

Episode 1713 Michael Schlow

Aviation No. 2

Serves 1

1 ½ ounces Gin
½ ounce Maraschino liqueur
½ ounce Creme de Violette
¾ ounce lemon juice
Maraschino cherries to garnish

1. Chill your coup class with ice. Right before you make your cocktail, pour out the ice.
2. Fill your shaker glass with ice.
3. Add the gin, maraschino liqueur, Creme de Violette and lemon juice. Shake until the glass is cold to the touch and strain into coupe glass. Garnish with maraschino cherries.

Michael Schlow's Recipe

Spicy Shrimp with Fregola and Chickpeas

Serves 4

Eat Well With Ming: Adding the grated broccoli is an easy way to increase fiber and vitamin C intake

Allergy Free Note: peanut free, tree nut free

3 ounces extra virgin olive oil
12 U-8 shrimp, peeled and deveined
1 large garlic clove, smashed
1 medium fennel bulb, cut into quarters, and roughly sliced
½ red onion, sliced
10-12 cherry tomatoes, cut in half
2 cups clear vegetable or chicken stock (good quality)
1 tablespoon Calabrian chile, pureed
1 head broccoli, finely grated on a box grater cup finely grated, raw broccoli (grated on box grater)
2 cups Fregola, cooked in salted water
1 ½ cups chickpeas, canned (good quality)
8-10 large mint leaves, chopped plus 5-6 more whole leaves for garnish
Juice of 1 lemon
Kosher salt and freshly ground black pepper to taste

1. Place the oil in a large, deep saute pan and place over high heat.
2. Smash a clove of garlic and place in the saute pan with 1 tablespoon olive oil. Saute until lightly golden brown. Add the fennel and onion and start to saute, about 1-2 minutes. Then season with season with salt.

3. Add the tomatoes and cook for another 30 seconds or so. Season the vegetables with salt and pepper. Add the broccoli, pureed calabrian chile, fregola and chickpeas along with half the stock and stir gently to incorporate. Add the shrimp and 1 more cup stock and cook until the shrimp are fully steamed through, about 6-8 minutes.
4. Add the chopped mint and lemon juice. Taste and adjust the seasoning.
5. Place in a bowl, trying to place some of the shrimp towards the top for presentation. Garnish with remaining mint leaves and serve.

Ming Tsai's Recipe

Togarashi Shrimp with Miso Risotto, Edamames and Watercress

Serves 4

Eat Well With Ming: Did you know edamame is a complete protein? Plus, 2 cups contains over 30 grams of protein!

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

2 sheets kombu (kelp)
 ¼ cup bonito flakes
 1 heaping tablespoon minced garlic
 2 shallots, minced
 1 ½ tablespoons shiro miso
 3 cups sushi rice
 2 tablespoon sake
 8 U-8 shrimp, cleaned, peeled and de-veined
 2 cups edamame, blanched, peeled
 Togarashi to taste
 Juice of freshly squeezed lemon
 2 cups loose leaf watercress
 Kosher salt and freshly ground black pepper to taste

1. Fill a large pot with water and place kombu and bonito flakes inside. Bring to a boil. Strain.
2. In a wok add 1 tablespoon canola oil, 1 tablespoon garlic, 2 shallots minced and start to saute to sweat down.
3. In the pot with the dashi broth place a fine mesh strainer using a whisk, add the miso and whisk in the miso to create the miso soup broth.
4. Add the rice into the wok to start to toast the rice to incorporate the garlic and shallots.
5. Deglaze the rice in the wok with the sake and stir to loosen from the bottom. Make sure the sake is gone before adding the miso broth. Slowly start to add the miso broth, about ¼

broth at a time and slowly stir on medium heat. You should make this just like you would risotto, slow and steady. As the broth gets absorbed, stir and continue adding more broth about ¼ cup at a time. Continue tasting the rice. It'll take about 15-20 minutes. You should continue the process about 5-6 times.

6. When the risotto is just about finished, add the shrimp, edamame, togarashi, butter and lemon juice. Stir to combine and allow the butter to melt in and finish cooking the risotto and shrimp. The shrimp will curl up will finished cooking. Season with salt and pepper to taste.
7. To plate, dish risotto into large bowls, garnish with watercress and togarashi.

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