

Episode 1512 – Adam Richman

Port Au Prince Sour

Serves 1

1 ½ ounces barban court

¾ ounce cardamom syrup

¾ ounce lime juice

Bar spoon of Zinfandel or jammy red wine

1. Add barban court, cardamom syrup and lime juice to a shaker filled with ice.
2. Shake and strain into a lowball glass filled with a large format ice cube. Carefully add the bar spoon of Zinfandel and serve.

Salmon BLT

Serves 4

Eat Well With Ming: Did you know salmon contains over 70% of your daily vitamin D needs?

Allergy Free Note: peanut tree, tree nut free

8 slices thick-cut bacon

6 ounces of salmon (skin removed)

1 green tomato, sliced 1/4 inch thick

2 cups flour

2 cups panko bread crumbs

3 eggs, beaten

¼ cup unsalted butter

1 teaspoon wasabi paste

1 tablespoon maple syrup

1 teaspoon sesame oil

1 ½ tablespoons mayonnaise

1 tablespoon fresh dill, chopped

Brioche bread, sliced ½ inch thick

½ cup fresh watercress

1. Cook the bacon in a medium sauté pan. Once cooked until crispy, drain onto paper towels and keep the bacon fat in the pan to use later.
2. Preheat oven to 350F.
3. Season salmon with salt and pepper, place in oven and cook for about five minutes.
4. In three separate medium bowls, whisk eggs until well beaten in one, place flour in another and add panko to the third.
5. One at a time, coat the tomato slices in the flour, then the egg and then the panko.
6. In a non-stick pan, melt butter over high heat. Once butter is foaming, add tomato slices. Fry for a couple of minutes, then flip and fry for another minute. Set tomatoes aside.
7. In a small bowl, mix wasabi paste, maple syrup and sesame oil. If necessary, thin out mixture more with sesame oil.
8. In another small bowl, mix mayonnaise and dill, set aside.

9. Remove salmon from the oven, turn broiler on high. Using a brush, cover salmon with the wasabi-maple glaze.
10. Return the glazed salmon to the oven, using a middle rack so that the salmon isn't too close to the broiler. Make sure to watch the salmon to make sure that it doesn't overcook. Remove from the oven. Check after 4-5 minutes, salmon should be medium-rare, internal temperature should be close to 150F. Total cooking time should be about 9-10 minutes.
11. If the bacon oil is no longer hot, reheat it in the pan and add bread slices to the pan. Toast each side of the bread and then remove to a plate.
12. Lay the pieces of bread out flat. Top two slices with salmon fillets. Add a dollop of the dill-mayonnaise on top and place 2-3 pieces of bacon on top. Top with one of the tomato slices and a small bunch of watercress. Finish with the top piece of bread, cut in half and serve immediately.

Kosher BLT with Ming's "Waldorf" Chicken Salad

Serves 4

Eat Well With Ming: Using sunflower seeds instead of walnuts helps make this "Waldorf" salad completely nut free, a great option for those with nut allergies!

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

1 whole roasted chicken
 1 apple
 ½ cup toasted sunflower seeds
 Juice and zest of 1 lemon
 2 tablespoons mayonnaise, plus more for sandwich assembly
 1 tablespoon Dijon mustard
 1 jalapeno, thinly sliced
 1 head iceberg lettuce
 1 large fresh tomato, sliced ½ inch thick
 Whole Wheat bread

1. Season a chicken liberally with salt and pepper and place in the oven to roast. Remove from oven when fully cooked and cool completely. Gently peel the skin off the chicken, trying to keep it in one large piece if possible.
2. Heat the oven to 350F. Line a sheet tray with parchment paper and place the chicken skin on top. Place another layer of parchment paper on top. Place the same size sheet tray on top before placing it in the oven for 1 hour.
3. After 1 hour, remove the chicken skin from the oven and remove the top pan and top piece of parchment paper. Place back in the oven for another 3-4 hours to continue drying it out. Let cool completely.
4. Hand shred the chicken breast, thigh, and leg meat. Save the juices (schmaltz) and reserve for later.
5. Remove the sides of the apples and chop ½ inch pieces and combine with the chicken meat, ½ cup toasted sunflower seeds, juice, and zest of 1 lemon and ¼ cup mayo and 1 tablespoon Dijon mustard. Mix well to combine.
6. Brush 4 pieces of whole wheat bread with the schmaltz and put on a griddle or sauté pan to toast.

7. Assemble the sandwich. Place 1 piece of bread down on each plate and top with iceberg lettuce, 2 pieces of chicken skin, 2 slices of tomato, salt, and pepper to taste and 2-3 pieces of thinly sliced jalapeno. To the top slice of bread add ½ teaspoon of mayonnaise. Add the top piece of bread to the sandwich, cut in half and serve with the chicken salad.

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