

Episode 1404 – Tiffani Faison

Caipirinha

Serves 1

1 half lime
2-3 bar spoons sugar
Ice, as needed
Cachaca, as needed
Soda water, as needed
Lime wheel, for garnish

1. Place the lime, scored with a knife, into a pint glass with sugar and muddle.
2. Pack the glass with ice and add cachaça, leaving about an inch of space at the top of the glass.
3. Top off with soda water, garnish with lime wheel, stir and enjoy.

Pad Gra Pow with Fried Duck Egg

Serves 4-6

Eat Well With Ming: The duck egg on top not only provides extra flavor to this already flavorful dish, but it adds more omega-3 fatty acids and is a great alternative for those who are allergic to chicken eggs. Plus duck eggs are more shelf stable compared to chicken eggs due to their thicker shell.

Pad Gra Pow Sauce

2 tablespoons fish sauce
2 tablespoons mushroom soy sauce
1 cup oyster sauce
¼ cup tamari water (2 tablespoons tamari + 2 tablespoons water)
2 tablespoons sugar

Dish components

2 tablespoons canola oil + more as needed for frying egg
3 tablespoons chopped garlic, blanched
2-3 thinly sliced Thai bird chilis (fresh)
2 pounds ground chicken
1/2-2/3 cup Pad Gra Pow sauce, *recipe below*
1 cup Thai basil, picked
4-6 duck eggs, pan fried
4-6 cups cooked jasmine rice

1. Heat oil in a hot wok or pan. Add garlic and Thai chili until garlic starts to brown slightly.
2. Add ground chicken and cook until chicken starts to cook through and lose its moisture. Add the sauce and cook through. Finish at the last moment with Thai basil.
3. To serve per person, plate 1 cup of rice with a heaping serving of the Pad Gra Pow and top with the fried egg.

Meatloaf Sliders with Sambal-Bell Pepper Chutney

Serves 4

Eat Well With Ming: Instead of breadcrumbs as the binder, use leftover rice. It works just as well and is a fantastic way to repurpose other ingredients that might already be in your refrigerator.

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

Meatloaf Sliders

2 tablespoons grapeseed oil
1 large onion, cut in 1/4-inch dice
2 tablespoons minced garlic
2 tablespoons Worcestershire sauce
2 tablespoons naturally brewed soy sauce
1/4 cup ketchup
1 pound ground beef, chuck or round
1 pound ground pork
2 eggs
1 1/2 cups cold cooked rice
Freshly ground pepper
Sambal-Bell Pepper Chutney, *recipe below*
8 bacon strips, crisped
Burger buns, martin rolls
Iceberg lettuce, chiffonade

1. Heat oil in a large sauté pan. Add the onions and garlic and sweat until tender. Remove from heat and let cool.
2. In a large nonreactive bowl, combine the ground beef, pork, cooled onion mix, sambal, ketchup, soy sauce, eggs, Worcestershire sauce, and cooked rice. Season with salt and pepper and, using your hands, mix well.
3. Heat a skillet over medium-high heat. Form the meat mixture into 2-3oz patties and cook 2 1/2-3 minutes per side, being sure that they are cooked through.
4. Toast the slider buns then place a pile of chiffonade lettuce, topped with the slider, 1 piece of bacon, split in half and a heaping dollop of the sambal-bell pepper chutney. Enjoy!

Sambal-Bell Pepper Chutney

1 roasted red pepper, peeled, diced
2-4 tablespoons sambal
1 tablespoon rice wine vinegar

1. Place roasted red pepper into a nonreactive mixing bowl. Add sambal and rice vinegar to desired spicy and acidic punch. Season with salt and pepper.

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