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Cooking with the Club



with Chef Robert Larios



BREAKFAST BURRITO A LA BACON

It's been years since I've made a breakfast recipe for the column, but here is one that should remind you of your favorite Mexican eating establishment. The breakfast burrito is very common here in the Los Angeles area and has become part of the menu with some of the national fast-food chains. And for good reason, people love them.

Here is one version of the breakfast burrito that you will like, for it's easy to follow these instructions, and it leads to the end result, a full-flavored breakfast meal that will win the hearts of family and friends.

I used bacon in this recipe, but you may use sausage, chorizo or ground beef. And make sure to accompany your breakfast with a salsa or hot sauce. I like using Tapatio hot sauce for this recipe. Enjoy!

Breakfast Burrito a la Bacon

Serves 2

INGREDIENTS:

- 6 strips bacon
- 2 large Russet potatoes
- Sea salt and pepper, to taste
- 1 half onion
- 1 clove garlic
- 1 half of a medium avocado (sliced)
- 2 extra large flour tortillas
- 3 eggs
- 2 tablespoons unsalted butter
- 1/4 cup refried beans (from a can okay)
- 1/4 cup shredded cheddar cheese

Cooking TIDBIT

Place potatoes in a bowl with cold water, especially with Russet potatoes. This helps to prevent them from oxidizing and turning brown.

[A Cook's Dictionary]



Bacon:

side pork (the side of a pig) that has been cured and smoked. There are a variety of bacon cuts such as sliced bacon and slab bacon. Bacon grease, the fat rendered from cooked bacon, is highly prized – particularly in the southern United States – as cooking fat.

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Food Quote

"Governing a great nation is like cooking a small fish – too much handling can spoil it."

– Lao Tzu

DIRECTIONS:



- 1 Make preparations by washing the potatoes, peeling them and then dicing them into small cubes. Dice onion and mince one clove of garlic. Slice the avocado. Place bacon strips onto skillet over medium heat. Cook until desired crispiness.



- 2 Remove bacon from skillet and place onto a plate. Then add about a cup of the diced potatoes, onion and garlic to the same skillet used to cook the bacon. Utilizing the bacon fat rendered on the skillet will add much flavor to the potatoes. Let cook until golden brown, then remove and place onto a plate. Cook eggs – also placing them in their own plate once cooked and do the same for the remainder potatoes but add butter and let cook until golden brown. These potatoes will serve as a side to the breakfast burrito.



- 3 Warm the extra-large flour tortillas and then add the bacon, potatoes, cheese, avocado slices and eggs into the two tortillas. Roll and fold the tortillas carefully so that they don't tear.



- 4 Serve and enjoy!