

Episode 1720 Kendra Baker

Dita Rita

2 ounces jalapeno infused [Venus Spirits El Ladron Agave](#)

1 ounce pineapple shrub

$\frac{3}{4}$ ounce lime juice

6 cilantro leaves

6 mint leaves

1. Measure each of the liquids into the shaking tin
2. Add the cilantro and mint leaves and muddle
3. Add ice and shake
4. Strain over ice into a rocks glass

Kendra Baker- Lost Island Taco

Lost Island Taco

Serves 4

Eat Well With Ming: Pineapples are one of the few sources of bromelain, an important enzyme for digesting protein.

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

Tiki Pork

1 quart apple juice

$\frac{1}{4}$ cup plus $\frac{1}{2}$ cup water

1 $\frac{1}{2}$ tablespoon garlic, minced

20 grams ginger, grated

1 tablespoon tomato paste

1 tablespoon fish sauce

2 tablespoons soy sauce

1 tablespoons yellow miso

2 tablespoons lime juice

2 tablespoons hoisin

25 grams kosher salt

2 cups pureed pineapple

1 each large onion

8 pounds pork shoulder

1. Preheat oven to 300F.
2. Reduce the apple juice to a caramel. Add first water amount and swirl to stop the cooking.
3. Whisk in all ingredients except the onion and pork.
4. Rough chop the onion place in the bottom of a dutch oven.
5. Coat pork with sauce and place on top of onions, cover with foil and cook for 2-3 hours or until it falls apart.

6. Remove pork, skim the fat and puree the remaining ingredients. Then reduce the liquid and toss shredded pork with the sauce.

Snappy Pineapple Salsa

1 each pineapple, small dice
½ each red bell pepper, small dice
½ each cucumber, small dice
2 each jalapeno, seared and seeded
½ each red onion, small dice
8g kosher salt
30g lime juice
15g (1/2 bunch) cilantro, washed and chopped
1 tablespoon ginger, grated

1. Remove outside of the pineapple and core. Dice into ¼ inch pieces.
2. Cut bell pepper and cucumber and red onion into ¼ inch pieces.
3. Finely chop the jalapenos.
4. Mix all ingredients together and adjust the seasoning.

To plate:

1. Warm tortilla on the griddle and separately add the pork to warm through and get a little crispy. About 1 ounce of meat per taco.
2. Place the meat in the middle of the taco.
3. Top with shredded cabbage and garnish with the salsa. Drizzle with fermented chili sauce. Eat hot and enjoy!

Ming Tsai Recipe

Inside Out Vegetarian Tacos

Serves 2

Eat Well with Ming: Avocados are good sources of potassium. Did you know a 3.5 ounce serving contains more potassium than a banana?

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

½ cup Snappy Pineapple salsa
½ cup Monterey jack cheese
2 corn tortillas
1 bunch scallions, leaves picked and roughly chopped
1 bunch cilantro, leaves picked and roughly chopped
Baby Crispy Green Leaf (Little Leaf)
1 Avocado sliced, with juice of ½ lime squeezed on top
2 limes

1. On a griddle, heat the salsa on $\frac{1}{4}$ cup amounts to start caramelizing the pineapple a bit.
2. Add the cheese, also in $\frac{1}{4}$ cup amounts on top of the salsa and press down into the salsa to allow the cheese to start melting into the salsa. When the cheese is crispy, flip after about 4 minutes when they are golden brown add the tortillas to the griddle.
3. To plate, place the cheese/salsa on top of the tortillas. Flip over so that the cheese is on the bottom. Place the lettuce in the middle, top with two slices of avocado, garnish with scallions, cilantro and the salsa and enjoy!