

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



CHILE VERDE DE ANAHEIM

A few weeks ago, a Club member threw down the gauntlet. Yes, indeed! He said that I should share more Mexican recipes. I aim to please, and so the search for a classic chile verde recipe. Chile verde is a spicy Mexican stew or sauce made usually from chunks of pork that's been slow cooked in chicken broth, chili peppers, garlic, and tomatillos.

In this recipe, I incorporated several chili peppers instead of one and included an Anaheim chili pepper. Thus, I'm calling it the Chile Verde de Anaheim.

There are many variations to making chile verde. Some recipes substitute ingredients such as replacing the pork to chicken and sausage, or using vegetable oil instead of olive oil. These variations are valid, and I encourage experimentation. There are some amazing recipes for this dish. This one is, too, so give it a try – the sauce, or "chile verde," is mouth-watering.

Chile Verde de Anaheim

Makes 4 Servings

INGREDIENTS:

INGREDIENTS

- 1 1/2 pounds pork, cubed
- 2 tablespoons extra virgin olive oil
- 1/2 large yellow onion, diced
- 3 cloves garlic, minced
- 1 tablespoon sea salt
- Freshly ground pepper, to taste
- 1 tablespoon cumin
- 4 cups chicken broth
- 1/2 fresh poblano chili pepper
- 1 fresh jalapeño pepper
- 1/2 Anaheim pepper
- 1/2 yellow bell pepper
- 1 pound fresh tomatillos, with removed husks and cut into fours
- 1 cup chopped cilantro

Cooking TIDBIT

If it is too spicy hot for your taste buds, add brown sugar or little honey. And if the sauce is too thin and you want to thicken it up a little, just add a pinch of flour or cornstarch to the simmering ingredients.

DIRECTIONS:



1 Place a large pot over medium heat on a stovetop oven. Add the olive oil and the cubed pork and then season it with a pinch of salt and pepper. Let brown for about 10 minutes. While browning, move onto preparing the other ingredients



2 Dice the onion, Anaheim chile, poblano chili pepper, jalapeño pepper, yellow bell pepper, green tomatillos and minced garlic.



3 Once the pork has been browned, remove from the pot and place on a separate plate.



4 Add the prepared ingredients and place them in the same pot used for browning the pork. Leave the heat at medium. Add the rest of the salt and pepper as well as cumin and cilantro. Stir lightly until ingredients are tender, and then add the chicken stock.



5 It is now time to use the hand blender to blend the ingredients. Remove all chunks of the tomatillo. Then add the browned pork to the simmering chile verde sauce. Let simmer for one hour.



6 Plate and garnish with a little cilantro in the middle. Use flour or corn tortillas. Enjoy!

[A Cook's Dictionary]

Anaheim Chile:

Named after the California city, the generally mild Anaheim is one of the most commonly available chiles in the United States.

It is usually medium green in color and has a long, narrow shape. The red strain is called the chile Colorado. Anaheim chiles can be purchased fresh or canned and have a sweet, simple taste with just a hint of bite. Anaheims are frequently stuffed and commonly used in salsas. The dried red variety is used for the decorative ristra, a long strong (or wreath) of chiles.

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



Fun Food Quote:

"My advice is not to wait around asking why... just enjoy your ice cream while it's frozen. It may melt."

– Thornton Wilder

