

Episode 1518 - Michael Schlow

Lime and Cilantro Gin and Tonic

Serves 1

2 oz. Gin

Tonic water to fill

Juice from 1 lime wedge

Zest from 1 lime

Ice, crushed, enough to fill the glass

1. Fill glasses with ice. Add gin and fill the glass until 1 inch is left in the glass with tonic water. Add foam and lime wheels to garnish.

Lime Cilantro Foam

Zest and juice from 1 lime

2 stalk lemongrass, chopped

1 cup sugar

1 cup water

3 lime leaf

1 egg white

2 oz. Gin

Tonic water to fill

Juice from 1 lime wedge

Zest from 1 lime

1. Add lime zest, lime juice, sugar, water and lime leaf to a small pot on medium heat. Allow sugar to fully melt to become a syrup. Remove from heat and drain.
2. In a canister, add cooled mixture with egg white and liquid nitrogen, close the top and shake well. Add 1 tablespoon of the foam to the top of the drink.

Caccuicco

Serves 1 large portion

Eat Well With Ming: Scallops are a great source of Vitamin B12, an important vitamin for red blood cell formation.

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

2 oz of Extra Virgin Olive Oil

1 Clove Of Garlic, Smashed

1/3 cup of White Onions, Small Dice

1/3cup of Carrots, Small Dice

1/4 cup of Celery, Small Dice

Large Pinch of Fresh Rosemary, chopped

Large Pinch of Fresh Thyme, Chopped

Large Pinch of Fresh Tarragon, Chopped

3 oz of fresh Calamari, cleaned, and cut into small rings
3 oz pc of White Fish (Cod, Halibut, Snapper...any fresh White Fish)
6 oz of Milled San Marzano Tomatoes (canned)
6 cockle clams
6 PEI Mussels
4 Large Shrimp (21-25) Cleaned and deveined
2 Large Scallop, sliced in half to create "coins"
Salt, Pepper, and Crushed Red Pepper to Taste (should be spicy)
Chopped Italian Parsley
1 Piece of Grilled, Day old Bread...should be very dry
Chervil Pluches (optional garnish)

Directions

1. Place olive oil and smashed garlic in a sauce pot and place on high heat. Cook until golden brown, remove garlic and discard.
2. Brush sides of the bread with olive oil and grill lightly.
3. Place the carrots, onions, and celery in the garlic flavored oil and cook for 2 min, until vegetables begin to soften.
4. Add pinch of salt, pinch of pepper, and pinch of crushed red pepper.
5. Add rosemary, thyme, and tarragon.
6. Add calamari and toss for 10 seconds.
7. Add white fish and San Marzano tomatoes and allow to cook for 1 minute.
8. Add clams and cover the pot with a lid and cook for 4 minutes until the clams are about to open.
9. Season the scallops with salt and pepper. Remove the tails from the shrimp. Add the mussels, shrimp and scallops to the pot, mix with a spoon a few times, cover with lid and cook until all shellfish is open and the shrimp and scallops have cooked through, approx. 1-2 min, just until the mussels start to open. Test for seasoning and adjust.
10. Add large tablespoon of chopped parsley and Stir

To Plate:

1. On the bottom of a deep bowl, place the piece of dry, grilled bread.
2. Gently ladle the seafood and the broth over the grilled bread.
3. Garnish with chervil pluches, whole parsley leaves, or more chopped parsley
4. Drizzle with a touch more extra virgin olive oil and serve

Thai Seafood Stew

Serves 4

Eat Well With Ming: Snapper is packed with selenium, a vital mineral for liver and thyroid processes.

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

1 5-pound snapper, scaled and gutted, cut into whole pieces (head, sides, etc. you will use everything except the back bone)

3 onions

3 Thai bird chiles, slit down the sides

1 cup coconut cream

2 teaspoons fish sauce

Juice of 6 limes

¼ cup Thai basil

¼ cup cilantro leaves

1 quart chicken stock

½ teaspoon cracked white pepper

1/3 cup unsweetened coconut flakes, toasted

1. In a large soup pot, add 2 tablespoons of oil and sauté the onions and Thai bird chiles until they start to sweat. Season with kosher salt to taste. Once translucent, lay the fish pieces on top of the onions. Add fish sauce, cracked white pepper, coconut cream and chicken stock. Allow to simmer for 12-15 minutes.
2. Remove the lid, and add the lime juice, Thai basil and cilantro. Stir to combine well and let simmer another 4-5 minutes.
3. Taste for seasoning. Spoon into serving bowls and garnish with the toasted coconut flakes.

©2018 Ming Tsai - Season 15 Simply Ming