

## Season 16 Episode 1607 Bryan Caswell

### Cocktail

#### **Remember the Maine**

Serves 1

2 ounces Rittenhouse Rye

¾ ounces Carpano Anitqua

½ ounce Cherry Herring

Lemon twist for garnish

**Method:** Add all three ingredients to a cocktail shaker, stir, and double strain into a coupe. Garnish with a lemon twist.

### Bryan Caswell Recipe

#### **Black Bass on the Half Shell with Swiss Chard & Field Pea Sauté**

*Serves 4-6*

**Eat Well with Ming:** Black-eyed peas are high in soluble fiber, important for cholesterol reduction

**Allergy Free Note:** Gluten free, shellfish free, peanut free, tree nut free, soy free, egg free

#### **Black Bass**

11-12 ounces filet redfish, scales on

B.A. Spice

1. Dock the tail end of the fish to get 11-12 ounce portion, reserving scrap for skewers.
2. Season the fish with B.A. spice. Add a dollop of the Manteca Especial.
3. On a hot grill add the fish skin side down. Cover the fish with a small sauté pan or skillet.
4. Add lemon slices on top of the fish. Add lemon halves to the grill and allow all to cook.
5. Check the fish after 3-4 minutes. The butter should just start to melt.
6. After another 3-4 minutes, baste with a touch more butter. Allow to cook for another 2 more minutes, the fish should be perfectly cooked, about 8-12 minutes total.
7. Carefully remove the fish from the grill and place on serving platter. Add the half lemons as well and set aside.

#### **B.A Spice**

3 tablespoons ground cumin

2 tablespoons madras curry powder

2 teaspoons black pepper

1 tablespoon garlic powder  
2 tablespoons paprika  
3 tablespoons chili powder  
2 teaspoon cayenne pepper  
3 tablespoons white pepper  
2 tablespoons kosher salt

### **Manteca Especial (Basting Butter)**

¼ teaspoon cayenne pepper  
2 tablespoons garlic, chopped  
½ pound butter, room temperature  
1 ½ tablespoon cilantro, chopped  
1 ½ tablespoons parsley, chopped  
1 ½ tablespoons lemon juice  
¼ teaspoon kosher salt  
3 tablespoons white wine  
¼ teaspoon black pepper

1. In a food processor place butter, parsley, cilantro, garlic, salt and spices and pulse until well blended.
2. Combine liquids and begin to add to the butter mix while running the food processor. Add it slowly at first like a reverse vinaigrette.
3. Roll the butter in parchment paper or place in shallow pan and let it set in the refrigerator to harden.

### **Field Peas**

4 tablespoons bacon grease  
1 ½ cups yellow onion, diced  
¼ cup garlic, diced  
1 bay leaf  
¼ teaspoon cayenne pepper  
¼ teaspoon paprika  
½ cup parsley  
1 cup red bell pepper, diced  
¼ bunch fresh thyme  
½ teaspoon cracked black pepper  
¼ teaspoon garlic powder  
1 ½ quarts chicken stock  
1 pound field peas- can use combination of black eyed peas, purple hull peas

1. Heat bacon grease and sauté the onion, bell pepper, celery, garlic, thyme, bay leaf and spices until translucent.
2. Add the stock and simmer for 30 minutes, then strain and reserve liquid.
3. Return liquid to the stove and simmer field peas until tender.

### **Swiss Chard**

2 bunches Swiss chard, ribbed and washed

1. In a medium pot, fill with salted water bring to a boil. Add the Swiss chard and blanch until tender.
2. Gently squeeze dry and set aside.

### **Vegetables**

2 shallots, sliced into thin rings

1 Dragon finger chile sliced in rings

3 tablespoons bacon lardon

1 cup blanched Swiss chard, ribs removed and sliced, leaves roughly chopped

¼ cup white wine

2 tablespoons Thai basil

2 cup drained field peas, recipe above

2 tablespoons stock from field peas

1 tablespoon butter

Extra virgin olive oil

Kosher salt and freshly ground black pepper to taste

1. In a sauté pan, add bacon lardon, shallots, and chiles.
2. Allow to sauté until just soft. Add the white wine, Swiss chard leaves.
3. Add drained field peas
4. Add the stock, butter, Thai basil and season with salt and black pepper. Stir to combine.
5. Place in a serving bowl to serve along side the fish.

### **Ming Tsai Recipe**

#### **Crispy Whole Black Bass**

*Serves 4*

**Eat Well with Ming:** Use rice flour instead of regular helps transform this into a 100% gluten free dish

**Allergy Free Note:** gluten free, soy free, tree nut free, peanut free, shellfish free, egg and free

#### **Batter**

1 bag rice flour

1 ½ teaspoon baking powder

1 egg

1 cup buttermilk

¼ cup Valentino Hot Sauce

3 tablespoons soda water

**Flour**

1 box cornstarch

1 bag rice flour

¼ cup ground ginger

½ cup onion powder

½ cup garlic powder

½ cup black pepper

**1 whole black bass, eviscerated and scaled**

1 tablespoon ginger, 2 inches fresh, minced

1 tablespoon garlic

1 bunch Swiss chard, ribs removed and chopped and leaves roughly chopped

1 teaspoon tamari

1 tablespoon Valentine hot sauce

Kosher salt and freshly ground black pepper to taste

½ lemon

1. Heat wok and fill with oil and heat to 375F
2. Mix flour with spices until well incorporated.
3. Lay half the flour mixture down on a sheet tray. Place fish down and coat well, making sure it's well covered.
4. Carefully add fish to wok and fry 6 minutes each side, spooning oil over fish and continue to baste to allow the whole fish to cook. Once you flipped to the second side, allow to cook for another 6 minutes. You'll want to cook the tail as well, about 3 minutes each side. Once cooked, remove to a platter and set aside to serve.
5. Add 1-2 teaspoons grapeseed oil to a separate wok and add garlic and ginger. Once the garlic and ginger starts to soften, 1-2 minutes add the Swiss card stems, and sauté 3-4 minutes. Add the Swiss chard leaves and allow to sauté and soften. Add ½ ladle of the hot fish oil. Add 1 teaspoon tamari, 1 tablespoon valentine hot sauce and season with salt and pepper. Sauté until the chard is wilted and flavors are well combined.
6. Drizzle with lemon juice from ½ lemon.
7. Place Swiss chard inside the cavity of the fish and serve on a plate.

