

Episode 1407 – Johnny Iuzzini

Classic Daiquiri

Serves 1

2 ounces clear Rum
1 ounce fresh lime juice
¾ ounce simple syrup, recipe below
Lime wheel, *for garnish*
Ice

1. Add all ingredients into a cocktail shaker filled with ice. Give a hard shake and double strain into a coupe glass.
2. Garnish with lime wheel.

Simple syrup

1 cup white sugar
1 cup hot water

1. Combine sugar and hot water in a medium glass bowl and stir until sugar is dissolved.

Frozen Dark & Stormy Soufflé

Serves 6

Eat Well With Ming: If you don't have ramekins for this recipe, you can place plastic wrap in a small bowl or a double fashioned glass for the perfect substitution.

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

Ingredients

5 large egg whites
1 2/3 cups sugar (330 g)
¾ teaspoon cream of tartar
2 tablespoons water (30 g)
1 ¾ cups heavy cream (420 g)
6 tablespoons dark rum (not spiced) (90 g)
6 tablespoons strained fresh ginger juice (90 g)
Grated zest of 2 limes
¼ cup fresh lime juice (60 g)

1. Put the egg whites, 2 tablespoons of the sugar, and the cream of tartar into a standing mixer fitted with the whisk attachment and turn on to low speed.
2. In a small bowl, whisk the rum, ginger juice, and lime zest and lime juice together.
3. In a large mixing bowl, with a whisk, whip the cream until it holds firm peaks.
4. Cut six 3x22-inch strips of parchment or wax paper. Wrap six 6-ounce ramekins tightly with the strips, creating a collar and using tape to secure it to the ramekin. Set them on a small baking sheet.
5. Put the remaining sugar and the water into a small saucepan. Stir with a clean finger to evenly moisten the sugar; wet your finger and wipe down the sides of the pan and place the pot over medium

heat. when the sugar is dissolved and the mixture is beginning to bubble, wash down the sides of the pan with a clean pastry brush dipped in cold water to dissolve any sugar crystals on the sides of the pan.

6. When the sugar mixture comes to a rolling boil, increase the mixer speed to medium. Continue cooking the sugar for about 10 minutes until it reaches 250F (firm-ball stage). Increase the mixer speed to medium-high. The whites should be fluffy and shiny but still soft. With the motor running, carefully pour in the hot sugar syrup in a slow, steady stream - pour it directly onto the whites between the mixer bowl edge and the outer reach of the whisk so it doesn't splatter or create lumps. Increase the mixer speed to high and whip the meringue for 6-8 minutes, until the bowl is cool to the touch at or near room temperature. If the meringue level begins to recede in the mixing bowl, stop whipping immediately.

7. Once the whites are cool and glossy, using a large rubber spatula, carefully fold the liquid mixture into them until just combined.

8. Add about half of the whipped cream to the whites mixture and fold until streaky. Add the other half and continue folding until no streaks remain. Using a folding motion, gently pull a whisk through the mixture to make sure it is homogenous. Using a pastry bag or spoon, fill each prepared mold to the edge of the paper and smooth the top, if necessary. Freeze the soufflés on the pan in the freezer 4-6 hours or overnight.

9. When ready to eat, remove the paper collars and clean the sides of the molds with a warm, damp towel if necessary. Let the soufflés stand at room temperature for about 15 minutes before serving. If desired, garnish with additional lime zest.

Dark & Stormy Doughnuts with Ginger Cloud Cream

Serve family style, 4-6

Eat Well With Ming: Dough making tip- place your wet ingredients at the bottom of the mixing bowl first. This helps prevent splashing during mixing and allows the dry ingredients to incorporate and prevent collection at the bottom of the bowl.

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

Chocolate Doughnut

4 tablespoons unsalted butter (1/2 stick)
2 teaspoons vanilla extract
2 1/2 tablespoons milk
3 1/2 tablespoons fresh yeast
1/3 cup warm water
3 1/2 cups all purpose flour
1 cup cocoa powder
1/2 cup sugar
1 teaspoon salt
5 whole eggs
Powdered sugar for dusting

1. Melt together the butter, milk and vanilla. Set aside and let cool.
2. While waiting to cool, blend flour and cocoa powder together and set aside.
3. Once the butter and milk mixture is cooled, you can start the mixing process.
4. Add luke warm water to kitchen aid bowl and add yeast. Once yeast is in, right away add the butter/milk mixture and mix for 20-30 seconds.

5. Add dry ingredients and make sure to add salt. Slowly increase the speed on the dough hook. It will take about 10 minutes for the dough to come together.
 6. Once mixed, your dough will have some body but will also be very wet and loose. It should be elastic, yet slightly sticky and not dry.
 7. Spray a mixing bowl with pan spray or lightly oil, place dough in bowl and cover with plastic wrap. Let sit in a warm spot until doubled in volume, about 1 hour.
 8. Once doubled in volume you can roll with floured hands into small balls, scoop with a smaller scoop or roll and cut.
 9. Fry the dough until cooked through and remove to a wire rack and let cool for 5 minutes and dust with powdered sugar.
- Note: if you need to use active dry yeast you would use 1 3/4 tablespoons of active dry yeast. Put your luke warm water in the kitchen aid bowl along with 2 teaspoons of sugar. Sprinkle yeast over water and let sit for 5 minutes, letting the yeast proof. Once it has produced visible layer of bubbles on the surface you can proceed with recipe.

Ginger Cloud Cream

- 1 cup powdered sugar
- 8 oz. cream cheese
- 2 cups heavy cream
- 8 tsp ground ginger
- 3 tablespoons dark rum
- 1 teaspoon vanilla extract
- 2 tablespoons ginger beer

1. Place powdered sugar and cream cheese in the bowl of a mixer with the whisk attachment and mix until creamed.
2. Slowly add in 2 cups heavy cream and beat until stiff.
3. In a small bowl, mix the rum with the ginger powder. Once combined well, add to the mixer.
4. With mixer on medium speed, add vanilla extract and ginger beer.

Flambé Lime Rum Sauce

- 1 lime, segmented
- Juice from 1/2 lime
- 1/3 cup dark rum

1. Place lime segments in a hot pan over medium heat. Add the lime juice, and rum and stir for 30 seconds. Add the butter and continue to stir until butter has melted.

Assemble:

1. Place Ginger Cloud Cream on a plate and lay donuts in the cream. Gently spoon Flambé Lime Rum Sauce over the donuts and cream to serve and enjoy.

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