

## Episode 1423 – Robert Sisca

### Napa Valley Twist

#### Serves 1

1 barspoon sugar  
2 dash whiskey barrel bitters  
2 dash Peychauds  
Splash soda water  
2 ounces brown butter bourbon, recipe below  
1/4 ounce Zwack  
orange swath, for garnish

1. Add bitters and sugar to stirring glass. Add a splash of soda water to stirring glass, combine to dissolve the sugar.
2. Add spirits and continue to stir until sugar is dissolved. Add ice, stirring until glass is cold to the touch.
3. Strain into lowball glass and garnish with long orange swath

#### Brown Butter Bourbon

1 stick unsalted butter  
1 liter bottle bourbon

1. Melt butter in a saucepan and allow the milk solids to brown. remove from heat and combine with bourbon in a heat safe container.
2. Place in fridge and allow to set overnight. Remove from fridge and skim butter from top. Pour the bourbon through a coffee filter into a new container (or original bottle) to skim off any remaining particle of butter. Your bourbon is ready to use!

### Bread Crusted Halibut with Broccoli Rabe and Chorizo Emulsion

#### Serves 4

**Eat Well With Ming:** Halibut is a great non-dairy source of vitamin D, necessary for bone health.

**Allergy Free Note:** peanut free, treenut free, shellfish free

#### Ingredients

4 6-ounce portions Halibut (they will have whole fillets on set and will cut)  
1 shallot, sliced thin  
3 palacios spicy chorizo, diced small  
2 cups olive oil  
4 garlic cloves, sliced thin  
1 bunch thyme  
1 each francese bread - *frozen*  
1 bunch broccoli rabe - *blanched/shocked ahead of time*  
1 pint baby heirloom tomato, cut in half or quartered  
1 cup fish stock  
½ cup veal stock, or beef stock  
2 each lemons, juiced

2 cups white wine  
½ cup golden raisins - *soaked in 1 cup white wine overnight*  
1 bunch basil, diced  
1 bunch chives, sliced  
2 tablespoons unsalted butter

1. Preheat oven to 400F on convection setting.
2. Slice chorizo small. Place in pot, add 1 ½ cups of olive oil and render on medium heat.
3. Once chorizo is rendered, add sliced shallots, garlic and thyme and cook for 5 more minutes. Add ½ cup fish stock, 1 cup white wine, ½ cup veal stock and cook on low heat for 10 minutes.
4. Slice bread using a serrated knife. Season fish with salt and pepper. Place filet skin side down on bread and trim the bread around the fish. Season a sheet tray with ½ cup olive oil and place fish, bread-side down on the sheet tray.
5. Place the sheet tray on burners set at medium-high and cook for 2 minutes and then put in oven for about 5 minutes until lightly cooked. Turn fish over after removed from oven.
6. In the pot with the chorizo, aromatics, stock and wine, once the white wine is cooked out, remove from heat and allow to cool. Strain the contents of the pot. Using a hand blender, emulsify the liquid and finish with lemon juice.
7. In a pan, render remaining chorizo in pan in 1 tablespoon olive oil. Once rendered, add blanched broccoli rabe and season with salt and freshly cracked black pepper. Add raisins and the other cup of white wine. Add butter and allow to melt. Add the baby heirloom tomatoes just until warm and finish basil and chives.
8. Put vegetables in center of plate, top with bread crusted fish and drizzle the sauce around the plate to serve.

### **Halibut Fish Stew with Roasted Garlic Aioli and Grilled Bread**

#### **Serves 4**

**Eat Well With Ming:** Garlic is known for its benefits, but aged garlic in particular has been shown to reduce oxidative stress.

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

#### **Ingredients**

8-10 ounces halibut, thinly sliced  
2 medium carrot, small dice  
4 ribs of celery, small dice  
½ onion, small dice  
1 bulb fennel, small dice  
1 daikon, sliced into paper thin rounds  
5 San Marzano tomatoes, whole and peeled

2 whole heads of garlic - roasted ahead of time  
1 link dried chorizo, dried  
2 cups fresh chorizo  
4 cups dashi (made ahead, recipe below), *can also use chicken stock*  
3 egg yolks  
1 tablespoon Dijon mustard  
1 cup canola oil  
1 loaf of bread, thinly sliced  
Olive oil for grilling bread  
Kosher salt and freshly ground black pepper

1. To make the dashi, place boiling water, kombu and bonito flakes in a pot. Once the bonito flakes settle, dashi is ready.

2. Render the fresh chorizo link in a 4-quart sauce pan.

3. Slice the tops of the garlic heads off, drizzle with 1 tablespoon of oil per garlic head and season with salt and pepper to taste. Wrap in tin foil and roast for 45 minutes at 375F.

4. Add fennel and onion to the chorizo and cook for 2 minutes until they start to sweat. Add the carrots and celery and allow to cook through.

5. Place egg yolks into a container. Squeeze out the garlic cloves into the container and add 1 tablespoon water and 1 tablespoon Dijon mustard. Slowly pour in the canola oil and season with kosher salt and freshly ground black pepper. Using a hand blender, place the at the bottom of the container and slowly raise up as it blends the ingredients. Stop once you reach a smooth consistency, careful not to break the aioli.

6. Add the dashi by pouring the four cups through fine mesh strainer into the pot with the mirepoix. Squeeze the tomatoes into the liquid and allow to bring to a simmer.

7. Lay the thinly sliced daikon on top of the liquid. Carefully lay the halibut over the daikon. Season with salt and freshly ground black pepper and close with a lid. Allow to bring to a simmer.

8. Lightly drizzle four pieces of bread with olive oil. Lay on a grill or grill pan and allow to toast with grill marks. Spoon 1 teaspoon of the aioli over each slice. Add a few crumbles of the dried chorizo over the top of each slice.

9. Ladle the fish and broth into a bowl and top with a piece of the grilled bread with roasted garlic aioli and chorizo chips.

### **Dashi**

1 large piece kombu (about 5 by 6 inches or 12 by 2 inches, depending on the shape purchased)  
6 cups water  
1 cup dried bonito flakes

1. Clean the kombu by wiping it with a damp cloth.

2. Place the kombu in a stockpot with 6 cups of cold water and heat over medium heat. Just as the water simmers, remove the pot from the heat. Watch carefully; you don't want the water to boil or the dashi will become too strongly flavored. Allow the mixture to stand for 5 minutes, remove the kombu and return the pot to medium heat. When the broth once again nears the boiling point, remove the pot from heat and add the bonito flakes. When the flakes sink to the bottom of the pot, strain the dashi through a cheesecloth or a fine-mesh strainer. Now you have dashi ready to be used.

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