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# Cooking with the Club

with Chef Robert Larios



## OVEN BAKED SWEET POTATO FRIES

A popular alternative to traditional French fries is sweet potato fries. In this recipe, I have taken it to a different level in that I have decided to bake these fries. While deep-frying them adds a crispiness unmatched by most other cooking methods, baking them at high heat in the oven can render a crispiness that is almost equal to frying.

The use of olive oil is important as well as a cooking spray, since this will help keep the fries from sticking to the baking sheet and each other. The use of sunflower, peanut oil or other favorite oil can be used.

These fries can complement hamburgers, hot dogs or any other meal where French fries also work. With this recipe, I made a hearty hamburger for my sweet potato fries. Please look in the next edition for more details on making a delicious burger. Enjoy!

### Oven Baked Sweet Potato Fries

*The focus of this month is the sweet potato. Next month, we'll focus on the burger!*

Serves 2 to 4

#### INGREDIENTS:

- 3 medium sweet potatoes
- Sea salt and pepper to taste
- 1 tbsp. garlic powder
- 2 tbsps. extra virgin olive oil

#### Cooking TIDBIT

*It is very important to make sure the fries are not touching one another while baking. This will allow the best possible crispy texture.*

#### DIRECTIONS:



- 1 Take about two to three medium-sized sweet potatoes and wash them thoroughly with running water. Peel the skin with a peeler. Slice them in half and then in fry-sized pieces.



- 2 Place the potatoes in a large mixing bowl, then add the olive oil, sea salt, pepper, and garlic powder. Toss. Place them on a baking sheet, use a nonstick spray for the surface of the baking sheet and spray some on the potatoes as well. Preheat oven to 450°F and then bake for 25 to 30 minutes or until crispy brown. After 15 minutes of baking, turn them over.

#### [ A Cook's Dictionary ]



#### Sweet Potato:

*This large edible root belongs to the morning-glory family and is native to tropical areas of the Americas. There are many varieties of sweet potato, but the two that*

*are widely grown commercially are a pale sweet potato and the darker-skinned variety Americans erroneously call "yam" (the true yam is not related to the sweet potato). Sweet potatoes — particularly the pale variety — can be substituted for regular potatoes in most recipes. They can be prepared in a variety of ways, including baking, boiling and sautéing. Sweet-potato chips can now be found on some restaurant menus. Sweet potatoes are high in vitamins A and C.*

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



- 3 Let the fries cool and serve on their own or combine with your favorite, mouth-watering burger. In this case I used a classic hamburger, with onions, lettuce, tomato and cheese on a multigrain bun. Serve and enjoy!

#### Fun Food Quote:

*"A man who can cook a baked sweet potato is the kind of man you should keep around."*

— Maya Angelou

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