

Episode 1424 – Jason Bond

Ginger Bee's Knees

Serves 1

2 ounces gin
3/4 ounce fresh lemon juice
3/4 ounce ginger syrup, recipe below
lemon twist, for garnish

1. Add all ingredients into a cocktail shaker filled with ice. Give a hard shake until cup is cold to the touch.
2. Double strain into a cocktail glass and garnish with lemon twist.

Ginger Syrup

2 cups white sugar
1 1/2 cups hot water
2 cups peeled and chopped fresh ginger

1. Combine the water and sugar in a mixing bowl, stir until sugar dissolves and cool slightly.
2. Place ginger in a blender with the cooled simple syrup mix. Blend until ginger is finely pureed then strain through a fine mesh strainer, using a wooden spoon to press all liquid out of pulp. reserve liquid, throw away ginger pulp.

Cured & Seared Mackerel with Charred Eggplant Puree and Eggplant Pickle

Serves 4

Eat Well With Ming: Did you know, just 2 cups of eggplant contains 20% of your daily fiber needs?

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

Mackerel Brine

Local Boston mackerel, 1 per person as main course, half as a light dish
1 cup salt
1/3 cup sugar
Freshly ground black pepper to taste
3 tablespoons dried herbs

1. Lay the 1/3 of the seasoning down into a sheet tray. Place the mackerel fillets on top and cover with the rest of the seasoning.

Charred Eggplant Purée

1 large eggplant
1 lemon
salt, pepper, piment d'espelette (or Korean chili flake, or similar)
1 cup extra virgin olive oil (may not require the full cup)

1. Heat a heavy cast iron pan on high so that it gets nice and hot.

2. Prick the eggplant a few times to allow steam to escape while it cooks. Place the eggplant, still whole, in the pan and don't touch it again until it is soft and cooked through. The eggplant should look burnt and the middle should be steamed to a pudding consistency. Remove the eggplant from the pan and allow to cool just enough to be able to handle it.

3. Place the burnt part of the eggplant into a blender. Scrape the pulp into the blender and discard any skin that was not charred. Add kosher salt, freshly ground black pepper, chili and lemon juice. Blend on high to a very smooth puree.

4. While it blends, slowly drizzle in the olive oil just until the puree takes on a smooth silky appearance. Taste for seasoning, adding kosher salt or freshly cracked black pepper if needed. Keep this warm in a covered pot until ready to serve, or chill and refrigerate to serve later.

Pickled Eggplant

8 fairytale eggplants

1 pickling cucumber, cut into 1/2 slices

1 thumb ginger, cut into 1/2 inch slices

1/4 pound red shiso, leaves picked

2 quarts water (2 liters)

3.5 oz salt (100 grams)

1. Dissolve the salt into the water to make the brine in a large bowl.

2. Add the eggplant, cucumber, ginger and shiso leaves and mix well so it is well combined. You can either cover the bowl or separate into smaller containers that can be well sealed.

3. Allow the eggplant to sit for 3 days on the counter. You should see the brine start to take on a dark red color from the shiso leaves, and the eggplant turn a pretty pastel purple. The whole thing will have a light pickled flavor and aroma and the vegetables will have a nice crunch to their texture. Reserve this in the refrigerator for use anytime.

Plating the dish:

1. Rinse the mackerel fillets then pat dry with a paper towel. Slice each fillet into 3-4 pieces each fillet.

2. In a hot cast iron pan, add 1 tablespoon grapeseed oil and place the mackerel skin-side-down on a hot grill, or skin-up under a hot broiler, for 1-2 minutes until they get a little char. The filets should be moist and just warmed. Be sure to press the skin side down if using a cast iron pan as the skin will initially try to pop up.

3. To plate, paint a swash of the eggplant puree on the plate. Add the mackerel filets and a few pieces of the pickled eggplant and cucumber to serve.

Tea-Smoked Mackerel with Hunan Eggplant

Serves 4

Eat Well With Ming: Mackerel is loaded with vitamin B12, just 3 ounces contains over 200% of your daily target!

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

Ingredients

House Rice- 1 cup brown rice, 1 cup jasmine

1 ½ cups jasmine rice
1 ½ cups Lapchong tea
1 ½ cups granulated sugar
1 quart warm water
1/3 cup soy sauce
1/3 cup Kosher salt
2 medium granny smith apple, peeled and diced
3 Japanese eggplants, cut in thirds, slice into thirds again, pieces should be 2-3 inches lengthwise
Grapeseed oil
2 large jalapenos or 3 small-medium jalapenos
1 cup loose cilantro leaves
1 cup loose parsley leaves
1/3 cup fresh Thai basil leaves
1 tablespoon plus 1 teaspoon minced garlic, separated
1 tablespoon minced ginger
15 dry Thai bird chiles
2 teaspoons vegetarian oyster sauce

1. Soak brown rice for 1 hour. Drain the rice and wash with the jasmine rice until water runs clear. Add both the brown and white rice to the rice cooker. Flatten the rice with your palm and without removing it, add water until it touches the highest knuckle of your middle finger. Close the lid and cook on white rice setting.

2. Prepare tea smoke-equal parts rice, tea, and sugar in a foil lined wok. Bring heat to medium to allow sugar to start to caramelize and tea to start to smoke.

3. In a medium bowl make the 5-minute quick brine. Combine the water, soy sauce and salt so that you have liquid that tastes like sea water. Chill the brine for 30 minutes or longer until cold to the touch.

4. Add the mackerel fillets into the brine and allow to rest for 3-5 minutes. Remove mackerel from brine.

5. In a wok, heat enough oil to cover the eggplant, about 1-2 cups. Heat to high and add eggplant. Allow eggplant to blanch and become just barely golden brown. Once color starts to form, remove from wok and place on a paper towel lined plate. Reserve grapeseed oil in a cold bowl to allow the oil to cool.

6. In a steamer lined with banana leaf, place mackerel fillets and jalapenos on top of the banana leaf. Once tea starts to smoke in the wok, place the steamer with the fish and jalapenos on top and cover with lid. Allow smoke to build up inside the steamer. Once you start to see smoke filling the steamer, turn the heat off and allow to sit for 5 minutes.

7. In a blender, add 1 teaspoon garlic, parsley and Thai basil. Add 1/8 teaspoon kosher salt and 2 tablespoons of the hot grapeseed oil. Add a third tablespoon if necessary to allow the mixture to come together as a puree, should take 2-3 minutes. Pour into a small bowl and set aside.

8. In a hot wok, add 2 tablespoons of the hot oil, 1 tablespoon garlic, 1 tablespoon ginger and 15 dry Thai bird chiles. Sauté until you start to get a light color on the garlic, about 2-3 minutes. Add the eggplant, apples and vegetarian oyster sauce to the wok and toss to combine.

9. Remove the lid from the mackerel once cooked through, about 5 minutes. Thinly slice 3-4 slices per plate of the smoked jalapenos.

10. To plate, place eggplant mixture on a plate lengthwise. Place one fillet on top of the eggplant. Drizzle 1-2 teaspoons of the herb puree. Top with 3-4 pieces of the jalapenos on top and serve.

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