

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



Marilyn Holley is one of the Club's great Board Members, and she is sharing her recipe for jambalaya.

MARILYN'S JAMBALAYA

What a special treat we have in this month's "Cooking With the Club"! Marilyn Holley, Club Board Member, invited us into her kitchen for her spectacular jambalaya recipe. While I have seen many jambalaya recipes, I have not seen the kind of care and love placed into cooking it like Marilyn has. As a result, the dish is full of flavor – the kind of flavor that you wish all recipes had.

While most of the ingredients you'd expect are present in the jambalaya, a few might seem new, including the cayenne pepper or chicken bouillon. But believe me, they add a set of flavors that place this recipe on top of all other jambalayas.

Marilyn knows this recipe so well that she does not measure the ingredients and adds more of something by taste – the mark of a true cook. I did my best to figure out the quantities needed to make this recipe, so keep in mind they are estimates. There is a secret ingredient that Marilyn used, and if you would like to know what it is, email me at chef@cityemployeesclub.com.

Marilyn's Jambalaya

Makes 8 Servings

INGREDIENTS:

INGREDIENTS

- 1 pound sausage
- 1 pound shrimp
- "Secret ingredient"
* *contact Chef Larios to get it*
- 1/2 cup diced green pepper
- 1/2 cup white onions, diced
- 1/2 cup diced celery
- 2 bay leaves
- 2 bouillon cubes
- 2 large chicken breasts, diced into small cubes
- 1 cup canned diced tomatoes
- 2 tablespoons thyme
- 1 1/2 cups chicken stock or broth
- 4 cloves minced garlic
- 1 cup white rice
- 1 teaspoon cayenne pepper
- Salt and pepper to taste

Cooking TIDBIT

If you have too much chicken stock in the pot, remove the lid to dehydrate the ingredients.

DIRECTIONS:



1 Place these ingredients in a Dutch oven or large pot – the diced green pepper, diced onions, diced celery, salt and pepper. Begin cooking these ingredients on medium heat.



2 Now add the sausage, chicken, shrimp, chicken stock with the chicken bouillon, canned tomatoes, thyme, minced garlic, white rice, cayenne pepper and bay leaves. Mix lightly.



3 Marilyn says, "Place the pot with the jambalaya in the oven at 350 degrees Fahrenheit and cook for about one hour." Make sure the lid for the pot is oven-safe. Remove the lid if there appears to be too much broth to help dry the jambalaya. And always, make sure it tastes the way you like it.



4 Plate and serve! Thank you, Marilyn!

[A Cook's Dictionary]

Jambalaya:

One of Creole cookery's hallmarks, jambalaya is a versatile dish that combines cooked rice with a variety of ingredients, including tomatoes, onion, green peppers, and almost any kind of meat, poultry, or shellfish. The dish varies widely from cook to cook. The name is thought to derive from the French jambon, meaning "ham," the main ingredient in many of the first jambalayas.

© Barron's Educational Services, Inc. 1995 based on *The Food Lover's Companion*, second edition, by Sharon Tyler Herbst.



Fun Food Quote:

"Vegetables are a *must* on a diet. I suggest carrot cake, zucchini bread, and pumpkin pie."

– Garfield

