

Cooking with the Club

by Chef Robert Larios



Send Us Your Recipes!

If you would like your recipe published in the next issue of *Alive!*, you may fax your recipes to (213) 620-0398 or e-mail us at talkback@cityemployeesclub.com

Holiday Rice Pilaf in a Pumpkin Bowl

DIRECTIONS:



Take the small pumpkin and cut clear across the top end of it, removing the seeds along with all other stringy pumpkin material. Let stand for several hours to dry.



Wash, peel and gather your vegetable ingredients as well as your almonds. Dice and cube them.



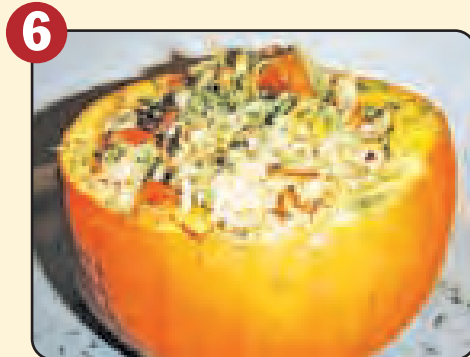
Place the ingredients in a large skillet on medium heat. Add the sea salt and pepper. Let cook until golden brown – this takes about 5 to 10 minutes.



Dice and cube the andouille sausage as well as the turkey breast. Add the sausage and turkey to the vegetables that are sautéing in the large skillet.



Boil the brown rice in water until fully cooked; remove water and place the rice in the large skillet with the other ingredients. Lightly mix together. Let cook for another 5 minutes and add the parsley at the end. Turn off heat and let sit.



Add the rice mix in the hallowed pumpkin.

Turkey, sweet potatoes and pumpkins are all part of the great American tradition of the Thanksgiving feast. This month's recipe calls for these ingredients, but I have added a few additional ingredients – brown rice, andouille sausage and almonds, of all things.

The pumpkin in this recipe is not so much an ingredient but more of a decorative piece as it will form a bowl to hold the pilaf – very much like a sourdough bread bowl with chili or clam chowder. You are free to use other types of squash or other sizes of pumpkin as well to serve as your decorative bowl.

The addition of the almonds adds a crunchy texture to the pilaf – I prefer to use slices of almonds, which can be bought at most stores.

It is hard to find meals that will add to a mouth-watering experience while adding to ambiance of the holiday. But this one surely does, and it will clearly be the talk at the Thanksgiving table.

Happy Thanksgiving, everyone!



Holiday Rice Pilaf in a Pumpkin Bowl

Makes 4 Servings

INGREDIENTS:

- 1 shallot, diced
- 1/2 cup sweet potato, diced and cubed
- 1/4 cup sliced almonds
- 1/2 cup carrots, diced
- 1/2 cup celery, diced
- 1/4 cup extra virgin olive oil
- Sea salt and pepper to taste
- 1 small pumpkin
- 2 fully and previously cooked andouille sausages, cubed and diced
- 1/2 cup previously cooked turkey breast, diced and cubed
- 1 cup brown rice
- 1/4 cup parsley

Cooking TIDBIT: *If you have a large gathering for dinner, feel free to use a larger pumpkin and more of the ingredients to accommodate the group. You may substitute the andouille sausage for other types of sausage – it's your choice.*



Plate, throw in a little dried parsley and enjoy!

[A Cook's Dictionary]

Pumpkin:

When the colonists landed in North America, they found the Indians growing and using pumpkins. This large, ungainly fruit was enthusiastically embraced by the new Americans and subsequently, pumpkin pie became a national Thanksgiving tradition. It was so loved that one early Connecticut colony delayed Thanksgiving because the molasses needed to make this popular pie wasn't readily available. Large, round and orange, the pumpkin is a member of the gourd family, which also includes Muskmelon, watermelon and squash.

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

