

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

Cornish Hen with Almond Sautéed Green Beans

Cooking dishes for the winter holidays can be easy for some and a challenge for others. It can be easy if you make the same dishes, but it can be a difficult chore looking for new dishes to prepare.

This recipe works well for the holiday season, and it can even be a summer dish as well. It is important to let the Cornish hens marinate for at least three hours, but it is best to let them marinate overnight. The flavors will be at maximum by doing so. Also, you are free to use regular chicken meat like chicken breast, thighs, legs, etc. If you don't have a grill, you may bake in the oven.

The almond sautéed green beans are an upgrade from the standard steamed or baked green beans. The addition of the almonds and the juice of a lemon send this part of the recipe to a whole new level in flavor.



DIRECTIONS:

Almond Sautéed Green Beans



Make sure the green beans are washed and pat-dried. Also have the half cup of sliced almonds ready. Place almonds in a pan on medium to roast for about five minutes to release the oils and intensify the flavors.



In another pan, add the extra virgin olive oil in medium heat and then add the green beans, salt, pepper, parsley and garlic. Let cook for about five to 10 minutes and then add the water and the juice of one lemon to create steam and soften further the green beans. Add the almonds and toss lightly.



Take a large plate and add the almond sautéed green beans, then place the grilled Cornish hens on top of the bed of green beans. Add a twig of rosemary for presentation if you wish. Chef Larios says, "Enjoy!"

DIRECTIONS:

Marinated Cornish Game Hens



Take a large bowl and add the chopped garlic, chopped parsley, rosemary, salt and pepper, extra virgin olive oil, the cup of white wine and the Cornish hen thighs. Mix the ingredients together. Cover with saran wrap and place in the refrigerator overnight to marinate.



Place the Cornish hen pieces on the grill with medium heat. Cover and then, at about 20 minutes on one side, flip them to the other side for another 20 minutes. Times are approximate, and an eye must be kept on the grill to be sure there is no over-cooking. Once cooked, place the Cornish hens in a tray or bowl to cool.

Almond Sautéed Green Beans

INGREDIENTS:

- 1/2 cup sliced almonds
- 2 cloves garlic, chopped
- 1/4 cup, extra virgin olive oil
- 1/2 pound to 1 pound green beans

Makes 2 Servings

- Sea salt and pepper to taste
- 1/4 fresh Italian parsley
- Juice of one lemon
- 1/4 cup water



If you can't find almonds, use another type of nut like peanut, walnut or cashews.

Marinated Cornish Game Hens

INGREDIENTS:

- 1/4 cup sliced almonds
- 4 cloves garlic, chopped
- 1/4 cup extra virgin olive oil
- 1 cup white wine
- Sea salt and pepper to taste

Makes 2 Servings

- 1 cup fresh Italian parsley
- 1/4 cup fresh rosemary
- 6 pieces Cornish hen thighs



If you don't have access to Cornish hens, use regular chicken meat.

[A Cook's Dictionary]

Rosemary:

Used since 500 B.C., rosemary is native to the Mediterranean area (where it grows wild) but is now cultivated throughout Europe and in the United States. Early on, this mint-family member was used to cure ailments of the nervous system. Rosemary can be used as a seasoning in a variety of dishes, including fruit salads, soups, vegetables, meat (particularly lamb), fish and egg dishes, stuffings and dressings.

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



Food Factoid:

"All you need is love. But a little chocolate now and then doesn't hurt."

— Charles M. Schulz