

Episode 1416 – Susan Regis

Blue Samoan

Serves 1

1 1/2 ounces Vodka
2 ounces pineapple juice
3/4 ounce coco lopez
3/4 ounce lemon juice
3/4 ounce blue curacao
1 dash orange bitters
Orange wedge, for garnish
Cherry, for garnish

1. Add all ingredients into a cocktail shaker and give a hard shake until shaker is cold to the touch.
2. Fill a pint glass with crushed ice and pour contents of cocktail shaker over the ice.
3. Garnish with orange wedge and a cherry on umbrella pick.

Rye Berry Salad with Wine Cap Mushrooms, Wild Greens and an Herbed Crème Fraiche

Serves 4

Eat Well With Ming: This dish is packed with soluble and insoluble fiber to help aid digestion and lower cholesterol.

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

Ingredients

2 cups rye berries-soaked overnight in cool water
½ cup triticale grain, soaked overnight in cool water, drain and allow to sit 3-4 days to sprout
Canola oil
1 carrot, ½ inch dice
1 leek, white part only, ½ inch dice
1 stalk celery, ½ inch dice
3-4 garlic cloves, smashed
2 Bay Leaves
2-3 Thyme sprigs
Grapeseed oil
Blue foot mushrooms, de-stemmed and diced (can also use wine cap or any wild mushroom)
2-3 alliums, spring onions or ramps, save the tops of the spring onions for later
Grapeseed oil
¼ cup amaranth
Bishops weed, miners lettuce, stellaria
1 cup spinach, blanched and shocked
¼ cup parsley, blanched and shocked
¼ cup basil, blanched and shocked
¾ cup crème fraiche

Kosher salt and freshly cracked black pepper

Fresh dill, for garnish

Viola flowers or chive blossoms

2 lemons

1. Heat a 1 tablespoon oil in heavy bottom saucepan. Add carrots, leeks, celery, bay leaves, and thyme sprigs and sauté 5-8 minutes.
2. Add grapeseed oil to a hot cast iron pan and add mushrooms. Allow them to roast until they start to color, about 4-6 minutes.
3. Add the alliums (spring onion and ramps) to the cast iron pan with the mushrooms with Kosher salt to taste. Allow them to sear a little, about 3-4 minutes.
4. Remove the sautéed carrots, leeks, celery, bay leaves and thyme from heat. Line a small bowl with cheese cloth. Pour the mirepoix into the cheese cloth and tie tightly so that nothing can escape
5. Add 1-2 teaspoons grapeseed oil back to the pot and add the drained rye berries. Stir to toast a little and place cheese cloth filled with mirepoix back into the saucepan. Fill with water to cover the grains.
6. Cook over medium heat until just barely tender, about 25-30 minutes so that the grain still has a little bite to it. Remove from heat and add to a bowl.
7. Remove the alliums and mushrooms from the heat and place in medium mixing bowl.
8. To a pot of salted boiling water, add spinach, tops of spring onions, parsley and basil. Give them a quick stir and wait 7 seconds. Remove greens and add to a strainer set in a bowl of ice water. Blanch quickly to cool the herbs. Save some of the cooking water to help blend.
9. Add the herbs to a blender with 1-2 tablespoons of cooking liquid and blend until combined. Add extra liquid if necessary.
10. Add 1 1/2 tablespoons of the herb puree to the crème fraiche.
11. In a flat bottom pan over medium-high heat, add the amaranth and toast until they start to pop like popcorn.
12. To the bowl with the cooked rye berries, add sprouted triticale, kosher salt and freshly ground black pepper to taste.
13. Add ¼ cup extra virgin olive oil, with juice from 1 lemon. Stir to combine. Then add in the mushroom/allium mixture.
14. Spoon the crème fraiche into an offset circle along the outer edge of the bowl. Spoon grain/mushroom/onion onto the circle of the crème fraiche. Garnish with wild greens, some dill and sea salt. Sprinkle with puffed amaranth, viola flowers or chive blossoms for color.

Coriander-Crusted Salmon and Quinoa with Asparagus Sauce & Salsa

Serves 4

Eat Well With Ming: Asparagus is packed with vitamin K, important for protein synthesis and blood clotting.

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

Ingredients

1 tablespoon garlic

1 ½ tablespoons ginger

1 onion, diced

Grapeseed oil

Kosher salt and freshly ground black pepper

4 4oz fillets salmon, skin on

Coriander, untoasted and ground

1 cup yellow quinoa

1 cup red quinoa

6 cups chicken stock, hot, divided into 4 and 2 cups separately

2 small bunches of asparagus, cut into 1 inch pieces, asparagus tops separated

1 cup spinach, unpacked

½ stick butter, cold

1 lemon

1. Add half the onion to a pot with Kosher salt and freshly ground black pepper to taste. Allow to sweat down to translucent.
2. In another pot, add 1 teaspoon grapeseed oil, 1 tablespoon garlic, a heaping tablespoon of ginger and onions.
3. Season the top of the skin on salmon with Kosher salt. In a sheet pan filled with untoasted and ground coriander, lay the salmon flesh side down to season. Add Kosher salt to the skin side.
4. In a cast iron pan on medium heat, add 2 teaspoons of grapeseed oil to coat the bottom of the pan. Add the salmon filets, flesh side down.
5. To the pot with onions only, add both types of quinoa and 4 cups of hot chicken stock. Stir to combine, and bring liquid to a simmer. Cover with lid and let simmer for 15-20 minutes. Remove lid and fluff with a fork. Add Kosher salt and freshly ground black pepper to taste if needed.
6. To the pot with the garlic, ginger and onion in it. Liberally season with Kosher salt then add 2 cups of the hot chicken stock. The liquid should taste salty like sea-water.
7. Add asparagus tops once liquid reaches a boil. Remove after 1 minute with the onions with a strainer and place into a small bowl filled with ice water.
8. In a small bowl, zest and juice 1 lemon. Add the blanched asparagus tops and onions and toss to combine.

9. Add the rest of the asparagus to the pot. Allow the liquid to come back to a simmer, about 2-3 minutes. Pour contents of pot into a blender with spinach. Start blender on low and slowly add more spinach if necessary. Add butter and blend until smooth. Pour sauce back into the pot to keep it hot.

10. Lay 1/3 cup quinoa down in the bottom of a bowl. Lay a fillet of salmon over the top of the quinoa. Pour about 1 cup of sauce around the salmon so that it goes all the way around the bowl. Top with the asparagus tops and onion salad and serve.

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