

Episode 1718 Will Kovell

Aperol Spritz

1 oz Aperol
1 oz Charred Orange Vermouth
Soda water to fill
orange slice to garnish

1. Fill a glass with ice, pour in aperol and charred orange vermouth. Shake and pour into glass. Fill with soda water and garnish with orange wheel.

Will Kovel Recipe

Roasted Pork Chops with Broccoli Rabe, Baby Carrots and Cider Jus

Serves 4

Eat Well With Ming: Broccoli rabe is an excellent source of vitamin A and C, both important for the immune system.

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

2 pork chops
1 bunch broccoli rabe
4 shallots
2 cups baby multi-color carrots, cut in half lengthwise
2 roughly chopped shallots
2 peeled granny smith apples, diced
3 sprigs of thyme, picked
¼ cup unfiltered cider
1 teaspoon of local honey
3 tablespoons unsalted butter, diced
2 tablespoons fresh chives

1. Heat a pan on medium-low heat on the stove and place a pan in the oven and preheat the oven to 400F.
2. Cut inch off bottoms of broccoli rabe, pull stems off
3. Season pork chops with salt and pepper both sides
4. Add 1 teaspoon canola oil. Add the pork chops
5. In a large bowl add the broccoli rabe and carrots. Season with salt, pepper and a good pinch of chili flakes. Drizzle with 2 tablespoons of good olive oil and toss well to combine.
6. Place the vegetables and pork in the oven and let cook for 9-11 minutes or until the pork has reached about 130-135 right in the middle in the thickest part. Remove the pork from the pan right away and place on a plate to rest.

7. In the same sauté pan that the pork cooked in, add roughly chopped shallots and diced apples. Allow to start cooking down, add the thyme and cider. Using a wooden spoon make sure you get all the good brown bits from the bottom of the pan.
8. Continue to saute and add the honey. Saute until the liquid has reduced by about half. Add the butter, reduce the heat to low and start swirling the pan to incorporate the butter.

Ming Tsai's Recipe

Pork Tonkatsu

Serves 2

Eat Well With Ming: Pork loin is a leaner cut of meat and has a lower fat content compared to other cuts

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

1 pork loin, sliced in half width-wise once and lengthwise once
4 eggs, whisked
1 tablespoon extra virgin olive oil
1 white onion, thinly sliced canola oil to pan sear
3 tablespoons Worcestershire sauce
1 cup flour
1 cup panko
2 egg yolks
1 clove garlic
1 cup olive oil
2 white onions, thinly sliced

House rice

1. Lay one piece of pork between parchment paper and pound out very thinly until it's about ¼ inch thick. Repeat with a second piece of pork.
2. season pork with salt and pepper on both sides
3. Crack 4 eggs into a bowl, whisk well.
4. Lay pork into the flour, coat well on both sides. Then dip into the egg and make sure you coat both sides with the egg as well. Then coat with the panko as well.
5. In a saute pan add 1 tablespoon extra virgin olive oil, add onions and start to caramelize.
6. In a separate saute pan, add about 1 inch of olive oil. Once it starts sizzling, and a piece of panko will start to fry, carefully place the pork into the pan. After 2 ½ minutes flip the pork to finish cooking, should be golden brown and delicious, about another 1 ½ to 2 minutes.
7. Meanwhile add 2 egg yolks to a hand blender cup. Add 2 tablespoons Dijon, 1 tablespoon Worcestershire, 1 tablespoon minced garlic, 2 cups extra virgin olive oil. With the blender on the bottom, slowly lift the blender up as the mixture comes together. Taste for seasoning and adjust with salt and pepper if necessary.
8. Remove pork onto paper towel lined plate

9. To plate, lay house rice on the bottom of a bowl, lay caramelized onions rice, add furikake then pork and drizzle aioli on top. Feel free to garnish with additional furikake again.

House Rice

Yields 6 cups

1 1/2 cups brown rice

1 1/2 cups white rice

water

1. Rinse 1½ cups brown rice and soak it in fresh cold water to cover for 1 hour. Transfer the rice to a medium saucepan.
2. Put 1½ 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.
6. Alternatively, make in your rice cooker and place on rice setting.

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