

Episode 1509 – Rocco DiSpirito

Vodka Tonic

Serves 1

2 ounces Vodka

1 ounce Tonic Syrup, *see recipe below*

Soda water, to fill glass

Lime wedge

1. Fill a highball glass with ice. Add vodka and tonic syrup. Fill remainder of glass with soda water and garnish with a lime wedge.

Tonic Syrup

1/8 cup chinchona bark

2 cups chopped lemongrass

1 cup lime leaf

2 lemons, peeled & juiced, reserve flesh

1 lime peeled & juiced, reserve flesh

1 orange, peeled & juiced, reserve flesh

3 each green cardamom pods

2 1/4 cups water

Pinch salt

2 1/4 teaspoons citric acid

2 cups sugar

1. In a large pot, add bark, lemongrass, lime leaf, reserved lemon, lime, and orange peel, juice & reserved flesh, cardamom, salt and water.

2. Bring to a boil, shut off heat and steep for 2 hours. Let cool to room temp.

3. Strain liquid through fine mesh strainer and transfer liquid back into pot. (you should have about 2 cups)

4. Add citric acid and bring liquid to a low temperature, about 100F. Whisk in sugar until completely dissolved.

5. Cool again to room temperature. Should have a bitter bite but a bit sweet, too.

Almond Vanilla Protein Smoothie

Serves 2

Eat Well With Ming: This smoothie is a fantastic breakfast packed with protein and fiber that will keep you full all morning long!

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

Ingredients

2 cups unsweetened vanilla almond milk

1/4 cup toasted almonds
1 cup water
2 tablespoons pure acacia fiber (Renew Life)
1 teaspoon almond extract
2 teaspoons vanilla extract
4 packets monk fruit extract (Monk Fruit In The Raw)
3/4 cup protein powder
1 cup crushed ice, or small cubes of ice

1. Place almond, almond milk in the blender and run until almonds are well incorporated.
2. Add fiber, water, vanilla extract, almond extract, monk fruit extract, protein powder and ice.
3. Blend until smooth and serve in a tall glass.

Spinach Pesto Pasta with Tomatoes

Serves 4

Eat Well With Ming: Low carbohydrate and high in protein this spinach pasta with tomatoes, you'll never guess it had no flour!

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

Ingredients

Olive oil cooking spray
1 tablespoon plus 2 teaspoons sliced garlic
1 heaping cup fresh basil leaves
Crushed red pepper flakes
One 20-ounce bag washed spinach
1/4 cup egg white powder (Deb El brand)
1/4 cup liquid egg white
1 tablespoon extra-virgin olive oil
3 cups cherry tomatoes, halved
1 ounce Parmigiano-Reggiano cheese, finely grated on a microplane grater
Kosher salt

1. Preheat oven to 350F.
2. Lightly coat a large saucepan or skillet with cooking spray. Place the skillet over medium-high heat, and add 2 teaspoons of the garlic. Cook the garlic, stirring, until it is golden brown. Add half of the basil leaves, spinach, salt and pepper to taste. Cook until the spinach has wilted and all the excess water has evaporated.
3. Place the spinach mixture in a bowl over ice water to chill it down quickly. Once chilled, squeeze out any excess water and put the spinach, liquid egg white and egg white powder in a blender and blend until smooth.
4. Flip a baking sheet upside down and place a piece of parchment paper or silpat liner on top. Spread

out the spinach mixture in a thin layer over the sheet, roll flat with a rolling pin and bake until cooked through, about 5 minutes. Let cool slightly. Remove the paper and spinach mixture from the baking sheet, then gently peel off the paper from the solid spinach layer. Repeat with any remaining mixture. Carefully roll up the cooked mixture and cut into thin pasta-like strips.

5. Pour the oil into a nonstick skillet. Add the remaining garlic and cook until golden brown.

6. Add 1/8 tsp. red pepper flakes and the remaining basil leaves and cook until the basil has wilted. Add the tomatoes and cook until a loose sauce consistency forms.

7. Add the spinach "pasta" and three-fourths of the cheese and toss to coat evenly. Taste and season with salt and additional red pepper flakes, if needed. Place an equal amount on each of four plates and top with the remaining cheese.

Instant Almond Cake with Mixed Berries

Serves 4

Eat Well With Ming: This 1-minute dessert is an incredible time saver and will satisfy your sweet tooth without the excess calories.

Allergy Free Note: dairy free, gluten free, shellfish free, peanut free

Ingredients

1/2 cup almond meal, toasted

3 tablespoons raw coconut nectar (Coconut Secret) + 1 tablespoon for berries

2 eggs, yolks and whites separated

4 packets monk fruit extract

Four 6-ounce non-coated paper cups

Olive oil cooking spray

1 teaspoon vanilla extract

Kosher salt

1 cup mixed berries (strawberries, blueberries, raspberries), mashed with a fork

1. Preheat the oven to a 375F.

2. Place the almond meal on a baking sheet and bake in the oven until toasted and aromatic, 3 to 5 minutes. Remove from the oven and transfer the toasted meal to a cool baking sheet.

3. In a medium bowl, combine the coconut nectar, almond meal, egg yolks and vanilla.

4. Put the egg whites and monk fruit extract in a mixing bowl and whisk until the egg whites form stiff peaks. Spray four 6-ounce non-coated paper cups with cooking spray. Poke holes in the bottom of the cups with a toothpick or fork.

5. Fold the egg whites into the almond mixture and spoon the batter into the prepared cups. Cook in the microwave about 30 seconds, then place the cups on their sides and cook until cooked through, about 45 seconds.

6. Mash berries with a fork and add coconut nectar to sweeten.

7. Remove the cakes and place, upside down, on four serving plates; remove the cups and serve with the berries.

Wok-Stirred Brown Rice Noodles with Shiitakes and Spicy Almond Pesto

Serves 4

Eat Well With Ming: This dish is a meat and gluten free perfection. Packed with fiber, the brown rice noodles are a great gluten free substitute and the shiitake mushrooms and pesto makes it feel more decadent!

Allergy Free Note: dairy free, peanut free, shellfish free, gluten free

Ingredients

8 garlic cloves

1 serrano chile, sliced in 1 inch pieces with seeds

1/2 cup toasted slivered almonds

1 cup, packed, Thai basil

1/2 cup, packed, spinach

Kosher salt and pepper to taste

Extra Virgin Olive Oil

Brown rice noodles

15-18 fresh shiitakes, sliced (about 3 cups sliced)

1 1/2 tbsp. ginger, finely chopped

3 tomatoes, diced

1 ounce Parmigiano-Reggiano cheese, finely grated on a microplane grater

1. Place 6 garlic cloves (reserve 2 for later), almonds, Thai basil, spinach and salt and pepper to taste in a blender.

2. Add 2 tablespoons extra virgin olive oil and start blender. Add more extra virgin olive oil to get contents in blender going, you may need to up to another 1/2 cup.

3. Blend until smooth.

4. In a pot of boiling water, add salt to season the water and carefully add the brown rice noodles.

5. In a heated wok, add shiitakes, 2 cloves of garlic sliced, ginger, and salt and pepper to taste. Cook for two minutes to allow shiitake mushrooms to sweat down.

6. Add tomatoes and stir.

7. Add noodles and 1/4 cup of the pesto to coat the pasta. You can add more if necessary. Garnish with Parmigiano-Reggiano cheese and a few slivered almonds.