

Episode 1701 Andrew Zimmern

Pineapple Rita

2 ounces Pineapple infused tequila

- Infuse 1 bottle tequila with 1 charred pineapple

1 ounce agave syrup

1 ounce lime juice

2 pieces fresh pineapple

2 pieces mint

1. In a large glass, muddle pineapple, mint and pinch of sugar together. Add ice to glass with tequila, agave syrup, and lime syrup.

Alcohol-Free Pineapple-Mint Mojito

2 pieces pineapple

4 pieces fresh mint

pinch sugar

1 ounce fresh pineapple juice

1 ounce fresh lime juice

Soda water to fill

1. Muddle pineapple, mint and sugar in shaker glass. Fill with ice. Add in pineapple juice, lime juice and shake. Strain into rocks glass filled with ice.
2. Add soda water to fill and garnish with remaining piece of pineapple and a pineapple leaf.

ANDREW ZIMMERN RECIPE

Shrimp Étouffée

Serves 4-6

Eat Well With Ming: Shrimp gets its red color from astaxanthin, an important antioxidant for cell protection.

Allergy Free Note: Gluten free, soy free, peanut free, tree nut free

Shrimp Stock

2 tablespoons vegetable oil

Reserved shells from 2 pounds large shrimp (see below)

2 tablespoons tomato paste

1 small onion, chopped

1 medium carrot, chopped

2 celery ribs, chopped

3 cups chicken stock

Étouffée

1 ½ sticks unsalted butter
1 medium onion, diced
1 ½ teaspoons ground celery seed

3 bay leaves
8 garlic cloves, minced
1 cup tomato paste
1 fresh bunch of fresh thyme, tied together
2 celery ribs, thinly sliced
Freshly ground black pepper
6 large scallions, thinly sliced
2 tablespoons Crystal hot sauce, plus more for serving
2 pounds large shrimp, shelled and deveined, shells reserved for stock. I like 12 count per pound head-on wild caught shrimp
1 tablespoon fresh lemon juice
Salt
2 tablespoons parsley, chopped
Steamed rice and lemon wedges, for serving

Make the shrimp stock

1. In a large pot, heat the vegetable oil until shimmering. Add the shrimp shells and cook over moderately high heat, stirring until pink and fragrant, about 3 minutes. Add the onions, carrots and celery and cook until the vegetables have softened, about 3 minutes.
2. Add the tomato paste and stir. Cook for a minute. Pour in the chicken stock and bring to a boil. Reduce the heat, cover and simmer for 45 minutes.
3. Remove from the heat and let steep, covered, for 30 minutes longer. Strain the stock into a heatproof bowl through a fine sieve, pressing on the solids to extract as much liquid as possible. Reserve for the étouffée.

Prepare the Étouffée

1. Melt the butter over moderately high heat until foaming. Add the onions, bay leaves, celery seed and minced garlic, stirring until translucent, about 3 minutes.
2. Next, add the tomato paste and cook, stirring constantly, until thick and slightly toasted, about 3 minutes.
3. Add the stock, celery, thyme and ¾ of the scallions (save the rest for the garnish).
4. Bring to a boil, then reduce the heat to maintain a simmer.
5. Add ground black pepper, hot sauce, and the shrimp. Simmer until the shrimp are just cooked through, about 3-5 minutes. Taste and adjust seasoning as necessary.
6. Remove from heat. Stir and remove the thyme and bay leaves. Taste for seasoning. Add the remaining scallions, parsley and lemon juice. Garnish with remaining parsley
7. Serve over steamed rice Pass extra lemon wedges and hot sauce at the table.

Ming Tsai's Recipe

Classic Salt & Pepper Head on Shrimp

Serves 4

Eat Well With Ming: Jalapenos contain capsaicin the spice promoting flavor and are also great sources of vitamin C and B6.

Allergy Free Note:

1 tablespoon freshly ground black pepper
1 tablespoon freshly ground white pepper
1 ½ teaspoons ground Szechwan peppercorns
2 tablespoons coarse sea salt, preferably fleur de sel
¼ cup cornstarch
1 ½ pounds large shrimp, head-on, shell-on, cleaned, de-veined
¼ cup canola oil
1 tablespoon finely chopped fresh ginger
5 garlic cloves, finely chopped
2 tablespoons ginger, minced
3 jalapenos, sliced into thin strips
8 scallions, sliced into two inch strips
1-2 teaspoons sambal, or to taste
Steamed house rice

Canola oil heated in wok to 375 F

3 egg whites plus 2 tablespoons water- whisk
1 cup cornstarch

1. medium grind black peppercorns, white peppercorns and Szechwan peppercorns. Mix into cornstarch. Dip shrimp into egg wash then cornstarch mixture.
 2. Heat oil in wok to 375F.
 3. Test the oil by drizzling cornstarch into the oil, as it sizzles, you'll know it's ready.
 4. Once the oil is ready, carefully add the shrimp to the oil. Fry for about 3 minutes, until golden, brown and delicious.
 5. Carefully, dump the oil into a glass bowl.
 6. Into the same wok, add about 1 teaspoon of new canola oil. Add the garlic, ginger, scallions and jalapenos. Toss to saute and combine well, about 30 seconds. Add the shrimp back to the wok to toss quickly. Eat while hot.
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1. In a large bowl, combine the peppers, sea salt, and cornstarch and mix. Dredge the shrimp in the salt and pepper mixture. Heat a wok over high heat, add the oil, and swirl to coat the pan. When the oil shimmers, add the ginger, garlic and scallions and sauté, stirring until fragrant, about 30 seconds.
 2. Add the shrimp and stir-fry 4-6 minutes. Serve family style over rice.

House Rice
Yields 6 cups

1 ½ cups brown rice

1 ½ cups white rice

1. Rinse brown rice and soak in fresh cold water to cover 1 hour. Transfer the rice to a medium saucepan.
2. Put 1 ½ cups white rice in a large bowl in the sink. Rinse the rice by filling the bowl with cold water and stirring the rice with your hand. Drain and repeat until the water in the bowl is clean. Transfer the rice to the same saucepan.
3. Flatten the rice with your palm and without removing it, add water until it touches the highest knuckle of your middle finger. Cover and boil over high heat for 10 minutes. Lower the heat to medium and simmer for 30 minutes.
4. Turn off the heat and let the rice stand, covered, to plump for 20 minutes.
5. Stir gently and serve.

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