

Episode 1514 - Chris Hastings

Blood and Sand

Serves 1

¾ ounce blended scotch

¾ ounce cherry herring

¾ ounce sweet vermouth

¾ ounce orange juice

1. Fill cocktail glasses with ice. Into a cocktail shaker, add ice, scotch, cherry herring, sweet vermouth and orange juice.
2. Shake until shaker is cold to the touch. Strain cocktail into glasses and top with a cherry.

Hot and Hot Fish Club Creamy Shrimp and Grits

Serves 2

Eat Well With Ming: Shrimp is a low calorie protein and a great source of selenium!

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

1 tablespoon olive oil

2 tablespoon minced shallots

½ teaspoon chopped fresh thyme

¼ cup finely diced carrots, celery and onions (mirepoix)

16 to 20 large shrimp, peeled and deveined (Alabama Hoppers preferred)

½ cup blonde verjuice or cider vinegar

½ cup seeded and finely diced tomatoes

4 teaspoons lemon juice

Salt and freshly ground black pepper, to taste

½ teaspoon fresh, chopped parsley

1 recipe Hot and Hot Grits, recipe follows

2 rounded tablespoons julienned, thinly sliced country ham

1 tablespoon fresh chopped chives, for garnish

1. Melt 2 tablespoons of butter in a large skillet over medium-high heat. Add the shallots and thyme and sauté until translucent, about 1 minute. Add the diced carrots, celery and onions and continue to sauté for 1 to 2 minutes, or until translucent. Add the shrimp and continue to sauté until the shrimp are cooked halfway, about 2 minutes.
2. Deglaze the pan with the verjuice or vinegar and stir in the tomatoes. Allow the tomatoes to cook and the liquid to reduce by half, about 2 minutes. Lower the

- heat to low and whisk in the lemon juice and remaining 6 tablespoons of butter. Season the shrimp with salt and pepper, to taste. Continue to cook until the shrimp are cooked through. Remove the pan from the heat.
3. Place 1 cup of the Hot and Hot Grits on each plate and divide the shrimp and sauce mixture between the two plates. Garnish each plate with 1 rounded tablespoon of country ham and ½ tablespoon of fresh, chopped chives. Serve immediately.

Hot and Hot Grits (yields 6 servings)

1 tablespoon butter
½ teaspoon finely chopped garlic
1 teaspoon fresh chopped thyme
1 ½ cups chicken stock
1 ½ cups heavy cream
Salt and freshly ground black pepper, to taste
1 cup stone-ground grits

1. Melt the butter in a non-reactive 4-quart saucepan over medium-high heat. Add the garlic and thyme and cook, stirring frequently for 30 seconds, being careful not to burn the garlic.
2. Add the chicken stock and heavy cream and bring to a boil. Upon boiling, whisk in the stone ground grits. Reduce heat to low and simmer, stirring continuously for 20 to 25 minutes. Season the grits with salt and pepper to taste. Remove from the heat and cover to keep warm until ready to serve*.

*If the grits are going to sit for a while before serving, place a piece of plastic wrap directly on the surface of the grits and cover, to keep warm. This will keep a skin from forming on the top of the grits.

JOOK

Serves 4

Eat Well With Ming: Replace ½ the white rice with brown rice to increase whole grain and fiber intake.

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

1 ½ cups white rice
1 ½ cups brown rice
2 quarts chicken stock
1 quart water
3 tablespoons soy sauce
2 quarts chicken stock
1 tablespoon canola oil

1 inch piece ginger, peeled and finely minced

2 cloves of garlic, minced

1 bunch scallions, sliced thinly

1 package Chinese crullers (Yutiao)

2 tablespoons Sambal

16 51-60's (small) shrimp

1. Soak the brown rice for 1 hour in a bowl of water. Add the white rice mix until well combined, wash and drain well.
2. To a large pot, add the rice, chicken stock, water, and soy sauce. Add a pinch of salt and 2/3 of the sliced scallions. Bring to a simmer, stirring occasionally with a wooden spoon for 1 hour until all the liquid is absorbed.
3. In a medium bowl, add shrimp heads, shrimp and cornstarch together to coat the shrimp.
4. Add 1 tablespoon of oil to the wok and add the garlic, ginger, scallions and lap chong. Sauté until aromatic.
5. In a small saucepan, add canola oil 1/3 of the way. Once piping hot at 375F, add Yutiao and fry until golden brown and delicious. Remove and set aside on a paper towel lined plate and season with salt and pepper.
6. Add the shrimp heads to the oil and fry until cooked through, about 2-3 minutes. Set aside on a paper towel lined plate. Season with salt and pepper.
7. Add the shrimp to the wok and sauté 1-2 minutes. Add the sambal to the wok and sauté until the shrimp is fully cooked.
8. To serve, add the rice to individual bowls and top with the cooked shrimp, 1-2 shrimp heads per person and a few pieces of the fried Yutiao to garnish.