

Season 16 Episode 1604 Chef Masaharu Morimoto

Cocktail

Dragon Aku Aku

Serves 1

1 ½ Denezen white rum
½ ounce Clement Agricole
1 ounce Bols Strawberry
1 ounce pineapple juice
¾ ounce lime juice
½ ounce simply syrup
10 Thai basil leaves

Method: Add to cocktail shaker with ice, shake and strain into wine glass.

Masaharu Morimoto Recipes

Ramen

Serves 2

Eat Well with Ming: Shiitake mushrooms are perfect for adding flavor without adding a ton of extra calories to ramen and broths

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

3 eggs
1 cup soy sauce
1 cup sake
1 cup mirin
2 packs instant ramen noodles
2 tablespoons vegetable oil
1 teaspoon garlic, chopped
1 teaspoon ginger, minced
½ cup cabbage, thick julienne
1 ounce white onion, sliced
1 each shiitake mushroom, sliced
1 ounce pork belly, sliced thin
½ ounce fish cake, sliced ¼ inch thick (Kamaboko, half-moon shape with red color outside usually in the frozen section of Asian grocery store)
1 ounce calamari, sliced
1 ounce small shrimp (#90-100 size)
2 tablespoons scallions, chopped
2 pinches sesame seeds for garnish

1. Place 2 eggs in cold water. Bring to a boil and cook for 7 minutes and 30 seconds.
2. While the eggs are cooking, combine the soy sauce, sake and mirin in a container or bowl.
3. Once eggs are finished cooking, carefully remove from water and allow to cool. Place in soy sauce, sake and mirin mixture and allow to refrigerate overnight.
4. Heat a wok on medium high heat. Add vegetable oil, garlic and ginger. Start to sauté to allow it to flavor the oil. Add the pork belly and cook for 1 minute. Add the cabbage, onion, calamari, shrimp, shiitakes, and fish cake. Season with ¼ teaspoon sesame oil, kosher salt and freshly ground black pepper and continue to wok stir to allow the proteins to cook.
5. Add a ladle or two of ramen water to the wok if necessary to allow the meat and vegetables to cook, 1-2 minutes.
6. In your serving bowls, add the oil packets from the ramen packs.
7. Evenly divide the cooked ramen noodles between the two bowls. Carefully add the vegetables and proteins to the serving bowls.
8. Remove eggs from their marinade and cut in half. Carefully place a whole egg in each bowl. Garnish with freshly ground black pepper, scallion greens, dash of sesame oil and sesame seeds to finish.

Pork Tonkatsu

Serves 2

Eat Well With Ming: Pork tenderloin packs in a ton of flavor and is a lower fat meat choice!

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

Vegetable oil for deep frying (about 10 cups)

Four ½ inch thick pork loin cutlets (about 1 pound total), preferably with fat cap attached

Kosher salt and ground white pepper

1 ½ cups panko breadcrumbs

1 cup all-purpose flour

2 large eggs, beaten

3 cups white cabbage, sliced thinly

2 fresh tomatoes, cut into wedges, skin carefully removed

1 head bib lettuce to serve

¼ cup toasted sesame seeds

½ cup seeded, cored, finely chopped canned whole tomatoes

3 tablespoons Worcestershire sauce

3 tablespoons ketchup

2 tablespoons molasses (not blackstrap)

