

Episode 1412 – Geir Skeie

Aquavit Sour

Serves 1

1 egg white
2 oz. apple juice
1 oz. simple syrup
3 oz. aquavit
1/2 lemon, juiced
2 dashes orange bitters
Aquavit spice mix-equal parts fennel seeds, coriander seeds and caraway seeds
1/2 orange wheel

1. In a Boston cocktail shaker, add egg white, apple juice, simple syrup, aquavit, lemon juice and orange bitters.

2. Add ice to fill and shake until glass is cold to the touch. Pour with a strainer into a glass with 2 ice cubes. Garnish with a small pinch of spice mix and 1/2 orange wheel.

Pan Fried Grav Laks with Chanterelles and Cauliflower

Serves 2

Eat Well With Ming: Salmon is extremely high in Omega 3 fatty acids, essential for cardiovascular health.

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

Ingredients

Kosher salt and freshly ground black pepper to taste
2 teaspoons sugar
1 teaspoon orange zest
2 teaspoons aquavit spice mix (equal parts fennel seeds, coriander seeds and caraway seeds)
2 teaspoons dill, roughly chopped
1 tablespoon grapeseed oil
2 pieces of 4oz. salmon, skin removed
2 cups cauliflower heads (separated)
1/2 cup water
1/2 cup chevre
1 tablespoon milk
2 cups chanterelle mushrooms
2 teaspoons soy sauce
1 tablespoon butter
2 teaspoons chives, finely chopped

1. On a plate, sprinkle sugar, salt and aquavit spice mix on salmon fillets. Zest 1/2 teaspoon orange zest on each fillet. Add dill and refrigerate for at least 30 minutes, up to 2-3 days.

2. In a small pot on medium heat, add 1 cup cauliflower florets and 1/2 cup water. Cook for about 15 minutes or until the water has dissipated. Add 1/2 cup chevre and 1 tablespoon milk. Purée with a hand

blender or place mixture into a blender and purée until smooth. Season with kosher salt and freshly ground black pepper to taste.

3. In a hot pan, add 1 tablespoon grapeseed oil and place salmon fillets skin side down. Keep pan on heat and allow to cook for 5 minutes or until the bottom is nice and crispy and the top is still a little rare.

4. In another hot pan, add the second cup of cauliflower florets with 1 tablespoon of oil and 2 cups chanterelle mushrooms. Season with 1/2 teaspoon ground black pepper and 2 teaspoons soy sauce. Finish with 2 teaspoons of finely chopped chives.

5. To plate, place 1/4 cup cauliflower purée on each plate. Line the outside of the cauliflower purée perimeter with cauliflower/mushroom mix and place salmon fillet on top to serve.

Norwegian Salmon Paillard Cru on a Cauliflower Apple “Rice” with Garlic Olive Oil

Serves 2

Eat Well With Ming: Cauliflower “rice” is an excellent starch free way to enjoy rice!

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

Ingredients

1 clove garlic, thinly sliced
1/2 cup olive oil
1 tablespoon butter
1/3 fennel bulb, finely chopped
1/3 head cauliflower, riced
1/3 cup chanterelle mushrooms, finely chopped
1/2 teaspoon sea salt
3 tablespoons chicken stock
2, 3oz. pieces of salmon
Plastic wrap
1/2 green apple, chopped into 1/4 inch pieces
1 teaspoon parsley, finely chopped
1 teaspoon chives, finely chopped
Salt and freshly ground black pepper to taste
1 teaspoon lemon zest

1. In a small pan, add thinly sliced garlic and 1/2 cup of olive oil. Place on low heat and allow garlic to crisp.

2. In a separate pan, heat 1 tablespoon butter and add fennel, cauliflower rice and mushrooms. Sauté with 1/2 teaspoon sea salt and 3 tablespoons chicken stock. Stir to combine well. Add 1 teaspoon butter and stir to incorporate well.

3. Add the finely chopped apple to cauliflower/mushroom mix. Stir to combine.

4. Place salmon fillets between two pieces of plastic wrap and pound flat to 1/4-1/8 inch thick.

5. Remove the pan with the garlic and oil from heat.

6. To plate, place 1/3 cup of the cauliflower rice mixture in the middle of the plate. Place the salmon over the top of the rice and garnish with 1/2 teaspoon chives and 1/2 teaspoon parsley. Add 1 teaspoon of the garlic oil, making sure to get some of the garlic chips. Finish with freshly ground black pepper, salt and lemon zest to serve.

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