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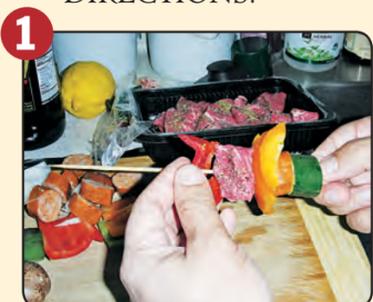
Cooking with the Club

with Chef Robert Larios



SAUSAGE AND BEEF KABOBS

DIRECTIONS:



1 Get wooden skewers that have been soaked in water and begin piercing the kabob ingredients to the skewers. Alternate the vegetables with the sausage and steak chunks.



2 In a bowl, make the chimichurri sauce by combining the olive oil, juice of one lemon, cilantro, garlic (minced), shallot (diced), green onions (diced) and salt and pepper. Mix. Set aside.



3 Place kabobs in a tray in preparation for grilling. Turn the kabobs occasionally. You may add some of the chimichurri sauce while cooking. Too much, however, and you may experience some burning.



4 Let cook for about 15 minutes or until vegetables have grill marks and the steak chunks are sizzling. Take the kabobs out and plate. Add some yogurt sauce if you like as well.

Summer is here, and grilling is at its peak. There are hundreds of recipes for the grill, but one of my favorites is kabobs (also spelled kebabs). I like them for the flexibility of ingredients. All sorts of vegetables and meats can be introduced – the variations and flavors are nearly endless.

Kabobs are complemented well with sauces. You can use yogurt sauces or even a chimichurri sauce. I made a chimichurri sauce for these kabobs. It is easy to make, and as a side note, the chimichurri sauce is an excellent marinade.

When using wooden skewers, always soak them in water for about 30 minutes. This will prevent them from burning when on the grill. Enjoy!



Sausage and Beef Kabobs

INGREDIENTS – Kebobs:

- 1 red pepper
- 1 orange pepper
- 2 green squash
- 2 yellow squash

Makes 4 Servings

- 12 mushrooms
- 2 onions
- 4 sausage links, any flavor
- 1 pound sirloin steak, cubed

INGREDIENTS – Chimichurri Sauce:

- 1/2 cup olive oil
- Juice of one lemon
- 1/2 cup fresh cilantro
- 2 garlic cloves, peeled
- 1 shallot, diced

- 1/4 cup green onions, diced
- 1/2 teaspoon sea salt and pepper
- *Optional:* Yogurt sauce

Cooking TIDBIT:

Feel free to use other cuts of meat including chicken and seafood (scallops and shrimp). Always soak wooden skewers in water for at least 30 minutes. This will prevent them from burning when placed on the grill.

[A Cook's Dictionary]

Kabob (kebab):

Small chunks of meat, fish or shellfish that are usually marinated before being threaded on a skewer and grilled over coals. Pieces of vegetables can also accompany the meat on the skewer. Also called shish kebab and shashlik.

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



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Enjoy!



Food Factoid: "Anybody who believes that the way to a man's heart is through his stomach flunked geography." – Robert Byrne