

## Season 16 Episode 1620 Mario Sauer

### Mario Sauer Recipe

#### **43 Sour**

40 cL orange juice  
7cL simple syrup  
14cL lemon juice  
14cL vanilla liquor

1. To a shaker, add ice, vanilla liqueur, simple syrup, lemon juice, and orange juice. Shake until the shaker is cold to the touch.
2. Strain and pour into two glasses with ice and serve with a straw.

#### **Kohlrabi with Wild Herbs and Chanterelle Vinaigrette**

##### **Serves 2**

**Eat Well with Ming:** Kohlrabi tastes like a mix between cucumbers and broccoli and is a great source of vitamin C and fiber

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

Chanterelle mushrooms, stems cleaned

Shallots

Kohlrabi, peeled and cut into ½ inch rings (save peeled pieces for salad)

English Peas

3 tablespoons oil

1 tablespoon white balsamic vinegar

1 teaspoon French mustard

Pinch of salt

Pinch of sugar

1. Add oil into a hot saute pan, about ½ inch high. Add the kohlrabi in the pan and season with salt and pepper. Cook about 8 minutes, until a knife can go through it easily.
2. In a separate small saute pan, add 1 tablespoon oil from the kohlrabi saute pan with shallots and saute 1 minute. Add the chanterelles with another tablespoon oil from the kohlrabi saute pan. Season with salt and pepper to taste. Saute 3-4 minutes.
3. In a boiling pot of water, salt well and add the peas, cook 30 seconds and remove to a bowl filled with ice water to blanch.
4. To the chanterelle saute pan, add the peas, kohlrabi shavings and wild herbs.
5. In a small bowl make the vinaigrette. Mix 3 tablespoons oil, white balsamic vinegar, mustard and pinch of salt and sugar. Whisk until combined.
6. Add 3 tablespoons of the vinaigrette to the mushroom saute pan and toss gently.

7. To plate, add kohlrabi and add the mushroom salad on top to garnish.

### Ming Tsai Recipe

#### **Asian Ratatouille**

*Serves 2*

**Eat Well with Ming:** Eggplant is high in vitamin B1, a vitamin important for nerve, muscle and heart function

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

2 tablespoon chives, diced

1 eggplant, cut into 1 inch slices, salted for 15 minutes to draw out bitterness, then rinsed

1 zucchini

½ red bell pepper

½ orange bell pepper

½ yellow bell pepper

1 shallot, thinly sliced

3 cloves garlic, minced

1 vine tomatoes

2 shiitake mushrooms, thinly sliced

3 cups flour

4 eggs, scrambled

3 cups panko

Cress

2 tablespoons vegetable oyster sauce

Juice and zest from 1 lemon.

1. Cut the eggplant into 1 inch slices and salt both sides. Let sit for 15 minutes to draw out liquid and bitterness. Rinse and pat dry.
2. Heat a fryer or large pot with canola oil to 375F.
3. To two large plates and a bowl or three sheet trays with rims, add flour to one, eggs to another (or bowl) and panko to the third.
4. Coat the eggplant first in the flour, then the eggs and finally the panko. Repeat until all slices are coated with all three.
5. Add the eggplant to the fryer and fry 4-6 minutes until golden brown and delicious on both sides. Remove and place on a paper towel lined plate.
6. Add 1 tablespoon extra virgin olive oil to a hot wok, add shallots and saute 1-2 minutes until they start to soften. Add zucchini and saute 1 minute until they start to soften. Add the peppers, season with salt and pepper and saute 2-4 minutes.
7. Add the vegetable oyster sauce and saute another 2-4 minutes until all the vegetables have softened.
8. In a small saucepan, add 1 tablespoon evoo and the garlic. Saute 1 minute. Add the mushrooms and saute 2 minutes. Add the chives and remove from heat. Add lemon zest and juice.

9. To plate, in a o ring, add ratatouille and pack down. Thinly slice the tomatoes and add a layer on top so that it covers the vegetables. Remove the ring and top with a piece of eggplant. Garnish with the shiitake sauce and cress on top. Serve hot.

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