

Season 16 Episode 1615 Rene Stessl

Rene Stessl Recipe

Veal Liver Sausage with Potato Hash

Eat Well with Ming: Did you know caraway seeds are known to aid with digestive issues?

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

4 potatoes, boiled and peeled, halved and thinly sliced

Kosher salt

Freshly ground black pepper

2 teaspoons dried marjoram

1 teaspoon whole caraway seeds

½ head of cabbage

2 tablespoons walnut oil

⅓ cup white balsamic vinegar

½ small white onion, minced

2 cloves garlic, minced

1 bunch chives, minced

1 jalapeno, minced

3 sausages (veal liver)

2 tablespoons canola oil or neutral oil

1. Add cabbage to a bowl with ½ small minced onion and mix. Add a touch of salt to help release the liquid. Let sit 5-10 minutes then squeeze to get rid of some of the liquid. Add 1 teaspoon caraway seeds, salt and pepper, 2 tablespoons walnut oil, ⅓ cup vinegar and mix well. Let sit at least 6-10 hours or overnight.
2. Heat oil, add thinly sliced potatoes. Add pepper, salt and 1 teaspoon oil. Saute to start caramelizing potatoes.
3. Add the onion and continue sauteing, 1-2 minutes, add garlic then crumble meat into the pan.
4. Saute to brown up the sausage, adding another teaspoon of oil if necessary.
5. Add 1-2 teaspoons dried marjoram, 1 tablespoon caraway seeds and black pepper.
6. Saute until nice and crispy. Serve with the slaw.

Ming Tsai Recipe

Spicy Sausage Fried Rice

Serves 4

Eat Well with Ming: Jalapenos are packed with vitamin A and C- both important for vision and immune system function.

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

½ pound Turkish spicy sausage (you can sub chorizo), sliced into matchstick size planks

4 eggs, whisked

1 onion, minced

1 serrano pepper

1 jalapeno

5 cloves of garlic, minced

3 cups Jasmin rice, cooked and cooled

1. In a hot wok, add enough oil to coat the pan, about ½ inch.
2. Season eggs with salt and pepper. Once oil is hot, add the eggs, scrambling as they puff up and fry. Once they have puffed up, about 30 seconds, drain onto a paper towel lined plate.
3. Drain the oil from the wok and wipe clean. Add 1 tablespoon oil and add onion, peppers and garlic. Saute until they start to become fragrant.
4. Add the sausage and cook 2-3 minutes until the sausage starts to brown.
5. Add the eggs back to the wok along with the rice and gently mix so that everything is combined.
6. Dish into small bowls to serve.

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