

Episode 1410 – Sam Hawyard

Sun Over Nara

Serves 1

- 1 1/2 ounces Double Cross vodka
- 1 1/2 ounces TYKU black
- 3/4 ounce grenadine syrup, recipe below
- 1/2 ounce lemon juice
- 1 long dash Angostura bitter

1. Fill a large glass with ice. Add all ingredients in a cocktail shaker with ice and give a hard shake until cocktail shaker feels cold to the touch.
2. Double strain into a chilled cocktail glass.

Grenadine Syrup

- 1 cup pomegranate juice
- 1/2 cup white sugar
- Orange blossom water, to taste

1. Combine pomegranate juice and sugar in a small saucepan over medium-high heat, stirring constantly to heat evenly.
2. Using a white rubber spatula, look for a slight change in color of the syrup, should be a deeper shade of purple and should stick to the tool a little longer (become thicker). Don't allow to bubble as this will burn the syrup.
3. Remove from heat and add orange blossom water, to taste. This is a powerful smell/taste so use sparingly, just a little bit at a time.

Bang's Island Mussels, Local Cider, Leeks and Sea Greens with Grilled Bread

Serves 4

Eat Well with Ming: Mussels are incredibly high in vitamin B12, important for normal brain and nervous system function.

Allergy Free Note: peanut free, tree nut free

Ingredients

- 2 pounds live Bang's Island mussels
- 1 medium leek
- 2 stalks green garlic, cut in 1/2 lengthwise and thinly sliced on bias
- 4 tablespoons unsalted butter, separated
- 1 cup dry-style hard cider
- Optional: Maine cider vinegar to taste;
- Urfa or Maras pepper and Maine sea salt to taste

2 oz. dried sugar kelp
6-8 slices of levain bread

1. Trim green part from the leek. Split the white in half, rinse in between layers and slice thinly (3/8 inch).
2. Melt 1 tablespoon of unsalted butter in a Dutch oven or large pot or kettle. Add leeks and green garlic and cook until just translucent.
3. Prepare kelp by breaking into 1-inch pieces. Soak in a small bowl of warm water. Drain once fully soaked in a strainer. Rinse well and add to the leeks and garlic.
4. Rinse the mussels in a colander and pick over for broken shells and detritus.
5. Add 1 cup of cider, and stir to combine everything. Place mussels in pot and stir to mix with sauce. Then add urfa pepper and Maine sea salt to taste and 3 tablespoons unsalted butter. Stir to combine and cover tightly.
6. Steam the mussels over high flame for 4-5 minutes, checking occasionally and giving a stir, until the mussels are open.
7. While the mussels are cooking, place bread slices on pan with a grill press to get a good char.
8. Remove the mussels from heat and divide among bowls. Swirl the remaining broth, together with the leeks and kelp and spoon over the mussels. Dip the bread into the broth, and shuck the mussels with their own shells.

Wok-Stirred Thai Norwegian King Crab Legs with Green Papaya and Crispy Rice

Serves 6

Eat Well with Ming: King crab is high in copper, a trace mineral, which is crucial for red blood cell production and iron absorption

Allergy Free Note: peanut free, tree nut free

Ingredients

3 tablespoons oil, hot
8 crispy rice squares
3 Norwegian King Crab Legs, cut in half, meat exposed, in shell
4 medium shallots, sliced thinly (about 1 cup sliced)
1 1/2 tablespoons ginger, julienned
12 Thai bird chiles, dry
2 tablespoons Thai fish sauce
1 cup chicken stock
Juice from 1 lime
1 green papaya, julienned or Chinese long beans
½ cup Sauvignon Blanc
¼ unsalted butter

1. In a large sauce pan, with oil filled 2/3 way up the pan, once hot, fry the crispy rice cakes until they have doubled in size. Remove from oil onto paper towels to drain.
2. In a large wok, add 3 tablespoons of the hot oil from the rice cakes, the shallots, whole Thai bird chiles and ginger. Allow everything to sweat down until chiles start to blacken.
3. Add the King crab, fish sauce, chicken stock white wine and lime juice, stir and cover with a lid. Allow to cook for 6 minutes.
4. Take lid off and add 2 cups of green papaya and butter. Stir and allow butter to melt completely before spooning onto a large plate or serving bowl.
5. Crumble the crispy rice cakes over the top, serve and enjoy.

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