

## Season 16 Episode 1609 Ivan Orkin

### Cocktail

#### **Miami Vintage**

Serves 1

1 ½ ounces Rhum Clement Rum Premiere Canne (Can substitute with any aged Agricole)

1 ounce watercress mint syrup

1 dash Bittermens 'Elemakule Tiki Bitters

¾ ounce fresh squeezed lime juice

Dry sparkling wine (cava works well)

Long fresh lemon swath for garnish

**Method:** Add rum, syrup, bitters and lime juice to a cocktail shaker with ice. Shake and double strain into a wine glass. Fill with your driest sparkling wine. Garnish with a long fresh lemon swath.

### Ivan Orkin Recipe

#### **At Home Shoyu Ramen**

Serves 4-6

**Eat Well with Ming:** Apples are packed with vitamin C, antioxidants and fiber

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

2 cups homemade or high quality low sodium chicken broth

2 cups instant HON dashi made to package directions

½ cup peeled and diced green apple

½ cup yellow onion, minced

¾ cup and 1 cup canola oil, separated

6 garlic cloves, minced

2 tablespoons fresh ginger, minced

1 cup canola oil

6 ounces high quality soy sauce or tamari (Yamasa is a good brand)

2 ounces mirin

2 ounces sake

2 eggs

6 tablespoons of fat (see note below recipe)

2 scallions

Ramen (SUN noodle brand is excellent, if you can't find it, instant works, do not use instant flavor packet)

1 roasted chicken, (see meat note below), rotisserie or any leftover meat you have works well for this, slice the chicken breasts

1. Make the soup- combine both stocks together and store until ready to serve.

2. Make the tare- place the apple, onion, garlic, and ginger in a small pot with the oil. Cook over low heat for 30 minutes. Do not brown the onions. Strain, and reserve the oil. Discard all the solids.
3. Combine the canola oil, soy sauce, mirin, and sake and bring to a boil. Simmer for 1 minute, mix with the chicken and pork fat, and keep on low. Once you remove the solids from the oil in step 2, add the clear oil to the saucepan. Turn off the heat, cool and reserve the tare until ready to serve. You will need 1 fluid ounce of this per bowl.
4. Place 1 egg per person in a small pot and cover with cold water.
5. Bring to a boil and immediately turn down to the lowest simmer.
6. Cook for exactly 6 minutes. Plunge the egg into ice water to stop the cooking.
7. When you are ready to serve:
  - a. Heat the soup to just below a boil.
  - b. Heat the tare but make sure you do not boil.
  - c. Bring water to a boil and add the noodles to cook. When cooked, remove from water and drain well.
  - d. Cut the scallions as thinly as possible.
  - e. Add 10 ounces of broth per bowl.
  - f. Add ½ ladle of the tare per bowl
  - g. Add the noodles, and carefully place the chicken breasts in the broth
  - h. Carefully slice the egg and lay in the bowl open to expose the yolk
  - i. Top with sliced scallions
  - j. SLURP heartily.

\*Note about fat:

- Flavorful fat is the key. At Ivan Ramen, they use blend of 50% rendered chicken fat and pork fat but using simply chicken fat is great. Using the chicken skin and fat scraps from the roast chicken, render the chicken fat by using skin and fat scraps from chicken and cook them slowly until the fat is rendered and the skin is crisp. Drain the fat and reserve. Salt the crispy skin and eat while no one is looking.

\*Note about meat:

-At Ivan Ramen, pork belly is used that has been slow cooked for hours until it is meltingly tender. You can try to make this or use a piece of slow cooked pork shoulder, sliced chicken breast, roasted chicken thighs, or even leftover rotisserie chicken that has been shredded. Use about 3 ounces of meat per bowl.

### Ming Tsai Recipe

#### **Vegetarian Ramen**

*Serves 4*

**Eat Well with Ming:** Shiitake mushrooms contain compounds that help support the immune system

**Allergy Free Note:** dairy free, gluten free, peanut free, tree nut free, shellfish free, fish free, soy free

1 quart vegetarian stock  
¼ pound dried shiitake mushrooms  
1 onion, sliced into half moons  
2 carrots, 1 sliced into 2 inch pieces, 1 save for spiralizer  
2 ribs of celery  
4 large slices of ginger  
1 head of garlic, halved and picked  
1 daikon  
1 cucumber  
1 teaspoon whole peppercorns  
2 whole dried bay leaves  
2 blocks soft organic tofu  
1 cup soaked kombu -2 pieces  
1 tablespoon tamari  
2 teaspoons sesame oil  
2 teaspoons rice vinegar  
2 tablespoons sesame seeds

1. Add vegetarian stock, mushrooms, onion, 1 carrot sliced, celery, ginger and garlic to a soup pot. Heat and bring to a boil to make your vegetable stock. Let simmer for 2 hours. Then strain into a separate pot. Keep the pot on medium to keep the stock warm.
2. While vegetable stock is simmering, make the kombu salad. Thinly slice the kombu and add 1 tablespoon tamari, 2 teaspoons sesame oil, 2 teaspoons rice vinegar and mix together. Add half the sesame seeds, stir and set aside.
3. Spiralize the second carrot, daikon and cucumber and add noodles to your serving bowls.
4. Pour broth over the raw spiralized vegetables. Add 2 slices of tofu on top making sure to submerge it into the broth so that it heats a little. Drizzle a touch of tamari on top of the tofu.
5. Garnish with kombu salad and a few toasted sesame seeds. Slurp and enjoy.