

Episode 1503 – Aaron Sanchez

Bonded Buddha

Serves 1

2 ounces Rittenhouse Rye

½ ounce Triple Sec

1 ounce Cactus Flower Grenadine

¾ ounce lime juice

1 dash tiki bitter

Orange swath

1. Add all the ingredients to the shaker except the orange swath. Place 3-4 ice cubes inside the shaker and shake 3-4 times (Tiki Shake), careful not to overshake.

2. Add ice to the Buddha glass then pour in the shaken drink. Garnish with an orange swath and place inside the drink.

Albondigas Tacos

Serves 4-6

Eat Well With Ming: Adding vegetables to the meatballs increases nutrient and fiber intake. Here, carrots provide a great source of vitamin A, important for eye health!

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

5 pounds ground lamb, 70% lean, can also use ground beef or mix of both

1 cup raw carrot, roughly chopped

1 roasted poblano

1 bulb roasted garlic

1 cup masa

2 quarts panko plus more as needed

2 tablespoons adobo seasoning

¼ cup chipotle puree

4 eggs

2 tablespoons Valentina hot sauce

1 cotija

½ cup chopped cilantro

Salt and pepper to taste

1. Roughly chop carrots and add to a food processor with the poblanos, onions, roasted garlic cloves, chipotle puree, eggs, hot sauce, cotija, masa and cilantro. Blend until everything is mostly broken down and almost a puree consistency.
2. In a large mixing bowl, add ground beef, vegetable mix, half of the panko, salt and pepper then mix with hands until mixed well, but careful not to overwork. Add more panko if necessary

3. Cook a small piece of the farce on the griddle to taste for seasoning and to make sure the texture is correct. If it seems too soft or wet, add a little more panko.
4. Scoop into small balls roughly 1.5 oz., then roll them out and bake off at 400F on high fan for 15 minutes and toss into the albondigas sauce.

Albondigas Sauce

2 tomatoes, cut in half
1 cup onion, roughly chopped
½ cup roasted garlic
¼ cup chipotle in Adobo
¼ cup good chicken stock
1 teaspoon adobo spice
1 tablespoon lard
Salt and pepper to taste

1. In a cast iron skillet, add the tomatoes, onion and garlic. Keep in pan until you get a nice char on the skins.
2. Add the contents from the cast iron skillet to a blender. Add in the chipotle in adobo, adobo spice, and chicken stock. Puree until smooth.
3. In a medium sized sauté pan heat up the lard and pour the puree into the hot lard, reduce by about ½, allow to simmer.
4. Deglaze with the stock and let cook together over medium heat for about 10 minutes. Stir in the cold butter slowly until incorporated and taste for seasoning.

Pickled Onions

3 cups red wine vinegar
4 tablespoons sugar
4 tablespoons salt
6 whole cloves
2 bay leaves
2 teaspoons black pepper
2 teaspoons Mexican oregano
1 chile de arbol, whole
4-5 large onions, julienned
1 cup red beet pickling liquid (for extra color)

1. Make sachet with clove, bay leaves, black pepper and oregano.
1. Heat the vinegar, sugar and salt in a sauce pot and add sachet and pepper.
2. Pour vinegar solution over sliced onions, stir and let cool.

Chipotle Mayo

2 cups good quality mayonnaise, Blue Plate preferred
½ cup chipotle in adobo sauce, pureed
1 tablespoon lime juice
Salt

1. Puree canned chipotles with adobo and fold into mayo, add lime juice and season with salt if needed.

Taco Assembly

2 flour tortillas

6 meatballs

Pickled onions (recipe above)

Chipotle mayo (recipe above)

¼ cup cilantro leaves

1 teaspoon olive oil

3. Wipe the cast iron skillet with a paper towel. Add 1 teaspoon oil to the skillet and heat the skillet to medium and heat up the tortillas, about 2 minutes on each side.
4. On each tortilla add about 1 tablespoon of the chipotle mayo. Place three meatballs on top and garnish with the pickled onion. Top with the roasted tomato salsa and freshly torn cilantro.

Beef Salted Watercress-Scallion Pancakes

Serves 4

Eat Well With Ming: Did you know watercress is loaded with vitamin C? It's an essential vitamin necessary for iron absorption, collagen production and protein metabolism.

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

4 garlic cloves, minced

5 scallions, thinly sliced (whites and greens separated) for the beef

2 bunches scallions, thinly sliced for the scallion pancake

1 pound lean ground beef

1 tablespoon canola oil

1 recipe hot water dough*

3 bunches watercress

Sesame Oil

¼ cup toasted sesame seeds

Spicy Avocado Cucumber Salsa, recipe below

Spicy Crème Fraiche, recipe below

1. Add 1 tablespoon of canola oil to a wok and heat on medium-high. Add the garlic and scallion whites and sauté until fragrant. Add the beef and cook beef thoroughly. Set aside.
2. Set up an ice bath. In a large pot of boiling water, salt it well so it tastes like sea water and add 3 bunches of watercress, blanch for 2 minutes until al dente.
3. Remove watercress and place in the ice bath to shock to stop cooking. Remove the watercress and lay flat on paper towels.
4. Flour very lightly a work surface. Cut the ball of hot water dough in half. Roll out the first ball of hot water dough until very thinly (1/8-inch thick) into a large rectangle.
5. Mix the sesame seeds, cooked beef and scallions together in a large bowl.
6. Brush the entire rolled-out dough with sesame oil and then grapeseed oil. Add scallions then watercress, beef and sesame seed mixture, making sure to spread it out evenly.

7. Starting with the long side nearest you, roll the dough jelly-roll fashion to make a tight log. Twist each end of the log in opposite directions 4 or 5 times (this will make additional pancake layers), then wrap the log around itself to make a coil, tucking the outside end beneath the coil.
8. With a rolling pin, flatten the coil to ¼-inch thick, brush with oil mixture and press sesame seeds into both sides. Repeat with remaining dough to make more pancakes. Heat a cast-iron pan over medium heat.
9. On a side plate, mix together the sesame seeds and scallion greens.
10. Add 2 tablespoons canola oil and swirl to coat the pan. Press the scallion greens and sesame seeds into both sides of the pancake. Add each pancake one at a time, and cook until brown and crispy on both sides, turning once 2 to 3 minutes per side. Add the avocado cucumber salsa on top and garnish with the spicy crème fraiche.

***Hot Water Dough**

Makes 2 pounds

2 cups water
4 cups all-purpose flour
½ teaspoon kosher salt

1. To make the dough, bring the water to a boil. In a large stainless-steel bowl, combine the flour and salt. Slowly add the boiling water in ¼-cup increments, mixing with chopsticks until a ball is formed and the dough is no longer too hot to handle. All the water may not be needed. Knead the dough on a floured work surface until it becomes smooth and elastic, 2-3 minutes. Form the dough into a ball, return it to the bowl, and cover it with a damp cloth. Allow the dough to rest for 8-10 minutes.

Avocado Cucumber Salsa

1 English cucumber, diced into ½ inch pieces
1 avocado, diced into ½ inch pieces

1. Mix well in a bowl to combine. Season with salt and pepper to taste.

Spicy Crème Fraiche

1 cup crème fraiche
3 tablespoons sambal
Freshly ground kosher salt and black pepper

1. Mix the crème fraiche and sambal together. Add salt and pepper to taste and mix well to combine.

