

Episode 1509 – Matt Peters

Pina Colada

Serves 1

1 ½ ounces Shipwreck coconut rum

1 ½ ounces pineapple juice

½ ounce coco lopez

½ ounce old monk float

Pineapple leaves and cherry for garnish

1. Add rum, pineapple juice, and coco lopez into a shaker filled with ice.
2. Tiki shake- shake 3-4 times with no ice.
3. Pour into glasses filled with ice. Float the old monk on top and garnish with 3-4 pineapple leaves and a cherry.

Chicken and Shrimp

Serves 4

Eat Well with Ming: Did you know shrimp is a fantastic source of copper, phosphorus and selenium?

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

Chicken

1 whole chicken

Canola oil

Salt and pepper to taste

1 cup All-purpose flour

Sauce

5 cups lobster stock (Bar Harbor Certified Maine Lobster Stock available in grocery stores)

3 cups chicken stock

2 each beef steak tomatoes, diced

½ cup shallot, sliced

½ cup onion, sliced

2 tablespoons tomato paste

1 tablespoon cognac

1 ½ cup white wine

5 tablespoons unsalted butter

4 cloves of garlic, sliced

½ pound fresh cleaned morels

2 each sprig of tarragon

½ cup crème fraiche

salt to taste

lemon juice to taste

Shrimp

12 shrimp (16-20)

3 skewers

lemon juice, freshly squeezed

Kosher salt

Fork crushed potatoes

1 pound fingerling potatoes

½ cup crème fraîche

2 tablespoons lemon juice

1 tablespoon shallots, finely chopped

3 tablespoons chives, chopped

4 tablespoons unsalted butter

Kosher salt and pepper to taste

Ingredients to finish

¼ cup picked chervil to garnish

Directions for Chicken and Sauce

1. Chicken will be whole, then broken down to pieces. Season with salt and pepper and lightly dust with flour.
2. Sear the chicken in a sauté pan with canola oil until golden brown over medium high heat.
3. Once the chicken is browned, remove the pieces to a tray with a rack.
4. In a large saucepan. Add some additional canola oil as needed to cook the vegetables for the sauce. Add shallots, onions and garlic to the pan over medium heat.
5. Cook until the vegetables are tender and translucent, and then add tomato paste and cognac.
6. Allow the tomato paste to brown slightly and deglaze with white wine.
7. Cook the wine until the alcohol is gone and add chicken, lobster stock and fresh tomatoes. Allow the sauce to cook down by ¼ over medium high heat.
8. Flip the chicken pieces and allow to brown. Meanwhile, preheat the oven to 350F. Once ready, move the sauté pan with the chicken from the stove to the oven and allow to finish cooking in the oven for 10-12 minutes or until fully cooked.
9. Add the morels and tarragon to the sauce. Stir to combine. Add the crème fraîche and season the sauce with salt and pepper to taste.
10. Finish the sauce with lemon juice and season to taste.

Directions for Shrimp

1. Clean and devein shrimp.
2. Season with salt and skewer the shrimp about 4 per skewer.
3. Lightly dress the shrimp with canola oil and grill over medium high heat.
4. Once the shrimp has some nice grill marks giving a lightly smoky char, remove from the pan and season with freshly squeezed lemon juice.

Directions for Potatoes

1. Boil potatoes in a large sauce pot until tender. Skins can stay on if desired or can be peeled for smoother texture.
2. Drain the potatoes once tender and add them to a large mixing bowl and begin crushing them with a large fork.

3. Fold in all of the remaining ingredients and season with salt and pepper to taste.

To plate- Place mashed potatoes in a serving bowl. Add chicken around the edges of the mashed potatoes. Top with the sauce and place shrimp on top. Add lemon wedges to finish.

Surf and Turf- Dark Chicken and Shrimp Stir Fry with Snap Peas and 3-2-1 Sauce

Serves 4

Eat Well With Ming: Just 4 ounces of dark skinless chicken meat meets nearly 60% of your daily protein needs!

Allergy Free Note: peanut free, tree nut free

1 pound dark chicken meat
1 teaspoon sesame oil
2 teaspoons cornstarch
Canola oil for cooking
1/2 cup rice vinegar
1/3 cup soy sauce
2 ½ tablespoons honey
2 cups snap peas
1 inch knob of ginger, peeled and minced
4 cloves of garlic, sliced
½ beefsteak tomato, chopped
16 Shrimp
½ cup shallots, chopped
3 tablespoons unsalted butter
50/50 House Rice, recipe below

1. In a bowl, coat the chicken with the cornstarch.
2. Add 1 tablespoon canola oil to a hot wok, swirl to coat then add chicken.
3. In a small bowl, add rice vinegar, soy sauce, and honey and whisk together to combine.
4. In a large pot of boiling water, add a big pinch of salt so that it tastes like seawater. Add the snow peas and cook for 2-3 minutes. Drain into a strainer and place into a bowl of ice water to shock them.
5. To the wok with the chicken, add garlic and ginger to a wok and sauté 1-2 minutes until fragrant.
6. Add shrimp and shallots to the wok and sauté to combine, chicken at this point should be about medium-rare.
7. Add the tomatoes and 3-2-1 sauce and bring to a simmer, cover and cook until chicken and shrimp are fully cooked.
8. In a large serving bowl, fill it halfway with house rice. Using a slotted spoon or spider, transfer the chicken, shrimp and snap peas to the bowl over the house rice, keeping most of the sauce in the wok.
9. To the wok with the sauce still in it, add butter and whisk to combine and finish the sauce. Pour the sauce on top of the chicken, shrimp, snap peas and rice and serve hot.

House Rice

1 1/2 cups of brown rice

1 1/2 cups of white rice

1. Rinse brown rice and let soak in fresh cold water to cover for about 1 hour
2. In the meantime, rinse the white rice by filling a bowl with water and stirring by hand. Drain and repeat until the water in the bowl is clear
3. Add both the brown and the white rice to a saucepan. Flatten the rice with your palm and without removing it, add water until it touches the highest knuckle of your middle finger
4. Cover and boil over high heat for 10 minutes.
5. Reduce the heat to medium and simmer for 30 minutes. Turn off the heat and let the rice stand, covered, to plump, 20 minutes. Stir gently and serve

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