

Episode 1421 – Mom & Pops

Lilikoi Kir Royale

Serves 1

1 oz. Lilikoi or passion fruit puree
Champagne or sparkling wine

1. Add lilikoi or passion fruit puree to the bottom of the champagne glass. Pour in champagne to fill and enjoy!

Kuo Ro with Steamed Buns, Sambal Dipping Sauce and Shredded Potatoes

Serves 4

Eat Well With Ming: Just 1 cup of mustard greens contains about 460% of your daily vitamin K target!

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

Kuo Ro

1 head fermented mustard greens
1 tablespoon grapeseed oil
¼ cup soy sauce
1 tablespoon brown sugar
¼ cup chicken broth, brined overnight, recipe follows
½ pound pork belly
½ cup water

1. Brine the pork belly overnight in a sweet-sea water (*see below for recipe).
2. In a small pot, place pork belly at the bottom and fill with cold water to cover. Bring water to a boil and boil for 15 minutes.
3. Remove pork belly from pot. Thinly slice the pork belly, into ¼ inch thick pieces. Place skin side down in an oven-proof bowl.
4. Soak the fermented vegetables in water for two hours, changing the water five times.
5. Remove the root of the mustard greens and slice into half inch pieces.
6. Add the oil to a wok and on medium high, add the mustard greens and sauté until soft, about 3-5 minutes.
7. Add the soy sauce, sugar and chicken broth and sauté to combine. Bring to a simmer and cook for 15 minutes.
8. Once mustard greens have cooked and sauce is reduced, pour on top of the pork belly in the bowl.
9. Place rack in the bottom of a pressure cooker and add about ¼ cup of water to help steam. Place heat-proof bowl with pork belly and mustard greens on the rack. Cover with the lid and set a timer for

30 minutes. Note-if you do not have a pressure cooker, you can use a bamboo steamer on the stove, this will take about 2 hours.

10. Once pork belly is finished, flip the bowl upside down on top of a plate so that the pork is on top. Cut in half to make 6 portions. Place a piece of the pork in the middle of a steamed bun and add the mustard greens and salsa on top. Serve with the potatoes.

Sweet-Sea Water Brine

½ cup sugar

½ cup kosher salt

1 quart water

1. Combine ingredients and allow protein to brine overnight in the refrigerator covered. Rinse the protein under running water prior to cooking.

Steamed Buns

1 1/2 teaspoons (1 package) active dry yeast

2 tablespoons sugar

3/4 cup water

1 1/2 teaspoons melted lard or vegetable shortening

2 1/2 cups sifted all-purpose flour

1. To make the dough, combine the sugar and warm water in a small bowl and stir to dissolve. Add the yeast and allow to foam, about 10 minutes. (If the mixture doesn't foam, the yeast is old; begin again with fresh yeast.) Add the lard.

2. In a food processor or stand mixer, combine the flour and the yeast mixture. Turn on the machine and let process until a ball forms. The dough is best if slightly wet, sticky. If the dough is too sticky, add more flour.

3. Transfer the dough to a floured work surface. Knead the dough until smooth and elastic, about 10-12 minutes. Allow to rest for about 1 hour or until the dough has doubled in size.

4. Using a rolling pin, lightly roll the dough out until it is about ½ inch thick. Cut the dough into circles, using a coffee mug or a dough cutter that is about 3 inches in diameter.

5. Flatten each circle out slightly, add a dab of oil to the top of each bun and fold the dough in half.

6. Set up a steamer. When the water boils add the buns all at once and steam until the buns appear shiny, about 10-12 minutes.

Sambal Dipping Sauce

1 onion, diced

1 red bell pepper, diced

2 tablespoons sambal

1. Combine all three ingredients in a bowl. Set aside to serve on top of buns.

Shredded Potatoes

1 bunch garlic chives

1 Yukon gold potato julienned on a mandolin

Szechwan peppercorns to taste

Hawaiian pink salt to taste

1. Heat a wok on medium-high and add oil to heat. Once the oil is hot, add the potatoes, garlic chives, Hawaiian pink salt and Szechwan peppercorns to taste. Cook until potatoes start to have a little color and are soft.

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