

## Season 16 Episode 1601 Carla Hall

### Cocktail

#### **Carla Colada**

Serves 1

4-6 chunks of pineapple (1 inch dice)

2-3 Thai basil leaves

1 ½ ounce pineapple juice

1 ounce orange juice

1 teaspoon coconut cream

1 ounce rum (optional)

**Method:** Muddle the pineapple and basil leaves together in a shaker. Add the pineapple juice, orange juice and coconut cream. Add ice and shake until the shaker is cold to the touch. Double strain into a Collins glass filled with ice. Top with sparkling water. If you want to add alcohol, float 1 ounce of rum on top. Serve with a straw.

### Carla Hall Recipe

#### **Sea Island Shrimp and Grits**

Serves 4-6

**Eat Well with Ming:** Shrimp are a great source of selenium, an essential trace mineral important for antioxidant properties in the body.

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

1 cup stone-ground grits

1 bay leaf

Kosher salt and freshly ground black pepper

1 tablespoon fresh thyme leaves

1. Bring 4 ½ cups water to a boil in a medium saucepan over medium heat.
2. While whisking, add the grits in a slow, steady stream. Whisk in the bay leaf and 1 teaspoon salt.
3. Reduce the heat to medium-low and continue whisking until the grits are thick and creamy, 40-45 minutes.
4. Stir in the thyme leaves and 1 teaspoon pepper. Season to taste with salt. Cover and keep warm over very low heat, whisking occasionally. Add more water if necessary to keep grits loose.

Shrimp

2 tablespoons extra-virgin olive oil

1-pound large shrimp, peeled and deveined with tails on (U-12/16)

Kosher salt and freshly ground black pepper

½ onion, diced

2 garlic cloves, thinly sliced

1 green bell pepper, stemmed, seeded and finely diced

1 teaspoon chile flakes  
2 plum tomatoes, cored and finely diced  
3 tablespoons fresh flat-leaf parsley, chopped

1. Heat the oil in a large skillet over medium-high heat. Season the shrimp with salt and pepper.
2. Working in batches, add the shrimp and sear until just opaque, about 2 minutes per side. Transfer to a plate.
3. Reduce the heat to medium and add the onion, garlic and bell pepper. Cook, stirring occasionally, until softened, about 5 minutes. Add the chile flakes and cook, stirring for 1 minute.
4. Season to taste with salt and pepper. Add the tomatoes and cook, gently folding, for 1 minute. Add 1-2 teaspoons of water if you want to create more of a sauce.
5. Return the shrimp and any accumulated juices to the skillet and toss just until well combined.
6. To plate- divide the grits among serving plates and top with the shrimp mixture. Garnish with parsley and serve immediately.

### Ming Tsai Recipe

#### **Shrimp and Squash Grit Tempura**

*Serves 4*

**Eat Well with Ming:** Squash are an excellent source of vitamin A, vitamin C and potassium!

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

1 cup rehydrated grits  
3 tablespoons rice flour  
1 bottle soda water  
Eggs  
½ teaspoon ground paprika  
½ teaspoon garlic powder  
½ teaspoon ground ginger  
3 tablespoons minced fresh parsley  
1 yellow squash, cut into fries, about 1 inch thick  
1 zucchini, cut into fries, about 1 inch thick  
1 pound U-16 shrimp  
2 juice from 2 lemons  
2 egg yolks  
3 cloves of garlic  
1 cup grapeseed oil

1. Heat canola oil to 375F in a wok.

2. Mix grits with 1-tablespoon rice flour and slowly whisk in soda water, adding enough until you reach a pancake batter like consistency, about  $\frac{3}{4}$  cup total.
3. Add the ground paprika, ginger and garlic with a touch of freshly cracked black pepper and the minced parsley
4. Add zucchini, squash and shrimp and coat in the batter. Add to the wok and fry until golden, brown and delicious, about 6-8 minutes, though make only take 3-4 minutes. Remove from oil and season with kosher salt.
5. In a large cup or a food processor, add Dijon, juice from 2 lemons, egg yolks and garlic cloves. Add in grapeseed oil and using a hand blender gently pull upwards so that everything becomes combined but that you don't break the aioli.
6. To serve, place squash and shrimp on a bed of watercress on a serving platter and place the aioli in a dipping bowl in the center.