

Episode 1521 – Fanney Sigurjónsdóttir

Arctic Thyme Game

Serves 1

1 ½ ounce Arctic Thyme Kombucha/Blueberry Juice mix (3:1 parts kombucha to blueberry juice mixed)
1 teaspoon dried arctic thyme
1 ounce vodka
Lemonade to fill

1. Fill a shaker with ice add the arctic thyme kombucha, dried arctic thyme and vodka.
2. Shake until your hand is cold to the touch. Pour into rocks glasses filled with ice. Top off with lemonade to finish the drink. Garnish with straws and a small piece of dried arctic thyme.

Cured Arctic Char Tartar with Grilled Bread

Serves 2

Eat Well With Ming: Use citrus like lime juice and zest to add flavor without adding calories, salt or fat!

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

¼ cup sugar
¼ cup sea salt
2 limes
2 6-ounce pieces of Arctic Char
1 tablespoon jalapeno, de-seeded and finely minced
½ large shallot finely minced
½ cucumber, de-seeded and finely chopped
1 tablespoon extra-virgin rapeseed oil
2 slices sourdough bread
1 tablespoon melted butter
2 tablespoons mayonnaise
2 tablespoons herb oil (chive, parsley, angelica, cilantro)

1. Mix the sugar, salt, and zest from 1 lime together. Coat the arctic char with the mixture and place in the refrigerator to allow to cure for 12 hours.
2. Rinse the cure off the fish to get the salt off. Remove the skin from the fish and cube.
3. In a bowl, combine the jalapeno, shallot, cucumber, and zest from 1 lime. Add the fish and toss to combine. Add the oil and juice from 1 lime and mix to coat.
4. Brush the bread with the melted butter and grill to get nice and toasty. Meanwhile, combine the mayonnaise and herb oil. If you don't have herb oil, you can use an aioli or

pesto instead of the mayonnaise and herb oil mixture. Place a dollop of the mayonnaise mixture on top of the fish for garnish and add cilantro.

5. To serve, place the fish and vegetables on a plate and serve with the grilled bread.

Tea Smoked Five Peppercorn Arctic Char with Root Vegetable Risotto

Serves 4

Eat Well With Ming: Sub root vegetables for rice to make the perfect low carbohydrate “risotto”

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

1 cup chicken stock
½ shallot, finely chopped
2 cloves garlic, finely chopped
Extra virgin olive oil
1 tablespoon unsalted butter
Salt
5-Peppercorn Mix (black, green, white, red, and pink)
1 tablespoon finely chopped fresh ginger
1/3 large sweet potato, peeled and finely chopped
½ cup rutabaga, finely chopped
½ cup carrots, peeled and finely chopped
½ cup baby potatoes, finely chopped
1 tablespoon dry white wine
1/3 cup Lapsong Souchong Tea
1/3 cup sugar
1/3 cup white rice
2 6 ounce pieces of arctic char
2 tablespoons fresh parsley, finely chopped
Lime juice, for garnish

1. Add chicken stock to a pot and heat on medium heat to get hot.
2. Place shallot and garlic in a large sauté pan with 1 teaspoon extra virgin olive oil and 1 tablespoon butter, kosher salt and freshly ground peppercorns to taste.
3. Add finely chopped vegetables to the sauté pan with 1 ladle of hot chicken stock. Add the 2nd ladle after 4 minutes. Allow the vegetables to soak up the chicken stock, should take about 6-7 minutes. Deglaze with white wine and set aside.
4. Mix the tea, rice and sugar together on a piece of foil. Place the arctic char skin side down and season with salt and 5 peppercorn mix. Wrap the foil to create a little packet and add to a hot grill, skin side down and allow to cook 6-8 minutes, for a lightly smoked medium-rare char.
5. To plate, spoon the vegetable risotto into a bowl. Gently remove the char from its skin and place on top of the vegetable risotto. Garnish with freshly chopped parsley and a squeeze of lime juice.

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