

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



VALENTINE'S DAY SPAGHETTI AND MEATBALLS

Here is a recipe for the men in the world who would like to make a wonderful evening Valentine's dinner for their loved ones without spending hours in the kitchen. Not all tasty dishes have to take hours of preparation. In fact, this one should take only 45 minutes or fewer but will appear to have been a three-hour labor of love.

This spaghetti and meatball recipe asks that you buy the spaghetti sauce, the meatballs and pasta in a store. However, any one of you is free to roll your own fresh pasta, create your tomato sauce from scratch and form the meatballs with your own ingredients. There is a difference in flavor, but this recipe still makes the list for super deliciousness.

Remember to light candles for the dining table, get a bottle Italian wine (like a Chianti Classico). This and the effort will make for a memorable Valentine's Day evening. Enjoy!

Spaghetti and Meatballs

Serves 2 Valentine sweethearts

INGREDIENTS:

- 1 package dried spaghetti pasta
- 1 can spaghetti or marinara sauce
- 2 tablespoons dried parsley
- Salt and pepper to taste
- 1 tablespoon paprika
- 1 cup basil
- 6 meatballs (typically packaged frozen)
- Water (to fill large pot of your choosing)
- 1/4 cup extra virgin olive oil
- Parmesan cheese shavings (to taste)

Cooking TIDBIT If you desire thicker sauce, add a few tablespoons of tomato paste when simmering and stir until blended.

[A Cook's Dictionary]



Basil:

Called the "royal herb" by ancient Greeks, this annual herb is a member of the mint family. Fresh basil has a pungent flavor that some describe as a cross between licorice and cloves. To preserve fresh basil, wash and dry the leaves and place layers of leaves, then coarse salt, in a container that can be tightly sealed. Alternatively, finely chop the cleaned basil and combine it with a small amount of olive oil. Freeze in tiny portions to flavor sauces, salad dressings, etc. Fried basil, though, bears little resemblance in either flavor or aroma to the fresh herb, can be purchased in the spice section of the most supermarkets.

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

Food Quote

"There is no love sincerer than the love of food."

– George Bernard Shaw

DIRECTIONS:



1 In a large pot, add water to fill the half-way point. Raise stove to high heat to begin boiling. Add salt and pepper as well as the extra virgin olive oil. The oil will help prevent the pasta from sticking excessively once plated.



2 Take the jar of spaghetti sauce and place in a saucepan over medium heat. Add the dried parsley, julienned basil and paprika. Leave some basil for plating later. Allow to boil, then quickly let simmer. You may oven-bake the meatballs or for speed place in a microwave and follow instructions on heating found on package.



3 Once the pasta is *al dente* (tender but still firm to the bite), use a strainer over a kitchen sink to carefully remove the water. Plate spaghetti in center of plate, and then add sauce. Once meatballs are cooked, place on top of pasta, add Parmesan and sprinkle leftover basil on plate.



4 Serve and enjoy!