

Episode 1511 – Gunnar Hvarnes

Martini of the Sea

Serves 1

3-4oz. vodka

1oz. Aquavit

1 lemon twist

Ice to fill shaker

2 pieces sea asparagus (can substitute with 2 olives)

1. Add the ice, vodka, aquavit and 2-3 pieces of sea asparagus into cocktail shaker. Shake until cocktail shaker is cold to the touch.
2. Strain contents of shaker into chilled martini glasses, top with lemon twist and sea asparagus or olives.

Cod Sashimi with Garlic Brown Butter Sauce and Herb Salad

Serves 2

Eat Well with Ming: Sea lettuce (or seaweed) is a good source of vitamin A, important for your immune system and vision.

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

Ingredients

2 cod fillets (4 oz. each)

3 tablespoons brown butter

1 large garlic clove, minced

1/2 teaspoon soy sauce

1 cup sea lettuce

2 teaspoons oil (grapeseed or olive)

Mix of herbs from garden (horseradish leaves, wood sorrel, Spanish chervil, sheep's tongue and cucumber flower)

Juice from 1/2 lime

1/2 lime, sliced into wedges

1/2 teaspoon fresh horseradish, grated

1 tablespoon spring onions, thinly sliced

3 inches cod skin

Oil for frying

Sea salt, to season as desired

1. Add sea salt to the flesh side of the fish, let it sit for 20 minutes in the refrigerator. After 20 minutes, wash off the salt to allow the fish to maintain its firmness. Carefully remove the skin and save for later.
2. Slice cod into 1/4 inch pieces and place on plate.
3. In a small hot pan, sauté 2 tablespoons brown butter, garlic and sea lettuce. Allow to cook for 1-2 minutes until sea lettuce is wilted. Deglaze the pan with soy sauce and 1 tablespoon brown butter.

4. Drizzle olive oil over the top of each plate, about 1 teaspoon per plate. Drizzle lime juice over the fish (you can use 1/2 lime for both plates).
5. Garnish the fish with the wilted sea lettuce, about 3 bunches per plate. Drizzle the brown butter soy sauce over the top.
6. Add a mix of herbs from the garden such as Spanish chervil, red cucumber flower, and grated horseradish, 1/4 teaspoon per plate. Garnish with spring onions over the top.
7. Slice the cod skin into thin strips, about 1/4 inch thick. In a fryer or pot, heat oil to 375F. Fry the skin from the cod for 2-3 minutes or until the scales pop from the skin. Remove from fryer and cook on paper towel lined plate. Season with sea salt as desired.
8. Garnish the dish with 3-4 pieces of the fried cod skin and serve.

Oven Roasted Cod with Chervil Mint Puree and Pickled Thai Bird Chiles, Harissa Couscous and Tempura Sea Asparagus

Serves 2

Eat Well With Ming: Cod is a low calorie and low fat fish, high in selenium which is necessary to promote thyroid function.

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

Cod

- 1 tablespoon brown butter
- 1 tablespoon paprika
- 1 teaspoon white pepper
- 1 teaspoon coriander
- 2 pieces cod, 4 oz. each, skin on
- 2 shallots, sliced into 1/4 inch thick pieces
- 10 Thai bird chiles, whole
- 1 cinnamon stick
- 1 star anise
- 1 cup rice wine vinegar
- 1 tablespoon sugar
- 1 teaspoon salt
- Tempura Batter
- 2-3 cups sea asparagus
- 1/2 large clove or 1 small clove of garlic, roughly chopped
- 1 cup hot oil
- Kosher salt to taste
- 1/2 cup chervil
- 1/2 cup mint leaves

1. Preheat oven to 285F or 140C.
2. Make couscous (recipe below).

3. Place paprika, white pepper and coriander on a plate. Mix together to combine. Place fish in spices and coat on all sides.
4. Add 1 tablespoon brown butter to a hot pan, place cod skin side down and cook 3-4 minutes a side. Place pan in the oven for 5-8 minutes or until cooked through.
5. In a small saucepan, add shallots, Thai bird chiles, cinnamon stick, star anise, rice vinegar, sugar and salt. Place on medium heat, stir and reduce 100%, about 10 minutes.
6. Make tempura batter (recipe below), coat sea asparagus and place into a fryer or pot of hot oil heated to 375F.
7. In a blender, add mint, chervil, garlic and hot oil. Blend until smooth about 1-2 minutes.
8. To plate, add 1/3 cup couscous to the plate and place piece of cod on top. Garnish with 2-3 pickled Thai bird chiles and shallots, 1 teaspoon chervil-mint puree and 1 bunch tempura sea asparagus and serve.

Couscous

- 1/2 cup dry couscous
- 3/4 cup hot water
- 1 tablespoon brown butter
- 1 1/2 tablespoons harissa
- Kosher salt to taste

1. Place couscous and hot water in a pot. Cover with plastic wrap and let sit for 10 minutes until all the liquid has been absorbed. Gently fork to fluff. Add brown butter, harissa and kosher salt to taste.

Tempura Batter

- 1/2 cup all-purpose flour
- 1/2 cup cornstarch
- 1 teaspoon baking soda
- 2 teaspoons baking powder
- 8 oz. (1 cup) of your favorite beer
- Pinch of sea salt
- 4-6 ice cubes

1. Mix all the dry ingredients together. Slowly add the beer and whisk until there are no lumps. Add a few ice cubes to the batter to keep it cold.

*Note-the batter should be thick enough to coat the food, but excess should easily run off.