

Season 16 Episode 1616 Romain Chassignet

Romain Chassignet Recipe

Traditional Choucroute Royale Garnie

Eat Well with Ming: Sauerkraut is full of fiber and a great probiotic to promote good gut health

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

8 small potatoes, peeled
Onion, peeled and thinly sliced
Alsatian sausage (can sub regular hotdogs)
Smoked sausage
Smoked bacon
Salted ham
Pork knuckle
Sauerkraut, rinsed
Goose fat (can sub pork fat)
1 bottle of good Riesling
3-4 whole dried bay leaves
4-5 whole dried cloves
Whole dried coriander
Whole dried juniper
½ liter water

1. Add 3-4 tablespoons goose fat to a large stock pot.
2. Melt the butter then add the onions and let saute 5-6 minutes to start caramelizing.
3. Add ½ the cabbage and gently stir with the onions. Add in the meat (except the Alsatian sausage) and place in a layer on top of the cabbage. Add the second half of the sausage on top.
4. Add a full bottle of riesling, the water and spices and cover.
5. Cook for 1 hour, then add the potatoes, cover and cook for another 20 minutes.
6. In a pot with boiling water, add the Alsatian sausages or hotdogs and cook for 10 minutes.

Liver Canelles

1 loaf of white bread
2 pork livers, roughly chopped
6 eggs
2 small onions, roughly chopped
2 cloves of garlic, smashed and roughly chopped
1 bunch parsley, save 1-2 tablespoons for garnish
½ liter milk
6 ounces bacon, skin removed and roughly chopped

2 cups semolina flour

1. Soak the bread with the milk and set aside.
2. Heat a pot of water and bring to a boil.
3. Add the onions and garlic to a food processor and pulse a few times. Add the chopped liver and buzz a few times.
4. Add the eggs and flour and again pulse 5-10 seconds until just combined.
5. De-stem the parsley, roughly chop the leaves.
6. Squeeze the milk out of the bread and add to the food processor with the parsley and bacon.
7. Puree until everything is well combined, about 15-20 seconds.
8. Into the boiling water, form canelles and allow to cook 15 minutes, they should float when they are finished.

To plate:

1. Pile choucroute with the meat on a serving platter. Place pork liver canelles on top.
2. Remove Alsatian sausages from the water and add on top, keeping them connected.
3. Garnish with fresh parsley and serve hot.

Ming Tsai Recipe

Szechwan Wok-Stirred Cabbage with Bacon

Serves 4

Eat Well with Ming: Szechwan peppercorns produce the numbing/tingling sensation and are full of antioxidants.

Allergy Free Note: Shellfish free, fish free, peanut free, tree nut free

1 head of cabbage, cut into 2 inch squares
3 tablespoons Szechwan peppercorns
5 cloves of garlic, sliced
3 tablespoons fresh ginger, peeled and minced
½ pound bacon, skin cut off, thinly sliced into 2 inch long pieces
Butter
½ tablespoon soy sauce
Pain d'espice, cut into crouton size pieces (can sub with gingerbread)
2 tablespoons butter
Goose fat
1 ½ chiles, thinly sliced
3 cups white Jasmin rice, cooked and cooled

1. Cut the fat off the bacon and dice into 2 mm size pieces
2. Crush the Szechwan peppercorns with a mortar and pestle and set aside.
3. Add 12 tablespoons goose fat to a large wok and add bacon, garlic, ginger and chiles to start sauteing.

4. Add 1 more tablespoon goose fat along with the peppercorns to allow them to start to cook and release flavor into the oil.
5. Add the cabbage and saute until cooked through, about 5 minutes.
6. To a separate pan on medium heat, melt 2 tablespoons butter. Add 2 cups of the pain d'epices and saute until they reach a nice golden brown color.
7. To a platter, add the cooked Jasmin rice and top with the wok stirred cabbage. Top with the croutons and serve hot.