

Episode 1507 – Rick Bayless

Pineapple Ginger Margarita

Serves 1

2 ounces Roca Patron Blanco
1 ounce fresh pineapple juice
¾ ounce ginger syrup
¾ ounces lime juice
7-10 fresh mint leaves
Lime wheel for garnish

1. Add all ingredients except the lime wheels into the shaker, shake and strain into a rocks glass filled with ice. Garnish with a lime wheel and enjoy.

Mexican Street Corn Tacos with Homemade Corn Tortillas

Serves 4

Eat Well With Ming: Scallops are a great source of B12, a vitamin necessary for red blood cells, DNA and proper brain function.

Allergy Free Notes: peanut free, tree nut free

2 ears of corn, kernels cut from the ear
1 tablespoon of olive oil
1 pound bay scallops
2 tablespoons lime mayonnaise
1 teaspoon Mexican queso anejo or queso fresco
1 teaspoon guajillo chile powder
2 tablespoons fresh cilantro leaves
12 warm corn tortillas

1. In a large cast iron skillet preheated until extremely hot, place the corn kernels in the skillet and cook for about 5 minutes before turning. The kernels should char, leaving beautiful dark spots. Slide the corn to one half of the skillet.
2. Drizzle olive oil and salt over the scallops and place on the other half of the skillet. Sear for about 2-3 minutes, turning so they don't burn. Continue to sear for another 1-2 minutes until fully cooked (making sure not to overcook them). You will want to use a lid on top to keep the corn from popping out.
3. Remove the corn and scallops to a large bowl and add the lime mayonnaise, mixing to incorporate. Scoop the mixture into warm corn tortillas and garnish with cotija, quajillo powder and cilantro.

Homemade Corn Tortillas

1 ¾ cup powdered masa harina for tortillas (Maseca brand is widely available) or 1 pound fresh-ground masa

1. Mix dough. If using powdered masa harina, measure into a bowl and add 1 cup plus 2 tablespoons hot tap water. Mix with hand, kneading until thoroughly combined. Cover and let

stand 15 minutes. If using fresh masa, scoop into bowl. Break up and knead a few times until smooth.

2. Heat griddle or skillets. Set large griddle (one that stretches onto 2 burners) or 2 skillets on stovetop. Set heat under one end of the griddle or skillet at medium. Set heat under the other end at medium-high.
3. Adjust consistency of dough. Gently squeeze dough, if it is stiff (it probably will be), knead in water 1 or 2 teaspoons at a time until the dough feels like a soft cookie dough- not stiff, but not sticky. Divide evenly into 15 pieces and roll each into a ball. Cover with plastic.
4. Remove 1 ball at a time and press out dough balls. Cut 2 pieces of a plastic bag 1-inch larger than the tortilla press. Open press, lay in one piece of plastic, lay dough ball in center. Gently mash, top with second piece of plastic, close press. Press gently- enough to mash dough into 1/8-inch disc. Pull off top piece of plastic.
5. Unmold the uncooked tortilla. Flip tortilla onto right hand (if right-handed). IMPORTANT: top of tortilla should line up with top of index finger. Lay on medium-hot griddle or skillet by letting bottom of the tortilla touch the griddle, then lowering your hand slightly and moving it away from you- the tortilla will stick to the hot surface so you can roll your hand out from under as it rolls down flat.
6. First flip. After about 30 seconds, edges of the tortilla will dry slightly and tortilla will release from the griddle- before this moment the tortilla will be stuck. With a metal spatula (or callused fingers), flip onto hotter side of the griddle or skillet. If it feels sticky, you can wait a few more seconds before flipping.
7. Second flip. After about 30 seconds, tortilla should be browned underneath. Flip. Cook 30 seconds more- tortilla should puff in places (or all over- a gentle press with metal spatula or fingers encourages puffing). Transfer to a basket lined with towel.
8. Continue. Press and bake remaining tortillas. Stack each baked tortilla on previous one. Keep tortillas well wrapped in towel to keep warm.

Omelet Wrap with Corn, Tomato, Watercress, and Fermented Black Bean Salsa

Serves 2

Eat Well With Ming: Using an omelet instead of a tortilla is great for a high protein & low carbohydrate on the go breakfast!

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

Omelet Wrap

4 eggs

Kosher salt and freshly ground black pepper

1 tablespoon water

1 tablespoon minced cilantro

2 tablespoons minced jalapeno

2 bunches of scallions, thinly sliced both green and white parts separated

3 ½ tablespoons rice flour

1 package firm tofu, cut into ½ inch cubes

1 bottle of tamari

1. Soak the tofu cubes in tamari for one hour.

2. Beat the eggs, salt and pepper to taste, and water together.
3. Add in the cilantro, jalapeno, rice flour and scallion greens. Whisk together to combine. Pour into a very hot non-stick sauté pan.
4. Heat 2 medium sauté pans on medium heat. Add 1 teaspoon of grapeseed oil to each. Split the batter between the two sauté pans and make sure both have an even layer of the batter. Cook until golden brown and then flip once. Once the other side is cooked, remove to a separate plate to fill with salsa.

Fermented Black Bean, Corn and Tomato Salsa

1 tablespoon minced fermented black beans
2 cloves garlic, minced
1 tablespoon minced fresh ginger
2 ears of fresh corn, kernels cut from the ear
1 cup diced tomato
2 cups loose leaf watercress

1. Add the white scallions to a bowl with the tofu and tamari. Let sit for 1 hour.
2. In a wok, add 1 tablespoon canola oil and add the fermented black beans, ginger, garlic and scallion whites sauté for 2-3 minutes. Add the tomatoes and fresh corn. Using a spider to drain the tamari, add the tofu and sauté for 1-2 more minutes.
3. To plate, lay egg wrap and top with 3-4 tablespoons of warmed salsa. Add watercress on top and enjoy.