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Cooking with the Club

with Chef Robert Larios



CHEF LARIOS BURGER WITH RED ROSE POTATOES

In the last issue, I shared a recipe for sweet potato fries. While those delicious fries were the theme, Club Members are demanding that I further discuss the hamburger that I placed on the finished plate. So I have included my longtime favorite hamburger recipe.

There is nothing complicated about it – just some hamburger meat, tomato, lettuce, onion, cheese and burger buns. While getting ready to grill the burger, I decided to include a very simple recipe for roasted red rose potatoes. Try them, or make the tasty sweet potato fries from last month.

Chef Larios Burger with Red Rose Potatoes

Serves 1 to 2

INGREDIENTS:

- 6 to 12 red rose potatoes
- Sea salt and pepper to taste
- 1 tbsp. garlic powder
- 2 tbsps. extra virgin olive oil
- 1/2 to 1 pound ground beef for two patties
- Leafy greens (your choice)
- 1 to 2 slices tomato
- 1 to 2 thin slices red onion
- 1 to 2 slices Muenster cheese
- Condiments to taste, including mayonnaise, ketchup, mustard, pickles or relish
- Pinch of dill weed for garnish or for potatoes
- Hamburger buns

DIRECTIONS:



- 1 Wash the red rose potatoes. Pat dry and place in a large bowl. Drizzle olive oil onto the potatoes and then add the sea salt, pepper and garlic powder. Toss lightly and place onto the grill. Let cook until browned on all sides.



- 2 Make a ground beef patty; season both sides with sea salt and pepper and place on the grill. Make sure to spray a nonstick cooking spray on the grill just before placing the patty on it. For a medium cooked burger, let cook at medium heat for about five minutes on one side and then flip once and let cook for another five minutes on the other side.

At the last minute before removing the patty from the grill, place a slice (or two) of Muenster cheese onto the patty and let melt. The burger buns may be toasted on the grill if you desire it – let cook until browned lightly.

Food History

In 1955, Ray Kroc opened the first franchised McDonald's in Des Plaines, Ill. He bought the hamburger restaurant owned by the McDonald brothers, whose original McDonald's burger stand opened in San Bernardino. On Kroc's opening day, a two-patty hamburger cost 15 cents, and French fries cost 10 cents.

[A Cook's Dictionary]



Hamburger:

Said to have made its first appearance at the St. Louis World's Fair in 1904 (which also gave the world iced tea, the hot dog and the ice-cream cone, according to legend), the hamburger is one of America's favorite

foods. It consists of a cooked patty of ground beef sandwiched between two bread halves, usually in the form of a hamburger bun. The meat can be mixed with various flavorings including finely chopped onions and herbs, and is sometimes topped with a slice of cheese, in which case it becomes a cheeseburger.

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 with on their own or combine with your favorite, mouthwatering burger. In this case I used a classic hamburger, with onions, lettuce, tomato and cheese on a multigrain bun. Serve and enjoy!

Cooking TIDBIT

Use a large cup to help mold the round outline of the burger. Feel free to make it any size you like – just remember that cooking times will change if your hamburger thickness increases.

SPLISH SPLASH!

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