

Season 16 Episode 1619 Fritz Pilcher

Fritz Pilcher Recipe

Kir Royale

½ ounce Kir

Champagne to fill glass

1. Add Kir to a champagne glass and fill with champagne, enjoy!

Reibekuchen- Potato Fritters with River Char Tartar, Garden Greens, Lemon Dip & Caviar Vinaigrette

Eat Well with Ming: Arctic char is an excellent source of Omega-3 fatty acids which is important for heart health

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

1 ½ potatoes, peeled and boiled

½ white onion, finely minced

1 cup flour

2 eggs

Kosher salt

Freshly ground black pepper

Whole nutmeg

1 6 ounce piece of river char, bones and skin removed (can sub salmon if needed)

Extra virgin olive oil

1 ounce of your favorite brandy

Juice from ½ lemon

Vegetable oil

2 tablespoons sour cream

Caviar

1 red onion, minced

Fresh dill, roughly chopped

1. Shred one potato into a bowl. Add the onion and egg. Slowly add flour starting with 2 tablespoons. Add a touch of freshly grated nutmeg and mix to combine.
2. Add ½ of the second potato and more flour as needed. Let the mixture rest while you prepare the fish, about 5-6 minutes.
3. Cut the fish on a bias into 6 1-ounce pieces.
4. On a serving platter, drizzle 1 tablespoon of extra virgin olive oil down the plate. Drizzle a few drops of brandy on top along with kosher salt, freshly grated black pepper, and juice from ½ a lemon. Mix all the liquid together with a brush.

5. Lay the fish on top of the platter and zest the lemon on top. Set aside to allow the fish to marinate while you fry the potatoes.
6. In a hot small saute pan, add oil to coat the pan. Once the oil is hot and bubbling, drop 2 tablespoons worth of the potato mixture into the oil and cook 3-4 minutes per side, until golden brown and delicious.
7. Once both sides reach a nice golden brown color, remove the potatoes to a paper towel lined plate.
8. Combine the sour cream, a touch of salt and pepper to taste, 1 teaspoon brandy, and 1 teaspoon extra virgin olive oil.
9. Onto a serving platter, place the fritters down. Top with the salmon and a dollop of the sour cream mixture. Garnish with ¼ teaspoon caviar, a few pieces of red onion and dill to garnish.
10. Drizzle the juice from the second half of the lemon on top and a touch of extra virgin olive oil to finish.

Ming Tsai Recipe

Arctic Char with Crispy Skin and Foie Gras Sauce with Brandy on Cauliflower Rice

Serves 4

Eat Well with Ming: Cauliflower rice provides a good source of fiber and is a great low carbohydrate option

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

River Char

250 grams foie gras

2 ounces brandy

1 head cauliflower

3 shallots, 2 thinly sliced for the sauce, 1 for cauliflower

Butter

Fresh thyme

1 lemon, zest and juice

1. Add 2 tablespoons butter into a saute pan. Melt and add 2 shallots thinly sliced. Start to caramelize and add the brandy to flambe. Remove from heat and carefully add to a blender.
2. To the blender add the foie gras and blend until smooth. Season with kosher salt and freshly ground black pepper.
3. On a cutting board, grate the cauliflower with a box grater into rice.
4. To a wok, add 1 finely minced shallot with garlic, and 1 tablespoon of butter. Allow the butter to melt so that the shallots and garlic start to caramelize. Add the riced cauliflower along with the zest and juice of 1 lemon and saute for 3-4 minutes until the cauliflower starts to caramelize.
5. Season the char with salt and pepper. Add 1 tablespoon butter to a hot saute pan and place the fish skin side down to cook.

6. On a long oval plate, add the cauliflower rice in the middle, drizzle the sauce around the outside and place the fish on top of the cauliflower to serve.

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