

Episode 1708 Joanne Chang

Jasmin Tea Negroni

Serves 1

1 ounce Jasmin Tea Infused Drumshanbo Gunpowder Irish Gin

1 ounce Campari

1 ounce Sweet Vermouth

Garnish- orange twist

1. Add all ingredients into a mixing glass with ice and stir until well chilled. Strain into a rocks glass with a large format ice cubes.

JOANNE CHANG RECIPE

Plum Upside Down Cake

Serves 1 9-inch cake

Eat Well With Ming: Plums are a great low calorie snack and contain over 15 vitamins and minerals!

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

-Serve on its own for breakfast or a snack, with ice cream or whipped cream for a terrific summer dessert

¾ cup/150 grams sugar

3 tablespoons ¾ stick/45 grams unsalted butter softened plus 12 tablespoons/ 1 ½ sticks/ 170 grams unsalted butter, softened

4 medium firm ripe black or red plums, cut in half, pitted, cut in half, pitted and sliced thinly, about ¼-inch thick (about 2 cups)

1 ½ cups/ 210 grams all-purpose flour

⅔ cup/135 grams sugar

1 teaspoon baking powder

½ teaspoon baking soda

½ teaspoon kosher salt

2 large eggs, at room temperature (about 100 grams)

½ cup/120 grams crème fraîche, at room temperature

2 tablespoons whole milk, at room temperature

2 teaspoons vanilla extract

1. Heat the oven to 350F and place a rack in the center of the oven. Line the bottom of a 9-inch cake pan with a parchment circle and spray it liberally with a pan spray or butter it generously. Set aside.

2. Place the sugar in small saucepan and slowly pour in about $\frac{1}{3}$ cup/80 grams of water. Stir gently to moisten the sugar. Brush the sides of the pan with a pastry brush dipped in water if there are any sugar crystals clinging to the side of the pan.
3. Place the saucepan on high heat and bring to a boil. Don't stir the mixture once it's on the stove and don't jostle the pan - you want to avoid crystallization of the syrup, which can happen if the pan is disturbed while it is coming to a boil. After 3-4 minutes, the mixture will come to a furious boil; several minutes later, as the more water evaporates, it will boil a bit more languidly, and finally will start to color. At this point it's safe to swirl the pan around to even out the caramelization. Don't walk away from the pan as the caramel cooks quickly when it gets to this stage. Turn down the heat to medium and gently keep swirling the saucepan until the caramel is a dark amber color. Once the sugar has started to caramelize, watch until the caramel is a dark amber color. Once the sugar has started to caramelize, watch it carefully and have the 3 tablespoons/ $\frac{3}{8}$ stick/ 45 grams of butter ready to go. As soon as the caramel has reached a dark amber color, immediately add the butter; watch out as it will sputter and spatter and get foamy. Whisk the butter into the caramel until it mixes in completely. Pour the mixture into the prepared pan. Swirl the pan until it is evenly coated with caramel. Tightly shingle the sliced plums in concentric circles in the pan covering all of the caramel with a layer of plums. The caramel will harden but don't worry - it will melt again after it bakes. Shingle a second layer of plums if you have extra fruit. Set aside.
4. In the bowl of a stand mixer fitted with a paddle attachment or using an electric hand mixer, combine the flour, sugar, baking powder, baking soda, and salt on low speed for about 10 seconds until mixed. With the mixer on low speed, add the 12 tablespoons/ 1 $\frac{1}{2}$ sticks/ 170 grams of butter and continue to mix until butter is completely mixed in, 30 to 40 seconds, and the mixture looks like crumbs.
5. With the mixture on low speed, add eggs into the butter-flour mixture. Turn the mixture up to medium-high and beat for about 1 minute, until the batter is fluffy and light. Stop the mixture a few times and scrape down the sides and bottom of the bowl.
6. In a separate bowl, whisk together the *crème fraiche*, milk and vanilla. Turn the mixer to low speed and slowly pour the *crème fraiche* mixture into the bowl. Mix for about 10 seconds to combine. Scrape the sides and bottom of the bowl and then mix on medium high speed for about 30 seconds until the *crème fraiche* mixture is thoroughly mixed in.

7. Scrape the batter on top of plums and spread evenly. Bake in the 350F oven for 50 to 60 minutes until the cake springs back when you press it in the middle with your finger and the cake is medium golden brown. Remove from the oven, transfer to a cooling rack, and let cool for at least 2 hours to allow the caramel to thicken and the plums to settle. Run a knife around the edge of the pan, place a flat serving plate on top of the pan, hold tight and carefully and quickly invert the cake onto the plate. Caramel may run off of the plate so be careful! Arrange any plums that may have become dislodged.
8. Serve warm or at room temperature. Cake may be stored in an airtight container for up to 3 days at room temperature.

Ming Tsai's Recipe

Duck Spring Roll with Plum Sauce

Serves 6

Eat Well With Ming: Did you know ground duck and chicken have relatively the same amount of fat and cholesterol?

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

1 pound ground duck
4 fresh plums, quartered and pitted
1 tablespoon honey (depending on sweetness of plums)
2 tablespoons hoisin
1 heaping teaspoon garlic
1 heaping teaspoon ginger
1 heaping teaspoon sambal
1 bunch thai basil
1 package egg roll wrappers
2 white onions
½ cup champagne
1 egg mixed with 1 tablespoon water
1 package vermicelli noodles hydrated
1-2 tablespoons, if dairy free you can omit

1. Add garlic and ginger into a sauce pan with sambal and hoisin. Heat on medium and cook down just to get the rawness out. Add the plums and cook down with the champagne. Using a hand blender, blend slowly adding in the butter.
2. Add in onions, salt and pepper, Thai basil, oil and cooked garlic mixture to the duck. Mix to combine.
3. In the middle of the wrappers, add a heaping tablespoon and fold in sides and roll the bottom up. With a brush a little of the egg wash into the egg wash to help hold the wrapper together and seal. Press together to ensure it seals and press seal side down.
4. Into a wok or fryer with oil heated to 375F, drop into fryer and fry until cooked, about 7 minutes. Drain onto paper towel lined plate.

5. Spoon sauce into a bowl line plate with Thai basil and serve.

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