

Season 16 Episode 1613 Joanne Chang

Cocktail

Harvest Moon

Serves 1

¾ ounces Nikka coffee
¾ ounces lemon juice
¾ ounces Averna
¾ ounces honey syrup
¾ ounces cinnamon syrup
1 egg white

Method: Add ingredients to the cocktail shaker and dry shake. Add ice and shake until shaker is cold to the touch. Double strain into a coupe glass with no ice.

Joanne Chang Recipe

Passion Fruit and Raspberry Pavlova

Serves 4-6

Eat Well with Ming: Passion fruit is high in vitamin C, which has been found to help decrease blood pressure!

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

¾ cup (180 grams) egg whites (about 6 large)
1 ¼ cup (250 grams) sugar
2 tablespoons cornstarch, sifted
1/8 teaspoon kosher salt
1 teaspoon vanilla extract
1 cup (240 grams) heavy cream
2 teaspoons confectioner's sugar
Passion Fruit Curd (recipe below)
2 pints fresh raspberries

1. Preheat the oven to 175F and place a rack in the center of the oven. Line a baking sheet with parchment paper and set aside.
2. Using a stand mixer fitted with a whisk attachment (or handheld mixer) beat the egg whites on medium speed for about a minute. The whites will start to froth and turn into bubbles and eventually the yellowy viscous part will disappear. Keep whipping until you can see the tines of the whip leaving a slight trail in the whites.
3. On medium speed, slowly add sugar in 6 to 8 equal additions, mixing for about 20 seconds after each addition. It should take about 3 minutes to add all of the sugar.

4. When all of the sugar has been incorporated into the egg whites increase the speed to medium-high and beat for about a minute longer. The meringue should be fluffy and look a bit like shaving cream. Remove the bowl from the mixer and using a rubber spatula, fold in the sifted cornstarch, salt, and vanilla extract. The meringue batter will be gloppy and sticky looking.
5. Using a ½ cup ice cream scoop or ½ cup round measuring cup, scoop 8 round balls of meringue onto the prepared baking sheet. Use a large spoon to press a well into the center of each meringue mound, moving the spoon around in a circular motion to make a shallow depression in the meringue. Place in the oven for 3 hours and then turn off oven and let set in oven overnight. The next day, remove from the oven, and carefully peel off parchment. Pavlova meringue may be made up to 2 days in advance and stored in an airtight container at room temperature.
6. When ready to serve, whip the heavy cream and confectioners' sugar in a medium bowl with a whisk until it is soft and billowing. Do not over whip or else the cream will get grainy. It should look similar to the meringue when it was fully whipped. Place each pavlova meringue on an individual serving plates or all together on a large serving platter.
7. Spoon about 2 tablespoons of softly whipped cream into the center of each pavlova meringue. Make a depression in the cream and then spoon about 2 heaping tablespoons of Passion Fruit Curd on top of the cream. Scatter the raspberries evenly on top of the curd. Passion Fruit Pavlovas should be served within an hour or so of assembling. After an hour store the pavlovas in the fridge to keep the curd and cream cold and note that the pavlova meringues get really soft after a few hours.

Passion Fruit Curd

Makes 1 ¼ cups

½ cup (1 stick, 115 grams) unsalted butter, cut into small pieces

¼ cup (50 grams) passion fruit puree

2 tablespoons (30 grams) lemon juice

½ cup (100 grams) sugar

3 large egg yolks (about 60 grams)

1/8 teaspoon kosher salt

1. In a medium saucepan, heat the butter, passion fruit puree, and lemon juice to just under a boil over medium-high heat. In a medium size bowl, whisk together the sugar and egg yolks. Remove the passion fruit mixture from the heat and gradually whisk in about ½ cup of the hot liquid into the sugar-egg mixture. Continue whisking the hot liquid into the eggs about ½ cup at a time until it's all incorporated. This technique (adding hot liquid slowly to eggs) is called tempering, and it allows the eggs to be brought up to the same temperature as the hot liquid slowly and gently, without cooking them.

2. Return the mixture to the saucepan over medium heat. Stir continuously with a wooden spoon, making sure to scrape the bottom of the saucepan frequently to prevent the eggs from scrambling. Cook until the mixture thickens and coats the spoon with a thick enough layer of curd that you can draw your finger through it and it holds a line. This will take 5 to 8 minutes.
3. Remove the curd from the heat and strain it through a fine sieve into a medium bowl or pitcher. Whisk in the vanilla extract and salt. Let cool and then cover in plastic wrap and refrigerate for at least 4 hours before using. Curd may be made up to a week in advance and stored in an airtight container in the fridge.

Ming Tsai Recipe

Dairy Free Ile Flottante

Serves 4

Eat Well with Ming: Mangoes are high in vitamin B6, an important vitamin for boosting brain health!

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

8 egg whites
Pinch sugar and ½ cup
8 eggs, separated yolks and whites
½ cup + pinch of sugar
½ cup cinnamon syrup
1 teaspoon vanilla extract
1 can coconut milk
1 star anise
1 cinnamon stick
1 mango
Fresh mint leaves to garnish

1. Whip 8 egg whites with 1 pinch sugar. Once fluffy slowly add rest of sugar
2. Whisk egg yolks with the cinnamon syrup until well combined. Add the vanilla extract and whisk to combine.
3. In sauce pot, heat coconut milk until you reach a simmer.
4. In a sauté pan, heat on low and with ½ inch of water with 1 cinnamon stick and star anise. Once simmering (be careful not to overheat) float merengue in as oblong ovals. Cook for 2-3 minutes then flip and cook for another 2-3 minutes.
5. Once the coconut milk has reached a simmer, slowly add 2-3 tablespoons at a time to temper egg yolks with coconut milk. Continue until you've added ¾ of the coconut milk. Then add mixture back to the saucepot with the remaining coconut milk. Keep the heat on medium and continue cooking until the mixture thickens and holds a line on the back of the spoon. Be sure to continue stirring so the liquid doesn't become clumpy.

6. Strain the coconut milk/yolk mixture through a fine mesh strainer. Continue stirring so that it doesn't become clumpy as it cools. Refrigerate it about 5 minutes to cool just slightly so that it doesn't overcook the ile flottante.
7. Add the ile flottante to a bowl, spoon crème anglaise into bowl, and garnish with mango slices and mint.

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