

Episode 1513 – Joanne Chang

Bohemian

Serves 1

1 ounce gin

1 ounce St. Germain

1 ounce pink grapefruit juice

Dash of Peychauds bitters

Orange twist for garnish

1. Add all ingredients into the shaker filled with ice. Shake until your hands turn cold. Strain the cocktail into a coupe glass and garnish with an orange twist.

Vietnamese Espresso Ice Cream Filled Profiteroles with Spicy Ganache

Serves 4-6

Eat Well With Ming: Research shows coffee has beneficial health effects including reduced risk of cancer, Type 2 Diabetes and Parkinson's.

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

Vietnamese Espresso Ice Cream

(makes just under 2 quarts)

1 tablespoon plus 1 teaspoon instant espresso powder

1 tablespoon vanilla extract

¼ teaspoon kosher salt

2 ½ cups heavy cream

14-ounce can sweetened condensed milk

1. In a small bowl, whisk together the espresso powder, vanilla extract, and salt with 1 tablespoon of warm water until the espresso powder is dissolved.
2. Stir the espresso mixture into the heavy cream and whip either by hand or with a hand mixer or stand mixer outfitted with the whisk attachment until it thickens to soft peaks, i.e. it holds a soft peak when you lift a spoon out of the mixture, about 3-4 minutes.
3. Pour in the sweetened condensed milk and continue to whip until the mixture is thoroughly combined and at soft peak stage, about 1 minute.
4. The ice cream base will be billowing and will mount gently on a spoon when you dip into it.
5. Place the ice cream in the freezer and freeze until solid, at least 8 hours. Ice cream may be stored in the freezer in an airtight container for up to one month.

Pate a Choux

Makes about 20 small cream puffs

½ cup (1 stick; 112 grams) unsalted butter

1 tablespoon sugar

¼ teaspoon kosher salt

1 cup (224 grams) water

1 cup plus 1 tablespoon (150 grams) all-purpose flour

4 eggs

1. Heat the oven to 400 degrees F and grease two baking sheets with butter or line them with parchment paper.
2. In a medium saucepan, heat the butter, salt, sugar, and water over medium heat until butter is melted. Do not let mixture come to a boil or the water will evaporate. Add the flour all at once and use a wooden spoon to stir the flour into the liquid until it is fully incorporated. The mixture will look like a stiff pancake batter. Keep stirring vigorously and mixing the mixture over medium heat and it will slowly start to get stiffer and look more like loose dough and less like stiff batter. It will lose its shine and become more matte as well. Stir continuously for 3 to 4 minutes until the dough starts to leave a film at the bottom of the pan.
3. Remove the dough from the heat and place in the bowl of a stand mixer. Using the paddle attachment, mix the dough for 1 minute on medium-low speed. This will allow some of the steam to escape and the dough will cool slightly (or beat the mixture in a bowl by hand with a wooden spoon for 2 to 3 minutes). Crack the 4 eggs into a small pitcher and whisk to break up the yolks. With the mixer still on medium-low speed, gradually add the egg mixture to the dough. When the eggs are all added, turn the mixer up to medium speed for about 20 seconds until the dough is glossy and shiny.
4. Spoon the batter into a piping bag and pipe out round balls about 1 ½ inches in diameter. Space the eclairs or cream puffs a few inches away from each other. Pipe all the batter and place the cookie sheets into the oven. The heat of the oven will immediately start turning the liquid in the batter into steam and it will cause the puffs to inflate.
5. After about 15 minutes, when the puffs have puffed up and are starting to turn golden brown, turn the oven down to 325 and continue baking for another 30 minutes until they are entirely brown. Remove from the oven and let cool.
6. When the puffs have cooled, split them in half and scoop a large scoop of Vietnamese ice cream on the bottom half. Top the top half and drizzle warm Spicy Ganache on top. Serve immediately.

Spicy Ganache

Makes about 1 ½ cups

8 ounces (224 grams) semisweet or bittersweet chocolate

½ cup (240 grams) heavy cream

½ teaspoon cayenne pepper or more to taste

1. Chop the chocolate and plate it in a medium bowl. Heat the cream in a small saucepan over medium-high heat until it is scalded (i.e., just before it comes to a boil- when small bubbles collect along the sides of the pan). Pour the cream over the chocolate and let it sit for 30 seconds. Add the cayenne pepper. Slowly whisk the chocolate and cream together until the chocolate is completely melted and the mixture is smooth. Store in an airtight container in the refrigerator.

Devil's Balls

Serves 3-4

Eat Well With Ming: Cinnamon is loaded with polyphenols that gives cinnamon its antioxidant properties.

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

Leftover pat a chou dough

1 cup mascarpone

1 cup fluff

3 tablespoons Vietnamese cinnamon

½ cup sugar

1. Beat mascarpone and fluff together in a stand mixer until well combined. Place into a pastry bag.
2. Spoon off 1 tablespoon at a time of the dough into a fryer or medium pot filled 1/3 way with canola oil heated to fryer temperature (175F). Fry the dough and add to a large glass bowl or paper bag.
3. In a small bowl, mix together the cinnamon and sugar. Pour over the doughnuts and shake or gently mix to coat.
4. With the piping bag, pipe the mascarpone and fluff mixture into the doughnuts. Plate on a large platter and serve warm.

Smoked Salmon Canapés

Serves 4 (as an appetizer)

Eat Well With Ming: Salmon is high in Omega 3 & 6 fatty acids which help with inflammation, blood pressure and cholesterol.

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

Pat A Choux from Joanne Chang's recipe, baked according to her directions

8 oz cream cheese

1 bunch scallions, thinly sliced

¼ teaspoon freshly ground black pepper

Zest and juice of 1 lemon

½ pound smoked salmon

1 package nori,

1. Cream the cream cheese, scallions, black pepper, zest and juice of a lemon until fluffy, about 20-30 seconds.
2. Slice the puffs in half. Spoon 1 teaspoon of the cream cheese mixture onto 1 side. Place 1 piece of smoked salmon on top.
3. Fold nori in half one way, then in half again. Cut with scissors into strips, about ¼ inch thick.
4. Add 2-3 strips of nori on top of the salmon and add the top of the puff to make a sandwich. Enjoy.

