

## Episode 1515 – Jamie Bissonnette

### La Luchadora

#### Serves 1

1 ½ ounce Patron tequila  
½ ounce lime juice  
½ ounce cactus grenadine  
¼ ounce pineapple juice  
¼ ounce Galliano  
Bar spoon of ginger syrup

1. Add Galliano, tequila, cactus grenadine, lime juice, pineapple juice and ginger syrup to a shaker filled with ice. Shake until your hand turn cold. Double strain into a lowball glass and garnish with an orange swath. P

### Spicy Shrimp with Thai Eggplant

#### Serves 2

**Eat Well With Ming:** Using eggplant as starch helps decrease carbohydrates and increase nutrient intake

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

#### Eggplant

5 each Japanese eggplant  
1 each Thai red chili, fresh  
2 each garlic clove  
1 kaffir lime leaf  
1 oz. cilantro, with stem, roughly chopped  
2 tablespoons palm sugar, soft kind or grated hard kind  
2 tablespoons fish sauce  
3 tablespoons lime juice  
4 each cherry tomatoes, cut in half  
¼ cup tamarind juice  
1 each lime, cut in 1/8<sup>th</sup>  
2 ounces Thai basil, picked and torn into big strips

1. Pierce the eggplant with a paring knife 10-12 times. Roast in the oven at 350F, dry for 20-25 minutes. If very big, will need longer.

2. While the eggplant is cooking, using a mortar and pestle, crush the Thai chili and garlic. Roll the lime leaf vertically to chiffonnade. Add lime leaf and cilantro to mortar and crush herbs with pestle. Add the palm sugar, juice, fish sauce and cherry tomatoes and crush. Add the tamarind juice and continue crushing until it creates a uniform sauce.

3. When it looks like a paste add the tomatoes and crush. Then add the lime juice, palm sugar, fish sauce and tamarind. Mix to create a dressing, taste and adjust seasoning to your heart's desire.

4. When eggplant is finished, peel while hot. Discard the skins, and put the flesh into a bowl. When all are cleaned, pour the dressing over the eggplant. Mix to combine and break up the eggplant.

### **Spicy Shrimp**

1 pound Shrimp, 16/20, peeled and deveined – tail on

2 tablespoons canola oil

3 each Kaffir lime leaf

2 each garlic cloves, smashed with side of knife

¼ teaspoons Thai chili flakes, or crushed chili

1 tablespoons green curry (optional)

1 each lemon, Zest and Juice

1 tablespoon mint, chopped

1 tablespoon cilantro, chopped with step

1 tablespoon Thai basil, chopped

1. Add Thai chiles to a bowl. Smash garlic and chop; add to the bowl along with the green curry. Tear up the Thai basil and mint and add to the bowl. Add the lemon zest and juice and mix everything together. Place shrimp in the bowl and stir to coat the shrimp well. Set aside and allow to marinate for at least 30 minutes, maximum 4 hours so as not to let the shrimp cook from the acid.
2. Place a wok on the stove and add 1 tablespoon of oil. Add the shrimp to the wok 1 at a time to prevent extra liquid from going into the wok. Cook for 4 minutes to get a good sear. Add 4 lime leaves right as you take the shrimp off the stove.
3. Lay the eggplant on a serving dish and spoon shrimp on top. Cut 1 lime into wedges and place around the dish. Roughly tear the mint, cilantro and Thai basil over the top to serve.

### **YU XIANG QIE ZI EGGPLANT (Stir Fried Eggplant)**

#### **Serves 4**

**Eat Well With Ming:** Chiles contain capsaicin, a compound thought to aid with inflammation

**Allergy Free Note:** dairy free, peanut free, tree-nut free

3 Japanese eggplants

4-6 Sichuan pickled chiles, stem removed, thinly sliced (recipe below)

1 inch knob of ginger, peeled and minced

1 bunch scallions, cut 1 inch (mostly whites and a little green), finely mince top of the green for garnish

Soy sauce

Rice vinegar

1 tablespoon Doubanjiang (chile bean sauce)

House Rice, recipe below

1. Fill wok 1/3 way with canola oil and heat on high until hot and bubbly, about 135F.
2. Roll eggplant to cut and blanch quickly in the hot oil. Remove to a paper towel lined plate and drain. Add hot oil to a pot to the side, keeping about 1 tablespoon of the oil in the wok.
3. Add the chopped pickled chiles, ginger and scallions to the wok. Add the chile bean sauce with the eggplant and stir fry to incorporate well.
4. On a large platter, spoon the house rice and add eggplant on top. Garnish with minced scallions.

### **House Rice**

Yields 6 cups

Ingredients

1 1/2 cups brown rice

1 1/2 cups white rice

Water

1. Rinse 1½ cups brown rice and soak it in fresh cold water to cover for 1 hour. Transfer the rice to a medium saucepan.
2. Put 1½ cups white rice in a large bowl in the sink. Rinse the rice by filling the bowl with cold water and stirring the rice with your hand. Drain and repeat until the water in the bowl is clean. Transfer the rice to the same saucepan.
3. Flatten the rice with your palm and without removing it, add water until it touches the highest knuckle of your middle finger. Cover and boil over high heat for 10 minutes. Lower the heat to medium and simmer for 30 minutes.
4. Turn off the heat and let the rice stand, covered, to plump, for 20 minutes.
5. Stir gently and serve.

### **Szechwan Pickled Chiles**

¼ cup Szechwan peppercorns

1 cup red Thai chiles

1 cup green Thai chiles

4 cloves garlic, thinly sliced

1 bottle rice wine vinegar

1. In a dry sauté pan, add the peppercorns, chiles and garlic. Toast and cook garlic down slightly until it starts to get a little color and the skins on the chiles start to

- get a little char color. Add 1 teaspoon canola oil right as you are about to take the chiles off the stove. Add the rice vinegar and simmer for 20-30 minutes.
2. Let cool and when it reaches room temperature, add to a mason jar and seal. Allow to sit for at least overnight before using.

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