

Episode 1405 – Madhur Jaffrey

Aperol Spritzer

Serves 1

2 ounces Aperol
3-4 ounces Prosecco
2 ounces soda water
1 orange wedge, for garnish
2-3 cherries, for garnish

1. Add all ingredients over ice, in wine glass, finishing with soda water.
2. Garnish with orange wedge and cherry.

Potatoes in Marwari Style with Griddle Bread

Serves 4

Eat Well With Ming: Asafetida is a spice commonly used in Indian cuisine. Among many health benefits, it's known to alleviate a variety of digestive issues.

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

Potatoes in Marwari Style

5-6 medium, waxy potatoes (red bliss), a little over 1 pound, boiled, cooled, and peeled
3/4 teaspoon salt, or to taste
1 teaspoon ground coriander
1/8-1/2 teaspoon chili powder
1/4 teaspoon ground turmeric
2 tablespoons olive oil
1/8 teaspoon ground asafetida
1/2 teaspoon whole cumin seeds
1 hot, dried red chili
2 shallots, thinly sliced
1 1/2 teaspoons peeled fresh ginger (1-2 inch piece), grated
1 fresh thai bird chili, thinly sliced
2 tablespoons chopped cilantro

1. Cut the potatoes, lengthways, into fat fries/chips (about 6 per potato) and put them in a bowl. Add the salt, ground coriander, chili powder, and turmeric. Mix them in gently so the spices cling to the potatoes. (You may wear rubber gloves as turmeric can stain.)
2. Put 2 tablespoons olive oil in a well-seasoned wok or cast iron pan over medium-high heat. When hot, add the asafetida. Two seconds later, add the cumin seeds. Let them sizzle for a few seconds. Break the red chili in two and throw it in. Stir around for a second or two. Add the shallots and stir for 2-3 minutes. Add the ginger and green chili. Let cook for about 30 seconds and Stir a few times.
3. Add the potatoes and stir gently, lifting the potatoes from the bottom, for 4-5 minutes, still on medium-high heat. The potatoes should get lightly browned. Check the salt and toss in the cilantro/green coriander. Stir to mix. Turn off the heat and serve.

Griddle Bread

1 cup chapati flour, plus extra for dusting
1/3 teaspoon salt
3/4 teaspoon cumin powder
1/8-1/4 teaspoon chili powder
1/16 teaspoon nigella seeds
1/16 teaspoon ajowon seeds
6 tablespoons olive oil
1/2 cup room temperature water

1. Put the flour into a large bowl. Add the salt, cumin, chili powder, as well as the nigella and ajowon seeds, if you are using them. Dribble in 1 teaspoon of the oil or ghee and rub it into the flour until you have a breadcrumb-like texture.
2. Slowly add water (about 1/4 cup at a time), mixing it in and gathering the flour into a ball. You are aiming for a soft dough and will need about 1/2 cup or a little bit less. Once the ball is formed, knead it for 10 minutes or until it is smooth. Form a smooth ball. Oil or otherwise grease the ball and slip it into a plastic bag. Set it aside for 30-60 minutes.
3. Knead the dough again for a few minutes and divide into 6 balls. Flatten the balls slightly between your palms and cover them with a damp cloth.
4. Set a medium-sized cast iron frying pan, or an indian cast-iron tava on medium-low heat. Give it time to heat up.
5. Meanwhile, dust your work surface with flour. Keep five of the flattened balls covered while you work with the sixth. Roll this one out, flipping it over a few times and dusting it with flour whenever needed, until you have an even round, 6 1/4 inches in diameter. Brush it with about 1/4 teaspoon of oil or ghee. Roll it tightly inwards, forming a snake. Now roll the snake into a tight pinwheel, tucking in the end firmly. Dusting with flour as needed, roll out the pinwheel into a round about 6 1/4 inches in diameter. Lay it on one palm with your fingers spread out, and then slap it on the other palm to get rid of the extra flour.
6. Put 1/2 teaspoon of oil in the hot pan and slap the bread on to it's center. Dribble 1/2 teaspoon of oil on top of the bread. Cook for about 35-45 seconds or until the bread has golden brown spots on the bottom. Using a fine-edged spatula, turn it over and leave for another 35-45 seconds or until the second side has a few, nice brown spots too. Flip the bread again, this time for 10 seconds and then again, for another 10 seconds. It should now be done, crisp on the outside and soft and layered on the inside.
7. Remove to a large plate and cover with another upturned plate or a folded napkin. Make all the breads this way, taking the pan off the heat if it gets too hot as you do your rolling out and then putting it back a little before you slap the next bread on.
8. To serve, place potatoes and bread on a plate. Take a piece of the bread and wrap it around a piece of

the potato before biting. You can also use the bread to dip in the sauce of other dishes you might enjoy alongside the potatoes.

Japanese Chicken Curry with Caramelized Onions & Cauliflower

Serves 4

Eat Well With Ming: Mix a small amount of cornstarch with water and add to your sauce at the end. This is an easy and simple way to thicken sauces at the very end. Add as much or little of the mixture to your sauce until you reach your desired thickness.

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

Ingredients

2 tablespoons grapeseed oil
1 yellow onion, small diced
2 tablespoons madras curry powder
1 tablespoon minced garlic
2 tablespoons minced ginger
1 pound chicken thighs, boneless, skinless, cut into 1-inch chunks
1 small head of cauliflower, cut into florets
1 quart chicken stock
2 cups edamame
2 tablespoons corn starch
2 tablespoons water
Salt
Freshly ground black pepper

1. Heat oil in a large wok over medium heat. Add the onions, season with salt and sweat 3-4 minutes.
2. Add the garlic, ginger and madras curry. Cook 1 minute.
3. Add the chicken and cauliflower and cook 2-3 minutes. Next add the chicken stock. Bring to a boil and simmer 10 minutes, until chicken is cooked through and cauliflower is tender. Add the edamame.
4. In a small bowl, stir together the corn starch and water to make a slurry. Stir the slurry into the simmering curry to desired thickness (1-2 tablespoons), you may not need all of it.
5. Place in a large bowl to serve.

©2016 Ming Tsai - Season 14 Simply Ming