

Episode 1425 – Louis DiBicari

Toronto

Serves 1

2 ounces rye
1/2 ounce fernet
1/2 ounce simple syrup
Dash angostura bitters
Dash orange bitters
soda water, as needed
orange swath, for garnish

1. Add rye, fernet, simple syrup and bitters into a mixing glass with ice. Stir until glass is cold to the touch.
2. Strain into chilled lowball and fill with soda water and garnish with orange swath.

Simple Syrup

1 cup white sugar
1 cup hot water

1. Combine sugar and hot water in a glass mixing bowl. Stir until sugar dissolves.

Lobster Risotto with Lobster Gravy

Serves 2

Eat Well With Ming: Lobster is loaded with copper, critical for energy production and iron absorption!

Allergy Free Note: peanut free, tree nut free

3 tablespoons olive oil, divided
4 Lobsters
1 andouille sausage, quartered and diced
4 cloves garlic, minced and divided
4 shallots, minced and divided
1 can (28oz) crushed San Marzano tomatoes,
3 cups vegetable stock
4 tablespoons butter, separated
1 cup Arborio rice
1 cup white wine
4 oz. lobster meat
1 tablespoon capers
2 tablespoon parsley
1 tablespoon basil
1 tablespoon mint
1 cup mascarpone
2 tablespoons lemon juice

Kosher salt, to taste

Pecorino

Lobsters

1. Break down lobsters and separate by bodies, claws and tails. Place each in separate bowls.
2. With boiling water, pour the water to cover the lobster in each bowl. Set a timer for each of the three bowls, 6 minutes for the claws, 30 seconds for the tails and 1 minute for the knuckles.
3. When the timers go off, place in an ice-cold water bath to shock and stop the cooking process.
4. When the lobster is cool enough to handle, peel the shells off. The lobster meat will still be raw.

Lobster Gravy:

1. Heat olive oil in hot pan.
2. Add lobster bodies and sear for 1 min each side.
3. Add sausage and cook for 1 minute.
4. Add half of the minced garlic & minced shallot, cook for 1 minute more.
5. Add tomatoes. Simmer until sauce is briney.
6. Remove the lobster bodies.

Risotto:

1. Heat vegetable stock in a sauce pot until boiling.
2. In medium sauce pot heat olive oil & 2 tablespoons butter
3. Add remaining garlic and shallots, cook for 1 minute.
4. Add rice and toast for 1 minute.
5. Add wine, cook until absorbed by rice.
6. Add warm vegetable stock, 1 ladle at a time, until rice is al dente. You should need about 3-4 ladles total. This will take 10-12 minutes for rice to become al dente.
7. Add capers, mascarpone, butter, herbs & lemon juice. Season to taste with kosher salt.
8. Finally, add the lobster meat and turn heat up to medium to finish cooking the lobster.
9. Spoon risotto into a bowl and finish with tomato sauce around the rice.
10. Finish with a small amount of pecorino, about ½ to 1 teaspoon per bowl.

Thai Basil Lobster Risotto Cakes and Tomato Lobster Emulsion

Serves 2

Eat Well With Ming: Fresh tomatoes are high in lycopene, a compound important for its antioxidant properties.

Allergy Free Note: peanut free, tree nut free

Ingredients

3 cups Louis' left over risotto rice without the lobster in it

1 whole lobsters

2 cups spinach

1 cup Thai basil

2 cloves of garlic

Kosher salt and freshly ground black pepper to taste

2 cups extra virgin olive oil, separated

1 cup balsamic vinegar

1 cup Wan Ja Shan rice vinegar

¼ cup cornstarch

Canola oil to coat pan

8-10 heirloom tomatoes, cut in half

Leftover sauce from Louis' recipe

1. Prepare the lobster by separating the tail claws, knuckles and body.
2. Place the knuckles and claws in two separate glass bowls. Pour boiling water into each bowl until it covers the meat. Set timers for each bowl, 1 minute for the knuckles and 6 minutes for the claws and 30 seconds for the tail. Once each timer goes off, place the meat in an ice bath to stop it from cooking.
3. Once cool enough to handle, separate lobster meat from shell and small dice the lobster body, tail and claws.
4. Heat oil to 130F for the puree.
5. In a blender, puree spinach, Thai basil, 2 garlic cloves and ¼ cup of the oil. Start the blender and as it starts to blend, add more oil, about another ¼ cup to help emulsify. Blend until well pureed.
6. In a small sauce pan, add the balsamic vinegar and rice wine vinegar and heat on medium heat. Allow to reduce about 50% so that it becomes a glaze. It should coat the back of the spoon.
7. In medium bowl, add the chilled risotto, lobster meat and 2-3 tablespoons of the basil puree. Add kosher salt for seasoning.
8. On a sheet pan, evenly lay out cornstarch. Place O-rings on top and add lobster, risotto and puree mixture into the O-ring, about 1 inch high. Flatten slightly and remove the O-ring. Add a sprinkling of cornstarch on top.*

9. In a cast iron skillet, heated with canola oil to coat the pan, place the risotto cakes into the pan and cook. Once a nice crust has formed on the bottom after about 5 minutes, flip the cakes. Allow to finish cooking about another 3-4 minutes.

10. In a small sauce pan, cook andouille sausage. Once slightly caramelized, add tomatoes and allow to cook down until comes to a simmer. Slowly add extra virgin olive oil as you blend the sauce with a hand blender. You can also place the sauce in a stand blender and slowly pour in 2-3 tablespoons of extra virgin olive oil if you don't have a hand blender.

11. To plate, add a rice cake to each plate and spoon the sauce on each side. Drizzle the balsamic glaze, a few dots on each plate and enjoy!

*Note-If you don't have O-rings, you can use a rinsed and cleaned canned tuna can that has been filed down so there are no jagged edges.

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