

## Episode 1703 Kristen Kish

### **Tequila Daiquiri**

1 ½ ounce Espolon  
¼ ounce Sailor Jerry's  
½ ounce lime juice  
¼ ounce simple syrup  
Lime wheel for garnish

1. Add ingredients to shaker except for lime wheel. Top with ice and shake. Strain into coupe glass.

## Kristen Kish Recipe

### **Crispy Rice with Crab, Bacon & Saffron Aioli**

Serves 4

**Eat Well With Ming:** Did you know crab packed with selenium, a trace mineral with many critical roles in our body?

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

#### Rice

1 pint sushi rice  
1 ½ pints water  
Kosher salt to taste  
1 pound clarified butter  
3 egg yolks  
1 tablespoon lemon juice  
pinch saffron  
10 ounces oil  
water if needed  
Kosher salt to taste  
10 ounces green beans  
8 ounces picked crab meat  
10 ounces thick cut bacon lardons- reserve bacon fat

#### Garnish

English cucumber-sliced in thin rounds  
Scallion/green part only-cut on a bias and soaked in ice water  
Cilantro with a little stem  
Lemon wedges  
Freshly ground black pepper

1. Add ingredients into a saute pot. Cover with plastic wrap and foil, ensuring it is sealed completely. Over medium high heat, bring to a simmer. Turn off and place in a 350F degree oven for 10-12 minutes.
2. Once cooked, divide the cooked rice into 4 lightly sprayed half pint deli cups with pan spray and press evenly. Cover and refrigerate
3. While rice is cooking, bloom saffron in lemon juice for 10 minutes.
4. In a mixing bowl, add yolks, 2 tablespoon lemon juice, pinch of salt whisk together.
5. Slowly whisk in canola oil, a little bit at a time, whisking completely to emulsify. Add the bloomed saffron in between the oil as well. Season to salt to taste. Refrigerate a couple hours before using.
6. Once rice is cooked, divide the cooked rice into 4 lightly sprayed half pint deli cups with pan spray and press evenly. Cover and refrigerate.
7. Cut the bacon into thin strips and cook down to get the oil out. Pull the bacon out of the saute pan and drain onto a paper towel lined plate leaving the bacon fat in the pan.
8. Add the green beans to the pan with the bacon fat and a small amount of the clarified butter. Season with a little bit of salt.
9. In a medium saute pan, add 2 tablespoons clarified butter and add two of the sushi rice cakes. season with kosher salt and let it crisp up, about 2 minutes.
10. To plate, add the green beans and crab meat on the bottom, top the with the rice cake and add a tiny bit of the aioli on top. Lay sliced cucumbers on top and garnish with cilantro.

### **Equipment**

Cheese cloth  
Chinois  
Small saute pans  
Saute pot  
Mandolin  
Half pint cups/lids  
Fish spatula  
Draining paper  
Quarter sheet trays  
Small rubber spatula

### **Ming Tsai's Recipe**

#### **Tuna Poke with Avocado Lime Puree**

Serves 4

**Eat Well With Ming:** Did you know just 1/3 of an avocado contains almost 20 vitamins, minerals and phytonutrients, making it an extremely nutrient dense food?

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

2 cups cooked sushi rice  
1/2 cup rice vinegar  
2 tablespoons mirin

2 pinches of sugar  
1 pound sashimi grade tuna, diced into ¼ inch pieces  
2 ripe avocados  
Juice from 1 lime  
Extra virgin olive oil  
1 bunch chives, finely chopped  
Tabasco  
Furikaki  
Togarashi  
Kosher salt  
Freshly ground black pepper

1. Add rice vinegar, mirin, and sugar, and bring to a simmer to melt the sugar. When the steam just starts to begin, remove from heat.
2. Remove cooked sushi rice into a glass bowl and allow to cool a bit.
3. Scoop out the inside of 2 avocados into a glass bowl, season with salt and pepper, a ¼ teaspoon of extra virgin olive oil and juice from 1 lime. Mash together into a puree, taste for seasoning and adjust with more salt and pepper if necessary.
4. In bowl with diced tuna, add a few dashes of tabasco, ¼ teaspoon of evoo, chopped chives, salt and pepper.
5. Mix the sous with the sushi rice until the sushi rice has become nice and shiny.
6. Add the togarashi into the sushi rice and mix well.
7. Using an o ring or a well-cleaned out tuna can, place the sushi rice into the o-ring and form a sushi rice cake.
8. Heat a saute pan with about 1-inch of canola oil. Lay the sushi rice cake into the oil and shallow fry about 1 ½ minutes a side, flip and continue frying until both sides are nice and golden brown. Remove onto a paper towel lined plate.
9. To build, oil the o ring, put the cake back in, add the avocado, then the tuna and push it down a bit and remove the o-ring.
10. Garnish with fresh chives and togarashi.