

## Episode 1417 – Andrew Taylor & Mike Wiley

### **Thai Basil Cucumber Sake-tini**

#### **Serves 1**

3 ounces Sake  
2 ounces Vodka  
One 4-inch length English cucumber, peeled and julienned  
4-5 Thai basil leaves, torn  
1 Thai basil leaf, for garnish

1. Fill the tumbler of a Boston shaker with ice. Add the sake, vodka and torn Thai basil leaves. Shake until the ice has broken up, about 20 seconds.
2. Strain into a chilled cocktail glass. Garnish with julienned cucumber and a Thai basil leaf.

### **Oysters with Kimchee Ice**

#### **Serves 2**

**Eat Well With Ming:** Kimchi is beneficial for its probiotic effects by providing healthy bacteria to the gut.

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

#### **Ingredients**

1 each head green cabbage  
Salt  
750 g H2O  
2 cup peeled and chopped ginger  
12 cup peeled and chopped garlic  
1 cup chopped jalapeno  
1 cup chopped scallion  
1 cup fish sauce  
1 cup light soy sauce  
2 cups peeled and chopped ginger  
1 cup gochujang – hot red pepper paste

1. Slice cabbage into ½ " slices. Cover with water in a sanitized container.
2. Drain water from cabbage and weigh.
3. Calculate 3.5% of water weight and measure that amount in salt.
4. Dissolve salt into water and pour cold brine back over cabbage.
5. Put (clean) weight on cabbage to ensure it is submerged. Let sit at room temp for 3-5 days until bubbles visibly rise to surface when container is shaken and cabbage tastes fermented. Meanwhile, combine all other ingredients in a food processor and process until loose paste is achieved.
6. When cabbage is fermented, add paste and mix well. Submerge cabbage again and let sit at room temp for 3 more days.

7. Strain some of the liquid into container and freeze. Reserve kimchi for delicious snacking.
8. When frozen, flake kimchi ice with a fork as needed.

**Alternative (super easy) Kimchi Ice Recipe:**

1 bottle of your Favorite store bought Kimchi

1. Strain the liquid from the store bought kimchi into container and freeze. Reserve kimchi for delicious snacking.
2. When frozen, flake kimchi ice with a fork as needed.

### **Eventide Brown Butter Lobster Roll**

**Serves 6**

**Eat Well With Ming:** Lobster is loaded with copper, selenium, and zinc which are all immune boosting minerals.

**Allergy Free Note:** peanut free and tree nut free

6 steamed buns  
1 pound picked lobster meat  
2 tablespoon brown butter vinaigrette  
Sea salt to taste  
Finely chopped chives

**Steamed Buns** (Yields 15-20 buns)

2 teaspoon active dry yeast  
¼ cup white sugar  
1 tablespoon non-fat dry milk solids  
1 cup warm water (110 F)  
½ teaspoon baking powder  
3/8 teaspoon baking soda  
1 tablespoon Kosher salt  
2 1/2 cups all purpose flour  
6 tablespoon melted butter

1. Combine yeast, sugar, milk solids and water in mixer bowl; allow yeast to start bubbling.
2. Combine baking powder, baking soda, salt and 1 cup flour in separate bowl.
3. Add dry mixture to yeast mixture; begin mixing with dough hook until incorporated.
4. Stop mixer and add 1 cup of flour to dough.
5. Mix on low and add melted butter in stream to dough until incorporated.
6. With mixer on medium speed, add some of remaining flour a little at a time until dough pulls away

from the sides of the bowl.

7. Transfer to a clean and lightly floured work surface and knead by hand for approximately 10 minutes. Dough should be completely smooth and slightly tacky to the touch, but not sticky. Knead in more flour, if necessary.

8. Let rise in a greased and covered bowl in a warm place for approx. 1 hour, or until doubled in size.

9. Punch down dough and portion by pulling off Ping-Pong ball sized pieces. Roll into tight balls with palms, then flatten out by rolling into small logs.

