

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

Cooking with the Club

with Chef Robert Larios



Beef Pot Roast and Gumbo



It's time to use the slow cooker! Take it out of the kitchen cabinet and plug it into the wall outlet because the pot roast is ready to be cooked for 10 hours. That's correct – 10 hours of cooking makes this recipe fun and delicious (not to mention the fabulous sautéed mushrooms as a side dish).

Since this recipe calls for 10 hours of slow cooking, you might want to start the cooking process about 8 a.m. so that it is ready by 6 p.m., which is dinnertime for most of us. If you feel uncomfortable using red wine with the beef broth, just use beef broth and let the pot roast cook in that – just remember to make sure the pot roast is covered at the start of the cooking process. Feel free to add other spices while the

pot roast cooks; the flavors will magically magnetize to the pot roast.

Here's a great recipe for Louisiana gumbo, sent in by cook and Club Member Terry Gray. Thanks, Terry, for another winner!

Terry's Gumbo

INGREDIENTS:

- 6 spicy chicken sausages
- 6 Louisiana hot sausages
- 20 frozen crab claws
- 3 cans lump crabmeat
- 3 boneless skinless chicken breasts
- 20 tiger shrimp
- 20 white shrimp
- 1/2 large brown onion
- 1/2 whole garlic
- 2 habanero peppers
- 4 celery stalks
- 1/2 green bell pepper
- 1/2 red bell pepper
- Seasoned salt
- Onion and garlic powder
- Cayenne pepper
- 1 cup flour
- 1 cup vegetable oil



DIRECTIONS:

Terry's Gumbo

• Put 3 quarts of water into large heavy pot.

• Boil chicken breasts for approx 15 minutes until done. Remove the chicken and let it rest. Skim off the white foam, which is excess fat and grease (don't throw away the water!)

• Peel and de-vein the shrimp, putting the shells in chicken water, and boil for approximately 15 minutes.

• With a strainer, take shells out and throw them away. Let the water sit.

• In another pan, put in 1 cup of vegetable oil and 1 cup of flour on high heat, whisking all the while. (Never let it sit, as it burns easily!) This makes roux. Wait for the color



to change to a dark brown in approximately 10 minutes. Carefully pour the roux into hot water, whisking all the while.

• In a food processor, put in chunks of onion, celery, bell peppers ("the Trinity"), garlic and habanero peppers. Process until liquefied.

• Pour this mix into the large pot, stirring constantly. Add crab claws, sausages, chicken, raw shrimp (the shrimp will cook in gumbo) and lump crabmeat. Bring to a boil. Add cayenne pepper, garlic powder, onion powder and seasoned salt to taste. Turn down to very low heat (and remember keep stirring). Let simmer.

• Serve over rice, and top with a sprinkle of gumbo *filé* powder. Enjoy!

DIRECTIONS:

Beef Pot Roast



Place the beef pot roast in the slow cooker. Add beef broth, red wine, garlic, white onion, sea salt, pepper, dried parsley, basil, fennel seeds, thyme and red pepper flakes.



Make sure the broth and the red wine cover the pot roast entirely. Turn the heat to low on the slow cooker. Let cook for 10 hours on low heat.

DIRECTIONS:

Larios-Style Sautéed Mushrooms



Place a sauté pan on medium heat and add the extra virgin olive oil into the pan. Add the mushrooms and pepper. Let cook for about five minutes, then add the soy sauce and the juice of one lemon. Cook until browned. Remove from heat and be ready to plate with slices of pot roast.



Remove pot roast from the slow cooker and begin slicing. Place about three slices on a plate alongside the sautéed mushrooms. Chef Larios says, "Enjoy!"

Beef Pot Roast With Larios-Style Sautéed Mushrooms

INGREDIENTS – Pot Roast:

- 4 pounds beef pot roast
- 4 cloves garlic, minced
- 1/2 white onion, diced
- 1 teaspoon sea salt
- 1 teaspoon pepper
- 2 tablespoons dried parsley

INGREDIENTS – Sautéed Mushrooms:

- 30 to 40 white mushrooms, sliced
- Pepper to taste
- 1/4 cup soy sauce
- 1 lemon (juice)

SPECIAL EQUIPMENT:

- A slow cooker (Crock-Pot or equivalent that's big enough to hold four pounds of pot roast)

Cooking TIDBIT:

When sautéing, feel free to use other mushrooms including oyster mushrooms, Portobello and shiitake.

Makes 6 Servings

- 1 tablespoon dried basil
- 2 tablespoons fennel seeds
- 1 teaspoon thyme
- Pinch of red pepper flakes
- 4 cups beef broth
- 4 cups red wine



[A Cook's Dictionary]

Pot Roast:

Pot Roast: Usually an inexpensive, less tender cut of beef that is first browned, then braised very slowly in a covered pot with a little liquid. The result is a flavorful, tender piece of meat.

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

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



Food Factoid:

"The nicest things about living is the way we must stop whatever and devote our attention to eating good food." – Luciano Pavarotti