

Episode 1520 – Þráinn Vigfússon

Hilo

1 ounce sumac infused gin
¾ ounce rose syrup
½ ounce rhubarb Liquor
½ ounce lime juice
1 dash chocolate bitters
Rose lemonade to fill

1. Into a cocktail shaker add the gin, rose syrup, rhubarb liquor and lime juice.
2. Shake until cold to the touch. Strain into a cocktail glass. Add a dash of the chocolate bitters and top the drink with the rose lemonade to serve.

Grilled Lamb Ribs with Dried Grapes, Roasted Almonds and Lentils

Serves 2-4

Eat Well With Ming: Did you know lamb is high in selenium and zinc, both important for DNA synthesis?

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

2 red bell peppers
1 cup purple grapes
1 tablespoon white vinegar
½ tablespoon salt
½ tablespoon sugar
Canola oil
1 cup lentils cooked
1 cup roasted almonds
4 lamb chops
Coriander
Cumin
½ cup toasted hazelnuts
½ tablespoon roasted garlic oil
¼ teaspoon chili powder
½ teaspoon paprika
½ teaspoon sumac
2 teaspoons canola oil
1 teaspoon apple cider vinegar

1. Keeping the peppers whole, roast on a grill for about 20 minutes, turning occasionally until they are black. Wrap in foil and let rest 8 minutes.

2. Heat an oven to 200F. Place grapes on a sheet tray, season with 1 tablespoon vinegar, ½ tablespoon salt, ½ tablespoon sugar and a small drizzle of canola oil. Place in the oven and dehydrate overnight. Once removed from oven, combine with the almonds and cooked lentils and set aside.
3. Season lamb with salt, pepper, coriander and cumin. Drizzle with canola oil and place on the grill. Allow the lamb ribs to cook about 3-4 minutes per side, your total cooking time should be about 6-8 minutes total.
4. Remove the lamb ribs from grill and place on a sheet tray. Leave the sheet tray under a salamander or broiler under low heat for an additional 2-3 minutes more.
5. Peel the peppers, de-seed, making sure to keep some of the char for flavor. Add to a blender with ½ cup toasted hazelnuts, ½ tablespoon roasted garlic oil, ¼ teaspoon chili powder, ¼ teaspoon coriander, ½ teaspoon paprika, ½ teaspoon sumac and a pinch of salt. Add 2 teaspoons canola oil and 1 teaspoon apple vinegar. Start the blender and allow to come to a puree, adding more oil if necessary to get a smooth mixture.
6. To plate, add 2-3 heaping tablespoons of the puree. Add lamb ribs and garnish with the grape-lentil salad on top.

Icelandic Lamb with Grilled Vegetable Fried Rice and Spice Market Skyr

Serves 4

Eat Well With Ming: Swap sour cream with Icelandic skyr for its added protein, low fat and high vitamin and mineral content.

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

1/2 head of garlic, 6 cloves minced for dish, ¼ teaspoon chopped for skyr

1 large zucchini, cut into planks

Cracked whole coriander seeds

Ground cumin

Salt

Freshly ground black pepper

2 small onions, finely chopped

1/3 cup skyr

¼ teaspoon sumac

1 pound ground lamb

4 eggs, beaten well

1 red bell pepper, finely diced

1 orange bell pepper, finely diced

4 red chiles, thinly sliced

1 teaspoon soy sauce

50/50 house rice, recipe below

2 tablespoons basil, finely chiffonade

1. Drizzle zucchini with canola oil, season with kosher salt and pepper.
2. Season the lamb with cumin, cracked coriander, salt and pepper.
3. Combine skyr, ¼ teaspoon chopped garlic, sumac and salt to taste.
4. On a grill, add the zucchini planks and grill until they get a nice char.
5. On a grill or stove top, add the ground lamb to a large sauté pan and cook about 3-4 minutes. Set aside.
6. In the same sauté pan, add ¼ cup canola oil until it starts to smoke. Add a pinch of salt to the eggs and add to sauté pan with hot oil. Using a fork or chop stick, scramble the eggs as they start to fluff up, about 30- seconds until fully cooked. Place on a plate or sheet tray lined with paper towels to drain the oil. Set aside.
7. In the same sauté pan, add all the chopped vegetables and combine until mixed well. Cook until all the vegetables start to get caramelize, about 4-6 minutes. Add the eggs and lamb back to the sauté pan (including the lamb juice). Add the rice along with 1 teaspoon soy sauce and mix well.
8. To plate, add the fried rice to a large bowl. Top with zucchini planks and 1 heaping tablespoon of the skyr. Garnish with basil.

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