

## Episode 1402 – Lidia Bastianich

### **Classic Negroni**

Serves 1

- 1 ounce Campari
- 1 ounce London Dry Gin
- 1 ounce sweet vermouth
- 1 orange wedge, for garnish

1. Add all ingredients into a mixing glass, add ice, and stir until the outside of the glass feels ice cold.
2. Strain into a chilled lowball glass with one very large ice cube. Garnish with orange wedge.

### **Calamari alla Griglia with Head-on Shrimp, Salsa Verde & Grilled Bread**

**Serves 6 (as entrée)**

**Eat Well With Ming:** Fresh fish such as calamari is a great source of lean protein. Additionally, it is high in vitamin B12, which is beneficial for its brain boosting effects.

**Allergy Free Note:** peanut free, tree nut free, dairy free

#### **Calamari alla Griglia with Head-on Shrimp**

- Eight 5-6-inch calamari, cleaned (about 3 pounds), skin on
- 2 pounds head-on, peeled and deveined shrimp
- 1/4 cup extra-virgin olive oil, plus more for drizzling
- 6 cloves garlic, peeled and sliced
- 1 tablespoon fresh thyme leaves
- 1/2 teaspoon salt
- 1/2 teaspoon crushed hot red pepper
- Chopped fresh italian parsley

1. Clean the calamari, leaving the skin on.
2. Toss the cleaned calamari bodies and tentacles together with the head-on shrimp, olive oil, garlic, thyme, salt and crushed red pepper in a bowl until coated. Cover the bowl and marinate in refrigerator for 1 hour, or up to overnight.
3. Heat a grill, grill pan, or cast iron to high heat. (The calamari can also be done in a hot cast iron pan or griddle on the stovetop). When the pan is hot, lay the calamari and tentacles down then set a heavy skillet on top of the calamari to weigh it down, so as much of the calamari as possible makes contact with the hot grill. (This makes it easier for the calamari to cook evenly and brown well). Remove the pan, flip the calamari and add the head-on shrimp the pan.
4. When done, remove to a platter and drizzle with salsa verde. Enjoy with grilled bread on the side and additional salsa verde as desired.

#### **Salsa Verde**

- 3/4 cup extra-virgin olive oil
- 1/2 cup finely chopped roasted red peppers

1/2 cup chopped fresh italian parsley leaves  
1/2 cup finely chopped red onion  
1/4 cup finely chopped cornichons  
1/4 cup red wine vinegar  
1 hard-boiled egg, white and yolk separated and each finely chopped  
2 tablespoons whole non-pareil, small capers  
1/2 cup finely chopped small raw zucchini  
Kosher salt  
Freshly ground black pepper

1. In a medium bowl, stir together all of the ingredients except the salt and pepper. Season the salsa verde with salt and pepper, and let sit at room temperature to allow flavors to blend.

### **Grilled Bread**

1 loaf day-old Italian bread  
Olive oil  
Fresh bunch thyme  
1-2 garlic cloves, peeled

1. While calamari are cooking, grill bread until golden brown. Remove from grill and rub with garlic.  
2. Place grilled bread onto a warm platter and brush with olive oil.

## **Blue Ginger Crispy Calamari with Thai-Lime Dipping Sauce**

Serves 4 (as an appetizer)

**Eat Well With Ming:** Use tapioca and or sweet potato flour as a gluten-free alternative for batters and baked goods!

**Allergy Free Note:** peanut free, tree nut free, dairy free

### **Blue Ginger Crispy Calamari**

Calamari, cleaned, cut into rings/tentacles  
Stinky sauce, *see recipe below*  
Calamari flour, *see recipe below*  
Seasoning salt, *see recipe below*  
Canola oil, for frying

1. Heat fryer to 350 F. Place cut calamari into a large mixing bowl and pour half of stinky sauce over calamari. Let marinate 15-30 seconds then immediately drain and dredge in the calamari flour.

2. Shake off as much excess flour as possible then fry until just golden brown, about 1 minute.

3. Drain on a sheet tray lined with papertowls, sprinkle with seasoning salt. Serve on a platter with the remaining stinky sauce for dipping.

### **Stinky sauce**

1 cup fish sauce  
1 cup fresh lime juice

Cilantro, chopped  
Thai basil, chopped  
Mint, chopped

1. Combine all ingredients in medium mixing bowl, set aside.

#### **Calamari flour**

1 bags sweet potato flour  
1 bags tapioca flour  
2 cups and 1 tablespoon cake flour  
2 cups and 1 tablespoon bread flour

1. Combine all ingredients in a large mixing bowl, set aside

#### **Seasoning salt**

2 tablespoons toasted & ground coriander  
2 tablespoons toasted & ground cumin  
2 tablespoons kosher salt

1. Combine all ingredients in a small mixing bowl, set aside.