

Episode 1511 – Mom & Pops

Spring Ahead

Serves 1

2 ounces Lafage Rose

1 ounce luxardo apertivo

½ ounce honey syrup

½ ounce lime juice

Grapefruit wheel

Top with Prosecco

1. Pour the rose, Luxardo Apertivo, honey syrup and lemon juice in the cocktail shaker. Top with ice and lightly shake.
2. Pour into a wine glass with fresh ice. Garnish with grapefruit wheel and top with Prosecco.

Steamed Whole Fish Head with Chiles

Serves 4

Eat Well With Ming: Chiles contain capsaicin, a compound thought to aid with inflammation.

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

1 whole Branzino

4 cups finely sliced chiles- feel free to use a variety including Anaheim, Poblano, Jalapeno, Shishito, Thai Bird and Serranos

1 Red bell pepper, chopped

1 bunch scallions, thinly sliced

1 inch knob ginger, cut into matchstick size pieces

1 tablespoon soy sauce (Preferably Wan Ja Shan)

¼ teaspoon sesame oil

1/3 cup grape seed oil

1. Score the fish using deep cuts so that it cooks evenly, but making sure it does not go to the bone.
2. Thinly slice the peppers and add to a medium mixing bowl.
3. Roll cut the bell pepper into small strips and then finely dice. Add to the bowl with the chiles and mix to combine well.
4. Line a steamer with banana leaf and place the fish on top. Cover the fish with the chiles and sprinkle the scallions and ginger on top.
5. Fill a wok ¾ way with water and heat until it boils. Add ¼ cup Lapchong Souchong tea into the water and place the steamer on top. Drizzle soy sauce and sesame oil on top of the fish and add the cover. Allow the fish to cook for 15 minutes.
6. Meanwhile, heat a small pot with 1/3 cup grape seed oil and heat until it starts to boil. Once the fish is finished, plate and drizzle the hot oil on top.

Whole Wheat Scallion Bings with Pork Dipping Sauce

Serves 4-6 (as an appetizer)

Eat Well With Ming: Using whole wheat flour adds more fiber, B vitamins, folate and riboflavin compared to white flour.

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

Whole Wheat Scallion Bings

6 ounces water, ice cold

1 ½ ounces ice

1/8 ounces yeast, fresh

6 ¼ ounces bread flour

6 ¼ ounces whole wheat flour

2 ½ ounces olive oil, a little over 2 ½ oz.

2 tablespoons garlic, finely chopped

1 cup packed scallions, sliced

½ tablespoon sesame oil

¾ ounces salt

1. Add all the ingredients, in list order to a KitchenAid bowl. When you add the yeast, crumble it as you add it to bowl, do not add it as one whole piece. Leave the salt out until it has started to mix. If the yeast is added right at the start it can kill the yeast resulting in a dough that will not rise or stretch.
2. Mix on speed 3 or 4 with the hook attachment for 10 minutes.
3. Once done mixing, you can use right away. This dough will be sticky.
4. Use a generous floured board to portion the dough into 8 portions. If you want to be exact they should be 4 oz. dough balls. The dough should be round before rolling. Do not make tight balls and over work the dough- the dough will no longer have the stretch you want while rolling out.
5. With a rolling pin, roll each dough ball on a floured surface and roll a thin 10inch circle. Keep between parchment paper that has been sprayed on both sides. This will prevent the circles from sticking.
6. Once all the dough is rolled out, heat a sauté pan up with a little oil. When the pan gets hot, lay one circle of rolled out dough in the pan then peel the parchment paper off the top. Brush with oil lightly, sprinkle with salt. When the first side is golden brown, flip over and continue to cook until golden brown.

Pork Tofu Dip

1 tablespoon grape seed oil

1 ½ tablespoons minced fresh ginger

1 ½ tablespoons minced garlic

1 pound ground pork

1 cup smoked tofu, cut into ½ inch pieces

1 cup peanuts, chopped

1 cup water chestnuts, thinly sliced

3 tablespoons Doubanjiang (soy bean sauce)

1 pickled chile

Soy sauce

1. In a hot wok with 1 tablespoon grape seed oil, add garlic and ginger and sauté 1-2 minutes until fragrant. Add the pork and start to cook, making sure to break it into smaller pieces so no lumps are present. Sauté until fully cooked, about 3-4 minutes. Add tofu, water chestnuts and black bean sauce and mix well to combine.
2. To plate, place in bowl that can sit in the middle of a platter and place the whole wheat scallion bing around it to dip.