

Episode 1714 Jamie Bissonnette

Thyme's Up

2 ounce Magdalena white rum
½ ounce Maraschino liqueur
½ ounce grapefruit juice
¾ ounce lime juice
¼ ounce thyme simple

1. Add ingredients into a glass, fill with ice and shake. Strain into a coupe glass. Garnish with a sprig of thyme.

Jamie Bissonnette's Recipe

Spaghetti a la Carbonara

Serves 4

Eat Well With Ming: Did you know most of the nutrition in an egg is found in the yolk? It contains most of the vitamins, minerals and most of the good fats compared to the egg white.

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

6 oz. Chicken broth or water from cooking the pasta (pasta water)
12 oz. thicker cut spaghetti
4 ounces bacon
1 bunch scallions, thinly sliced
¼ cup frozen peas
¼ cup white onion, diced and sweat to tender
Fresh black pepper
2 tablespoons unsalted butter
2 egg yolks
Grated parmigiano cheese
Sliced scallions

1. Cook pasta in boiling water until tender, 9 minutes.
2. In a saute pan, add bacon with 1 teaspoon canola oil. Saute for 1-2 minutes until the bacon starts to cook down.
3. Add the onions and season with black pepper.
4. At about 9 minutes into the pasta cooking, add about 1 cup of the pasta water into the saute pan with the bacon.
5. Transfer the pasta to a glass bowl. Strain the pasta to make sure there isn't too much pasta water. Add some freshly cracked black pepper
6. Add peas into the saute pan with the bacon along with the butter. Allow to bring to a simmer. Remove from heat and pour over the pasta.

7. Toss the pasta to combine and add the scallions. While tossing with tongs, add the egg yolks. While tossing and flipping the pasta, add the parmesan cheese.
8. Season with salt and pepper to taste and add more parmesan if you prefer. Garnish with more scallions as well.
9. Optional- add uni at the end!
10. Note- pastas should not be returned to heat once the egg yolk has been incorporated. The sauce should coat the pasta evenly with residual sauce on the plate. The dish should not be so tight there is not extra sauce, but the noodles should not be dry. Dish should be put together as quickly as possible.

Ming Tsai's Recipe

Vegetarian Shiitake Carbonara

Serves

Eat Well With Ming: Using Greek yogurt instead of sour cream or creme fraiche to finish the sauce increases protein and decreases fat content

Allergy Free Note:

12 ounces thick spaghetti
8 Shiitake mushroom caps, cleaned and diced
2 shallots, minced
2 cloves garlic
4 shiitake caps, thinly sliced
1 tablespoon tamari
1 cup edamames, blanched and peeled
½ cup vegetable stock
1 cup Greek yogurt to finish off heat
1 block parmesan cheese for garnish
Thick spaghetti

1. Add pasta to boiling water and cook until fully cooked, about 9 minutes.
2. Dice half the shiitake mushrooms and thinly slice the other half.
3. Heat oil in a wok to 375F.
4. Add shallots to a saute pan with garlic and a touch of oil to sweat down, 1 minute. Add the diced shiitakes and saute to sweat down.
5. In the saute pan with the shiitakes and shallots, add the tamari, edamame and vegetable stock and mix to combine.
6. Once oil is heated, add the thinly sliced shiitakes to the oil and fry. After 4-5 minutes, or until golden brown and delicious, transfer to a paper towel lined plate. Season with kosher salt.
7. After 9 minutes, the pasta should be done. Using tongs, transfer the pasta to the saute pan with the mushrooms and edamames. Flip or toss to combine and really mix well.
8. Remove the sauté pan from heat. Add the Greek yogurt and toss the pasta together. Garnish with the shiitake chips, freshly grated parmesan cheese and enjoy!

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