

Episode 1721 Paul Corsentino

Paul Corsentino Recipe- Grilled Abalone and Shiitake Salad

Grilled Abalone and Shiitake Salad

Serves 5

Eat Well With Ming: Shiitake mushrooms are high in vitamin B5, which is important for skin, hair, eye and liver health.

Allergy Free Note: peanut free and tree nut free

5 each 80ml cleaned abalone marinated in 2 tablespoons of abalone marinade

3 each blanched baby bok choy cut into one-inch pieces

½ cup of pickled carrots and green papaya

1 apple julienned

¼ cup lobster apple vinaigrette

1 teaspoon soy sauce

5 each grilled shiitake mushrooms, sliced

1 tablespoon toasted sesame seeds

15 pieces fried seaweed (preferably nori and dulce)

1. Once the abalone has marinated for 1-day, season lightly with salt and place on a hot grill.
2. Once the abalone has cooked, remove from the grill and let cool. Once the abalone has cooled, slice them and place in a mixing bowl.
3. Next place the blanched bok choy in the bowl with the abalone along with the shiitake mushrooms and the pickled vegetables.
4. Next pour in the vinaigrette and the soy sauce and mix.
5. Place the apple puree at the bottom of the plate and the salad mixture on top of the puree.
6. Garnish with the toasted sesame seeds and the julienne apples as well as the fried seaweed.

Abalone Marinade

Yields ½ cup

1 tablespoon chopped garlic

2 tablespoons chopped ginger

2 tablespoons white miso

4 tablespoons yuzu juice

2 tablespoons sesame oil

1. Mix together and set aside.

Blanched Bok Choy

1. Cut the bok choy into one-inch pieces with the base removed and put in a pot of well salted boiling water. Cook for about 30 seconds to one minute.
2. Immediately place in an ice bath.
3. Once cooled, remove from the ice bath and drain off excess water.

Papaya and Carrot

1 carrot, julienned
1 green papaya, julienned
½ cup rice vinegar
½ cup water
¼ cup mirin
⅓ cup sugar
3 tablespoons salt
Pinch of chili flake

1. Place all liquids as well as salt, sugar and chili flake in a pot and bring to a boil.
2. Place all julienned carrot and papaya in a bowl. Pour the boiling liquid over the vegetables, wrap then cool. The vegetables are ready once they are cool

Apple Puree

1 apple, skin and core removed, then diced
2 cups white wine

1. In a pot, place the white wine and apples together and bring to a boil.
2. Once the apples are fully cooked about 5-10 minutes, remove from the pot and blend in a food processor until smooth. Once the puree is cool, it is ready to use.

Lobster and apple vinaigrette

1 cup apple juice
1 cup lobster stock
1 cup vegetable oil
1 tablespoon yuzu juice
1 tablespoon rice vinegar
1 tablespoon mirin

1. Place the apple juice and lobster stock in a pot and reduce by half.
2. In a food processor blend the reduction with the yuzu, rice vinegar, mirin and the canola oil
3. Season to taste with a dash of salt. The vinaigrette is ready once it has cooled.

Shiitake Mushrooms

6 each shiitake mushrooms, stems removed
1 tablespoon vegetable oil
1 teaspoon lemon juice

Salt to taste

1. Toss the clean mushrooms with vegetable oil and lemon juice.
2. Place the mushrooms on a hot grill and cook until they are tender.
3. Remove from the grill and cool, then julienne.

To plate:

-Mix the bok choy, mushrooms, pickled carrots/daikon, and abalone with the vinaigrette. Puree at the base on the plate and top with the salad. Garnish with the seaweed.

Ming Tsai Recipe

Asian Abalone "Rockefeller" with Crispy Rice

Serves 2

Eat Well With Ming: Abalone are high in protein and great sources of vitamin E.

Allergy Free Notes: peanut free and tree nut free

2 tablespoons fermented black beans, minced
2 tablespoons fresh ginger, minced
2 tablespoons garlic, minced
½ cup vegetable oil
4 Abalone
2 tablespoons unsalted butter
Crispy rice, fried
2 cups red and green leaf lettuce ([link to little leaf](#))

1. Lay abalone on the greens. Season with salt and pepper.
2. Heat oil on the stove and heat a wok with water until boiling and place three black tea bags in the water.
3. Place the steamer on top of the wok and cover with the lid.
4. Mince the fermented black beans and set aside.
5. Add butter and oil to a pan with the greens with the garlic, ginger and fermented black beans and place in the sauce pan.
6. Top the abalone with the oil and garnish with the crispy rice and enjoy.