

Season 16 Episode 1624 Michael Schlow

Cocktail

Paloma Fresh

Serves 1

1 ½ ounces Roca Blanco

½ ounce St. Germaine

¾ ounce lime juice

½ ounce fresh grapefruit juice

1 muddled cucumber with small pinch of salt

Soda water to fill

2 slices cucumber for garnish

Method: Shake all ingredients in shaker with ice, strain over ice and top with soda water and cucumber.

Michael Schlow Recipe

Spicy Shrimp with Calabrian Chiles, Pastina and Green Vegetables

Serves 4-6

Eat Well with Ming: Shrimp are high in selenium, a mineral important for thyroid and immune function.

Allergy Free Note: peanut free

Shrimp

3 ounces extra virgin olive oil

1 clove of garlic, smashed

10 U-12 shrimp, peeled, deveined, tail left on

Kosher salt and black pepper

Finely minced basil

Juice of 1 lemon

1 tablespoon finely minced calabrian chile, add more or less depending on how spicy you prefer

¼ cup chicken stock, vegetable stock, shrimp stock or water

2 tablespoons butter

1. Place the olive oil and smashed garlic clove in a large sauté pan, place pan over high heat.
2. When garlic turns golden brown, remove from pan and discard the garlic.
3. Add the shrimp to the pan, careful not to overcrowd.
4. Season with salt, pepper and the chopped basil.
5. After 1-2 minutes, turn the shrimp over, lower the heat to medium and continue to cook for approximately 2 more minutes or until the shrimp are cooked and firm.

6. Squeeze the juice of the lemon over the top. Add the finely chopped chiles, toss to combine and coat.
7. Remove the shrimp and reserve for plating
8. Return the pan to high heat and add the stock or water.
9. Melt the butter and reserve for using as a light sauce for the shrimp.

Pastina

8 ounces pastina or very small pasta (or cous cous can be a substitute)

2 tablespoon of butter

4-5 raw asparagus spears, sliced into thin circles

1 cup fresh peas, blanched (frozen peas can be substituted)

1 cup (equal parts) or finely chopped parsley, mint, and basil (1/3 cup each)

Juice of 1 lemon

1 ounce extra virgin olive oil

Kosher salt, pepper and crushed red pepper to taste

½ cup chopped walnuts, reserved for plating

1. In a pot of boiling salted water, place the pastina and follow the box descriptions.
2. While the pasta is cooking, place butter in a large sauté pan. Once butter is melted, add asparagus spears, and cook for 1 minute.
3. Add blanched (or frozen peas)
4. Strain the pastina, reserving 1 cup of the cooking liquid
5. Add the pastina to the pan and toss to combine.
6. Add the finely chopped herbs and toss to fully combine.
7. Add the lemon juice, olive oil and season to taste.
8. If the pasta is a little dry, add some of the pasta cooking liquid.

To plate:

1. On a large oval plate, spoon the pastina and vegetables over the bottom of the plate. Sprinkle the walnuts on top.
2. Arrange the shrimp over the pastina in a nice pattern.
3. Spoon the pan sauce over the top of the shrimp and garnish with small greens (hearts on fire) or something similar (optional).
4. Serve and enjoy.

Ming Tsai Recipe

Shrimp, Mango and Watercress Stir Fry

Serves 4

Eat Well with Ming: Watercress is a nutrition powerhouse and can help decrease risk of obesity, diabetes, heart disease and high blood pressure.

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

1 pound U-15 shrimp, peeled
3 cloves garlic, minced
2 inches fresh ginger, julienned and minced
1 bunch scallions, thinly sliced, white and green parts separated
3 cups watercress
2 mangos, ½ inch dice
Sambal
1 white onion, thinly sliced
2 tablespoons sambal
House rice, recipe below
2 teaspoons tamari

1. Heat wok so that it's hot. Add 1 tablespoon grapeseed oil and add onion, season with salt and pepper and toss to combine. Sauté until they start to soften.
2. Add garlic, ginger and scallion whites. Sauté until lightly caramelized. Add shrimp, toss and let cook, about 3 minutes total until fully cooked.
3. Add mango, watercress, tamari and sambal. Toss to combine.
4. To serve, plate rice on serving platter and top with stir fry. Garnish with scallion greens.

House Rice (50/50 Brown & White Rice)

1 ½ cups brown rice
1 ½ cups white rice

1. Rinse brown rice and let soak in fresh cold water to cover for about 1 hour.
2. In the meantime, rinse the white rice by filling a bowl with water and stirring by hand. Drain and repeat until the water in the bowl is clear.
3. Add both the brown and the white rice to saucepan. Flatten the rice with your palm and without removing it, add water until it touches the highest knuckle of your middle finger.
4. Cover and boil over high heat for 10 minutes.
5. Reduce the heat to medium and simmer for 30 minutes. Turn off the heat and let the rice stand, covered, to plump, 20 minutes. Stir gently and serve.