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Cooking with the Club

with Chef Robert Larios



SALMON TARTARE WITH CUCUMBER

Here is a recipe straight from French Cuisine 101. The ingredients are not many, but the flavors are beyond delicious. It is true that I am using fresh, uncooked wild salmon as part of the recipe. If that does not bode well for you, feel free to use smoked or cured (lox) salmon. Just eliminate the sea salt from the ingredients list – the lox already has an abundant amount of sodium from the curing process it undergoes.

In French cuisine, the phrase *fromage frais* is just a fancy way of identifying creamy soft cheese. You may use cream cheese, but I choose to use yogurt.

Also, Terry Gray of the DWP offers another spectacular recipe called Terry's Chicken Stew Over Penne Pasta. Try it!

Salmon Tartare With Cucumber

Makes 2 to 4 Servings

INGREDIENTS:

- Juice of one lemon
- 1 cucumber, preferably the type called "hothouse"
- 1 scallion
- 1lb. fresh wild salmon filet
- 2 tablespoons dill
- Sea salt and pepper to taste
- 2 tablespoons plain or Greek yogurt

DIRECTIONS:



1 Have your ingredients ready on the cutting board – washing the cucumber and salmon and ready to place in a bowl. Remove the salmon skin and dice into small cubes. Before dicing the cucumber, use a vegetable peeler to peel the skin and save for later.



2 Dice the cucumber and scallions. Place in the bowl and add the dill, lemon juice and the yogurt along with the salt and pepper.

Cooking TIDBIT

Feel free to use fresh sprigs of dill instead of the dried version. It should impart more flavor.

[A Cook's Dictionary]

Cucumber:

Believed to have originated in either India or Thailand, the cucumber has been cultivated for thousands of years. This long, cylindrical, green-skinned fruit of the gourd family has edible seeds surrounded by a mild, crisp flesh. The thin skin, unless waxed, does not require peeling. As a cucumber matures, the seeds grow larger and more bitter; therefore, the seeds of an older cucumber should be removed before it's used. The more expensive English (or hothouse) cucumber can grow up to two feet long and is virtually seedless.



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



3 Mix the ingredients lightly. Place in refrigerator for an hour or until chilled and begin plating. Take the cucumber peels and make a circle. With a spoon, place several scoops of the mixture inside the circle. You may also take the cucumber peel and make decorative knots and place on the plate. Sprinkle additional dill on plate as well. This is presented as an appetizer. You may also present this as a cocktail and place in a martini glass or similar. Serve and enjoy!

Fun Food Quote:

Fish is the only food that is considered spoiled once it smells like what it is.

– P.J. O'Rourke

A Cooking With the Club Extra

Terry's Chicken Stew Over Penne Pasta – Submitted by Terry Gray, DWP

INGREDIENTS:

- 4 boneless, skinless chicken breasts
- 1 green, 1 red, 1 yellow bell pepper
- 3 cloves garlic
- 6 green onions
- Chicken stock
- All-purpose flour
- Black and cayenne pepper
- Seasoned salt
- Paprika
- 6 carrots
- 4 large russet potatoes
- 1 head broccoli
- 4 celery stalks
- Penne pasta

DIRECTIONS:

Chicken: Season chicken breasts generously with seasonings, on both sides. Rub in like you are washing your hands. Lightly oil frying pan with cooking oil and brown chicken on both sides. Take out and let rest on a plate. We'll get back to them later.

Roux: Finely dice all bell peppers, onions, and garlic. In the same frying pan in which the chicken was cooked, put a little more oil in, and add chopped veggies. Let sweat for maybe 5 minutes. Add chicken broth to cover veggies and let simmer 10-15 minutes, stirring occasionally.

Vegetables: Cut potatoes into bite-size pieces. Cut carrots and celery into approx. quarter-inch slices. Cut all stems off broccoli, using only florets. Boil all vegetables separately (you want to be able to taste each individual vegetable). Make sure you only cook them half done. After they're half done, submerge all in cool water (this stops the cooking process). Set aside.

In a large pot, add one-quarter-pot chicken stock, one-quarter-pot warm water, 2 teaspoons black pepper, 1 teaspoon cayenne



pepper, one-half teaspoon paprika, and 2 tablespoons seasoned salt. Add roux stirring constantly. While cooking on med. heat, whisk in flour to desired thickness.

Back to the chicken:

Your chicken has rested and can now be cut into bite-size pieces without all the juices leaving the meat. Add chicken to pot. Cook on med. heat for approx 15 minutes, stirring constantly. Add vegetables, turn heat to low and cover for 10 minutes. Serve over penne pasta and enjoy!

