

Simply Ming @Home Episode 1802

Five Spice Old Fashioned

Ingredient List

2 ounces Makers Mark
1 orange peel
1 ounce five spice syrup

1. Fill a tall glass with ice, add whiskey and syrup to a glass and stir well. Strain to rocks glass and fill with fresh ice.
2. Rim with orange peel and float as garnish

Five Spice Syrup

Ingredient List

1 quart water
1 quart sugar
6 cinnamon sticks
4 pieces star anise
2 tablespoons Szechuan peppercorns
1 tablespoons whole cloves
2 tablespoons fennel seeds

1. In a pot, place all ingredients in the pot and bring to a boil. Lower to a simmer and reduce by half.
2. Transfer to a heat proof vessel and chill in the refrigerator (you can also chill in the freezer if you are rushed for time).

Five Spice Black Tea

Ingredient List

1 bag black tea
1 orange peel
1 ounce five spice syrup

1. Heat a kettle with water until it starts boiling.
2. Pour into a mug with the orange peel and the five spice syrup. Serve hot.

Red Roast Chicken and Baby Bok Choy

Serves 4

Ingredients

1 bottle dry red wine
3 cups soy sauce
1 cup dark brown sugar or 2 pounds rock candy
1 5-inch piece fresh ginger, cut into ¼-inch slices
1 whole head garlic, unpeeled and halved horizontally
2 bunches scallions, white parts sliced into 2-inch lengths, green part, fine sliced
2 whole star anise
4 Thai bird chilis
2 cinnamon sticks
5-6 pounds chicken thighs, bone in, skin on
3-4 cups water
8 baby bok choy, halved and cored
4 sweet potatoes, forked, wrapped in foil and baked through

1. Season with salt and pepper and place in the pan skin side down. Cook until the skins are golden brown and delicious. Flip, season with salt and pepper and cook until golden brown, about 10-12 minutes total. The chicken will not be fully cooked.
2. Meanwhile, In a large casserole combine the wine, soy sauce, brown sugar, ginger, garlic, scallion whites, star anise, chilis, and cinnamon sticks. Bring to a boil over high heat and add the sugar, stirring to dissolve. Reduce to a simmer
3. Remove the chicken from the sauté pan and pour the chicken fat out (you can save the for a later use).
4. Add the scallions to the sauté pan and set aside. Cut each chicken thigh into three equal parts, cutting through the bone. Add the chicken back to the sauté pan with the scallions. Ladle the red roast broth into the sauté pan with the chicken making sure to grab the spices as well. Add the bok choy, cover and reduce to a simmer.
5. Meanwhile, unwrap the hot sweet potatoes and scoop out flesh into the center of a large platter. Smash them up. Carefully spoon the chicken and bok choy from the pot and arrange on platter, using potatoes to anchor the chicken.
6. Glaze the chicken with the sauce and garnish with the scallion greens and serve.

Gluten Free Red Roast Delicata Squash and Baby Bok Choy

Serves 4

Ingredients

1 bottle dry red wine
3 cups tamari
1 cup dark brown sugar or 2 pounds rock candy
1 5-inch piece fresh ginger, cut into ¼-inch slices
1 whole head garlic, unpeeled and halved horizontally
2 bunches scallions, white parts sliced into 2-inch lengths, green part, fine sliced
2 whole star anise
4 Thai bird chilis
2 cinnamon sticks
4 delicata squash, washed, cut in half lengthwise, seeded (or any other squash you can find, acorn squash works well here too)
3-4 cups water
8 baby bok choy, halved and cored
4 sweet potatoes, forked, wrapped in foil and baked through

1. Prepare the squash, peel the outside and slice thinly.
2. In a large casserole combine the wine, soy sauce, brown sugar, ginger, garlic, scallion whites, star anise, chilis, and cinnamon sticks. Bring to a boil over high heat and add the sugar, stirring to dissolve. Reduce to a simmer and add the squash, cut side down and water to cover. If the liquid doesn't cover the squash add more water.
3. Simmer until super tender about 1 hour. During the last 10 minutes of cooking, add the bok choy.
4. Meanwhile, unwrap the hot sweet potatoes and scoop out flesh into the center of a large platter. Smash them up. Carefully spoon the squash and bok choy from the pot and arrange on platter, using potatoes to anchor the chicken.
5. Glaze the squash with the sauce and garnish with the scallion greens and serve.