10. Arrange each log side by side in a steamer basket lined with parchment paper, leaving ½ inch between them.

11. Cover basket and let rise again approx. 1 hour, or until doubled in size.

12. Place covered steamer basket over boiling water and steam the buns for 12 min.

13. Remove basket and let cool uncovered at room temperature.

14. Once cool, refrigerate or freeze until needed.

### **Brown Butter Vinaigrette**

1 lb. unsalted butter

4 tablespoons fresh squeezed lemon juice

Sea salt to taste

1. Melt butter over medium heat.

2. Whisk until butter stops foaming and all milk-solids turn golden brown and butter smells nutty.

3. Transfer into a metal bowl and add lemon juice to stop the cooking of the milk solids.

4. Season with sea salt to taste.

### **Lobster Meat** (Yields roughly 1 lb. picked meat)

4 each, 1 ¼ lb. soft-shell Maine lobsters

2 gallons sea water (or heavily salted water)

1 tablespoon white vinegar

Ice bath

1. Add vinegar to seawater and bring to vigorous boil.

2. Turn off heat, submerge lobsters into water and cover for 2 minutes

3. After 5 minutes, remove lobsters from water and submerge them into the ice bath until cool to the touch and easy to handle.

4. Remove the meat from tail and claws. The meat in the tail will still be slightly undercooked, which is what you are looking for.

5. Tear meat by hand into bite size pieces

**To assemble:**

1. Separate buns with your hands and cut a slit down the middle from the top to resemble split-top hot dog buns.

2. Steam buns until warmed through, approx. 3 minutes

3. Meanwhile, warm lobster meat in sauté pan with brown butter vinaigrette. Be careful not to overcook lobster meat. Season to taste with sea salt.

4. Spoon the dressed lobster into warm buns.

5. Top with chopped chives and serve immediately.

**Beer Battered Island Creek Oysters and Shallots with Chinese Vinegar Aioli**

**Serves 4 as appetizer**

**Eat Well With Ming:** Oysters are incredibly high in zinc, a mineral responsible for the activity of more than 100 enzymes!

**Allergy Free Note:** peanut free and tree nut free

**Ingredients**

1/3 cup rice vinegar

1 shallot, finely diced

½ teaspoon black pepper

1 tablespoon Chinese black vinegar

3 egg yolks

1/3 cup grape seed oil

Oyster liquor from shucking the oysters, keep the juice for both the mignonette and the beer batter

Kosher salt and freshly ground black pepper

½ cup all-purpose flour

½ cup cornstarch

2 teaspoons baking powder

1 teaspoon baking soda

8 oz. IPA beer

Canola oil, for frying

1 red onion, sliced

½ lemon, very thinly sliced

About 1 cup shucked oysters

1 head of iceberg lettuce, thinly sliced

1. Heat your canola oil to 390F.
2. Place shallot in a small bowl with the rice vinegar and black pepper. Allow to sit for 20 minutes to quick pickle the shallots.
3. Pour pickled shallots and vinegar into a tall glass. Add the Chinese vinegar, egg yolks, grape seed oil and oyster liquor/juice with some kosher salt and freshly ground black pepper to taste. Using a hand blender, start from the bottom where the eggs are and slowly blend so that everything is incorporated, but not over mixed. You can also do this in a blender if you do not have a hand blender.
4. In a large mixing bowl, combine all purpose flour, cornstarch, baking powder, baking soda, 2 teaspoons of the oyster liquor and beer together. Whisk until you have a pancake-batter like consistency.
5. Add the onions, lemon slices and oysters to the beer batter and make sure they are completely coated.
6. Using an onion, test the frying oil to see if it is hot enough which should be about 390F. Add the oysters, the rest of the onions and the lemons. Once fried, about 2-3 minutes remove with a spider and drain on a paper towel lined baking sheet or plate to drain the oil. Add Kosher salt while the oysters, onions and lemons are still hot and have a little oil on them so that it sticks.
7. On a large plate, line with the shredded lettuce and serve the oysters, onions and lemons hot with a small bowl of the mignonette and serve.