

Episode 1706 Carla Hall

Tropical Storm

2 ounces BD Cordial
½ ounce lime juice
½ ounce grenadine
1 ounce ginger beer
1 ounce rum

1. Combine ingredients in a shaker, strain into Hurricane High Ball and top with 1 ounce ginger beer. Add ice and garnish with lime flag. Float with rum if making alcoholic version.

Carla Hall Recipe

Fried Fish Southern Style

Serves 4

Eat Well With Ming: Just 3 ounces of cod contains 45% of your daily needs of selenium, a trace element utilized in more than 2 dozen pathways in our bodies!

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

1 cup fine yellow cornmeal
½ cup all-purpose flour
1 teaspoon baking powder
½ teaspoon garlic powder
½ teaspoon dry mustard
¼ teaspoon cayenne pepper
Kosher salt and freshly ground black pepper
1 pound thin flakey white fish fillets, such as catfish, whiting, cod or flounder
Vegetable oil, for frying
4 pieces white bread
Yellow mustard
1 whole dill pickle, or ½ cup thinly sliced
1 medium Vidalia or white onion, thinly sliced

1. Mix the cornmeal, flour, baking powder, garlic powder, dry mustard, cayenne, 1 teaspoon salt, and ¼ teaspoon pepper in a large shallow dish.
2. Fill a large cast iron skillet with oil to a depth of ½ inch and heat over medium-high heat until hot. A pinch of the cornmeal should sizzle when it hits. Dredge a fish fillet in the cornmeal until evenly coated, shake off excess, and carefully lay in the hot oil. Repeat with another fillet or two - however many you can get in there to fit comfortably without crowding.

3. Fry, carefully turning once, until golden brown, 2 to 3 minutes per side. Transfer to a wire rack to drain and cool. Repeat with the remaining fish, replenishing and reheating the oil between batches.
4. Place fish on white bread and drizzle with yellow mustard. Top with onion and pickle slices.

Black-Eyed Pea Salad with Hot Sauce Vinaigrette

Serves 4

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

2 garlic cloves, grated on a microplane
2 tablespoons apple cider vinegar
1 tablespoon yellow mustard
1 tablespoon hot sauce
1 teaspoon honey
Kosher salt and freshly ground black pepper
6 tablespoons vegetable oil
1 (15-ounce) can black-eyed peas, rinsed and drained
2 mini cucumbers, cut into ½-inch dice
½ sweet onion, finely chopped
1 pint cherry or grape tomatoes, halved
¼ cup picked fresh dill

1. Whisk the garlic, vinegar, mustard, hot sauce, honey, and ¼ teaspoon each salt and pepper in large bowl until smooth. While whisking, add the oil in a slow steady stream. Whisk until emulsified.
2. Add the peas, cucumbers, onion, tomatoes, dill and ½ teaspoon salt. Toss until well-mixed. You can serve this right away or let it sit at room temperature for up to an hour or chill it for up to a day.

Ming Tsai's Recipe

Thai Bird Chile Tempura Fish and Maitakes

Black Bean-Thai Basil Sauce

Serves

Eat Well With Ming: Did you know maitake mushrooms are high in beta-glucan, which has been shown to help reduce cholesterol?

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

2 6-ounce pieces of Cod, cut into 2 ounce finger size pieces
1 bunch asparagus, cleaned and ends peeled
2 heads maitake mushrooms
1 charred and peeled red bell pepper

Extra virgin olive oil

Beer Tempura batter

½ cup all purpose flour
½ cup cornstarch
1 teaspoon baking soda
2 teaspoons baking powder
8 oz Beer
Pinch of salt
A few ice cubes
2 Thai bird chiles, minced

1. Heat a fryer to 375F.
2. To make the tempura batter, mix all the dry ingredients together and then whisk in the beer until there are no lumps, add a few ice cubes to the batter to keep it cold. The batter should be thick enough to coat the blossom, but excess should easily run off.
3. Add the Thai birds to the batter and mix well. Add the fish to the batter and coat. Add to the fryer and start to cook. Meanwhile add the maitake mushrooms and asparagus to the batter to coat. Once the fish just starts to brown, add the vegetables to the fryer and cook. When the fish or vegetables begin to reach golden, brown and delicious and are completely cooked through, remove and place on a paper towel lined plate and salt. The fish should take about 6-8 minutes.
4. To plate, add the fish, maitake mushrooms and asparagus to a platter and garnish with the sauce.

Black Bean-Thai Basil Sauce

2 teaspoons canola oil
1 tablespoon minced garlic
1 tablespoon minced ginger
1 teaspoon fermented black beans
1 large tomato, diced
¼ cup chicken stock
Juice of ½ lemon
1 bunch Thai basil, chiffonade
3 tablespoons butter

1. In a saute pan, heat 2 teaspoons oil. Add 1 garlic, ginger and fermented black beans. Saute for 30 seconds to 1 minute just to start to get the rawness out. Add the tomatoes, chicken stock, juice of ½ lemon, Thai basil and butter and whisk until well combined.

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