

## Episode 1709 Sara Moulton

### **Playa Picante**

1 ½ ounces vodka  
¾ ounce fresh lemon juice  
¾ ounce simple syrup  
2-3 ounces Cava (enough to top the glass)  
Lemon peel, for garnish

1. Add all the ingredients to the shaker except for the cava and fill with ice. Shake and strain into a coupe. Top with cava.

### Sara Moulton's Recipe

#### **Buffalo Pasta**

Serves 4

**Eat Well With Ming:** Did you know skinless boneless chicken breast has a lower calorie and total fat content compared to skin on bone in chicken breast?

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

1 ¼ cups orzo (4 cups)  
3 tablespoons unsalted butter  
8 ounces boneless skinless chicken breasts, cut into ½-inch cubes  
kosher salt  
2 tablespoons hot sauce (your choice but chipotle is very nice)  
4 ounces crumbled bleu cheese  
1 cup celery leaves for garnish, optional (ok, i'm cheating)

1. Bring 6 cups salted water to boil over high heat. Add the orzo, stir, and boil until barely al dente, about 7 minutes. Drain the orzo reserving 1 cup of the cooking liquid.
2. Meanwhile, melt the butter in a large skillet over medium heat. Add the chicken and a pinch of salt and cook, stirring occasionally, until just firm but not cooked through, about 3 minutes. Remove from the heat, toss with the hot sauce, and set aside in the skillet.
3. When the orzo has cooked, add it into the chicken in the skillet along with the 1 cup cooking liquid, and the blue cheese. Simmer until thickened and heated through, about 2 minutes. Divide among 4 serving plates and top with the celery leaves.

### **Ming Tsai's Recipe**

#### **Blue Dragon House Chicken Sandwich**

Serves 4

**Eat Well With Ming:** Sub Greek yogurt instead of mayonnaise or sour cream as your base for your coleslaw to increase protein and lower fat

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

#### **Fried Chicken**

Salt and sugar brine (equal parts)  
2 pounds boneless skinless chicken thighs  
1 bag Martin's Potato Rolls sandwich rolls

### **Batter**

1 cup rice flour  
1 ½ teaspoon baking powder  
1 egg  
1 cup buttermilk  
¼ cup Valentino hot sauce  
3-½ cup tablespoons soda water, or enough to make it a pancake batter consistency

1. Mix ingredients together so that you've reached a pancake batter consistency.

### **Flour**

¼ cup kosher salt  
¼ cup ground ginger  
½ cup garlic powder  
½ cup black pepper  
1 bag rice flour  
1 box cornstarch  
½ cup onion powder

1. Mix ingredients together, separate out and use what you'll need for the recipe.

### **Hot Sauce**

1 bottle momiji → ¼ bottle  
¼ cup butter  
1 tablespoon tamari

### **Slaw**

2 cups shredded carrots  
2 cups shaved celery  
1 cup sour cream  
1 cup Greek yogurt  
¾ tablespoons garlic puree  
2-3 tablespoons bleu cheese crumbles  
1 bunch scallion greens, white and green parts both sliced  
Juice from 1 lemon

1. Make the brine for the chicken thighs. Mix together equal parts sugar and salt with water until you have sweet salt water. Place the chicken thighs in the brine and let sit overnight.
2. Remove the chicken thighs from the brine and rinse.
3. Heat a fryer to 360F.

4. Mix the ingredients for batter and flour in separate bowls or containers. The batter should have a pancake like consistency. Dip the chicken into the batter, and let the extra drip off and then dip into the flour mixture.
5. Fry the chicken until golden brown and delicious, about 8-10 minutes. Once cooked, place on paper towel lined plate or sheet tray to drain excess oil. Season with kosher salt right away.
6. While chicken is frying, mix the sauce together. Add 1 cup butter,  $\frac{1}{4}$  cup momiji and 2 tablespoons tamari in a sauce pan to melt the butter and heat through.
7. Once chicken is fried, toss in the hot sauce.
8. Make the sauce for the slaw and add in the carrots and celery, toss well to combine, season with salt and pepper if needed to taste and set aside.
9. Toast the buns on the flat top grill lightly with a very small amount of butter on each side, about  $\frac{1}{2}$  teaspoon on each side. Once buns are toasted, place chicken on bottom piece and top with the slaw. Cover with top bun to serve.

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