

Episode 1508 – Tiffani Faison

Wellesley Island Cup

Serves 1

1 ½ ounces Bully Boy Hub Punch

½ ounce falernum

½ ounce ginger syrup

¾ ounce lime juice

1 cucumber, muddled with a pinch of salt

Club soda, to fill

Mint crown, for garnish

1. Muddle cucumber with a small pinch of salt, add all liquid and fill with ice. Roll in shaker.
2. Strain into a glass filled with ice. Top with club soda and roll to finish. Place mint crown on top for garnish.

Grilled Tandoori Chicken with Tomato and Herb Salad

Serves 4-6

Eat Well With Ming: Compounds found in turmeric reduce inflammation.

Allergy Free Note:

Tandoori Chicken

1 whole frying chicken- 2.5 pounds, butterflied and scored

1 teaspoon yellow mustard seed

1 teaspoon fennel seed

1 tablespoon whole cumin

1 tablespoon whole coriander

1 cup full fat Fage Greek yogurt

1 tablespoon paprika

1 teaspoon cayenne

1 teaspoon ground turmeric

4 each, garlic cloves, peeled and grated on microplane

2 oz. ginger, peeled and grated on microplane

1. Toast the yellow mustard seed, fennel seed, whole cumin and whole coriander and grind, leaving the mixture a little coarse
2. In a large bowl, add the yogurt, paprika, cayenne, turmeric, the coarsely ground spices and the garlic and ginger. Mix all ingredients in the marinade together and pour on the chicken. Mix it in, rubbing the marinade into the slits in the chicken.
3. Let marinate overnight in the refrigerator.
4. Remove the chicken from the marinade.
5. Preheat your grill (or grill-pan) to medium. Rub the grill (or grill-pan) with an oil soaked towel to prevent the chicken from sticking.

6. Season the chicken with salt and place on the grill and place chicken breast side down for about 15-20 minutes, with a weight on top (a brick wrapped in foil is a great way to keep the chicken flat).
7. Flip the chicken and grill on the backside for another 6-10 minutes, or until the internal temperature is 155-160F. Let the chicken rest for 10 minutes before slicing.

Tamarind Tomato Vinaigrette

½ cup tamarind concentrate
1 shallot, peeled and diced (about ¼ cup)
1 Thai chili, halved
1 teaspoon Dijon mustard
½ teaspoon cumin, toasted
¼ teaspoon coriander, toasted
½ cup lime juice
1/3 cup cherry tomatoes
1 cup grapeseed oil
Kosher salt to taste

1. Place all ingredients in a blender except for the grapeseed oil.
2. Blend until smooth, then slowly add the oil in a thin stream until fully emulsified. Taste and adjust seasoning as needed.

Tomato Salad

1 pound ripe heirloom tomatoes
¾ pound cherry or grape tomatoes, cut in half
½ bunch cilantro, leaves and stems separated, stems minced
½ bunch mint leaves, hand torn
1 teaspoon dried mint
½ of a large red onion, peeled and thinly sliced
2 tablespoons chive blossoms
Tamarind vinaigrette, *recipe below*

1. Toss all ingredients together with as much of the dressing as you like, and salt to taste. Place on top of the finished chicken. Garnish with the reserved chive blossoms.

Tea Smoked Whole Chicken with Sweet Potatoes and Fermented Black Bean Pesto

Serves 4-6

Eat Well With Ming: Carotenoids not only give carrots their orange color, but also have antioxidant properties.

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

Tea Smoked Chicken

2 sweet potatoes, ½ inch dice
3 medium onions or 2 large, ½ inch dice
3 stalks celery, ½ inch dice
7 cloves of garlic, minced

4 small carrots or 2 large, ½ inch dice
¼ cup extra virgin olive oil
Kosher salt
Freshly ground black pepper
1 cup sugar, plus ½ cup for seasoning the chicken
1 cup rice
1 cup Lapsang Souchong Black Tea
1 whole chicken

Fermented Black Bean Pesto

1 tablespoon fermented black beans
2 teaspoons extra virgin olive oil
3 cloves garlic minced
1 tablespoon ginger
Kosher salt and freshly ground black pepper to taste
1 cup Thai basil

1. Heat a sauté pan on medium and add fermented black beans, oil, garlic, ginger, and salt and pepper to taste. Once the aromatics start to become fragrant, remove from heat.
2. In a blender, add the contents of the sauté pan and Thai basil and enough extra virgin olive oil to get the mixture running. Allow the blender to come up to speed and add a pinch of salt and more extra virgin olive oil as needed until it resembles a pesto (about 3 tablespoons oil).
3. In a large bowl, combine the sweet potatoes, onions, celery, garlic, carrots, oil and salt and pepper to taste. Mix well to combine.
4. Tear 3 large pieces of foil and stack on top of each other. Fold sides upwards on each end to create a boat. Add the sugar, rice and tea and mix well to combine.
5. Mix ½ cup salt, ½ cup sugar, and ½ cup black pepper together. Season the chicken with the mixture and rub so that the chicken is well seasoned. Place in the refrigerator and let sit for a full 24 hours.
6. Heat the grill and place the foil boat on one side of the hot grill.
7. To a sheet pan, add the vegetables and spread around in an even layer. Place the chicken on top. Drizzle extra virgin olive oil on top of the chicken and place the sheet tray on the grill.
8. Turn the grill down to medium so that you don't burn the tea smoke or the vegetables while the chicken cooks.
9. Cook the chicken for 45-50 minutes or until the chicken is fully cooked. (If you have a kitchen torch, you can carefully torch some of the chicken to create a more charred and crispier skin if you'd like). Place the chicken on a platter and add the vegetables around it to serve.
10. Place chicken on a platter and add the vegetables around it. Drizzle the pesto on top and serve.