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Cooking with the Club



with Chef Robert Larios



WINGING IT, FOR THE BIG GAME

I like nothing more than having great food like chicken wings for the big Super Bowl football game. There are many ways to have chicken wings, and there are many ways to marinade them along with so many ways to cook them. I like to place them in the oven because I like the intense heat it creates, but the grill is wonderful, too. Nonetheless, for these recipes, the oven is what I'll use.

I'm sharing three flavor styles with you. The first one is an Italian dressing-style marinade and may be the most complicated of the three to make, with five different marinade ingredients. The hot sauce style uses just hot sauce, nothing more, nothing less. It's quite simple but full of flavor, and it's the crowd favorite. Honey Mustard Curry Wings is full of flavor and will not disappoint if you're looking to change up the traditional chicken wing flavor. My experience has been that this one will go fast, so maybe make more than the other wings.

As always, please be aware of very real danger of food-borne illnesses. These can be prevented by being aware of keeping your hands and workstation surfaces clean and sanitized. You must also consider the time you cook your chicken wings along with the temperature at which they cook. Make sure they're thoroughly cooked so that bacteria on the chicken are killed from the heat.

A Trio of Super Chicken Wings



INGREDIENTS:

Italian Dressing-Style Chicken Wings:

- 2 tablespoons garlic powder
- 2 tablespoons Worcestershire sauce
- 2 tablespoons soy sauce
- 32 fl ounces of Italian dressing
- 1 tablespoon brown sugar
- 1 1/2 pounds room temperature chicken wings

DIRECTIONS:

For all 3 recipes

Step 1:

Add and mix all the ingredients in a large mixing bowl.

Step 2:

Add as many chicken wings as can be covered by the marinade. Cover with foil or plastic food wrap and leave in the refrigerator until you're ready to cook.

Ideal marination should be overnight or at least three to four hours.

Step 3:

Take the marinated wings and place them on a cooking sheet. Place in oven at 375 degrees and cook for about 30 to 40 minutes or until golden brown.



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2



3

Honey Mustard Curry Wings:

- 17 ounces yellow mustard
- 24 ounces Clover honey bottle
- 2 tablespoons curry powder
- 1 1/2 pounds room temperature chicken wings

Staff Favorite!



1



2



3

Hot Sauce Style Wings:

- 2 bottles Louisiana's Crystal Hot Sauce
- 1 1/2 pounds room temperature chicken wings

Special note: For easier pouring of hot sauce, take some pliers and pull off the cap.



1



2



3

Food Quote

"If more of us valued food and cheer and song above hoarded gold, it would be a merrier world."

— J.R.R. Tolkien, *The Hobbit*



[A Cook's Dictionary]

Chicken:

History tells us that today's chickens are descendants of wild fowl that roamed the dense jungles of primeval Asia. Thousands of years later, France's King Henry IV stated in his coronation speech that he hoped each peasant in his realm would have "a chicken in his pot every Sunday." Chickens falls into several classifications and grades, including broiler-fryer, roasters, Cornish hens, squab chicken, etc.

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Cooking TIDBIT

Feel free to experiment with a variety of hot sauces, including any of the Louisiana-style hot sauces and other sauces like Frank's Red Hot Buffalo Wing Sauce. As always, be aware of the heat level for hot sauces since some may have levels too high for children to enjoy.