

Episode 1506 – Amanda Freitag

Polynesian Spell

Serves 1

1 ounce grape juice
¼ ounce fresh lemon juice
¼ ounce triple sec
¼ ounce peach brandy
1 bar spoon simple syrup
1 ½ ounce dry gin

1. Add all ingredients into a glass filled with ice. Shake well until the glass is cold to the touch. Strain into a tiki glass or regular cocktail glass and serve on ice with a straw.

Pork Chops with Crispy Pancetta

Serves 4

Eat Well With Ming: Using a fattier cut of meat like pancetta helps eliminate extra calories and fat from cooking oil and provides extra flavor!

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

4 center cut pork chops, each about 2 ½ inches thick
1 pound pancetta
2 tablespoons fresh thyme leaves
1 tablespoon fresh rosemary leaves
3 garlic cloves
Kosher salt and pepper, for seasoning chops
3 tablespoons canola oil

Directions:

1. Preheat the oven to 400F.
2. Liberally season the pork chops with salt and pepper on both sides
3. Gently heat the canola oil in a large oven-ready skillet or grill pan. Once the oil is hot and the skillet is brought up to high temperature, sear the pork chops until you no longer hear the sizzle of the oil, about 4-5 minutes on each side over high heat.
4. In a food processor, combine the pancetta, thyme, rosemary, and garlic cloves. Pulse the pancetta with the herbs until it is finely ground and reserve to the side.
5. After searing on both sides, stick the pan into the oven for about 10-12 minutes to finish cooking the pork. Depending on your oven of course and thickness of your chops, this should result in a medium to medium-well chop, still slightly pink in the middle. If you prefer a more well-done chop, add a few more minutes to the cooking time in the oven. You can test the doneness of the meat by inserting a meat thermometer; it should read 130F. Remove from the oven and let the meat rest for 5-10 minutes.
6. While the pork is in the oven, heat a large sauté pan over high heat and add the pancetta mixture, stirring constantly making sure to break up any large chunks.

7. Continue to cook the pancetta until all the fat is rendered and the meat of the pancetta is crispy. If there is any pork juice that comes out of the pork chops while resting, this is when you can add it to the pancetta.
8. Place the finished pork chop on a plate and top the pork chop with the crispy herbed pancetta and rendered fat. Serve while hot and bubbly!!

Pork Scalopini with Lap Chong & Leek Salsa and Caramelized Apples

Serves 4

Eat Well With Ming: Pork tenderloin is a great choice of lean protein with nearly 40 grams of protein and only 6 grams of total fat in 5 ounces!

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

2 1-inch thick pieces of pork loin

1 apple, peeled

2 cups all-purpose flour

4 eggs

2 cups panko

4 tablespoons unsalted butter, divided

2 leeks

3 Lap Chong sausages, cut in half then small dice, about ½ inch thick

Olive Oil

Kosher salt and freshly ground black pepper

Canola oil for cooking

1/4 cup Pinot Noir

1/2 cup low sodium chicken stock

1. Place pork between layers of plastic wrap and pound the pork loins thin, about ¼ inch thick.
2. Peel the apples and cut them into nice wedges, about 8 pieces.
3. Season the pork loins with salt and pepper.
4. In a small bowl, whisk the eggs.
5. In a separate medium bowl add the flour and in a third medium bowl place panko inside.
6. Dip the pork in the flour, then the egg and finally the panko. Repeat with remaining pork.
7. Repeat the same process, flour then egg then panko with the apple slices.
8. Heat a sauté pan with olive oil to medium heat to allow it to slowly get warm. Add the pork loin pieces and the apples to the sauté pan to cook. Add 2 tablespoons of butter to the sauté pan and allow the apples to start to caramelize with the pork, cook until nice and crispy on both sides and fully cooked through, about 4 minutes each side.
9. Cut the white part of the leeks into quarters and then slice into ½ inch pieces. Fill a large bowl with water and add the leeks, mix around making sure to get all of the sand out of them. Scoop the leeks out with a slotted spoon or spider and set aside.
10. Cut the lap chong into quarters and then slice into ½ inch slices.
11. In a medium sauté pan add 1 tablespoon canola oil and add the lap chong and 1 cup of the leeks. Sauté for 4-5 minutes. Add the Pinot Noir and chicken stock and let reduce by half, about 2-3 minutes.
12. Add 2 tablespoons butter to help thicken the sauce.

13. Once pork loin is finished cooking, remove from sauté pan and plate on a large platter. Once the sauce is reduced and finished with the butter, pour over the pork loins and the apples to serve.

©2018 Ming Tsai - Season 15 Simply Ming