

Season 16 Episode 1622 Ric Orlando

Ric Orlando Recipe

Kale Salad with Apple Chutney and Goat Cheese

Eat Well With Ming: Kale has over 100% of your daily vitamin A and C needs in just one cup!

Allergy Free Note: peanut free, shellfish free, fish free, soy free, gluten free

Curried Cashews

2 cups raw cashews
2 tablespoons butter
2 teaspoons salt
2 teaspoons raw sugar
2 teaspoons minced fresh rosemary

1. Preheat oven to 350F.
2. Add cashews to a baking sheet and bake the cashews for 5-7 minutes or until golden but not dark.
3. Use a large skillet and melt the butter.
4. Add the cashews and toss to coat.
5. Add all other ingredients and coat the cashews well, cook for 203 minutes over medium heat, tossing and gently stirring to melt the sugar.
6. Cool on the baking sheet and store in an airtight container.

Apple Chutney

Sunflower oil or vegetable oil
1 medium onion, peeled, cored and neatly diced small
½ red bell pepper, neatly diced
½ green bell pepper, neatly diced
2 teaspoons minced garlic
2 teaspoons Allspice
1 tablespoon curry powder
2 teaspoon ground cumin
1 teaspoon salt
1 teaspoon pepper
8 tart apples, peeled and diced, should yield about 6 cups
¾ cup cider vinegar
¾ cup pineapple juice
½ cup molasses
1/8 cup lemon juice

1. Over medium heat, sauté the onions and garlic until the onions are translucent and have begun to caramelize slightly. Add the peppers and cook an additional two minutes or so.

2. Add all the spices including the salt and pepper and stir well. Simmer for 1-2 minutes until the mix appears dry.
3. Add the apples and all the liquid ingredients. Simmer gently about 25 minutes, or until the apples are tender. It will be a little liquidy, that's ok, the juice is good.
4. Set aside for later or store in a refrigerator for up to 8 weeks.

Curry Vinaigrette

1 tablespoon cilantro
1 teaspoon garam masala
1 tablespoon shallots
1 tablespoon brown sugar
1 teaspoon kosher salt
1 tablespoon lemon juice
¼ cup cider vinegar
1 cup curry oil (recipe below)

1. To make the curry, add all the ingredients except for the oil. While the blender is running, add the oil slowly to allow it to emulsify. Once combined and fully emulsified, pour into a container and use for salad.

Curry Oil

3 tablespoons curry powder
¼ cup hot water
2 cups light vegetable oil

1. Put the curry in a jar. Add the hot water and stir to moisten the curry.
2. Add the oil and shake. Cover and let stand at least 4 hours, but up to 1 week.
3. The curry will settle to the bottom. Pour out the oil into a separate container and discard the "curry mud". Store the oil in an airtight container in a dark place.

Salad

1 bunch Lacinato or dinosaur kale
1 bunch Red Russian Kale, ribs removed and roughly chopped
½ cup goat cheese
Curry Cashews
Apple Chutney
Curry Vinaigrette

1. To assemble salad place kale in a large mixing bowl.
2. Add the cashews, warm apple chutney and vinaigrette.
3. Add the goat cheese and using tongs, start to mix well making sure you break the kale down a little, coating with the goat cheese.
4. Serve on plates and enjoy.

Ming Tsai Recipe

Pork and Fennel Wonton Soup with Apple Noodles

Eat Well With Ming: Fennel is a good source of vitamin C, potassium and fiber

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

1 teaspoon oil
1 bunch scallions, thinly sliced, whites and greens separated
2 tablespoons ginger
1/3 cup rose cider
1 box low sodium chicken stock
1 tablespoons naturally brewed soy sauce, plus 1/3 teaspoon for pork mixture
½ fennel, finely diced
1 pound ground pork
1 tablespoon sambal
1 package wonton skins
1 egg
1 tablespoon water
1 apple, spiralized
3 lemons
3 cups watercress

1. Into a large wok, add 1 teaspoon oil, half of the scallion whites and ginger. Caramelize the scallions and ginger.
2. Add the rose cider and allow to reduce by ½. Add the chicken stock and season freshly ground black pepper. Add the soy sauce and simmer, reducing by about 20%.
3. To a large bowl, add the pork, fennel, the second half of the scallion whites, 1/3 teaspoon soy sauce, touch of salt and pepper and mix well to combine. Add 1 tablespoon sambal and mix again to combine.
4. In a small bowl, mix the egg and tablespoon of water together to create an egg wash.
5. Form the wontons: place a tablespoon of pork mixture in the middle of the wonton skin and fold in half to create a triangle. Take both edges and bring them underneath to create the “Pope’s cap” shape. Continue until you’ve made all the wontons with the beef
6. Place spiralized apples into serving bowls. Dish the soup and wontons over the noodles to gently cook the apples and garnish with watercress and scallion greens. Finally finish the soup with a squeeze of fresh lemon juice and enjoy.