

Episode 1710 Dr. William Li

Matcha Business

2 ounces Cucumber Sake
¾ ounces lime juice
¾ ounces simple syrup
¼ bar spoon matcha mixed with 1 ounce water

1. Add all ingredients into shaker, strain into high ball, top with ice.
2. Garnish with lemon twist and spanked basil.

Dr. Li's Recipe

Chicken Coconut Curry

Serves 4

Eat Well With Ming: Did you know anthocyanin is what makes the potato and onion purple and gives them their antioxidant properties?

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

1 13.5-ounce can coconut milk
1 cup chicken broth (organic)
2 tablespoons Thai fish sauce
1 tablespoon curry powder
½ serrano, seeded and minced
Fresh cracked blacked pepper, to taste
2 tablespoons Koroneiki olive monovarietals oil
2 ½ pounds boneless chicken thighs, cut in halves
1 medium red onion, cut into 1-inch pieces
1 tablespoon minced garlic
10 small purple potatoes cut in ½, skin on
¾ pound whole peeled carrots, sliced diagonally into 2 inch pieces
2 teaspoons orange zest (juice from orange squeezed)
Salt to taste
3 tablespoons chopped fresh Thai or regular basil

1. Combine the sauce ingredients in a metal bowl and whisk until evenly blended. Set aside.
2. Heat the oil in a wok or large saute pan over medium-high heat. Add the chicken and cook, turning once, until lightly browned, about 5 minutes total. Remove the chicken from the pan.
3. Add the onion and cook for 1-2 minutes. Add the garlic and cook for 15 seconds.
4. Return the chicken to the pan. add the potatoes, carrots, and orange peel and pour in the sauce.
5. Bring to a boil; reduce the heat, cover and simmer until the chicken is no longer pink when cut in the thickest part and potatoes and carrots are tender, about 45 minutes.

6. Add salt to taste. Stir in the basil just before serving.

Ming Tsai's Recipe

Extra Virgin Olive Oil Poached Chicken Thighs

Serves

Eat Well With Ming: Did you know Koroneiki olive oil is the most bioactive of all the oils due to its immune-enhancing compounds that protect your DNA from damage?

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

6 bone in skinless chicken thighs

2 tablespoons garlic, minced + 1 heaping tablespoon for mushrooms

1 cup Koroneiki olive oil + more for mushrooms

Kosher salt and freshly ground black pepper

1 can San Marzano tomatoes, squeezed to break up a bit

1 onion, thinly sliced

1 heaping tablespoon ginger, minced

2 cups shiitake mushrooms, quartered

Juice of 1 lemon

House Rice, recipe below

1. In a large saute pan, add the chicken and garlic and season with salt and pepper. Cover with the olive oil and spanked basil and place on a low flame. It should take about 1 hour to cook the chicken thoroughly. Make sure the chicken is thoroughly cooked through, set aside. Strain the oil and set the oil aside.
2. In a separate saute pan, add 1 tablespoon olive oil along with onion and a pinch each of salt and pepper. Add a heaping tablespoon each of garlic and ginger along with the mushrooms and saute about 1 minute until all three start to soften. Add the tomatoes and allow the sauce to start to melt down, about 7-8 minutes. Add a squeeze of fresh lemon juice.
3. To plate add house rice to a large platter and place chicken on top and garnish with sauce.

House Rice

Makes 6 cups

1 ½ cups brown rice

1 ½ cups white rice

Water

1. Rinse 1 ½ cups brown rice and soak it in fresh cold water to cover for 1 hour. Transfer the rice to a medium saucepan.
2. Put 1 ½ cups white rice in a large bowl in the sink. Rinse the rice by filling the bowl with cold water and stirring the rice with your hand. Drain and repeat until the water in the bowl is clean. Transfer the rice to the same saucepan.

3. Flatten the rice with your palm and without removing it, add water until it touches the highest knuckle of your middle finger. Cover and boil over high heat for 10 minutes. Lower the heat to medium and simmer for 30 minutes.
4. Turn off the heat and let the rice stand, covered to plump for 20 minutes.
5. Stir gently and serve.

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