

Episode 1702 Jacques Pépin

Boulevardier

1 ½ ounce Bullet Rye
1 ½ ounce Carpano Antico Vermouth
¾ ounce Campari

1. Fill a mixing glass with ice, add all ingredients, stir until diluted and chilled for about 30 stirs.
2. Strain and serve up or on the rocks in a rocks glass.
3. Garnish with an expressed orange peel.

JACQUES PÉPIN RECIPE

Arctic Char with Tomato

Serves 2

Eat Well With Ming: Arctic Char is a great mild fish that is an excellent source of protein and omega-3 fatty acids.

Allergy Free Note: dairy free, gluten free, soy free, shellfish free, peanut free, tree nut free, egg free,

1 ripe tomato (about 6 ounces), stem and core removed, cut into 1-inch pieces

¼ teaspoon salt

¼ teaspoon freshly ground black pepper

1 ½ tablespoons best-possible olive oil

1 Arctic char fillet (about 12 ounces and ¾ inch thick at the thick end)

1 teaspoon olive oil

1 teaspoon salt

1. In a cold non-stick pan, add the fish skin side down and season with salt and pepper. Cover on and place on medium heat. Let cook for 5 minutes.
2. Add the tomatoes to a blender and season with salt and pepper. Process for 15-20 seconds, until well pureed. Add the oil and process for another 10 seconds. Set aside.
3. Remove the pan from the heat and continue cooking the char in the residual heat for about 1 minute.
4. Meanwhile heat the sauce in a hot saute pan for about 30 seconds just to warm through. Pour onto a plate and place fish on top skin side up.
5. In a bowl, add arugula with evoo, salt and pepper and toss. Place on plate, add souffles on top and place blue cheese on top to garnish. Serve immediately and enjoy.

Mini Savory Cheesecakes

Serves 4

2 teaspoons unsalted butter, softened

1 slice bread, processed in a food processor to make ½ cup bread crumbs

1 cup (8-ounce container) whipped cream cheese

2 large eggs

¼ cup sour cream

½ teaspoon salt
½ teaspoon freshly ground black pepper
2 tablespoons minced fresh parsley
¼ cup crumbled blue cheese, like Stilton or Roquefort
3 cups arugula or butterhead lettuce (Bibb or Boston leaves) or another tender crunchy lettuce
1 tablespoon extra-virgin olive oil
1 teaspoon red wine vinegar
Dash salt and freshly ground black pepper

1. Preheat the oven to 350F degrees. Generously coat four small (¾ cup) or 2 1-cup souffle molds with the butter. Divide the bread crumbs among the molds, and coat the bottoms and sides heavily with the crumbs pressing them into the buttered dish so they stick.
2. Put the cream cheese in a medium bowl, add the eggs, sour cream, salt, pepper and 1 tablespoon of parsley. Mix well with a whisk, and divide among the four small souffle molds. Top with the remaining 1 tablespoon parsley.
3. Arrange the molds on a baking sheet, and bake for about 20 minutes. The cheesecakes will still be slightly wet and soft in the center. Let cool for 10 minutes before unmolding.
4. Meanwhile, toss the lettuce leaves with the oil, vinegar, and salt and pepper. Arrange on four plates.
5. Invert each cooled mini cheesecake into one of your hands to unmold it, then turn it over so it is right side up and place it in the center of the lettuce. Sprinkle blue cheese on top. Serve immediately.

Ming Tsai's Recipe

Olive Oil Poached Arctic Char and Tomatoes on Sushi Rice Cake

Serves

Eat Well With Ming: Tomatoes are excellent sources of vitamin C, K, potassium, folate and fiber.

Allergy Free Note: dairy free, shellfish free, peanut free, tree nut free, egg free, soy free, gluten free

12 cherry tomatoes
1 shallot, finely minced
1 cup olive oil
4 6-ounce portions char
1 cup olive oil
Kosher salt and freshly ground black pepper
Cooked sushi rice
½ cup picked Thai basil leaves
1 tablespoon sugar
1/2 cup mirin
½ cup rice vinegar
1 cup white sesame seeds
Togarashi

1. Bring the rice vinegar, mirin and sugar to a simmer and set aside.
2. Pour about 1 inch of oil in a pan and heat to 140F. Add char, skin off and olive oil poach, along with the basil leaves. Remove after about 6-8 minutes, the char should still be medium-rare in the middle.
3. Add rice vinegar, sugar and mirin to a pot and bring to a simmer. Once the sugar has melted and the liquid is the same temperature as the cooked sushi rice pour a little of the sous over the rice carefully over the spoon and mix into the rice. The rice will become a bit shinier. Let the rice rest a little.
4. In a bowl with water, add a touch of the rice vinegar (1 teaspoon), wet hands and take about a cup of the rice and form a triangle. Coat in sesame seeds.
5. In a hot saute pan, add 1 tablespoon oil and place rice cake in, let it get crispy and flip to allow it to crisp up.
6. As char gets finished, plate it and set aside. Dump the oil, leaving about 1 tablespoon of oil left. Add the shallots and tomatoes and season with salt and pepper.
7. Melt the tomatoes until they are nice and soft, about 2 minutes.
8. To plate, stand the rice cake up on its side, pointy side up. Lay char on its side and top with tomatoes.