

Simply Ming On The Road Episode 1523 –Minneapolis

Wallbanger- Gavin Kaysen

Serves 1

1.5 ounce Galliano
1 ounce Lustau Amontillado
2 ounce carrot juice
1 ounce orange juice
¼ ounce lemon juice
1 small pinch salt

1. Combine all ingredients in a shaker, shake until shaker is cold to the touch, strain into a Collins glass filled with ice.
2. Garnish with rosemary and a lemon wheel.

Salmon Mi Cuit with Sauce Muerette- Gavin Kaysen

Serves 2

Eat Well With Ming: Maitake mushrooms contain beta 1,6 glucan, a compound known to help decrease inflammation

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

1 tablespoon canola oil
3 ounces bacon, cut into 1 inch pieces
Kosher salt to taste
Freshly cracked black pepper
1 shallot, finely chopped
4 garlic cloves, smashed and finely chopped
1 cup thinly sliced maitake mushrooms
½ cup thinly sliced matsutake mushrooms
1 lobster mushroom
½ cup mixed wine (port and red equal parts to measure 2/3 cup total)
1 cup chicken stock
6 oz. fillet of salmon, skin on
3 tablespoons unsalted butter
2 pieces seed bread, toasted right before serving
Thyme, bay leaf to garnish

1. Add 1 tablespoon canola oil to a sauté pan, add bacon and sauté, slowly rendering out the fat and allowing the bacon to caramelize. Add salt, garlic, shallot 1 cup maitake, ½ cup matsutake, and 1 lobster mushroom. Allow to caramelize, about 3 minutes.

2. Add in wine and allow to reduce by $\frac{1}{2}$, about 4 minutes. Add in chicken stock.
3. Season the salmon with salt on both sides. Add the salmon skin side down into the pan, gently spooning the sauce over the salmon to lightly poach, about 7 minutes, consistently basting/bathing until the salmon reaches a medium-rare cook. Remove the salmon to a plate and set aside.
4. Into the sauté pan, add 3 tablespoons butter and stir to melt and combine.
5. Flake the salmon off, and place on a piece of toasted seed bread, about 3 tablespoons of salmon on each piece of bread.
6. Garnish with the mushrooms and sauce on top of salmon. Add herbs and sea salt and serve. Enjoy warm.

Duplex

Erik Anderson & Jamie Malone

Serves 1

Equal parts Dolan Dry Vermouth and Cocchi Vermouth di Torino

Dash of angostura bitters

1. Add bitters to a glass filled with a few ice cubes. Add both vermouths to the glass, swirl to mix and enjoy.

New Style Salmon Sashimi

Serves 4

4 ounces salmon, very thinly sliced

$\frac{1}{4}$ shallot very thinly sliced

$\frac{1}{4}$ cup water

2 tablespoons rice vinegar

1 lemon

$\frac{1}{2}$ bunch basil, finely chiffonade

Extra virgin olive oil

Freshly cracked black pepper

Tamari

Sea salt

1. Combine the shallots with the water in a small bowl. Mix well then drain. Add the rice vinegar to the shallots and mix well.
2. Place salmon a serving plate, garnish with lemon zest, basil and 3-4 pieces of shallots. Drizzle olive oil on top and finish with a touch more lemon zest. Squeeze $\frac{1}{4}$ teaspoon lemon juice on top with a dash of tamari and sea salt before serving.

Whole Roasted Salmon with Celeriac Lobster Sauce

Erik Anderson & Jamie Malone

Serves 4

Eat Well With Ming: Salmon is high in omega 3 polyunsaturated fatty acids, the compounds that help aid with inflammation.

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

1 whole salmon
Canola oil
Kosher salt
Freshly ground black pepper
1 teaspoon canola oil
1 tablespoon butter
1 celeriac root, chopped into ½ inch cubes
1 large maitake mushroom, picked
Lobster meat from 2 lobster tails
2 tablespoons roasted garlic puree (1 head roasted garlic with ¼ cup crème fraiche blended)
1 teaspoon cognac
Zest from 1 lemon
1 cup fresh parsley, picked and finely chopped

1. Lightly coat the salmon with canola oil and season with salt on both sides. Place on a well heated grill for 45 minutes. Flip the salmon and allow to cook for another 30 or so minutes until medium-rare cook throughout.
2. In a hot pan, add 1 teaspoon canola oil, 1 tablespoon butter, celeriac, and maitake mushrooms. Season with salt to taste and add pan back to stove or grill. Cook until mushrooms are well wilted, about 3 minutes. Add lobster meat and 2 tablespoons roasted garlic puree and cook 4-5 minutes to cook the lobster meat.
3. Pull off the heat. Add ¾ cup pressed lobster stock, zest of 1 lemon and 1 teaspoon cognac. Add back to heat
4. To serve remove the salmon from the grill. Place on a large cutting board to serve family style. Cut open the salmon vertically from head to tail and place celeriac lobster sauce inside. Garnish with fresh parsley and enjoy.

Salmon en Papillote with Chinese Black Beans, Leeks and Brown Butter Couscous

Serves 3

Eat Well With Ming: Using whole wheat couscous increases fiber and whole grain intake

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

1 large maitake mushroom, roasted on the grill until slightly browned and crispy
1 shallot
2 leeks, thinly sliced and cleaned
2-inch piece of fresh ginger, peeled, and finely chopped

1 clove of garlic, smashed and finely chopped
1 tablespoon finely chopped fermented black beans
3 shishito peppers, finely sliced
Kosher salt and freshly ground black pepper to taste
1 teaspoon tamari
Zest and juice from 1 lemon, separated
1 tablespoon butter
3 cups cooked whole wheat couscous
Canola oil
Rice vinegar
4 3ounce fillets of salmon, skin off

1. Cut the maitake head in half, season with salt and place on the grill, allow to cook until slightly browned and crispy, 4-5 minutes, checking regularly so that it doesn't burn.
1. Add 3 tablespoons of butter to a sauce pan and allow to cook until it starts to caramelize and brown. Add the garlic, ginger, fermented black beans and leeks. Season with salt, add tamari and lemon juice and allow to slightly caramelize, and become fragrant. Add an additional 1 tablespoon of butter and allow to heat to soften the leeks, about 8 minutes total. Remove from heat.
2. Build papillote. Take a large piece of foil and spoon 1 cup cooked whole wheat couscous in the middle. Top with 2-3 tablespoons of the leek mixture and lay 1 piece of salmon on top. Grate lemon zest on top of salmon and season with salt and lemon.
3. Bring 1 piece of foil over the salmon to meet the other end and fold in the sides making sure it's fully sealed. Place on grill and let cook about 12 minutes, until salmon is medium-rare.
4. To serve, slice maitakes, open the papillotes and ga

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