

Episode 1522 - Axel Clausson

Kiri Cosmo

Serves 1

1 ounce vodka (with fermented berries)
½ ounce cranberry juice
Splash banana liquor
Splash crème de cassis
Splash blueberry liquor
1 egg white

1. Pre chill a martini glass. Add all ingredients to a shaker and dry shake with no ice.
2. Add a few ice cubes to the shaker and shake until your hand turns cold. Strain and pour into martini glass.

Pan Sautéed Icelandic Langoustine with Tomato and Daikon Salad

Serves 2

Eat Well With Ming: Langoustines are high in vitamin B12, important for normal brain and nerve function

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

5 langoustines
Salt and pepper to taste
10-12 fresh cherry tomatoes
Extra virgin olive oil
3 tablespoons butter
Juice from ½ lemon
½ cup daikon, spiralized
1 tablespoon parsley, finely chopped
Dash of dried garlic powder

1. Peel langoustine's, remove the vein while trying to keep hole.
2. Season with salt and pepper and let sit 3-4 minutes.
3. Fill a medium bowl with ice water and set aside.
4. Using a knife, very carefully, make an x across the top of each tomato. Add to boiling water for 30 seconds just until the tomatoes start to peel and transfer to a bowl filled with ice water to shock.
5. Allow tomatoes to shock in the ice water for 30 seconds. Peel the tomatoes and discard the peels. Drain bowl and refill with ice water again. Cut each tomato into 4 pieces/

6. In a hot sauté pan, add extra virgin olive oil and the langoustines. Gently push down when placing the langoustine into the sauté pan. Allow to cook 2 minutes, then flip and cook another minute. Add butter and turn the heat off, allowing the pan to sit on the hot burner. Add juice from ½ lemon.
7. Add the spiralized daikon to the ice water.
8. When you are ready to plate, pull the daikon out of the ice water and drain. Combine with the tomatoes. Dress with 1 teaspoon lemon oil, 1 teaspoon apple cider vinegar and freshly chopped parsley. Gently toss to combine.
9. To plate, add a piece of langoustine. Add a dash of dried garlic powder on top. Place a few tomatoes next to the langoustine and a few pieces of the spiralized daikon.

Hot and Sour Mussel Tomato Soup with Open Faced Whole Grain Grilled Cheese

Serves 2

Eat Well With Ming: Cooking tomatoes increases their antioxidant activity?

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

- 1 tablespoon canola oil
- 1 tablespoon fresh ginger, minced
- 3 cloves garlic, minced
- 3 chiles, chopped
- 1 ½ cups tomatoes
- 1 pound fresh mussels
- 3 tablespoons white dry wine
- 3 tablespoons rice vinegar
- 3 tablespoons tamari
- 1 cup chicken stock
- ½ cup unsalted butter, room temperature
- 2 slices of your favorite whole grain bread
- 2 slices of Havarti cheese

1. In a large soup pot, caramelize the garlic and ginger in 1 tablespoon canola oil until fragrant.
2. Add chiles, mix to combine and add the tomatoes. Stir to sauté for 30 seconds.
3. Add the mussels and stir to mix well.
4. Add white wine, rice vinegar, tamari, and chicken stock. Cover the pot with a lid and let mussels cook, about 2-3 more minutes.
5. Butter one side of the bread and place butter side down on a griddle. Add a slice of cheese on top. Grill until the cheese is nice and melty, about 1 ½ minutes either in a sauté pan or in an oven preheated to 350F.

6. Strain the mussels out of the soup. Add the liquid from the pot to a blender, starting on slow, puree the liquid adding 3-4 tablespoons of butter. Season with salt and pepper to taste.
7. To plate, add mussels to a bowl and pour in pureed soup. Serve with the open faced grilled cheese.

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