

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



'BLTAE': BACON, LETTUCE, TOMATO, AVOCADO AND EGG

Bacon, lettuce, tomato! The BLT has been a staple sandwich in a typical American diet for decades. There have been multiple variations introduced to the BLT concept, in which a variety of condiments, breads, and other ingredients have taken the BLT to new levels.

This month's recipe is apropos to the evolution and adaption of the BLT. Along with the standard ingredients, I have added avocado slices and a pan-fried egg. The avocado acts like mayonnaise in that it binds the sandwich together. The egg adds a new texture and flavor that is fitting to a sandwich of this kind. Enjoy!

'BLTAE': Bacon, Lettuce, Tomato, Avocado, and Egg

Makes 1 Serving

INGREDIENTS:

- 2 slices of bread (your choice, but I like multigrain)
- 2 leaves lettuce
- 2 slices tomato (you may add more)
- Half of a medium Hass avocado, sliced thinly
- 1 fried egg, over medium or over hard
- 3 strips bacon
- Freshly cracked pepper

Cooking TIDBIT

Feel free to use your favorite sandwich bread and toasting it before you add the ingredients.

DIRECTIONS:



1 If you are used to BLTs, build it the normal way, but we'll add slices of avocado. Clearly, I love avocados!



2 In a large nonstick skillet, place the bacon over medium heat. If you have a small skillet, add the egg over medium heat as well. Cook bacon until crispy.



3 Toast the bread slices and begin building the BLTAE by placing one slice of bread on the plate, then add the slices of avocado, lettuce, tomato, bacon, and egg. You may add more lettuce, tomato, avocado and finally the other slice of toasted bread.



4 Plate and enjoy!

[A Cook's Dictionary]

BLT:

Recipes are not invented, they evolve. In the case of the bacon, lettuce, and tomato sandwich (BLT), culinary evidence confirms this recipe descended from late Victorian-era tea sandwiches. The earliest recipes for BLTs were listed under different names in cookbooks. Most of the ingredients of the BLT (bread, bacon, lettuce) were known to the ancient Romans. Methods for toasting bread were also practiced during this time. Tomatoes were introduced to Europe in the 16th century. Mayonnaise? An 18th-century French invention. According to food historians, modern sandwiches were also invented in the 18th century. Recipes for BLT-type sandwiches that were printed in American cookbooks in the 1930s-50s typically include cheese.

Bibliography: © Lynne Oliver 1995, www.foodtimeline.org



Fun Food Quote:

"I've been on a diet for two weeks, and all I've lost is two weeks."

– Totie Fields

