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# Cooking with the Club

with Chef Robert Larios



## TACOS DE CARNE ASADA

Photography courtesy Patricia Martinez

I am always in search of quick, easy and delicious recipes, and Tacos de Carne Asada is no exception. At closer inspection, the recipe could be a top-ten pick for its flavor and easy preparation. There are many versions of carne asada tacos – some call for rice and beans while others are just plain with hot sauce. In my version, I use a few extra ingredients including sour cream and Monterey Jack cheese. I also grilled some corn on the cob and a few artichokes as a side dish. This is optional, but you can do the same or make some rice and beans as sides.

If your carne asada was defrosting but you placed the beef on the grill before the entire cut of beef had been thawed, it will end up cooked well on the outside but undercooked inside. A solution to this is to place the meat in the oven for about 15 minutes at 375 degrees F so that the inside of the beef is cooked through as well. Enjoy!

### Tacos de Carne Asada

Serves 2

#### INGREDIENTS:

- 1 pound seasoned skirt steak (or flank steak)
- 1/4 cup sour cream
- 1/4 cup cilantro, chopped
- 1 tablespoon julienned chives
- 6 corn tortillas (approximate)
- Red and/or green salsa
- 1/4 cup shredded Monterey Jack cheese
- Diced tomatoes (optional)
- Avocado cubed (optional)
- 2 corncobs (optional)

#### Cooking TIDBIT

You may use other cuts of beef including tenderloin, New York steak and filet mignon. Have the butcher prepare the carne asada, or some markets already have them prepared and ready to cook.

#### [ A Cook's Dictionary ]



#### Carne Asada:

Spanish for "roasted (broiled) meat," carne asada is a popular Mexican specialty of thin strips of beef marinated in lime juice and other seasonings and quickly grilled. Traditionally tenderloin or New York steak is used, though flank steak or skirt steak is often substituted. Carne asada can be eaten on its own with sides of rice and beans, or cut into smaller pieces and used in other Mexican specialties including enchiladas, quesadillas or tacos.

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### Food Fact

Mice don't like cheese. Their sensitive noses prefer the smells of grains and fruits.

#### DIRECTIONS:



**1** With a well-thawed steak, place the meat on high heat on top of a barbecue grill. Grill both sides for about three minutes each, and then reduce heat to medium heat. Place two corncobs on the grill as well. Close barbecue lid.



**2** Turn steak over on other side once it has browned well. Turn the corn as well. The color should be similar to this photo.



**3** It is important to cook the steak to the correct temperature. I use a meat thermometer to check the internal temperature. For the steak to be cooked medium, I want the internal temperature to be at 145 degrees F.



**4** On a hot iron skillet or comal, place your corn tortillas there and turn over once one side is toasted.



**5** Take two warmed tortillas, add slices of the carne asada, cheese, salsa, diced chives, cilantro, sour cream and optional diced tomatoes and avocado. Plate. Enjoy!