

Episode 1403 – Jacques Pepin

Classic Martini

Serve 1

2 ounces London dry gin
1 ounce dry vermouth
1 dash orange bitters
Lemon twist, for garnish

1. Add ice to a mixing glass. Pour in gin, vermouth and bitters. Stir until the glass is ice cold.
2. Rub the lemon twist around the chilled glass then strain in drink. Garnish with the lemon twist.

Chicken Livers in Mushroom Port Cranberry Sauce

Serves 4

Eat Well With Ming: As the highlight of this dish, the chicken livers are a wonderful source of vitamin B12, an important vitamin for brain function, the nervous system and red blood cell production. Only 1 ounce of chicken livers provides 100% of your daily value of vitamin B12!

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

1 pound chicken livers, cleaned, sinew removed
2 tablespoons olive oil
3/4 teaspoon salt
3/4 teaspoon freshly ground black pepper
2 cups diced mushrooms
1/3 cup coarsely chopped shallots
1/3 cup coarsely chopped scallions
1 tablespoon chopped garlic
1/3 cup dried cranberries
1/3 cup port wine
1/3 cup chicken stock
2 tablespoon ketchup
1 tablespoon chopped fresh chives

1. Pat dry chicken livers. Heat the oil in a 12-inch skillet over high heat until hot and foaming. Add the livers in one layer and sprinkle with salt and pepper. Cook for 1 minute then, using tongs, turn the livers over and cook another minute. With the tongs, transfer the livers to a plate and set aside.
2. Add the mushrooms, shallots and garlic to the drippings in the skillet and cook over high heat for about 3 minutes. Add the port and chicken stock, bring to a boil, and boil for about 1 1/2 minutes. Add the scallions, ketchup, and dried cranberries. Let cook about 30 seconds then add the livers back to the skillet and bring sauce to a boil. Serve the livers, sprinkled with chives, on a hot platter.

Small Potatoes in Olive Oil

Serves 4

Eat Well With Ming: Using the whole potato with the skin on helps increase fiber and nutrient intake.

The skin of potatoes contains the most fiber, vitamins and minerals compared to the rest of the potato.

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

Ingredients

- 1 1/2 pounds small potatoes, such as yukon gold or red bliss
- 1/4 cup extra virgin olive oil
- 1 teaspoon fleur de sel, or other coarse salt
- 12 kalamata olives, pitted, cut into 1/2 inch pieces
- 1 1/2 tablespoons minced fresh chives

1. Put the potatoes in a saucepan and cover with water. Add the 1/2 teaspoon salt and bring the water to a boil, then reduce the heat to low and boil the potatoes gently for 25 to 30 minutes, until very tender.

2. Drain the potatoes and put in one layer in a serving dish. Using a fork, or the flat bottom of a measuring cup, press down gently on the potatoes to crack them open a little. Sprinkle with the oil, coarse salt, olives and chives. Serve while still hot.

Chocolate Soufflé

Serves 4

Eat Well With Ming: Dark chocolate or bittersweet chocolate (with at least 60% cacao as use in this recipe) can have beneficial antioxidant powers with its anti-inflammatory and blood pressure reducing affects.

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

- 1/2 tablespoon unsalted butter, softened
- 1/4 cup granulated sugar
- 3/4 cup heavy cream
- 4 ounces bittersweet chocolate (atleast 60% cacao), cut into 1/2-inch pieces
- 5 large egg whites
- Confectioners' sugar, for dusting cooked soufflés

Orange Sauce (optional)

- 1/2 cup sour cream
- 1 teaspoon grated orange rind
- 1 tablespoon granulated sugar

1. Preheat oven to 400 degrees. Butter four 3/4-cup soufflé molds with the butter and coat with about 2 tablespoons of the granulated sugar.

2. Pour the cream into a microwavable bowl and microwave for about 1 1/2 minutes, until warm. Add the chocolate pieces and set aside for 1 to 2 minutes so the chocolate melts in the warm cream. Stir with a whisk to incorporate the chocolate into the cream.

3. Beat the egg whites with a large balloon whisk in a large bowl until they hold a peak, then add the remaining 2 tablespoons of granulated sugar and whisk for a few more seconds.

4. Combine the egg whites with the chocolate mixture, using a whisk for a few seconds and then a

rubber spatula to fold in the remaining whites. Divide the soufflé among the prepared molds. Refrigerate if not cooking immediately.

5. When ready to cook the soufflés, preheat the oven to 400 degrees. Place the soufflés on a cookie sheet, and bake for 15 minutes, or until puffy and set inside.

6. Meanwhile, for the optional sauce: mix together all the ingredients in a small bowl.

7. Dust the tops of the warm soufflés with the powdered sugar and serve hot. Accompany with sauce, if using, serving it on the side or pouring it over the soufflés.

Hot Chicken Liver Mousse with Bacon-Thyme Sauce

Serves 4

Eat Well With Ming: Reserving bacon fat for other cooking methods can help reduce waste and provide a deeper flavor when using the bacon fat to cook vegetables or aromatics.

Allergy Free Note: gluten free, peanut free, tree nut free

1 pound chicken livers, cleaned, sinew removed

2 whole eggs + 1 yolk

3 tablespoon fresh thyme leaves, divided

Salt

Freshly ground black pepper

1 roasted red pepper, peeled, diced

1/2 pound bacon, diced

1 shallot, minced

1/4 cup port

1/2 cup sour cream

Butter, to coat ramekin

1 cup finely ground panko, to coat ramekin

1. Preheat oven to 350F. Render bacon fat in a large sauté pan until crispy.

2. While bacon is rendering, place livers, eggs + yolk, salt, pepper and 1 1/2 tablespoons thyme into a blender and puree.

3. Butter each of the four 3/4-cup ramekins then coat with finely ground panko, shaking off excess. Place a quarter of the diced red pepper into the bottom of each ramekin and top with a quarter of the liver puree. Place in oven and bake for 10 minutes.

4. When the bacon is finished rendering, remove from pan and drain. Add the minced shallots to the pan of bacon fat, sauté for 1 minute then deglaze with port. Once reduced, finish with sour cream, salt, pepper and remaining thyme.

5. Remove the mousse from the oven and top with the bacon-thyme sauce. Enjoy while warm.

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