

Episode 1705 Rick Bayless

Bullet Train

2 ounce cucumber sake
½ ounce aperol
½ ounce ginger syrup
½ ounce pineapple juice
2-3 dashes of Thai chili tincture
Sparkling water to top
Cucumber wheel to garnish

1. Add all ingredients into a glass with ice. Shake and strain into a highball glass with ice.
2. Top with sparkling water and garnish with cucumber.

RICK BAYLESS RECIPE

Grilled Swordfish with Asparagus and Pasilla Crema

Serves 2

Eat Well With Ming: Swordfish is low in fat and 3 ounces contains 22g of protein and has more than 50% of your daily needs of both niacin and selenium!

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

2 tablespoons olive oil, plus a little more for the pasilla and asparagus
1 medium white onion (about 6 ounces), sliced ¼-inch thick
4 garlic cloves, peeled and cut in half
3 medium (about 1-ounce total) dried pasilla (negro) chiles, stemmed and seeded
½ cup Mexican *crema* or *crème fraîche*
Salt
Fresh black pepper
1 teaspoon vinegar (practically any kind will work here, I use sherry vinegar)
1/2 bunch (about 1/2 pound) asparagus
2 swordfish filets, around 5 ounces each

1. In a medium (3-quart) saucepan over medium heat, warm the olive oil, then add the onion and garlic, and cook, stirring regularly, until very soft, golden and very aromatic, about 10 minutes.
2. While the onion is cooking, use a pair of kitchen scissors or a sharp knife to cut the pasilla chiles crosswise into thin strips no wider than ¼ inch.
3. When the onion-garlic mixture is ready, use a slotted spoon to scoop half of it into a blender jar, the other half into a small bowl, leaving behind as much oil as possible. Add more oil to the pan if necessary, to coat the bottom nicely, and return to medium heat. Add the chile strips and cook, stirring nonstop, until the chiles have changed color (the interior will lighten noticeably) and they have filled your kitchen with their distinctive toasty aroma, about 30 seconds. Too much toasting will yield bitterness in the sauce; too little toasting won't allow these chiles to give all they have.

4. Scoop half the toasted chiles into the blender, the other half into the bowl with the onions. Add the *crema* (or *crème fraîche*) to the blender and blend until completely smooth; this will take a minute or two. Scrape your pasilla *crema* back into the saucepan, stir in about 1 tablespoon water to give it an easily spoonable consistency, taste and season with salt, usually about $\frac{1}{4}$ teaspoon.
5. Stir the vinegar into the onion mixture in the bowl, taste and season with a sprinkling of salt.
6. When you're ready to serve, heat a gas grill (or grill pan) to medium or light a charcoal fire and let it burn until medium hot. Trim the bottoms of the asparagus; you can cut off the woody ends with a knife, but my standard method is to hold each spear firmly between my hands and gently bend it until it snaps, which will be exactly at the point where the asparagus starts being really tender (I save the bottoms to blend into soup). Brush or spray the asparagus tops with oil, sprinkle with salt, and lay on half of the grill, turning regularly, until crisp-tender, about 5 minutes.
7. While the asparagus is cooking, brush or spray both sides of the fish with olive oil, then generously sprinkle both sides with salt and freshly crushed black pepper. Lay the fish filets on the grill and let them cook until the grill has seared in beautiful marks, about 5 minutes. Flip the fish and cook until as done as you like, 1 or 2 minutes longer for fish that's medium to medium-rare at the center.
8. Lay a piece of grilled fish on each of 2 warm dinner plates, and top with half of the asparagus. Spoon some of the pasilla *crema* on each serving, then spoon on some of the onion and pasilla mixture.

Ming Tsai's Recipe

Ponzu Marinated Swordfish with Asparagus-Corn Salsa

Serves

Eat Well With Ming: Just 1 cup of asparagus contains about half your daily iron needs.

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

3 cups shoyu ponzu

$\frac{1}{3}$ cup minced ginger, save 1 tablespoon for aioli

2 husks of corn

1 bunch of asparagus

2 fillets swordfish

3 egg yolks

1 bunch shiso

2 shallots

1 heaping tablespoon dijon mustard

Ginger

$\frac{1}{2}$ cup extra virgin olive oil

2 tablespoons togarashi

1. De-husk the corn and set aside.

2. In a deep sauté pan, lay swordfish fillets down and pour in 1 ½ cups shoyu ponzu and ginger. Set aside and allow to marinate for 5 minutes.
3. Peel the asparagus and set aside.
4. Make the aioli by adding the egg yolks to the blender with the shallots, mustard, ginger, salt, pepper, 1 tablespoon shoyu ponzu and ½ cup loosely torn shiso. Get the blender going and slowly pour in olive oil to form the aioli. Taste for seasoning and adjust with salt and pepper if necessary.
5. Drizzle asparagus and corn with olive oil and season both with togarashi. Grab the corn, asparagus and fish and head to the grill.
6. Heat the grill to medium and add asparagus and corn to the back of the grill.
7. Add swordfish to the front of the grill and grill 2-3 minutes on the first side. Once it has formed a nice crust on the first side, flip and cook another 2-3 minutes.
8. After about 4 minutes pull the asparagus and 2 minutes later pull the corn for total of 6 minutes cooking time on the corn.