

Episode 1406 – Rick Bayless

Golden Fresh

Serves 1

1 1/2 ounces reposado tequila
3/4 ounce lemon juice
3/4 ounce honey syrup, recipe below
10 cilantro leaves
Ice

1. Into a cocktail shaker, pour tequila, lemon juice and honey syrup. Add the cilantro leaves and ice before topping with a glass and giving it a hard shake.

2. Double strain into chilled cocktail glass. Garnish with single cilantro leaf, if desired.

Honey Syrup

1 cup clover honey
1 cup water

Combine 1 cup honey and 1 cup hot water in a small saucepan. Warm over medium heat, stirring gently, until the honey melts into the water and creates a syrup. You will end up with about 2 cups of honey syrup.

Green Chile Adobo Taco Duo

Serves 4

Eat Well With Ming: Chayote is a type of squash known for its pear-like shape. Never cooked with it? It's extremely versatile and can be eaten both raw and cooked. Roast it like in these tacos or grill, stir-fry, boil, steam, mash, or peel and slice to be added to soups or stews.

Allergy Free Note: peanut free, tree nut free, gluten free if made with corn tortillas

Green Chile Adobo

1/2 head of garlic, separated into unpeeled cloves (about 8 cloves)
4 to 5 fresh serrano chiles
1 large bunch cilantro (thick bottom stems cut off, about 2 cups loosely packed)
1 large bunch flat-leaf parsley (thick bottom stems cut off, about 2 cups loosely packed)
1 cup olive oil
2 generous teaspoons salt

1. Set a large (10-inch) skillet over medium heat. Place the garlic and chiles in the skillet and roast, turning regularly, until soft and browned in spots, about 10 minutes for the chiles and 15 for the garlic.

2. Cool until handleable, then slip off the garlic's papery husks and slice the tops off the chiles.

3. In a blender or food processor, combine the garlic and chiles with the parsley, cilantro, olive oil and salt. Process, stopping to scrape down the sides if necessary, until nearly smooth (it should look a little like pesto). Transfer to a pint-size jar (you'll have plenty leftover) and set aside.

Roasted Chayote with Herbs & Goat Cheese

4 large chayotes, peeled (if you wish), pitted and cut into 3/4-inch chunks
2 tablespoons olive oil

Salt and cracked black pepper
Juice from 1/2 a fresh lime
4 ounces fresh goat cheese, broken into large chunks

1. Turn on the oven to 425 degrees F and adjust the rack to the middle. If your oven has a convection setting, this is a good time to turn it on.
2. Toss the chayote with the olive oil and a generous amount of salt (about 1/2 teaspoon) and cracked pepper (about 1/4 teaspoon). Spread onto a rimmed baking sheet, slide it into the oven and roast, turning every few minutes, until the chayote is beautifully browned and tender, about 25 minutes.
3. Remove from the oven and toss with 3 tablespoons of the Green Chile Adobo and fresh lime juice (and 1/2 tsp salt if needed). Place Chayote in large serving bowl and scatter

Shrimp Skillet Tacos

2 tablespoons safflower oil
1 medium white onion, cut into 1/4 slices
1 pound shrimp, peeled and deveined
12 corn tortillas
Juice from 1/2 a lime
1/4 cup crumbled Mexican *queso fresco*
A big handful of cilantro leaves

1. Pat the shrimp dry with paper towels and season with a generous sprinkling of salt.
2. In a very large (12-inch), heavy skillet set over medium-high, heat the oil. When you see the first whisp of smoke lay the sliced onion into the pan.
3. After about 5 minutes, the onions should be getting caramelized. Add the shrimp and cook 3 minutes.
4. While shrimp are cooking, carefully place corn tortillas with tongs over open flame on the stove top or in a cast iron pan if no open flame is available. Heat on both sides until tortillas are warmed through. You can also lightly dampen paper towels and wrap the tortillas in them. Place inside a heavy plastic bag. Without sealing the bag, microwave the tortillas at 100% for 1 minute.
5. Stir in reserved Green Chile Adobo. If the mixture looks like it needs to be saucier, you can add a little more water (2-3 tablespoons), then taste everything and season it with salt, if it needs some. Add in juice from 1/2 a lime and place into a warm serving bowl. Sprinkle with queso fresco and cilantro leaves. Serve the chayote and shrimp with the warmed tortillas. These tacos would go great with a simple salad and some refried beans.

Surf-n-Turf Moo Shu Wrap with Shrimp & Pork

Serves 4

Eat Well With Ming: When frying or wok-stirring such as in this recipe with the egg and pork, drain the item on paper towels or an old dish towel after wok-stirring to help drain off the excess oil. This helps reduce the overall fat introduced into the dish.

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

Moo Shu Filling

1 lb. pork loin, julienned
1 tablespoon sesame oil
1 tablespoon soy sauce
1 tablespoon corn starch
Grapeseed oil
4 eggs, beat lightly in a small bowl
2 tablespoons minced garlic
2 tablespoons minced ginger
1 lb. shrimp, peeled and deveined
1 head of cabbage, shredded
1 carrot, julienned
1/4 cup dry wood ear mushrooms, rehydrated & julienned
3 scallions, thinly sliced
1 package moo shu wraps (12 pieces)

1. In a medium bowl combine sesame, soy and corn starch. Add the julienned pork and marinate 15 minutes.
2. Place 1/2 cup grapeseed oil in a large wok. Place over medium-high heat. Once the oil smokes, add the eggs and quickly scramble until they puff up and are cooked through. Drain the eggs on a paper-towel lined plate.
3. Add 2 tablespoons grapeseed oil to the wok over medium-high heat. Add the pork and cook for 1 minute - it shouldn't be fully cooked yet. Remove from heat to paper-towel lined plate.
4. Add 1 tablespoon grapeseed oil, garlic, ginger, scallion whites and shrimp to the pan. Cook for 1-2 minutes until shrimp is cooked through.
5. Add the rehydrated wood ear mushrooms, cabbage, carrots, scrambled eggs, pork and 3 tablespoons of the scallions.

Hoisin Sauce

1 tablespoon grapeseed oil
1 cup hoisin
1/2 lime, juiced

Place the oil in a small saucepan. Add hoisin and let simmer 2-3 minutes. Finish with lime juice.

To Serve:

Place a cast iron pan over medium-high heat. Heat the Moo Shu wraps in the dry cast iron pan until they start to get a couple of brown spots. Remove to a plate, top with a spoonful of hoisin sauce, 1-2 teaspoons of fresh scallions and a large spoonful of the moo shu filling. Fold up and enjoy!

©2016 Ming Tsai - Season 14 Simply Ming