version of that recipe with you, and so here it is. If you are unable to locate prosciutto ham, Serrano ham is a great alternative – perhaps you'd like to combine the two? Go for it! I would! Burrata mozzarella cheese is a very soft version of the traditional mozzarella cheese and is more available now than ever. Still, the use of regular mozzarella is surely an option, but the soft texture of the burrata variety is fantastic. Enjoy at your summer picnics and gatherings as an hors d'oeuvre or as a light salad.

## Prosciutto Melon Salad

### INGREDIENTS:

- 1 cantaloupe
- 3 ounces prosciutto
- Sea salt and pepper to taste
- 1 tablespoons balsamic vinegar
- 1 ball (about of cup) burrata mozzarella

MAKES 2 SERVINGS

### Cooking TIDBIT:

If you can't find prosciutto in the market, Serrano ham is another great meat to use.



## [ A Cook's Dictionary ]

### Mozzarella:

Hailing from Italy, mozzarella is a mild, white fresh cheese that's made by the special pasta filata process, whereby the curd is dipped into hot whey, then stretched and kneaded to the desired consistency. At one time, mozzarella was made from only the milk of water buffalo. Today, however, the majority of it is made with cow's milk.

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



Add the balsamic vinegar to the dish. Plate, throw in a little dried parsley, and enjoy!



Food Factoid:

“An empty belly is the best cook.” – Estonian proverb