

Episode 1505 – Todd English

Aqueduct

Serves 1

1 ½ ounces vodka

½ ounce apricot brandy

½ ounce orange curacao

½ ounce freshly squeezed lime juice

Orange, swath for garnish

1. Pour vodka, brandy, curacao, and lime juice into a glass. Fill a shaker with ice and shake drink until the cup feels cold to your hand. Strain into a lowball glass and garnish with an orange swath.

Cauliflower Risotto

Serves 4-6

Eat Well With Ming: Just 1 cup of cauliflower rice has less than 10 grams of carbohydrates compared to 1 cup of rice with 44 grams of carbohydrates!

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

½ Cup onion, minced

Extra virgin olive oil

1 quart Cauliflower, chopped to resemble Arborio

2 cups shiitake mushrooms, thinly sliced

3 tablespoons fresh rosemary

1 shallot, thinly sliced

1 quart coconut milk, unsweetened

1 quart pecorino, grated

1 cup mascarpone

½ pound butter

2 teaspoon black pepper

Salt – to taste

Finish with:

Pecorino, micro-planed

Shaved cauliflower florets of green, purple, orange and white cauliflower

Lemon, juiced

A Few turns of black pepper mill

1. Add 1 tablespoon of olive oil to a sauté pan and add the onions. Allow to sweat out until slightly translucent.
2. Add the cauliflower and toss to combine and start to toast, about 1 minute. Add the coconut milk and mix well to combine.
3. In a separate sauté pan, add 1 tablespoon oil with the shiitake mushrooms, shallots, and rosemary. Sauté to sweat down the mushrooms and shallots.

4. Season the cauliflower with salt and pepper to taste and bring the sauté pan with the cauliflower to a boil, and then reduce to simmer, cook until thickened like a risotto, stirring periodically, about 4-5 minutes.
5. Whisk in the pecorino and mascarpone.
6. In a small bowl, combine a few pieces of the cauliflower and add the lemon juice and 1 tablespoon olive oil. Add salt and pepper to taste.
7. Plate the risotto into a large serving bowl. Garnish with the mushroom mixture and place some of the cauliflower pieces on top. Grate fresh pecorino over the top to serve.

Tea Smoked Beer Battered Cauliflower with Honey-Lime Dipping Sauce

Serves 4 (as an appetizer)

Eat Well With Ming: Not only is cauliflower a great low carbohydrate option, but it's a great source of both vitamin C and K!

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

- 1 head of cauliflower, broken down into florets
- 1 bunch scallions, sliced, greens and whites separated
- 2 limes, juiced
- ½ cup honey
- ¼ cup soy sauce
- Beer batter, recipe below
- Grapeseed oil for frying

Blue Dragon Beer Batter

- ½ cup all purpose flour
- ½ cup cornstarch
- 1 teaspoon baking soda
- 2 teaspoons baking powder
- 8 oz. of your favorite beer
- Pinch of salt

1. In a large wok, line with foil and add the sugar, tea and rice. Mix well to combine. Turn the heat on and watch for the sugar to start melting. You'll see bubbles after about 3-4 minutes.
2. In a steamer basket, lined with banana leaf, add the cauliflower florets. When the tea smoke is ready, add the steamer on top of the wok. Place the cover on top and allow the cauliflower to soften, about 6 minutes.
3. Heat a wok filled ½ with grapeseed oil. Heat until it reaches about 350F.
4. Mix all the dry ingredients for the beer batter together. Then whisk in the beer until there are no lumps and you have reached a pancake batter consistency. The batter should be thick enough to coat, but excess should easily run off. Add the scallion whites and season with a touch of salt and pepper to taste.
5. In a small bowl, juice both limes. Whisk in ½ cup of honey and ¼ cup soy sauce.
6. Remove the lid from the cauliflower and add the cauliflower to the beer batter. Gently toss to coat the cauliflower.
7. Carefully place the cauliflower in the oil and fry, 2-3 minutes until completely golden brown. Remove from wok onto a paper towel lined sheet tray and season with salt and pepper.
8. Add the sauce to a pan and reduce until it becomes syrupy and coats the back of your spoon. Pour into a serving dish when ready.

9. Place the fried cauliflower on a platter, garnish with scallion greens and place the sauce on the platter to serve and enjoy.

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