

Episode 1413 – Ørjan Johannessen

Lime Cilantro Cucumber Gin and Tonic

Serves 1

Lime Cilantro Gin and Tonic

Ice, crushed, enough to fill cups
2 oz. gin
1 tablespoon cucumber juice
1 teaspoon cilantro
Tonic water, to fill
4 slices cucumber, thinly sliced
Juice from 1 lime wedge
Zest from 1 lime
Lime-plum foam

1. Fill glass with crushed ice. Add gin and cucumber juice to glass. Fill the remainder of the glass with tonic water. Add 2 slices of cucumber to each glass and the juice from 1 lime wedge.
2. Add 1 tablespoon foam on top and garnish with lime zest.

Lime-Plum Foam

Zest and juice from 1 lime
1 cup sugar
1 cup water
1 plum
1 egg white

1. Add lime zest, lime juice, sugar, water and a plum to a small pot on medium heat. Allow sugar to fully melt to become a syrup. Remove from heat and drain.
2. In a canister, add cooled mixture with egg white and liquid nitrogen, close the top and shake well. Add 1 tablespoon of foam to the top of the drink.
*Instead of the foam, you can use lime juice to wet the rim of the glass and dip it in sugar to create a lime-sugar rim.

Tartar on Fjord Trout with Soya Pearls and Crayfish Broth

Serves 2

Eat Well With Ming: Using soy sauce in place of salt helps decrease sodium intake and provides more flavor!

Allergy Free Note: dairy free

Ingredients

3 tablespoons tapioca pearls
1/4 cup plus 2 tablespoons soy sauce
Juice of 4 limes
1 tablespoon sesame oil

1 1/3 lb. Fjord trout fillets
1/2 fennel bulb 2 radishes, thinly sliced
2 tablespoons olive oil
Juice from 1 lemon
4 tablespoons chilled crayfish, shellfish, or chicken broth, chicken stock or dashi
1/2 teaspoon horseradish, grated

1. Boil the tapioca pearls in water until they are tender, about 5 minutes. Drain and wash in warm water.
 2. Add soy sauce, lime juice and sesame oil in a bowl and add the cooked tapioca pearls. Let them sit for a minimum of 3 hours.
 3. Cut the trout in 1/4 inch cubes. Season with juice from 1/2 a lemon, kosher salt and freshly ground black pepper to taste. Place the trout in 8cm diameter portion rings placed in the bottom of a bowl*.
 4. Drain the tapioca pearls from the juice and place on top of the trout, about 3-4 tablespoons to cover.
 5. Cut the vegetables as thin as possible on a mandolin. Add the vegetables to a small bowl and toss with olive oil, lemon juice and salt.
 6. Place the salad on the side of the trout and add 2 tablespoons of the crayfish broth around the trout. Grate the horseradish over each bowl, about 1/4 teaspoon each bowl.
- *You can also use a cleaned out tuna fish can or just place the trout at the bottom of a bowl.

Fjord Trout Sashimi on Lime Cucumber Salad, Crispy Rice and Crème Fraiche Egg Sauce

Serves 2

Eat Well With Ming: Fjord trout is extremely high in vitamin B12, which helps decrease heart disease.

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

Ingredients

1/3 cucumber thinly sliced, about 10 slices per plate
2 crispy rice cakes
3 oz. Fjord trout, 1.5oz, thinly sliced per serving
Fleur de Sal 1 tablespoon coriander, toasted and crushed
1 teaspoon butter
2 whole eggs
2 tablespoons crème fraiche
1 jalapeño, thinly sliced with seeds
1 lime, 1/2 teaspoon lime juice and zest for garnish
1 teaspoon chives, chopped
6 florets of chervil
2 tablespoon trout eggs
Grapeseed or canola oil for frying

1. Thinly slice the cucumber and place 10 slices on each plate in two rows of five, overlapping the edges of the cucumber slightly.
2. In a hot pan filled with oil, place the crispy rice cakes in the hot oil. After 30 seconds, flip and allow to puff up. Drain on a plate lined with paper towels.
3. Thinly slice the Fjord trout and place 1.5 oz. over the cucumbers lengthwise. Season with 1/2 teaspoon of the crushed and toasted coriander seeds.

4. In a hot pan, but with the stove turned off, add the butter and scramble the eggs until they have reached a super soft scramble. Add crème fraiche and lime juice. Mix until combined.
5. Lay a few slices of jalapeño over the trout. Add lime juice and lime zest. Spoon 2-3 tablespoons of the egg mixture over the top of the trout and cucumbers.
6. Crumble a rice cake over each plate.
7. Sprinkle the shives and chervil over the top to garnish. Place a tablespoon of the trout eggs on the side of the plate and serve.

Johannessen Family Pickled Herring

Eat Well With Ming: A 3 ounce serving of herring contains more than 450% of your daily vitamin B12!

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

Ingredients

- 2 1/3 cups sugar (60 grams)
- 3/4 cup vinegar (2dl)
- 1 1/2 cups water (4dl)
- 1 tablespoon black peppercorns
- 5 bay leaves
- 4 whole herring, filleted and cut into 2 inch pieces
- Milk, enough to cover herring in a container to soak overnight
- 3 yellow onions, thinly sliced
- Whole grain crackers to serve
- Sour cream to serve

1. To make the brine, combine the sugar, vinegar, water, black pepper and bay leaves in a pot. Bring to a boil, remove from heat and allow to cool.
2. Soak the herring in milk overnight. Remove the herring, then layer in a glass jar with onions. Pour the brine over and close the jar. Allow the herring, onions and brine to sit at least overnight. It is best after 1-2 days, but will stay good for up to 6 months.
3. Serve with whole grain crackers, sour cream and the traditional Norwegian liquor aquavit.
*Note-most Norwegian families have their own pickled herring recipe and it is traditional to serve with aquavit.

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