

Send Us Your Recipes!

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Cooking with the Club

with Chef Robert Larios



DAD GRUB: CHICKEN AND BEEF BURRITO SUPREME

DIRECTIONS:



1 Prepare all your ingredients. Wash, dry and dice the red peppers, radishes, jalapeños, cilantro, tomato, garlic, and avocados. In a mixing bowl, combine all the diced ingredients. Add the salt and pepper with the lemon juice. Mix lightly. This is your avocado Pico de Gallo.



2 In a large sauté pan, add the extra virgin olive oil and the cubed sirloin steak. In another pan, add the chicken. Season them with paprika, parsley, celery seed powder, salt, pepper, and cumin. Let sauté over medium heat until cooked through or golden brown. Now is a good time to cook the rice – place in a pot of water and boil. Cook your black beans as well.



3 Place green salsa in a small bowl and add diced jicama in it to add the crunchy texture. In a hot iron skillet, place the large flour tortillas on the surface one at a time. Cook each side about 20 seconds.



4 Take one of the four tortillas and begin adding the cubed sirloin, chicken, rice, cheese, sour cream, avocado Pico de Gallo, green salsa and black beans. Roll your tortilla, add a few pieces of diced red pepper and jalapeños, and plate to serve.

Here's a great recipe for Father's Day: a chicken and beef burrito supreme. It is not just any burrito supreme, but my dad's favorite. So, in honor of him, I share the recipe with you!

When you look at the list of ingredients, you might think there are too many and it is too complicated. But it really is easier than it looks. To help see where everything goes, I have separated the ingredients into groups – general, green salsa, and avocado Pico de Gallo.

There is a lot of room for substituting ingredients if you don't have the ones listed in this recipe or wish to add your own flair. Enjoy, and Happy Father's Day to all the fathers in the world!



Chicken and Beef Burrito Supreme

INGREDIENTS – Burrito:

- 1 pound chicken breast, cut into strips
- 1 pound sirloin steak, cubed
- 4 large flour tortillas
- 1/2 cup shredded cheese, Monterey jack and cheddar
- 1/2 cup sour cream
- 1 cup rice
- 1 can black beans
- 2 tablespoons paprika
- 2 tablespoons parsley
- 1 tablespoon celery seed powder
- 2 tablespoons cumin
- 2 tablespoons extra virgin olive oil

Makes 4 Servings

INGREDIENTS – Green Salsa:

- 1 cup green salsa
- 1/4 cup jicama

INGREDIENTS – Avocado Pico de Gallo:

- 1 red pepper, diced
- 2 jalapeños
- 1 juice lemon
- Sea salt and pepper, to taste
- 2 radishes
- 1/2 cup cilantro
- 1 large tomato
- 1/2 cup diced green onion
- 2 cloves minced garlic
- 2 Hass avocados

Cooking TIDBIT:

If you don't have sirloin steak to cube, feel free to use ground beef.

[A Cook's Dictionary]

Radish:

From the Latin *radix*, meaning "root," the radish is the root of a plant in the mustard family. Its skin can vary in color from white to red to purple (and many shades in between). The flavor can be mild to peppery, depending on factors including variety and age. Though radishes are most often used raw in salads, as garnishes and for crudité, they can also be cooked.

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



Enjoy!

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Food Factoid:

Did you know the first mass-produced salsa sold in the United States was in 1941? It was La Victoria salsa.