

## Season 16 Episode 1621 Chef Danny

### Chef Danny Recipe

#### **Balune Babi- Spicy Indonesian Pork Knuckle**

##### **Serves 2**

**Eat Well with Ming:** Not only is turmeric good for its antioxidant properties, but has been shown to improve heart function

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

2 pork knuckles  
10 cloves garlic  
7 shallots  
6 pieces lemongrass  
¼ cup minced fresh ginger, peeled  
8 fresh thai bird chiles  
5 lemon leaves  
2 teaspoons ground turmeric  
1 teaspoon coriander  
2 tablespoon salt  
3 tablespoons sugar  
150ml vegetable oil  
3 limes juiced  
Water to cover  
Butter  
Jalapeno, cilantro, fried shallots, broccoli, Brussels sprouts, carrots  
Cooked jasmin rice to plate

1. Heat a pot on high. Chop the garlic, shallot, lemongrass, ginger, chilies, and mix with the turmeric and coriander.
2. Rub the pork knuckles with the mixture make sure to get the spice rub in all the corners and press it down.
3. Add 2 tablespoons or enough evoo to coat the bottom of the pan. Add the pork knuckles and sear on each side, about 2-3 minutes on each side until all sides are browned, about 8 minutes total.
4. Add lime juice, lemon leaves, and enough water to cover the pork knuckles. Add salt and sugar and mix well.
5. Bring liquid to a boil, lower to simmer and cover to keep the simmer going. Simmer the knuckles for 3 ½ hours.
6. To plate, add 1 tablespoon butter to a saute pan, add broccoli, carrot, Brussels sprouts, salt and pepper. Saute until the vegetables are warmed through.

7. Spoon rice into a small tea cup, pack it in and flip onto a plate. Add pork knuckle and place vegetables along side. Garnish with cilantro, scallions, chilies and fried shallots.

## Ming Tsai Recipe

### **Soy-Ginger Braised Pork Knuckle**

*Serves 2*

**Eat Well with Ming:** Did you know unpeeled apples contain 3x more fiber than peeled? Keep the peel on for added fiber and nutrients

**Allergy Free Note:** fish free, shellfish free, peanut free, tree nut free

2 pork knuckles

Thai bird chilies

Sambal

1 whole bottle Riesling

2 small hands fresh ginger, sliced

2 apples, skin on, quartered

1 onion, sliced

1 bottle of soy sauce (500ml)

1 bunch scallions, tops off, separate green and white, cut some green into 2 inch pieces (about 1 cup), reserve rest for spaetzle

1 cup brown sugar

2 bulbs of garlic, halved, not peeled

3 cups spaetzle per person

Butter

Salt and pepper

1 tablespoon sambal

1. Heat a stock pot on medium heat, add 2 pork knuckles, ginger, apples, onion, garlic and scallion whites and 2 inch pieces.
2. Add the white wine, soy sauce and enough water to cover everything in the pot. Add the sugar and stir to combine. Bring to a boil then lower to simmer, simmer for 3 ½ hours.
3. Add 1 tablespoon butter to a hot wok, add ⅔ scallions and brown them. Add spaetzle and 1 tablespoon sambal. Season with salt and pepper and saute to combine.
4. To plate, lay spaetzle in a pile in a large pasta bowl.
5. Lay pork knuckle on top and spoon sauce with thai bird chilis onto bowl and make sure you spoon in some sauce. You should have enough for 1 ½ cups spaetzle per person.

