

Season 16 Episode 1611 Akhtar Nawab

Cocktail

Lightbulb Negroni

Serves 1

1 ounce Bols Genever

1 ounce Charred Orange Carpano Bianco

Long thin lemon twist, garnish

Method: Add the Bols Genever and Carpano Bianco to a mixing glass with ice. Stir gently. Double strain into a Winchester glass and garnish with the lemon twist.

Akhtar Nawab Recipe

Mushroom Bolognese with Homemade Corzetti

Serves 4-6

Eat Well with Ming: Shiitakes contain many of the same amino acids found in meat

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

Pasta

8 ounces 00 Flour

5 egg yolks

1 whole egg

1-2 tablespoons whole milk

1 teaspoon olive oil

1. Combine ingredients adding each egg yolk one at a time. Knead until smooth. Allow to sit for at least 1 hour.
2. Using a pasta machine, start on 5 and run the dough through twice. Switch to 6 and fold the dough and roll through. Continue rolling until you've reached your desired thickness. Cut with your favorite stamp or mold into your favorite shape.
3. Cook just before ready to serve with the sauce in very salted boiling water.

Mushroom Bolognese

4 cups diced carrots

1 cup diced celery

2 cups diced white onions

1/3 cup extra virgin olive oil

½ cup minced garlic

1 28-ounce can plum tomatoes, pureed

¾ cup dried shiitake mushrooms

6 cups cremini mushrooms

4 cups dry red wine (cabernet or merlot preferred for this recipe)

2 cups vegetables stock

3 sprigs rosemary

3 sprigs thyme

Kosher salt and freshly ground black pepper to taste

1. In a food processor, buzz the carrots, celery, onion, and garlic.
2. In a heavy pot, add the carrot mixture with enough olive oil to coat the bottom of the pan and sauté until the vegetables start to sweat down, about 8 minutes.
3. Add the tomato puree and cook for about 30 minutes.
4. In a medium bowl, rehydrate the shiitake mushrooms with boiling water. Add a lid on top to keep the mushrooms submerged. Once rehydrated, de-stem and julienne. Save the water to use for a mushroom stock.
5. Once the carrots, onion and celery have cooked through, about 10-15 minutes, total add the cremini mushrooms and cook until they have released their liquid and the liquid has reduced.
6. Add the shiitakes and cook again until the liquid is reduced.
7. Add the rosemary, thyme, and wine and reduce again. Add the vegetable stock and simmer for 45 minutes.
8. Using a spider, remove pasta from water and add to a sauté pan. Add some of the sauce and tear a few fresh basil leaves in. Add 1 teaspoon butter and cook 1-2 minutes, adding a small amount of freshly shaved parmesan cheese. Allow to cook for another 2 minutes.
9. Plate between 2 bowls and garnish with a bit more cheese and touch of extra virgin olive oil on top.

Ming Tsai Recipe

Wok-Stirred Maitake Mushrooms with Scallion Noodle Cake and Tomato Fondue

Serves 4

Eat Well with Ming: Napoli tomatoes are highest in immune-boosting antioxidant lycopenes

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

2 bunch scallions, sliced thin and separated, reserving 2 tablespoons of green for garnish

1 jalapeno, thinly sliced

2 tablespoons garlic, minced, 1 tablespoon for tomatoes, one for mushrooms

2 tablespoons fresh ginger, minced, 1 tablespoon for tomatoes, one for mushrooms

2 maitake mushroom heads, roughly chopped

1 pound fresh wonton noodles (see note below)

3 eggs lightly beaten

Canola oil for cooking

1 can Napoli tomatoes

1 teaspoon tamari

1 bunch fresh basil, torn right before adding to tomato fondue

Extra virgin olive oil

Kosher salt and freshly cracked pepper

1. Heat a large skillet over high heat. Add 1 teaspoon oil and swirl to coat the pan. When the oil is hot, add the scallion whites, jalapeno, 1 tablespoon garlic, 1 tablespoon ginger, salt and pepper. Sweat down about 2-3 minutes. Add the chopped up tomatoes and continue to cook down.
2. In the medium bowl with the noodles add the eggs, scallion greens and salt and pepper to taste. Combine with hands until thoroughly mixed.
3. To the same skillet, add 3 tablespoons of oil and place over medium heat. When the oil is hot, dump the noodle mixture equally around the pan; gently pressing down to make sure the mixture is compact against the entire hot surface. Cook until the mixture is just set, and the noodles are golden, brown and delicious, about 3-4 minutes.
4. Flip the noodle cake, add some additional oil and brown the second side. Transfer the pan to the oven and cook for an additional 10-12 minutes.
5. While the noodle cakes finish cooking in the oven, in a wok, add 1 canola oil, 1 tablespoon garlic, and 1 tablespoon ginger. Bring to medium heat and cook the garlic and ginger about 2-4 minutes until fragrant.
6. Add the maitake mushrooms to the wok along with 1 tablespoon tamari. Mix well to combine and carefully wok stir to soften the mushrooms.
7. Add the tomatoes to the saucepan with the scallion whites and jalapenos.
8. Place noodle cake on cutting board and add maitake mushrooms on top. Spoon sauce over the mushrooms and garnish with scallion greens before serving hot.

*Note- if you cannot find fresh wonton noodles, you can use dried. You will want to cook them prior to using in this recipe. To cook, heat a pot of boiling water, salt once the water reaches a boil and blanch the noodles until cooked. Remove and add to bowl of ice water. Drain and set aside until you are ready to use.

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