

## Season 16 Episode 1617 Ron Blaauw

### Ron Blaauw Recipe

#### **Dutch Delight**

1 ½ ounces Dutch Genever (Bols Genever)  
½ ounce lemon juice  
½ ounce mango juice  
½ ounce passion juice  
1 bar spoon coconut cream  
Fresh slice of passion fruit

1. Add ice to a shaker with Genever, lemon juice, mango juice, passionfruit juice and 1 bar spoon full of coconut cream.
2. Shake 3-4 times then strain to a glass filled with ice. Top with a piece of fresh passion fruit and enjoy.

#### **Smoked Eel with Brioche, Egg Salad & Amsterdam Pickles**

**Eat Well with Ming:** Did you know eggs are complete proteins, containing all 9 essential amino acids

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

Eel, fat removed, cut into thirds lengthwise, then cut in half  
2 eggs, 7 minute boiled, cooled and roughly chopped  
Pickled onions, sliced thin  
Pea tendrils  
Brioche, sliced 1 inch thick  
Brown butter  
1 tablespoon fresh mayonnaise  
2 teaspoons creme fraiche  
½ shallot  
½ teaspoon fresh tarragon, minced  
2 bunches chives, 1 bunch gently boiled, 1 set aside and minced for garnish and dish

1. On a griddle, add 1 tablespoon brown butter then place brioche on top. Griddle until nice and golden brown, about 1 minute. Flip then repeat and set aside.
2. In a bowl, add mayo, creme fraiche, shallot, chives, fresh tarragon to the eggs and mix to combine.
3. Take the eel (4 pieces) and lay a few pea tendrils on top. Using the boiled chives, wrap around the eel to make a little packet.

4. To plate, place toasted brioche on the plate. Season the egg salad with salt and pepper and lay on top of the toast. Layer it on to 1 inch, it should equal the thickness of the toast.
5. Place the eel packet on top of the egg salad and garnish with the sliced pickled onion.
6. Cover the plate with the smoking cover, light the smoker and smoke just until it fills with smoke, about 30 seconds.
7. Remove cover right before serving.

### **Ming Tsai Recipe**

#### **Tempura Beer Battered Anchovies, Pickles, Pickled Peppers and Lemons**

*Serves 4*

**Eat Well with Ming:** Anchovies are a great source of magnesium, calcium and phosphorus, all important nutrients for bone health

**Allergy Free Note:** shellfish free, peanut free, tree nut free, dairy free

Anchovies, head on, eviscerated

1 cup sliced pickled peppers

2 pickles

Kosher salt

Canola oil to fry

Black pepper

1 lemon, thinly sliced

½ cup all purpose flour

½ cup cornstarch

1 teaspoon baking soda

2 teaspoon baking powder

Local favorite beer

Salt

2-3 pieces of ice cubes

1 bunch scallions, sliced

Sauce

⅓ cup tamari

1 ½ lemons, juiced

2 tablespoons chopped fresh chives

1 cup pea tendrils for plating

1. In a bowl, combine the flour, cornstarch, baking soda and baking powder. Gently mix to combine.
2. With a whisk in hand, start whisking in the beer until you've reached a pancake batter like consistency, about 8 ounces.
3. Add the anchovies, peppers, pickles and lemons to coat.

4. In oil heated to 375F in a large stock pot or fryer, add the fish and vegetables and fry until golden brown and delicious, about 2 minutes.
5. Remove and place on a paper towel lined plate to drain. Season with kosher salt right away.
6. In a small serving bowl, combine the tamari, lemon juice, chopped chives. On a serving platter, lay down the pea tendrils and place fried items on top. Add the serving bowl with the sauce and serve while hot.

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