

Episode 1501- Carla Hall

Painkiller

Serves 1

*Can be made as a non-alcoholic drink as well

2 ounces house rum blend

1 ounce coconut cream

1 ounce orange juice

1 ounce pineapple juice

Soda water, to fill

Orange flag and festive cocktail umbrella for garnish

1. Add all ingredients to a cocktail shaker except for the soda water. Dry shake (no ice) and strain into a glass filled with crushed ice. Top with soda water and garnish with an orange flag and festive umbrella.

Non-Alcoholic Version

2 ounces orange juice

1 ounce pineapple juice

1 ounce coco lopez

Soda water to fill

Orange flag and festive cocktail umbrella for garnish

1. Add orange juice, pineapple juice and coco lopez to a dry cocktail shaker. Dry shake (shake with no ice) and strain into a glass filled with crushed ice. Top with soda water and garnish with an orange flag and festive umbrella.

Calaloo and Cassava in Coconut Sauce

Serves 8

Eat Well With Ming: Just 1 cup of spinach has almost 1000% of your daily vitamin K needs!

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

3 strips of bacon

1 large green bell pepper, seeded and cut into 1/2-inch dice

1 small yellow onion, finely diced

4 garlic cloves, smashed

2 sprigs fresh thyme

1 Scotch bonnet chile, slit (can also use habanero)

1 pound jumbo lump crab meat

2 cups chicken stock

1 cup clam juice

1 cup coconut milk

1 ½ pounds baby spinach, or cassava leaves if you ever run across them

Kosher salt and freshly ground black pepper (to taste)

1. In a large, deep skillet or dutch oven, cook the bacon over medium heat, turning occasionally, until the fat has rendered and the bacon is crisp, about 5 minutes. Drain on paper towels, crumble, and reserve.
2. To the fat in the pan, add the bell pepper, onion, garlic, thyme and chile. Season with salt and pepper and cook, stirring occasionally, until the onion is just translucent, about 5 minutes.
3. Add the chicken stock, clam juice, and salt. Bring to a boil over high heat. Then cover, reduce the heat to a simmer, and cook for 15 minutes.
4. Remove and discard the chile and thyme. Add the coconut milk and stir to combine. Remove from the stove.
5. In batches, transfer the broth to a blender and add the spinach. Puree until smooth. Season to taste with salt, keeping in mind that both the bacon and crab are naturally salty. Transfer the pureed spinach to a serving bowl, and top with the bacon and the lump crab meat and enjoy.

Tip: Store the soup in an airtight container for up to 5 days. Keep the bacon and seafood separate. The seafood will keep for no more than 2 days.

Cassava in Coconut Sauce (Muhogo Wa Nazi)

Serves 4-6

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

2 pounds cassava (yucca), peeled, cut into 1-inch cubes
 1 teaspoon canola oil
 1 tablespoon unsalted butter
 1 medium yellow onion, finely chopped
 1 small jalapeno, minced
 2 cloves garlic, minced
 1 piece ginger (1-inch piece, peeled and minced)
 1 cup coconut milk, full fat
 ½ cup coconut cream
 1 lime, zest and juice
 Kosher salt and freshly ground black pepper (to taste)

Garnishes:

1 lime, zest (make short strips with zester)
 ½ Jalapenos, thinly sliced
 1/4 cup toasted unsweetened coconut flakes or chips

1. Place the cut cassava in a large saucepan and add water until the cassava is completely covered. Season the water generously with salt. Bring the water to a boil, then reduce to a simmer. Cook, covered, until tender, about 20 minutes. Drain and set aside. RESERVE 1 CUP CASSAVA WATER.
2. In a large sauté pan over medium heat, add the oil, butter and onions. Season with salt and pepper to taste and sauté the onions until translucent and soft, about 5 minutes. Then add the jalapeno, garlic and ginger. Cook until fragrant.
3. To the sauté pan, add the coconut milk, coconut cream and lime juice and mix well. Add ½ cup of reserved water and season with salt and pepper. Bring to a boil, then remove from heat.
4. Add the cooked cassava with a slotted spoon straight from the pot. The mixture will start to thicken because of the starches from the cassava. Mix well to combine.

5. Spoon into serving bowls and garnish with lime zest, thinly sliced jalapenos and toasted coconut flakes.

Creamless Watercress Soup with Honey Apple Salsa and Coconut Shrimp

Creamless Watercress Soup with Honey Apple Salsa

Serves 4

Eat Well With Ming: Just 1 cup of watercress contains more than half of your daily vitamin C!

Allergy Free Note: peanut free, tree nut free

2 large onions, cut into ½-inch dice

8 cloves garlic, minced

1 quart low sodium chicken stock

2 pounds watercress, 1 inch cut on stems, separated from leaves

1 stick (1/4 pound butter) cut into ½ inch pieces

1 favorite local apple, peeled, julienned to matchstick size

1 teaspoon local honey

Juice of 1 lime

Grapeseed oil to cook

Kosher salt and freshly ground black pepper to taste

1. Sauté onions, and garlic in canola oil until fragrant. Add chicken stock and season really well with kosher salt and freshly ground black pepper to taste.
2. Bring to a boil. Once liquid is boiling, add watercress stems and allow to soften, 3-4 minutes. Then add leaves and cook for 2-3 minutes.
3. Puree soup in a blender in batches, adding watercress slowly with blender running. Once all the watercress is added, slowly add the butter, a few pats at a time. Season with kosher salt and freshly ground black pepper and check for flavor.
4. Meanwhile, mix apples, honey and juice of lime and season with kosher salt and freshly ground black pepper to taste.
5. To serve, pour soup into a bowl and garnish with the honey apple salsa. Place two pieces of shrimp on top and serve to enjoy.

Coconut Shrimp

4 Shrimp (U-15's)

4 eggs

1 cup all-purpose flour

1 cup unsweetened shredded coconut

Directions

1. Season shrimp on both sides with salt and pepper.
2. Place flour, eggs and coconut in three separate bowls.
3. Dip the shrimp first in the flour, then the egg and finally the coconut.
4. In a wok filled 1/3 way with canola oil heat to fry temperature, about 375F. Add the shrimp and cook, about 2 minutes.

5. Once cooked, place shrimp on a paper towel lined plate.

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