1 teaspoon garlic powder

1/8 teaspoon kosher salt, or to taste

1. Pour about 2 inches of vegetable oil into 2 identical medium pots and set them both over medium-high heat until the oil reaches 265F in one pot and 365F in the second pot. You can also use two fryers if you have two.
2. Use the tip of a sharp knife to score the cutlets, making about a dozen short, shallow cuts all over each side. This keeps the cutlets from curling as they fry. Pound the fat lightly so that it cooks the same, as the meat will. Season both sides lightly with salt and pepper.
3. Put the panko, flour, and eggs in three separate wide bowls. Working with one cutlet at a time, add it to the flour and turn to coat it, shaking off any excess. Transfer it to the egg and turn to coat, letting any excess egg drip off. Finally, transfer it to the panko, turning to coat well and piling on some of the panko and pressing lightly with your hands. The goal is to get as much panko to adhere as you can. Transfer the breaded cutlet to a plate and repeat with the remaining cutlets. Discard any leftover flour, egg, and panko.
4. Soak the cabbage in icy water for 10 minutes and drain well.
5. Just before you fry, stir the oil well. Add the cutlets to the 350F fryer and cook for 2 minutes until the pork starts to develop a golden color. Switch to the 275F oil for 7 minutes. Transfer back to the 350F fryer for one minute to get the final golden brown color sealed in. Transfer to paper towels to drain and fry the remaining cutlets. Let the cutlets rest for a few minutes.
6. While the cutlets are resting, make the sauce. Put the sesame seeds in a medium pan, set it over medium heat, and toast, stirring and tossing frequently, until they're a few shades darker about 3 minutes. Transfer them to a bowl and let them cool.
7. Combine the remaining ingredients in a small saucepan, stir, and set over medium heat. Bring the sauce to a simmer, lower the heat to maintain a gentle simmer, and cook, stirring occasionally, until the flavors come together, about 10 minutes. Season to taste. Transfer to the sauce to a bowl and let it come to room temperature.
8. Cut them into ¾ inch slices. On a serving platter, lay down the lettuce and place the tomatoes and cabbage to the side. Lay the pork on top of the lettuce.
9. When you are ready to serve, pound the seeds to a powder in a mortar or grind them in a spice grinder and serve in a bowl at the table. Mix the paste into the sauce to taste.

Ming Tsai Recipe

Portobello Tonkatsu on House Rice

Serves 4

Eat Well with Ming: Portobello mushrooms are a great vegetarian option and are high in potassium an important mineral and electrolyte!

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

Grapeseed oil to fry

7 eggs separated, 3 scrambled, 4 kept whole
1 cups Panko
1 cup all purpose Flour
4 Portobello mushrooms, gills removed
House Rice, recipe below
½ white onion, finely diced
2 cloves of garlic, minced
1 inch fresh ginger, peeled and minced
½ teaspoon Worcestershire sauce, separated ¼ teaspoon each
Dash sesame oil
Kosher salt
Freshly ground black pepper to taste
Togarashi
Furikake

1. Heat fryer to 350F.
2. In 3 shallow plates, add scrambled eggs to the first, flour to the second, and panko to the third.
3. Carefully coat the Portobello mushrooms, first in the flour, and then dip in the eggs and finally coat with the panko. Make sure both sides of the mushrooms get coated with all three.
4. Add to heated fryer and fry for 3-4 minutes until the mushrooms are golden brown and delicious. Remove to a plate lined with paper towels to drain the oil. Season with salt and pepper to taste. Cut into 4-5 strips once they have cooled.
5. Heat a wok on medium high heat with ¼ cup grapeseed oil.
6. In a bowl, add 4 remaining eggs, ¼ teaspoon Worcestershire sauce and season with a pinch of salt and pepper.
7. Add the scrambled egg mixture to the wok and with chopsticks mix around to fry until the eggs are nice and fluffy. Once cooked, drain onto a paper towel lined plate to drain off the oil.
8. To the wok, add garlic, ginger and onions and season with salt and pepper. Start sautéing and as the onions start to soften add ¼ teaspoon Worcestershire sauce and a dash of sesame oil. Sauté to combine.
9. Continue wok stirring while you carefully add the hot rice and the scrambled eggs to the wok. Mix well to combine and season with salt and pepper to taste.
10. To serve, dish out fried rice in bowls and lay Portobello mushrooms on top. Garnish with togarashi and furikake.

House Rice

1 ½ cups brown rice
1 ½ cups white rice

1. Rinse the brown rice and let soak in fresh cold water to cover, about 1 hour.

2. In the meantime, rinse the white rice by filling a bowl with water and stirring by hand. Drain and repeat until the water in the bowl is clear.
 3. Add both the brown and white rice to a saucepan. Flatten the rice with your palm and without removing it, add water until it touches the highest knuckle of your middle finger.
 4. Cover and boil over high heat for 10 minutes.
 5. Reduce the heat to medium and simmer for 30 minutes. Turn the heat off and let the rice stand, covered, to plump, about 20 minutes. Stir gently and serve.
- *Note, if you have a rice maker, follow steps 1 and 2. Add rice with water to the rice maker, cover and press the white rice setting. Once finished, allow to rest. Stir gently before using or serving.