

## Episode 1422 – Roy Yamaguchi & Alan Wong

### **Alan Wong's Pineapple Martini**

#### **Serves 1**

- 1 pineapple
- 1 bottle of Vodka
- 1 1-inch cube of fresh pineapple for garnish per cocktail

1. Macerate a ripe pineapple and combine with the vodka, chill for 2-3 days in the refrigerator.
2. To assemble, place the cube of pineapple in the bottom of a martini glass and fill with vodka, about 3-4 ounces.

### **Seared Opah**

#### **Serves 4**

**Eat Well With Ming:** Opah is among fish with the highest amounts of omega-3 fatty acids, important for decreasing triglycerides.

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

#### **Ingredients**

- 1 lb. Opah, sliced into 1 inch slices
- 1 Maui onion, sliced into rings
- Tomato, sliced ½ inch slices
- 1 cup Rye Berries
- 1 scallion, sliced
- Hawaiian Red Salt
- 3 tablespoons Moro Miso
- 1 bunch sweet potato leaves
- 1 teaspoon soy sauce
- 1 teaspoon fish sauce
- 1 teaspoon Sambal
- 1 finger lime
- Fresh Ground pepper to taste

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1. Slice onions into rings season with salt and pepper and place on the teppanyaki grill with canola oil.
2. Slice the Opah and set aside.
3. Slice the tomatoes into 1 inch slices. Season with salt and place on teppanyaki grill with onions.
4. Soak rye berries overnight in water. Cook with 2 parts water to 1 part rye berry and boil until they are soft but still have a little bite to them. Add the Moro miso to the rye berries and mix until well combined. Finish the salad with scallions.
4. Season Opah with S&P and sear on the grill 30 seconds each side.
5. Once tomatoes and onions have a nice sear on them, remove from grill. Cut the tomato slices and onion rings into quarters and add to a bowl with the 8 sweet potato leaves. Add soy sauce, fish sauce, sambal and mix well to combine.
6. On a plate place the seared Opah and top with the rye berry salad. Garnish with the meat from the finger lime.

## Pork Paillard

### Serves 4

**Eat Well With Ming:** 1 cup of hearts of palm has over 100% of your daily copper needs, keeping blood vessels, bones and nerves healthy!

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

### Ingredients

12 shishito peppers  
2 scallion bunches, green parts chopped into 1 inch pieces  
2 red jalapeno, sliced with the seeds removed  
1 lb. pork loin butterflied  
3 tablespoons fresh mint  
1 cup cherry tomatoes, halved  
1 tablespoon ginger, minced  
1 tablespoon garlic, minced  
Fresh squeezed juice of 1 lemon  
2 tablespoons sesame oil  
1 fresh heart of palm, sliced and quartered  
1 cucumber, sliced into thin half-moons  
1 bunch cilantro  
2 tablespoons soy sauce  
2 tablespoons rice wine vinegar  
2 tablespoons fish sauce  
Extra virgin olive oil  
2 tablespoons fish sauce  
Hawaiian pink salt  
Freshly ground black pepper

1. Oil the Teppanyaki grill and add whole shishito peppers and 1 of the red jalapenos, season with salt and pepper and cook until they start to char.
2. To prepare the pork, pound the pork with a meat cleaver pound the pork until it is ½" thick. Season with salt & pepper.
3. To make the marinate, add 1 teaspoon olive oil to the teppanyaki grill and cook ginger and garlic. Add 1 tablespoon sesame oil and set aside in a small bowl. Add the rest of the sesame oil, rice wine vinegar, fish sauce, soy sauce, juice from 1 lemon and ¼ cup of olive oil. Mix well to combine.
4. In a bowl mix jalapeno, cucumber, cilantro, cherry tomatoes and fresh heart of palm. Pour the marinade into the bowl and mix well to combine.
5. Oil the Teppanyaki grill and sear each side of the pork, about 1 minute each side.
6. To plate, place pork on a large serving platter. Top with the shishito peppers and scallions then place the salad on top making sure to pour the vinaigrette on top.

## Seafood Okonomiyaki

### Serves 4

**Eat Well With Ming:** Shrimp is packed with vitamin B12 and phosphorus, both critical for DNA synthesis.

**Allergy Free Notes:** peanut free, tree nut free

### Ingredients

4 Maui onions, sliced and quartered  
2 cups all-purpose flour  
3 eggs  
1 ½ cups dashi broth  
1 cup shredded carrots  
2 scallions, chopped  
½ green cabbage, sliced  
½ lb. shrimp peeled deveined with tail off  
1 English cucumber, sliced into half-moons  
1 cup mayonnaise  
2 tablespoons Worcestershire sauce  
½ teaspoon togarashi  
2 tablespoons rice vinegar  
3 tablespoons bonito flakes

1. Whisk flour, eggs, dashi broth together. Add scallions, cabbage and shredded carrots and mix to combine. Add caramelized onions and mix until well combined.
2. Oil the teppanyaki grill and pour the batter out into 1 large pancake.
3. Cut 3 shrimp in half, crisscrossing them to prevent them from curling up. Chop up the rest of the shrimp and add to the rest of the pancake. Grill 1-2 minutes then flip and grill 1-2 minutes on the other side. Once cooked, flip shrimp side up onto a large serving plate.
4. In a small bowl add the sliced cucumbers and season with salt and freshly ground black pepper. Add the rice vinegar and togarashi.
5. Combine mayonnaise and Worcestershire sauce together in a small bowl.
6. Drizzle the mayonnaise on the pancake and place the cucumbers in the middle of the pancake. Garnish with bonito flakes on top. Slice to serve.