

Finally, a Use for Grapefruit

Are you tired, as I am, of slaving over a hot stove? Then please enjoy the following cool and refreshing recipe!

Those who know me know I will happily peel a piece of plastic off a food item in order to get at, say, a Mars Bar, but am reluctant to peel a peel to get at fruit. Because face it, what you get is fruit, and it's full of stringy membrane and seeds, will likely leave a creepy, naked feeling on the teeth, and has a tendency to squirt juice all over your shirt (or eyes!) and since there's acid in it, it's something that should be washed out right away with club soda before you get a bunch of pale spots on your clothes...okay, that won't happen on my watch and it's not like my shirt budget is HUGE, so when it comes right down to it, fruit and especially *citrus* is a menace.

But here is a recipe that helps grapefruit redeem itself, against all odds.

- 1) Put vodka in a glass, amount depending on what kind of day you've had.
- 2) Squeeze in the juice of whatever fruit you picked from the tree outside your house (again, this may vary).
- 3) I used to use half an orange, because that seemed like quite enough, and I'd also throw the squeezed portion in, including the peel because it looked sort of festive.
- 4) But then after I picked all the oranges I could reach, I started going after the grapefruit (devil produce) and decided the peel was too prohibitively large to include.
- 5) And due to a plague of gnats that has descended upon our neighborhood, I would squeeze in the entire fruit and dispose of the peels so as to rob the rotten little parasites of sustenance.
- 6) Which left only a bit of room for tonic and ice, but you know what? It tasted terrific that way!
- 7) Seriously! Grapefruit!

It's called a "Cobra," and please feel free to enjoy them in your homes and start ordering them in your clubs and bars.

Cobra's Recipe Nook

Clip 'n' Save!



Slushing with the Elegant Evelyn

Guest Cook Evelyn Jensen offers the following summer treat!

Well, I can't manifest a guy (not true, as recent events have showed—ed), but I CAN mix a mean summer beverage! If you don't have an entry for your "Cookin' with Cobra" section, I submit the following:

I've created a delicious summer beverage using the hot cocoa mix I brought home from Switzerland. You've got to try it. You'll need the following:

- o Gourmet Hot Cocoa Mix in DARK chocolate
- o Milk (Skim, 2% or Whole, depending on how much fat you want in your beverage)

- o Frangelico OR Bailey's (again, depending on your diet—both are equally scrumptious)
- o Ice
- o A Blender

Directions are per serving:

Put 6-8 ice cubes in a blender. Add two parts milk and one part Frangelico or Bailey's (both are equally scrumptious). The liquid should cover a little more than half of the ice. Cover and start the blender.

Add two heaping tablespoons of the cocoa mix and blend until it's a slushy. Mmm Mmmm good!!!

Cobra Entrée the First

Ingredients:

- Pasta-Roni (one box)
- Butter or margarine (see Pasta-Roni box)
- Milk (see Pasta-Roni box)
- Water (see Pasta-Roni box)
- Salt (a few shakes worth)
- Olive oil (enough to create a spot about the size of a dollar—a paper one—on the bottom of a pan)
- Frozen vegetables (as many as you can bear)

Because even Cobra cannot live on Cobras alone—though it's not the worst way to spend a weekend—here is a recipe for solid food.

First, buy the Pasta-Roni of your choice and prepare according to the directions on the box. I recommend the microwave option as your stovetop will be busy. Besides, it will keep you from having to stir two things more or less simultaneously because that's no way to live. But either way takes up to fifteen minutes, so you might want to have a light snack handy.

Turn one of the "burners" to low heat, put a pan over it, and pour some olive oil in. I've used super-virgin olive oil pressed by one of Pagona's uncles that had a magnificent, almost luminous green color. It was great. I've also used

much paler, cheaper, so-no virgin olive oil which I bought mostly because I heard it might work as a deep conditioner for my hair. Honestly, in this recipe I couldn't tell the difference. Maybe if I did a side to side comparison...but anyway, if that sort of thing is important to you, follow your heart.

Salt the oil. Add the frozen vegetables. I go with about half a small bag of whatever mixed variety was on sale last time I shopped, but again, only you know you and what you will eat.

Right about now, you will probably hear the first beep of the microwave telling you to stir the pasta and maybe add the cheese and seasoning packet.

You'll want to keep an eye on the vegetables. Keep pushing them around the pan so they don't burn, which can happen even on low heat. This is a process known as "sautéing." It's really boring, so you might want to have a drink handy as well.

When the vegetables are done (that means the baby carrots are no longer frozen in the middle) and the Pasta-Roni is done (noodles limp, sauce thickening), combine them. That's right—put the vegetables right in the microwave safe dish, and stir a final time. Retire to your futon and enjoy!

Serving note—goes great with Cobras.