

Episode 1722- San Jose - Chefs David and Jessica

Sangria

1 piece of apple
1 piece of cantaloupe
Cinnamon stick
Orange slices
Lemon slices
Fresh mint leaves
2 ounces port
1 ounce simple syrup
4 ounces white wine
Portuguese orange soda (orange soda or lemon/lime soda is fine too)
Apple slice and mint crown to garnish

1. Add the fruit to the wine glass.
2. Add the port, simple syrup and white wine
3. Top with fresh ice and Portuguese orange soda
4. Garnish with apple slice and mint leaf

Chef David and Jessica - Oven Roasted Octopus

Oven Roasted Octopus

Serves

Eat Well With Ming: Just 3 ounces of octopus contains more than 40% of your daily needs of iron!

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

100g carrots, chopped
100g onions, peeled, chopped
100g, leeks, chopped
Two 6/8lbs octopus (Portuguese or Spanish)
50ml Portuguese olive oil
500ml red cooking wine

1. In a full 600 hotel pan, place the carrot, yellow onion and leek.
2. Clean the octopus well, remove the eggs, break and turn the head inside out and clean well.
3. Place the octopus, tentacles up, over the vegetables. Drizzle the 50ml of olive oil on top of the octopus and cover.
4. Roast in a convection oven for 50 min at 396F.

5. Then uncover and pour the red cooking wine over the tentacles, cover again and place back in the oven for 50 min at 392F.
6. Afterwards, remove from hotel pan and let cool on another hotel pan.
7. Once cooled, cut into desired portions.

Oven Roasted Potatoes

1kg fingerling potatoes

Sea Salt

1. In a full 200 hotel pan, place 1000g fingerling potatoes and wash thoroughly to remove any dirt or impurities.
2. Cover potatoes completely with rock salt and bake at 396F for 30-40 minutes.
3. Allow to cool completely and then remove excess salt from potatoes

Spinach

600g spinach

15g garlic, minced

100ml olive oil

1. In a sauté pan, heat 100ml olive oil and 15g of minced garlic, sauté until garlic is fragrant. Add 600g of spinach and sauté until wilted and tender.

Plating:

1. On the serving plate, place sautéed spinach and then put 6 of the roasted potatoes over the spinach.
2. Carefully placing the portioned octopus over the potatoes that have been roasting in the oven with the potatoes for 5-6 minutes at 392F with olive oil, a smashed garlic clove and bay leaf.
3. Pour the cooking oil over the octopus and add the bay leaf and garlic for garnish.

Ming Tsai Recipe

Sesame Caesar Salad with Octopus Croutons

Serves

Eat Well With Ming: Tofu has isoflavones which are known to help decrease LDL or the “bad” cholesterol

Allergy Free Note: peanut free, tree nut free

2 octopus legs (from above)

2 cups all purpose flour

6 eggs, whisked well

2 cups bread crumbs

1 tomato, thinly sliced

1 bulb of garlic, cloves roasted

½ block silken tofu
Zest and juice lemon
Fish sauce
EVOO
Sesame oil
Parmesan cheese
Sesame seeds
1 head romaine lettuce or baby romaine
Kosher salt and freshly ground black pepper to taste

1. Cut the octopus in thick coins, about ½ inch thick.
2. Coat the octopus coins in the bread crumbs, then dip in the eggs and coat in the bread crumbs, making sure to fully coat in each mixture.
3. Lay the thinly sliced tomatoes on the plate.
4. Zest and juice the lemon into the blender and add the roasted garlic along with the silken tofu.
5. Cut about a 3 ounces chunk of parmesan cheese off the block (you may want to add in smaller pieces) and add into the blender and add the fish sauce. Start the blender and lift it with olive oil, about 1/3 cup total, but slowly drizzle in.
6. Add the octopus into a fryer (if you don't have a fryer, heat a pot with oil to 375F), fry for 2-3 minutes, until golden, brown and delicious. Place on a sheet tray lined with paper towels and season with salt and freshly ground black pepper.
7. Toss the lettuce with dressing, toasted sesame seeds. Top with octopus and garnish with grated parmesan cheese and toasted sesame seeds.

Pastéis de Nata

*Note we are not posting this recipe as it is Jesscia's family recipe