

## **Episode 1401 – Daniel Boulud**

### **Colonial Aigre**

#### **Serves 1**

#### **Ingredients**

- 1 1/2 ounces Asian pear agricole, *see recipe below*
- 3/4 ounce fresh lime juice
- 3/4 ounce split rock candy syrup/yuzu syrup, *see recipe below*
- 2 bar spoons Tineta Tempranillo

1. Combine pear agricole, lime juice and yuzu syrup into a cocktail shaker and give a hard shake.
2. Double strain into a chilled lowball with one very large ice cube and float two bar spoons of the Tempranillo on top.

#### **Asian Pear Agricole**

- 6 Asian pears, sliced thin
- 1 liter Agricole

1. Combine ingredients, let sit for 5 days, covered and at room temperature then strain.

#### **Rock Candy Syrup**

- 2 cups sugar
- 2 cups hot water
- Vanilla extract, to taste

1. Combine sugar and hot water in a glass bowl until sugar is dissolved. Add 1/2 teaspoon of vanilla extract to start, then add more if needed. Should have a fairly strong vanilla flavor.

#### **Yuzu Syrup**

- 10 ounces yuzu juice
- 9 ounces white sugar

1. Combine yuzu and sugar in a small saucepan and whisk over low heat until sugar is dissolved. Do not allow to reduce.

### **Poulet A L'Estragon, Rice Pilaf and Yellow Wax Beans**

#### **Serves 3-4**

**Eat Well With Ming:** Focusing on locally sourced food such as farm-raised chicken as highlighted in this dish not only decreases carbon footprint, but decreases waste. Use the leftovers to make homemade stock or soups.

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

#### **Ingredients**

##### **Poulet a L'Estragon**

- 12 golf ball-size tomatoes
- 1 tablespoon butter
- 2 tablespoons olive oil
- 1 (2- to 3-pound) farm-raised chicken, cut into 8 pieces

freshly ground white pepper  
2 large shallots, sliced  
5 ounces pearl onions, peeled  
1 head of fennel, core removed, cut into 1/4-inch wedges  
1 tablespoon tomato paste  
1 1/2 tablespoons flour  
1/4-1/2 cup tarragon vinegar  
2 cups chicken stock  
1/2 bunch fresh tarragon

1. In a 5-quart braising pan over medium-high heat, melt the butter with the oil. Season the chicken on all sides with salt and pepper.

2. Add the chicken to the pan, skin side down, and sear until golden brown on both sides, about 10 minutes total.

3. Reduce the heat to medium and add the shallots, pearl onions, and fennel to the pan. Add the tomato paste and flour and cook, stirring well to coat everything, for another minute. Add the vinegar, bring to a simmer, then add the tarragon and chicken stock. Bring to a simmer, make sure to scrape the bottom of the pan.

4. Scatter half of the tomatoes around the pan, cover, and simmer for 20 minutes, until the chicken is cooked through.

### **Rice Pilaf**

2 cups jasmine rice  
2 tablespoons butter  
1 shallot minced  
4 cups chicken stock  
1 teaspoon salt  
1 bay leaf  
2 sprigs tarragon  
2 sprigs thyme

1. Rinse the rice with cold water until it runs clear. Heat the butter in a medium saucepan over medium heat. Add the shallot and cook, stirring, until translucent.

2. Add chicken stock, salt, bay leaf, thyme, and tarragon and bring to a simmer. Cover and cook, undisturbed, over low heat for 10-15 minutes. Turn off the heat and rest, covered, for 5 minutes. Remove the lid and fluff the rice with a fork.

### **Yellow Wax Beans**

Salt, as needed  
1 lb. yellow wax beans, trimmed  
2 tablespoons butter

Fresh ground white pepper  
1/2 bunch tarragon, leaves chopped

1. Bring a large saucepan of salted water to a boil. Add the beans and boil for 4 minutes, or until tender. Strain, return the beans to the pan over medium-low heat, and toss with the butter. Season with salt and pepper and toss in the tarragon leaves just before serving.

### **Chinese Five Spice Split Chicken & Steamed Buns**

#### **Serves 4**

**Eat Well With Ming:** Typical Chinese five-spice is made up of five flavors- sweet, salty, bitter, sour and spicy. We include ginger as a sixth flavor, which has many health benefits including anti-nausea effects, reduces inflammation and can help aid in preventing a cold.

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

#### **Ingredients**

Whole chicken, backbone removed, flattened

Five spice mix (cinnamon, clove, star anise, sichuan pepper, fennel, plus ginger, all ground)

Serrano chiles

4 vine-ripe tomatoes

Steamed buns

Salt

Pepper

Olive oil

1. Heat a large non-stick pan over medium heat.

2. Split chicken, season with salt and pepper and lay skin side down into the pan.

3. Season the flesh side of the chicken with five spice then place a large pot of water directly on top of the chicken to flatten it, this will help to cook quicker and get a crispier skin. Allow to cook for about 8-10 minutes and then flip so it's flesh side down and cook for another 8-10 minutes. Both sides should be golden, brown, and delicious.

4. Heat a large cast iron over medium-high heat. place tomatoes and chiles into the dry cast iron and char 5-6 minutes. Using a metal spatula, break up the chiles and tomatoes to create a salsa. Season with salt and pepper.

5. Place steamed buns into a bamboo steamer for 3-4 minutes.

6. While buns are steaming, remove chicken from pan and chop up.

7. To assemble buns: Place a liberal amount of chopped chicken into steamed bun and top with salsa. Enjoy!