

Episode 1415 – Will Gilson

Fort Point Swizzle

Serves 1

2 ounces old monk rum
3/4 ounce falernum
3/4 ounce fresh lime juice
1/2 ounce grenadine syrup, recipe below
Bar spoon of maraschino
3/8 ounce olorosso sherry
2 dashes angostura bitters

1. Fill a highball with crushed ice then add the rum, falernum, lime, grenadine and maraschino.
2. Using a swizzle stick, stir until the glass becomes frosty. Top with sherry and angostura bitters.

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.

Duck Breast with Hay-Roasted Carrots and Toasted Pistachios

Serves 4

Eat Well With Ming: Carrots are extremely high in vitamin A, crucial for vision and your immune system.

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

Sauce:

1/3 cup honey
1/2 cup water
2 cups low-salt chicken broth
1 tablespoon Sichuan peppercorns
1 1/2 teaspoons rice vinegar
1 tablespoon chopped fresh rosemary
Coarse kosher salt

1. Stir honey and 1/2 cup water in heavy large saucepan over medium heat until sugar dissolves. Increase heat to high and boil until syrup is a deep amber color, swirling pan occasionally, about 8 minutes.
2. Add chicken stock, and Sichuan peppercorns. Boil until sauce is reduced to 1 1/2 cups, about 10-15 minutes.
3. Remove from heat; cool. Strain out peppercorns and discard. Pour sauce back into the pot. Whisk in vinegar and rosemary. Season to taste with coarse salt and freshly ground black pepper to taste.
**Can be made 1 week ahead. Cover and chill. Rewarm over low heat before using.*

Duck:

4 5-to 6-ounce boneless duck breast halves, skin and fat trimmed to size of breast
Coarse kosher salt
Ground coriander
½ cup toasted, shelled pistachios, roughly chopped

1. Preheat oven to 400°F. Score skin of duck (don't cut into flesh) with 5 cuts in 1 direction; repeat in opposite direction, making diamond pattern. Sprinkle coarse salt, pepper all over duck.
2. Place a large cast iron skillet over medium-high heat. Add duck, skin side down to skillet. Cook duck until skin is crisp and deep brown, about 10 minutes. Turn duck over; cook 2-3 minutes until duck is medium-rare.
3. Transfer duck to cutting board. Let rest 5 minutes. Thinly slice each breast crosswise on slight diagonal. Arrange slices on plates. Lay carrots right down the middle of the plate. Sprinkle pistachios and spoon sauce over duck.

Hay-Roasted Carrots:

2 bunches (about 1 pound) small carrots with tops
2 large handfuls of hay (hay must be dry, free of debris and from a good farm)
2 Tbsp. salt

1. Preheat oven to 375 degrees. Scrub carrots under running water to remove any dirt. Place a handful of hay in the bottom of the pan.
2. Cover carrots with other handful of hay.
3. Cover pot and bake for 30-40 minutes, or until the carrots are tender yet still firm.
4. Remove carrots from the pot, and slice down the middle. Season with salt, and serve.

Pressure Cooked Szechwan Duck Legs with Yukon Gold Potato Fried Rice

Serves 4

Eat Well With Ming: Using 50/50 house rice helps increase fiber intake, important for digestive health.

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

Pressure Cooked Szechwan Duck Legs

4 each, duck legs, from whole ducks
1 cup shaoxing wine
Chicken stock to cover
1 1/2 tablespoons sichuan peppercorns
2 tablespoons Chinese red chiles
2 carrots
3 celery stalks
1 medium yellow onion
1 bunch garlic chives
2 yukon gold potatoes, baked whole, skin on
1 heaping tablespoons garlic, minced
1 heaping tablespoon ginger, minced
4 cups 50/50 rice
1 teaspoon/dash tamari
Kosher salt and freshly ground black pepper to taste

1. Sear duck legs until crispy on each side (about 6-8 minutes) then set aside.
2. Keep fat in the pot and add carrots, celery, yellow onion, garlic chives, Kosher salt and freshly ground black pepper to taste. Sweat down for about 2-3 minutes.
3. Heat wok over medium heat. Add grapeseed oil and lay Yukon gold potatoes in a single layer and cook until golden brown.
4. To the pressure cooker with the mirepoix, add garlic, ginger and Chinese chiles. Deglaze with Shaoxing wine. Add the duck legs back into the pressure cooker and fill with chicken stock to cover so that it reaches the duck legs.
5. Taste the braising liquid for seasoning and add Kosher salt and freshly ground black pepper if needed to taste. Add 1 teaspoon tamari, and cover the pressure cooker with the lid. Lock to seal and set timer for 45 minutes.
6. Add a teaspoon of oil, garlic and ginger to the wok with the potatoes. Saute to allow the garlic and ginger to start to sweat, about 1 minute. Add the rice and heat all the way through so that the rice starts to crisp.
7. Release the pressure from the pressure cooker after 45 minutes. Place the fried rice at the bottom of a bowl and lay a duck leg over the rice. Spoon sauce over to finish and enjoy.

50/50 House Rice

1 ½ cups brown rice
1 ½ cups white rice

1. Rinse brown rice and let soak in cold water to cover for at least 1 hour.
2. Mix the white and brown rice together and rinse until the water is clear.

3. Add the rice to a saucepan or rice cooker. Flatten the rice with the palm of your hand and without removing it, add water or stock until it touches the highest knuckle of your middle finger.

4. Cover the pot and cook on high heat for 10 minutes then reduce the heat to medium and simmer for 30 minutes. Turn the heat off, let the rice stand covered to plump for 20 minutes. If using a rice cooker close the lid on the rice cooker and cook on the white rice setting.

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