

England- Daniel Galmiche

Sympathy for the Devil

1 teaspoon fresh ginger, peeled
1 ounce chili infused gin
1 ounce tequila
 $\frac{3}{4}$ ounce Southern Comfort
 $\frac{1}{2}$ ounce lime juice
Dash grenadine
Blackberries and pomegranate seeds for garnish

- 1.) Muddle ginger in a shaker. Add tequila, whiskey, lime juice, chili infused gin and dash of grenadine.
- 2.) Shake with ice and pour into cocktail glasses filled with crushed ice.
- 3.) Top with a blackberry and a few pomegranate seeds for garnish.

Pan-Fried Norwegian Fjord Trout Sharing Platter with Chili, Garlic & Wilted Spinach

Eat Well With Ming: Just 4 ounces of trout contains over 100% of your daily Vitamin B12 and D needs!

Serves 4

Ingredients

4 Norwegian Fjord trout fillets, halved, skin on
2 garlic cloves, chopped
1 red chili, minced, separated, $\frac{1}{2}$ for fish and $\frac{1}{2}$ for spinach
Olive oil
Malden sea salt
Freshly ground black pepper
1 tablespoon fresh chives, minced
1 bunch parsley, leaves picked and finely chopped
 $\frac{1}{4}$ cup brown chicken stock
1 limes
1 tablespoon butter
1 cup fresh baby spinach

Directions

- 1.) On a plate, place fish skin side down, Drizzle with 1 teaspoon of olive oil, add 1 tablespoon minced garlic, $\frac{1}{2}$ the minced chili and lime zest and massage into fish so that it's well combined. Season with freshly ground black pepper and Malden sea salt
- 2.) Heat a tablespoon of oil in a large pan and pan-fry the Fjord trout for 1 $\frac{1}{2}$ -2 minutes each side.
- 3.) Remove the fish from the pan and place on serving platter.
- 4.) In the same sauté pan you cooked the fish in, add the chicken stock, the rest of the chili, garlic, parsley and lime juice from $\frac{1}{2}$ a lime. Season with a touch

of sea salt. Keep on medium-low heat and allow to simmer for 2 minutes while you wilt the spinach.

- 5.) In a separate sauté pan, add butter and allow to caramelize 1-2 minutes. Add the spinach and allow to just barely wilt, about 1 minute.
- 6.) To the platter, add the spinach on top of the fish.
- 7.) To the sauce, add the lime juice from the other half of the lime and mix to combine. Drizzle the sauce over the top of the fish and spinach.

Trout Pho with Lemon-Ginger Broth and Summer Squash

Eat Well With Ming: Use rice noodles and tamari to make this dish gluten free!

Serves 2

1 package rice noodles
1 yellow squash, cut into 6 inch long, ¼ inch thick planks
1 zucchini, cut into 6 inch long, ¼ inch thick planks
1 small white onion, thinly sliced
2 tablespoons fresh ginger, peeled and finely chopped
2 red chilis, finely sliced
1 tablespoon tamari
¼ cup fresh basil leaves, set aside 1-2 for each bowl for garnish
Zest and juice of 1 lemon
1 package rice noodles
Kosher salt and freshly ground black pepper
Extra virgin olive oil
1 quart dark chicken stock
6 ounces Norwegian Fjord trout, thinly sliced into ¼ inch thick slices
1 garlic clove, finely chopped
¾ cup fresh yellow chanterelles
Fresh basil leaves for garnish

- 1.) Cook the noodles. Place whole package of noodles in a large bowl and add hot tap water or boiling water over the noodles and let sit 10 minutes to cook. Drain and set aside.
- 2.) Cut the yellow squash and zucchini, drizzle with 1 teaspoon olive oil and place on a grill or grill plate until cooked and you have nice grill marks on both sides. Set aside.
- 3.) To a hot wok, add 1 tablespoon of olive oil. Add thinly sliced onions and start to caramelize.
- 4.) Add ginger, chilis, and sauté to slightly caramelize, 1-2 minutes. Deglaze with tamari and chicken stock and allow to bring to a simmer. Spank the basil and add to the broth. Bring the broth to a simmer, about 8 minutes.
- 5.) Add lemon zest and juice and the rice noodles to the broth.
- 6.) In a small sauté pan add 1 tablespoons olive oil, garlic and chanterelles and sauté until nice and golden brown and chanterelles are cooked through.

7.) To plate, line both serving bowls with 3 pieces of the zucchini and yellow squash. Carefully pour broth in with noodles making sure to get chilis in as well. Carefully plate trout on top of noodles and garnish with mushrooms and garlic. Add Malden sea salt and freshly ground black pepper to taste. Finish with 1-2 sprigs fresh basil on top.