

Episode 1716 Karen Akunowicz

Pollytini

1 ½ ounce Vodka
1 ½ ounce grapefruit juice
½ ounce lychee puree
½ ounce cranberry juice
Lime wedge

1. Add vodka, grapefruit juice, lychee puree and cranberry juice to shaker, fill with ice, and shake until cold. Strain into chilled martini glasses. Add lime wheel to garnish and enjoy!

Karen Akunowicz Recipe

Carchiofi alla Giudea

Serves 4

Eat Well With Ming: Did you know artichokes are a good source of vitamin C, K and folate?

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

12 fresh baby artichokes
1 bunch fresh mint
Kosher salt
5 egg yolks
zest and juice of 4 lemons
5 cloves garlic
1 tablespoon Dijon mustard
2 cups canola oil
Kosher salt
Cold water

1. For the aioli, add lemon juice, zest, both mustards, egg yolks, garlic, salt to the blender and puree. Slowly pour in the canola oil until the aioli is thick and beautiful. Set aside.
2. Take the spent lemons and add them to a bowl of ice water.
3. To clean the artichokes, cut off the tops and clean the tough outer leaves and stems with a paring knife. Cut in half and add to the acidulated water.
4. Remove artichokes from water and pat dry. Add in batches to the fryer set at 375 degrees. Remove when golden, brown and delicious, about 8 minutes and place on a paper towel lined plate.
5. Salt with the magic salt and serve with whole mint leaves and lemony mustard aioli.

Magic Salt

3 tablespoons Szechuan peppercorns
½ cup dried Thai bird chilis
2 cups Kosher salt

1. Toast Thai bird chilis in the oven 350 F
2. Toast Szechuan peppercorns in a saute pan on medium heat until they start to smoke, about 5-7 minutes.
3. Pulse in the blender to buzz until thoroughly blended. Add kosher salt and pulse until combined.

Ming Tsai's Recipe

Shrimp and Jerusalem Artichoke Toast

Serves

Eat Well With Ming: Did you know Jerusalem artichokes are a good source of fiber?

Allergy Free Note: peanut free, tree nut free

Jerusalem artichokes, peeled

18/20 shrimp peeled and deveined

2 eggs

1 bunch scallions, thinly sliced, whites and greens separated

White bread

Jerusalem artichokes, peeled

Watercress

Lemon

Olive oil

Canola oil

1. Peel the artichokes and place them in a large bowl of water with lemon to acidulate them to ensure they don't turn brown. When ready, finely dice the sunchokes.
2. Smash the shrimp on a cutting board. Add to a bowl with minced ginger, eggs, and scallion whites and mix to combine. Season with salt and pepper. Add the sunchokes and gently toss to combine.
3. Spread the shrimp mousse in a 1:1 ratio of mousse to bread and make sure its in an even layer.
4. Carefully place in a hot saute pan with about 1 inch of oil protein side down. Cook for about 3 ½ - 4 minutes until golden brown and delicious. Flip and cook another 1 minute to finish cooking. Remove from the sauté pan onto a paper towel lined plate.
5. In a large bowl, add 3 cups of watercress, drizzle 2 tablespoons extra virgin olive oil, salt and pepper to taste and juice from ½ a lemon.
6. To plate, cut the toast into thirds and garnish with the watercress salad

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