

## **Episode 1711 Amanda Freitag**

### **Shishito Caipirinha**

2 ounces Avua Cachaca  
5-6 charred shishito peppers  
3 slices of limes  
½ ounce sugar  
Sparkling water  
Lime wheel to garnish

1. Break the shishitos and muddle with the limes and sugar really well to get the flavors to meld together.
2. Add cachaca and ice. Shake and pour all ingredients into rocks glass filled with ice. Top off with sparkling water. and garnish with a lime wheel.

## **Amanda Freitag Recipe**

### **Duck Breast with Pine Nut Relish**

Serves 4

**Eat Well With Ming:** Did you know that pine nuts are a good source of plant sterols, important for lowering LDL cholesterol?

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

½ cup toasted pine nuts  
3 large sage leaves  
2 cups white balsamic vinegar  
⅛ teaspoon cayenne pepper  
⅛ teaspoon kosher salt, plus more for seasoning duck breasts  
½ teaspoon black pepper, plus more for seasoning duck breasts  
4 duck breasts  
2 tablespoons butter, for finishing sauce

1. Using a sharp knife, score the duck fat very lightly in a cross hatch marking, this gives the fat a little nudge in the right direction and helps to get it going while also ensuring a really crispy skin.
2. Generously season both sides of each breast with salt and black pepper.
3. Heat a large saute pan over medium heat and place all of the duck breast skin side down. Continue to cook on a low to medium heat, using a ladle to periodically remove some of the excess fat until the skin is crispy. After about 20 minutes, remove the duck pan from heat. Place duck breasts on a plate and let it rest.
4. In a high-sided saute pan, reduce the white balsamic vinegar over high heat until only ¼ cup remains. It should be golden in color and resemble syrup. Remove from heat.

5. Toast the pine nuts in a small saute pan over low heat until fragrant. Add the pine nuts to the saute pan with reduced vinegar along with sage, cayenne pepper and butter. Stir to smooth out the sauce.
6. Heat the butter in a saute pan until it is golden brown. Remove from the heat and stir in the prepared relish until it is completely melted. Slice each duck breast and top with the nut relish.

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

#### **Tea-Smoked Duck Breast with Gingered Apples and Watercress Salad**

Serves

**Eat Well With Ming:** Watercress contains calcium, magnesium and potassium, all of which can help lower blood pressure

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

1 cup Lapsong souchong black tea  
1 cup sugar  
1 cup white rice  
2 duck breasts  
1 white onion, minced  
2 fuji apples, minced  
Brown sugar  
2 heaping tablespoons minced ginger  
Watercress  
1 bunch Thai basil  
Zest and juice from ½ fresh lemon  
Extra virgin olive oil for cooking  
1 cup Angry Orchard unfiltered cider  
2 tablespoons unsalted butter  
Kosher salt to taste  
Freshly ground black pepper to taste

1. Mix the lapsong tea, sugar and white rice together on a plate.
2. Line your wok with foil. Add your tea smoke into the foil and head on medium heat to start to caramelize the sugar.
3. Clean and score your duck breasts. Season with kosher salt and pepper on both sides.
4. Line your steamer with banana leaf and lay your duck breasts fat side down. Place the steamer tightly on the wok and place the cover on top. Let it cook for about 10 minutes.
5. Into a saute pan, add 1 tablespoon oil and add the onions. Season with salt and pepper and start to sweat down and caramelize.
6. Square off the apples to keep most of the apple skin on. Stack the layers to julienne and then dice the apples.
7. Add the ginger and apples to the saute pan with the onions along with the cider to deglaze. Add butter to the saute pan to help round out the sauce and let it melt down to finish the sauce.

8. Remove duck from the steamer and place into a saute pan skin side down to start rendering the fat so that you can get a really nice crispy skin. Let it cook for about 4 minutes until the skin gets nice and crispy. Remove from saute pan and let it rest for about 3-5 minutes before slicing in ½ inch slices.
9. Spank the basil and tear into the bowl with the watercress. Zest the lemon and squeeze juice from ½ into the bowl. Toss to combine.
10. To plate, lay a nice bed of watercress on the serving platter. Lay the duck breasts on top and spoon the apple chutney sauce on top of the duck breasts. Enjoy!

©2019 Ming Tsai - Season 17 Simply Ming  
Produce Provided by [Melissa's Produce](#)