

## Episode 1414 – Andreas Viestad

### Farm Apple Kir Royale

#### Serves 1

Apple juice syrup or apple juice, homemade or store bought

1 apple, thinly sliced

5 ounces sparkling white wine

1. To make the apple syrup, use fresh apple juice with juice of 1 lemon or store bought apple juice and place in a pot. Place on medium heat and reduce by 90% until it becomes a dark caramel color and coats the back of the spoon.

2. Add 1 tablespoon of the apple syrup or apple juice to the bottom of a champagne glass. Pour sparkling wine over and fill to the top. Garnish with an apple slice.

\*Note-ratio should be about 5oz. wine to 1 tablespoon apple syrup or juice though you can add more syrup or juice if you want it sweeter.

### Salt and Sugar Cured Mackerel with Farm Picked Herb Flowers

#### Serves 2

**Eat Well With Ming:** Leeks are a great source of vitamin K, a vitamin essential to help blood clot.

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

#### Ingredients

4 fillets mackerel, deboned

50/50 sugar/salt mixture (about 1/4 cup each)

1/2 teaspoon white king salt

1 star anise

1/2 teaspoon red peppercorns

1/2 teaspoon coriander seeds

Herb flowers from garden (fennel flowers, tarragon, arugula flowers)

2 teaspoons dill oil

1. Roll mackerel in the 50/50 sugar/salt mixture and allow to sit for 20 minutes or cover with plastic wrap and place in the refrigerator over night.

2. Using a mortar and pestle coarsely ground the white king salt, star anise, red peppercorns and coriander seeds. If you don't have a mortar and pestle you can use a blender or peppermill as well.

3. Remove the excess sugar/salt mixture from the fish and sprinkle seasoning over fish and garnish with herb flowers.

4. To finish, add 1 teaspoon of dill oil over each plate.

### Tea Smoked Mackerel and Potatoes with Bacon, Leeks and Fresh Apple Salsa

#### Serves 2

**Eat Well With Ming:** Mackerel is high in niacin (B3), which helps keep our hair, skin and liver healthy.

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

## Ingredients

4 slices bacon, chopped into bite size pieces

1 leek, cleaned and chopped

10-12 small potatoes, boiled, steamed and cooled

Tea smoke mix-equal parts rice, Lapsang Souchong Chinese tea and sugar (1/3 cup each)

2 cups bay leaves and rosemary mixed, or other dried leaves/herbs available

4 fillets of mackerel, pin bones taken out

1 apple, finely diced

½ shallot, finely chopped

1 teaspoon salt

1 teaspoon black pepper

½ lime, juice

3 tablespoon chives, chopped

1. Cook bacon until crispy. Drain on plate lined with paper towels. Keep remaining bacon fat in the pan.
2. Add the leeks with ¼ teaspoon salt, 1 tablespoon butter and start to sauté.
3. Once the potatoes have cooled, smash each potato so it is slightly flattened and place in pan with the leeks and bacon fat. Cook until potatoes start to crisp and leeks are fully cooked.
4. In a large hotel pan or roasting pan, mix tea, rice and sugar together. Add in the bay leaves, rosemary and any other herbs. Arrange at one end of the pan. Add the mackerel to the other end of the pan and place in oven or on outside stove. Allow to steam for 5-8 minutes or until fish is cooked through.
5. In a small bowl, combine diced apple, shallots and juice from ½ a lime. Season with salt and pepper if needed.
6. To plate, add ½ cup leeks and potatoes to a plate. Lay two pieces of mackerel on top and garnish with 2-3 tablespoons apple salsa and 1-2 teaspoons bacon bits on top.