

Episode 1426 – Matt Louis

Sage Advice

Serves 1

2 ounces No. 3 Gin
3/4 ounce sage infusion, recipe below
3/4 ounce lemon juice
1/2 ounce honey syrup, recipe below
1 drop lemon bitters
club soda, as needed
sage leaf, for garnish

1. Combine all ingredients, except soda water, in a cocktail shaker filled with ice. Shake lightly.
2. Fill a highball glass with ice and a splash of soda water. Strain shaker into glass and top off with more ice and soda water. Garnish with sage leaf.

Sage Infusion

Sage leaves to fill vodka bottle
1 bottle of vodka

1. Fill vodka bottle with sage leaves. Let sit for 27 days then strain the sage out of the bottle and refill bottle with infused vodka.

Honey Syrup

1 cup clover honey
1 cup water

1. Combine honey and water in a small saucepan. Place over medium heat and stir gently until honey melts into a syrup with the water.

Goat Meatballs with Garlic Mustard Pesto, Local Farm Feta and Sunchoke Chips

Serves 4 (as an appetizer)

Eat Well With Ming: Goat is high in riboflavin, a vitamin necessary for its role as coenzyme needed for energy production.

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

Goat Meatballs

2 ½ pounds ground goat
½ small onion, minced
1 tablespoon onion powder
1 tablespoon garlic powder
1 teaspoon cayenne pepper
¼ cup bread crumbs
3 eggs, beaten
1 ½ tablespoons salt
1 tablespoon black pepper

1. Combine all ingredients in a large mixing bowl and mix fairly aggressively with a wooden spoon so mixture binds together and just starts to become a little sticky.
2. Scoop on to a lightly oiled sheet pan lined with parchment paper into roughly 1oz balls.
3. Roast in 350 F oven on convection until just cooked, about 10 minutes, internal temperature should be about 145F. For this recipe, we will use them straight away while hot, however a large batch could be made and reheated for later use if desired.

Easter Egg Radishes

4 Easter egg radishes
½ teaspoon olive oil
1 teaspoon rice wine vinegar
Sea salt

1. Wash radishes, shave thin on Japanese mandolin and place into ice water to keep fresh and crisp.
2. When ready to plate the dish, place radishes in a bowl and add olive oil, rice vinegar and a pinch of salt. Lightly toss to combine and radishes are coated.

Garlic Mustard Pesto

2 ½ quarts loosely packed garlic mustard leaves, about 50 stalks
1 cup sunflower seeds, lightly toasted
½ cup lemon juice
¾ cup olive oil
¾ teaspoon sugar
4 ½ ounces crumbled feta, 2 ½ ounces crumbled feta for the pesto plus 2 more ounces for plating
Kosher salt and freshly ground black pepper to taste

1. Combine all ingredients in a blender or food processor. Process until homogenous and still slightly chunky but pureed and has an even consistency.
2. Taste for seasoning, adding more salt and pepper if needed.

Crispy Sunchokes

3 medium sunchokes, about 4 ounces total
Salt

1. Wash sunchokes.
2. Slice thin using Japanese mandolin and place into cold water.
3. Rinse under cold running water to remove excess starch until the water runs clear.
4. Pat dry and fry at 280 F degrees until crispy, about 5 minutes.

5. Lay out on paper towel lined tray to soak up excess oil, sprinkle with salt.

Surf-n-Turf Meatballs with Charred Scallion Yogurt

Serves 4 as an appetizer

Eat Well With Ming: Did you know halibut is loaded with niacin which can help improve circulation?

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

Meatballs

coarsely ground coriander
¾ pound halibut
4 eggs
Whole goat heart (optional)
2 tablespoons grapeseed oil
2 tablespoons minced garlic
2 tablespoons minced ginger
1/2 medium onion, minced
1 lb ground pork
1 goat heart, minced, optional
2 whole eggs
3/4 lb. halibut
2 cups panko
1 tablespoon kochu karo
3/4 tablespoon ground coriander
salt and fresh cracked pepper
canola oil, for frying

1. Heat the grapeseed oil in a large skillet over medium heat. Add the garlic, ginger, onion, and minced pork. Sauté until cooked through then strain and cool on a paper towel-lined plate.
2. If using the goat heart, add to the pan and cook very quickly. Remove and let cool on same plate as the pork.
3. In a blender or food processor, combine the eggs, halibut, salt, and pepper. Puree until you have a mousse mixture.
4. Combine the cooled pork and the halibut mousse in a medium bowl, fold together until thoroughly combined.
5. On a small baking sheet, combine the panko, kochu karo and ground coriander.
6. With clean, wet hands, scoop the mixture into small balls or cannelles and drop into bread crumb mixture. Coat the meatballs in the panko mixture.
7. Add the meatballs to the fryer heated at 350F. You can place the meatballs in with the fries when you finish them off.

Fries

4 Russet potatoes
1 quart water
1/4 cup white vinegar
2 tablespoons salt

1. Dissolve salt, mix with vinegar and water.

2. Soak fries overnight under in the refrigerator.
3. Drain the fries and place into a fryer heated to 250 to blanch for five minutes. Remove fries and lay out on a paper towel lined pan to drain for five minutes. Allow to cool to room temperature and freeze.
4. Once fries are frozen, place in a fryer heated to 350F and fry until golden brown. Once golden brown and delicious, remove from fryer, drain on paper towel lined baking sheet and season with kosher salt.

For Charred Scallion Yogurt

1 cup Greek yogurt, full fat
3 scallions, thinly sliced
Kosher salt and fresh cracked pepper
Juice from ½ lemon

1. Add the scallion greens to the Greek yogurt. Mix well to combine. Season with salt and pepper to taste and finish with the lemon juice. Mix well so that the lemon juice is well distributed.

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