

## Episode 1707 Susur Lee

### **Closing Arguments**

¾ ounce Wahaka Mezcal  
¾ ounce Green Chartreuse  
¾ ounce Maraschino Liqueur  
¾ ounce lemon juice

Shake with ice and strain into a coupe glass. Garnish with luxardo cherry.

### Susur Lee Recipe

#### **Grilled Eggplant on Polenta Crouton Tuna XO, Arugula & Lemon Dressing**

Serves 2

**Eat Well With Ming:** Polenta is a gluten free complex carbohydrate. This means it takes longer to digest and won't cause a big spike in blood sugar.

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

#### **Tuna XO**

75 grams shallot  
75grams garlic  
150 grams sheppard peppers, blistered and peeled  
60 grams canned flaky fatty European tuna  
1 piece Thai bird chili  
16/20 Shrimp

1. Mince shallot, micro brunoise.
2. Mince garlic, micro burnoise.
3. Mince the pepper, seeds out.
4. keep thai bird chile whole

#### **Polenta**

250 grams coarse polenta (should be pre-cooked)  
1.5 liters water  
½ cup parmesan (2 cups total)  
pinch nutmeg, ground  
1 egg yolk  
To taste olive oil

1. To cook the polenta- bring salted water to a boil with 1 tablespoon of oil. Add polenta and whisk constantly for 5-7 minutes. do not lower heat. Cook through, about 20 minutes. Add cheese, egg yolk nutmeg and pour onto oiled out pan. Let sit and cut into 1 inch strip.

#### **Grilled Eggplant**

2 pieces Chinese eggplant (6 pieces)

4 tablespoons Greek Olive Oil  
Salt and pepper to taste

1. Peel a little of the top off, cut the bottom,  $\frac{1}{3}$  off the eggplant then slice the remaining piece in half lengthwise. Then cut lengthwise fanned out in plants so it looks like a fan.

### **Arugula and Lemon Dressing**

50 grams baby organic arugula  
1 tablespoon Greek olive oil  
2 pieces lemon juice and zest  
2 tablespoons soy sauce  
2 cups tomatoes, blanch in boiling water, then blanch in ice cold water and peel  
Salt and pepper to taste

1. Saute pan, 1 tablespoon evoo, polenta and eggplant, 350F roast 10 minutes.
2. Saute pan- garlic, grate ginger, pepper, Thai birds. Fresh tomatoes, pureed, tomato paste, shallot saute, 2-3 minutes add tuna.
3. Season shrimp with salt and pepper and garlic. In saute pan add evoo and saute until cooked.
4. To plate, flip polenta, cake so crispy side up.
5. Sauce on top then eggplant, chopped chives and basil on shrimp. Line shrimp along eggplant and then line eggplant on top of shrimp. Toss salad. Line cherry tomatoes on place salad on top.
6. Drizzle olive oil on top and fresh squeeze lemon juice on top.

## **Ming Tsai's Recipe**

### **Eggplant Caviar with Tuna Tataki**

Serves

**Eat Well With Ming:** Did you know Ahi tuna is a protein packed fish & one 3-ounce portion contains more than 100% of your daily niacin needs?

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

### **Eggplant Caviar**

1 large eggplant  
1 tablespoon shallots  
pinch scallions  
1 tablespoon honey  
 $\frac{1}{2}$  butter  
extra virgin olive oil  
2 cups canola oil  
 $\frac{1}{2}$  cup madras curry powder  
2 tablespoons whole coriander  
1 teaspoon togarashi  
1 pound sashimi grade tuna log, squared off, center cut (yellowfin or ahi, not Blue fin)

Chopped chives- garnish  
Kosher salt and pepper

1. Cut eggplant in ½, season with salt and pepper and drizzle with extra virgin olive oil. Put eggplant on a sheet tray flesh side down, roast until flesh is very soft about 30-40 minutes. Scoop out flesh and puree and season with extra virgin olive oil and roasted garlic until it has a loose mashed potato consistency. Season with salt and pepper.

#### Curry Oil

1. Heat 2 cups of canola oil to 180F in a stock pot on the stove top. Remove from heat and add the madras curry powder. Let sit for 2-3 hours until it reaches room temperature. Strain the curry oil through cheesecloth to remove all the curry powder.
2. Using heavy pan, smash 2 tablespoons of coriander. Add 1 teaspoon togarashi and salt. Roll tuna to create a crust.
3. In saute pan, add canola oil, garlic and shallot to get rawness out.
4. In a separate pan, heat until very hot, add curry oil and heat about 30 seconds a side, continue rotating until you're cooked each side. Remove from heat and set aside, rest 10 minutes.
5. In a blender, scoop out the inside of the eggplant. Add garlic and shallot with butter and pinch of salt.
  1. Dump eggplant into bowl, add green onions and honey. Slice tuna in ⅓ inch pieces.
  2. Spoon eggplant onto plate and lay the tuna on top.
  3. Garnish with chives and madras curry oil.