

Season 16 Episode 1616 Rudolph Van Veen

Rudolph Van Veen Recipe

Cocktail

1 orange
1 sugar cube
Angostura bitters
Champagne, chilled

1. Rub the sugar cube onto the orange to release the citrus oils onto the cube.
2. Drop the cube into the champagne flute and add a drop of angostura bitters. Add champagne to fill the glass and enjoy.

Indonesian Speck Cake

Eat Well with Ming: Cardamom has been shown to decrease blood pressure and is a natural breath freshener!

Allergy Free Note: shellfish free, fish free, peanut free, soy free

250 grams butter, room temperature
250 grams powdered sugar
10 eggs, separated, 10 yolks and 8 whites
Flour** - Need amount
1 tablespoon vanilla vodka
1 tablespoon speculoos
1 teaspoon cinnamon
1 teaspoon powdered cloves
½ teaspoon cardamom
1 Whole nutmeg

1. Cream ½ the powdered sugar with the butter.
2. Add egg yolks one at a time to the butter/powdered sugar mix until well incorporated.
3. In a separate mixing bowl, place egg whites in along with the second half of the powdered sugar and whisk on high speed for about 4 minutes until fluffy.
4. Add ½ the egg white mixture to the creamed butter mixture. Whisk quickly until smooth. Add the second half of the egg white mix and fold gently until smooth.
5. Fold in half the flour until well incorporated. Then fold in the other half.
6. Add half the batter to a separate bowl.
7. Preheat oven to 170 C or 338F.
8. Fit a 20cm springform pan, fit with parchment paper.
9. To half the batter, add the speculoos, cinnamon, clove powder, and cardamom and gently combine.
10. Add 2-3 tablespoons of the plain batter to the bottom of the pan and spread. Add pan to the oven in the center rack and bake 10 minutes.

11. Remove from oven and add 2-3 tablespoons of the spiced batter and spread. Place back on the top chef in the oven and bake for 10 minutes.
12. Repeat steps 10 and 11 until you've created 8 layers total.
13. Allow the cake to chill. It's best if chilled overnight or at least ½ a day.

Ming Tsai Recipe

Mango-Pineapple Galette

Serves 4

Eat Well with Ming: Pineapple is packed with manganese, a mineral important for metabolism and growth.

Allergy Free Note: peanut free, soy free, shellfish free, fish free

For crust:

6 ¾ ounces (1 ½ cups) unbleached all-purpose flour, plus some for rolling out dough
1 tablespoon sugar in the raw
½ teaspoon kosher salt
2 pinches 5-spice
5 ½ ounces (11 tablespoons) unsalted butter, chilled and cut into ½-inch dice
1 large egg yolk mixed with 1 teaspoon milk
Dark demerara sugar for coating

For filling:

1 ripe pineapple
1 ripe mango
¼ cup light muscovado sugar or light brown sugar
2 tablespoons unbleached all-purpose flour
Minced fresh ginger
Pinch of kosher salt
1 large egg, beaten
2 tablespoons demerara sugar
1 can unshaken coconut milk

1. Combine the flour, sugar, salt, and 5-spice in a stand mixer fitted with a paddle attachment at low speed. Add the butter and mix until the flour is no longer white and the mixture holds when you clump it with your fingers, about 1-2 minutes.
2. In a small bowl, add the egg yolk and milk and beat to combine. Add this to the flour mixture.
3. Mix on low speed until the dough just comes together, about 15 seconds. The dough will be somewhat soft.
4. Turn the dough onto a sheet of plastic wrap, press into a flat disk and wrap with the plastic wrap.
5. Let the dough rest in the refrigerator for 15-20 minutes prior to rolling out.
6. Preheat the oven to 350F, with a rack in the center of the oven.

7. Line a large rimmed baking sheet with parchment paper.
8. In a medium bowl, toss the pineapple and mango with muscovado sugar, flour, minced ginger and salt.
9. Lightly flour a work surface and roll out the dough to a 12-13 inch round. Transfer to the baking sheet.
10. Carefully arrange the pineapple/mangoes in the center of the dough, making sure to leave about 1 ½ inches of space around the perimeter of the dough empty.
11. Fold the outside of the dough over the fruit, making pleats as you go.
12. Brush the crust with the egg then sprinkle with demerara sugar on top of the crust.
13. Place in the oven and bake 15-30 minutes until the crust starts to turn golden brown and the fruit starts to bubble. Check at 15 minute intervals and continue baking until you reach the perfect golden brown color.
14. Let cool for 10 minutes then cut into wedges and serve warm.