

## Episode 1717 Avi Shemtov

### **Jasmine**

1 ½ ounce No. 3 Dry Gin  
¼ ounce Campari  
¼ ounce Bravo Orange Curacao  
¾ ounce Lemon Juice

1. Add all the ingredients into a shaker with ice and shake into a chilled cocktail glass.  
Garnish with a lemon twist.

### **Avi Shemtov's Recipe**

#### **'Nduja-Sausage Shakshuka**

Serves 4

**Eat Well With Ming:** Eggs are a great source of choline, a nutrient most of us don't get enough of daily. One egg contains more than 100mg!

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

½ cup extra-virgin olive oil  
8 cloves fresh garlic  
2 medium yellow onions, sliced  
6 ounces 'Nduja-Aristans-brand 'nduja sausage, duced  
6 cups vine-ripe tomatoes, cut into 1/8ths  
1 tablespoon kosher salt  
1 tablespoon paprika  
2 teaspoons ground cumin  
1 teaspoon fresh-cracked black pepper  
1 chili pepper, diced (optional)  
6 large eggs  
4 ounces goat cheese, crumbled  
1 head flat parsley, chopped

1. Blend together olive oil and raw garlic in a food processor, then heat the mixture in a large, deep frying pan over medium heat.
2. After about 2 minutes, add onions and stir slowly until they become translucent, about 3-4 minutes. Add the 'nduja and stir slowly with a wooden spoon about every 30 seconds, for about 2 minutes, allowing the meat to melt into the onions. Add the tomatoes and spread salt, paprika, cumin and pepper over the top. Add optional chili pepper at this time.
3. Cover and simmer 15 minutes, stirring only slightly if necessary to prevent bottom of the stew from burning and sticking to the pan. (If the tomatoes don't produce enough liquid to keep the bottom from burning, slowly add some water, ¼ cup at a time).
4. After 15 minutes, stir once or twice to help the tomatoes break all the way down. Turn heat to medium and simmer for 10 more minutes.

5. Distribute the goat cheese evenly across the surface and crack the eggs, evenly spacing them across the surface of the stew. Cover the pan and simmer 2-3 minutes to poach the eggs until set. Eggs should set to a perfect sunny-side up or lightly over easy. Serves 4-6.

## **Bread**

### **Whole-Wheat Pita**

Pinch salt

2 cups whole wheat flour

2 tablespoons honey

2 tablespoons dry yeast

2 tablespoons warm water + 1 cup

1. Pre-heat the oven to 450F and heat a skillet on high on the stove.
2. Mix the yeast with the warm water and honey to bloom the yeast.
3. Slowly combine with the whole wheat flour and the salt. Adding more water as necessary, you'll likely need a little less than a full cup.

## Ming Tsai's Recipe

### Fried Egg Omelette with Brown Tic Shi Fan Gruel

Serves 4

**Eat Well With Ming:** Using half brown rice helps increase fiber intake and is better for gut health and flavor

**Allergy Free Note:**

1 1/2 cups white rice  
1 1/2 cups brown rice  
1/2 quart chicken stock  
1/2 quart vegetable stock  
1 tablespoon canola oil  
1 inch piece ginger, peeled and finely minced 2 cloves of garlic, minced  
1 bunch scallions, sliced thinly  
Chicken stock  
Vegetable stock  
1 charred red bell pepper, peeled and diced  
1 charred yellow bell pepper, peeled and diced  
1 teaspoon soy sauce  
6 Eggs

1. Soak the brown rice for 1 hour in a bowl of water. Add the white rice mix until well combined, wash and drain well. To the rice cooker, add the rice and enough water until the water comes to the top of the first digit of your index finger. Close and hit rice.
2. To a pot, add 1 teaspoon oil, 1 tablespoon minced garlic, 1 tablespoon minced ginger and saute. Add 1/2 cup chicken stock, 1/2 cup vegetable stock, bring to a simmer and slowly add a little more of each stock until you've used all the stock, about 1 quart total.
3. Add 1 teaspoon soy sauce, mix well and remove from heat. Add 1 teaspoon canola oil, scallion whites, sambal, black pepper and bell peppers.
4. In a separate saute pan, coat with oil and heat to high heat and watch for it to start smoking. Add one egg to a bowl, whisk and season with salt and pepper. Add one egg to the skillet tilting the skillet as you carefully flip the egg onto itself, to create an omelet. Repeat with remaining eggs.
5. To plate, dish out the rice onto a bowl. Add egg on top and garnish with peppers and scallion greens.