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Cooking with the Club

with Chef Robert Larios



HALIBUT KABOBS

As the summer approaches, grilling on the outdoor barbecue becomes more common. Sometimes I can drive through a neighborhood and see almost every family congregating around the barbecue.

I have been experimenting with more fish recipes, and I introduce to you this recipe on halibut kabobs. I like it because it is very simple to prepare and quick to cook. I use halibut, but you can use any other fish that can hold its firmness. Just remember not to overcook because it may tear off of the skewers. Feel free to incorporate other vegetable including zucchini or potato. You can also add other seafood including shrimp or other cuts of fish.

Happy Father's Day, and enjoy!

iBuen provecho!

Chef Larios

Halibut Kabobs

INGREDIENTS:

- 4 cherry tomatoes
- 6 ounces halibut, cut into 6 pieces
- Half of a medium red onion, cut into squares
- Half of a red pepper, cut into squares
- Sea salt and pepper, to taste
- 2 tablespoons extra virgin olive oil
- Juice of 1 lemon
- 1 cup white rice

Cooking TIDBIT

You may use any other ingredients to fill the skewers including zucchini, shrimp or salmon.

[A Cook's Dictionary]



Halibut:

Abundant in the northern Pacific and Atlantic waters, this large member of the flatfish family can weigh up to half a ton. The norm, however, ranges between 50 and 100 pounds. Considered the finest is the chicken halibut, which can weigh anywhere from 2 to 10 pounds. Halibut meat is low fat, white and firm with mild flavors. Fresh halibut is available year-round but most abundant from March to September. Both fresh and frozen halibut are usually marketed in fillets and steaks. It's suitable for almost any manner of preparation. Halibut cheeks can sometimes be found in specialty fish markets.

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Food Quote

"Cauliflower is nothing but cabbage with a college education."

– Mark Twain

DIRECTIONS:

Serves 1-2



- 1 Use either steel or bamboo skewers or a slide through the cherry tomato, red pepper, onion, halibut, red onion, red pepper, etc. Do this in this order until you reach the end of the skewer. Once at the end, add another cherry tomato. If using bamboo or wooden skewers, soak for a few hours in a water bath prior to using them. Drizzle extra virgin olive oil on all skewers after adding all the ingredients.

- 2 Place the skewers on the grill over medium heat. Add sea salt and pepper to both sides of the skewers. Cook for two to three minutes on each side or until there is some browning on the fish.



- 3 Remove skewers and plate them on a bed of cooked white rice. Add lemon juice and garnish of your choice.



- 4 Serve and enjoy!