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# Cooking with the Club



with Chef Robert Larios



## SUMMER COLESLAW

Coleslaw is a staple side dish to any summer grilling. There are many different ways it can be made, and the flavors can be tweaked to accommodate your taste preferences. In this recipe, the preparation time is probably under 15 minutes before it goes in the refrigerator for cooling. Placing it in the refrigerator also helps the other ingredients – the vinegar, salt and sugar – to penetrate the slaw for enhanced taste.

I have also included diced onion, and a Hawaiian variety at that. This variety tends to be sweeter and less pungent than the typical white onion. Also, I use almond slices to add a certain crunchy texture, which you will find adds character to the recipe.

Happy Fourth of July! Cook and eat well!

### Summer Coleslaw

Serves 4

#### INGREDIENTS:

- 2 cups shredded cabbage coleslaw; it can be found at the grocery store in the non-frozen food section as a bag
- 1/4 cup almond slices
- 1/4 cup shredded Brussels sprouts (optional)
- 1/4 cup mayonnaise
- 1/4 cup finely diced sweet white onion; Hawaiian onion is preferred
- 2 tablespoons extra virgin olive oil
- 1 teaspoon sea salt
- 1/4 cup sugar
- 2 tablespoons rice wine vinegar
- Pinch of dried parsley for garnish

#### Cooking TIDBIT

You may also use a product called broccoli slaw, which can be used instead of cabbage. Secondly, you may use brown sugar as part of the ingredients.

#### [ A Cook's Dictionary ]



#### Coleslaw:

From the Dutch koolsa, meaning "cabbage salad" – kool ("cabbage") plus ("salad"). Coleslaw is a salad of shredded red or white cabbage mixed with a mayonnaise, vinaigrette or other type of dressing. Other ingredients including chopped onion, celery, sweet green or red pepper, pickles, bacon or herbs may be added. There are probably as many variations of coleslaw as there are cooks.

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### Food Fact

"Statistics show that, of those who contract the habit of eating, very few survive."

– George Bernard Shaw

#### DIRECTIONS:



- 1 In a large bowl, combine the shredded cabbage (or broccoli slaw), almond slices, shredded Brussels sprouts, mayonnaise, diced onion, olive oil, sea salt, sugar and vinegar. Mix all ingredients until they appear well distributed. Mayonnaise may clump, so extra care must be taken to mix it throughout the bowl.



- 3 The coleslaw can be plated and served as a complement to hamburgers, hot dogs, chicken, ribs or anything else that can be cooked over the grill.



- 2 Place the bowl with the ingredients into the refrigerator for cooling and marinating. It is ideal to let sit for about an hour.



- 4 Add a pinch of dried parsley for garnish. Serve and enjoy!