

Episode 1510 – Ken Oringer

Thai Basil Ginger Smash

Serves 1

3-4 sprigs fresh basil
2 ounces gin
¾ ounce lemon juice
¾ ounce simple syrup

1. Muddle the basil in the shaker. Add the gin, lemon juice and simple syrup.
2. Fill the shaker with ice and shake. Double strain into an ice filled glass and enjoy.

Fried Chicken Sandwiches and Kimchi Brine

Serves 4

Eat Well With Ming: Just 1 cup of papaya has more vitamin C than 1 medium orange!

Allergy Free Notes: peanut free, tree nut free

Kimchi Brine

1 tablespoon paprika
1 tablespoon black pepper
3 tablespoons garlic powder
3 tablespoons dried oregano
Pinch cayenne pepper
1 quart buttermilk
2 tablespoons salt
2 eggs
2 ounces jar kimchi base* (if you can't find this, you can puree kimchi)

Fried Chicken

2 pounds chicken thighs, skin on, boneless
1 pound all-purpose flour
¼ pound corn starch
2 teaspoon baking powder
1 tablespoon paprika
1 tablespoon ground black pepper
1 ½ teaspoon garlic powder
1 ½ teaspoon dried oregano
pinch cayenne pepper
2 tablespoons salt
¼ cup Korean chili flake
2 tablespoons black sesame seed
2 tablespoons toasted sesame

Green Papaya Salad

1 green papaya
½ jalapeno, thinly sliced
Lime juice from 1 lime
½ teaspoon Fish sauce
2 cloves of garlic, minced
1 tablespoon sugar

Avocado Ranch

¼ cup store bought guacamole
¼ cup store bought ranch dressing

1. Portion and pound the chicken into 3oz size pieces.
2. Mix everything for the brine together and place the chicken into the brine and allow to sit overnight in the refrigerator covered.
3. In a separate bowl, mix everything together for the fried chicken flour mixture (all the ingredients).
4. Preheat a fryer to 350F.
5. After the overnight brine, add 3 ladles of the brine to the batter and mix with your hands before adding the chicken pieces.
6. One at a time remove the chicken and allow the excess brine to drip off. Press the chicken into the flour mixture.
7. Add each piece of chicken to the fryer, one at a time and allow to fry for 8-10 minutes until fully cooked. Remove and let drain on a plate or baking sheet lined with paper towel. Season with kosher salt while still hot.
8. While the chicken is frying, make the papaya salad.
9. Peel the papaya and grate on a mandolin. Add the minced garlic and roll the limes to release the juice. Add the juice from the lime along with the sugar, jalapeno and fish sauce and mix well to combine.
10. Mix the guacamole and ranch dressing in a small bowl and set aside for sandwich assembly.
11. To assemble the sandwich, slice a Martin's Potato Roll in half, add ½ tablespoon of the avocado ranch dressing and top with 1-2 tablespoons of the papaya slaw. Add 1 chicken thigh and top with the bun and enjoy!

Blue Dragon Fried Chicken Banh Mi

Serves 4

Eat Well With Ming: Eating just 1 chicken liver provides over 200% of your daily Vitamin B12.

Allergy Free Note: Gluten free (without the roll), peanut free, tree nut free

Fried Chicken

Salt and Sugar Brine (equal parts)

2 pounds boneless skinless chicken thighs, cut into 2.5-3oz pieces (thirds or halved depending on thigh size)

Batter

1 bag rice flour
1 ½ teaspoon baking powder

1 egg
1 cup buttermilk
1/4 cup Valentino Hot Sauce
3 tablespoons soda water

Flour

¼ cup kosher salt
¼ cup ground ginger
½ cup garlic powder
½ cup black pepper
1 bag rice flour
1 box cornstarch
½ cup onion powder
Banh Mi Rolls or Sub rolls
Iceberg lettuce, thinly sliced

Directions

1. Make the brine for the chicken thighs. Mix together equal parts sugar and salt with water until you have sweet salt water. Place the chicken thighs in the brine and let sit overnight.
2. Remove the chicken thighs from the brine and rinse.
3. Heat a fryer to 350F.
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5. Mix the ingredients for batter and flour in separate bowls or containers. The batter should have a pancake batter like consistency. Dip the chicken into the batter, and let the extra drip off and then dip into the flour mixture.
6. Fry the chicken until golden brown and delicious, about 8-10 minutes. Once cooked, place paper towel lined plate or sheet tray to drain excess oil.
7. Toast the buns on the flattop grill lightly with a very small amount of butter on each side, about ½ teaspoon each side. Once buns are toasted, place chicken on bottom piece and top with the Chow Chow and cover with the top bun to serve.

Recipe: Chow Chow

2 heads green cabbage, medium dice
2 ½ quarts green tomatoes, medium dice
2 ½ quarts red bell peppers, medium dice
1 quart jalapenos, small dice
1 quart shishito peppers, small dice
¼ cup garlic, minced
¼ cup ginger, minced
½ cup rice wine vinegar
¾ cup granulated sugar
¼ cup celery salt
¼ cup mustard seed

¼ cup water
2 tablespoons turmeric
1 tablespoon kosher salt
Grapeseed or canola oil

1. Char jalapenos and shishito peppers on a stove top. Once charred, peel and dice.
2. In a large stock pot, lightly sweat the ginger and garlic with oil.
3. Add remaining ingredients and cook down until the vegetables are cooked through but still slightly al dente.
4. Once vegetables are al dente, drain the excess liquid and cool. Allow to fully cool prior to serving.

Chicken Liver Mousse

1 onions, julienned
1 pound chicken liver
¼ cup Shaoxing cooking wine
1 ½ tablespoons black pepper
1 ½ ounces cream cheese
1 teaspoon thyme, chopped
Salt to taste
Milk to brine

1. In a glass bowl, add the livers and cover with milk. Cover and place in the refrigerator overnight to soak.
2. Julienne and then in a sauté pan, caramelize the onions.
3. Pat the livers dry, season and sear with canola oil until medium.
4. Deglaze the pan with Shaoxing.
5. While the livers are still warm, blend all ingredients in the blender until smooth. Do this in 2 batches to maximize smoothness.
6. Taste and adjust seasoning.