

## Season 16 Episode 1602 Jacques Pepin

### Cocktail

#### **Tequila Negroni**

Serves 1

1 ounce Patron Reposado

¾ ounce Campari

¾ ounce sweet vermouth

Dash angostura

lemon twist for garnish

Large format ice cube

**Method:** Add tequila, Campari, both vermouths and angostura into a cocktail shaker with ice. Stir and strain into a chilled lowball glass with a large format ice cube. Garnish with a lemon twist.

### Jacques Pepin Recipe

#### **Onion-Crusted Sole with Anchovy Butter**

Serves 4-6

**Eat Well with Ming:** Anchovies are a rich source of Omega 3 Fatty Acids which help protect cells & fight inflammation.

**Allergy Free Note:** soy free, peanut free, tree nut free, gluten free (pending fried onion brand)

#### **Anchovy Butter**

1 can (2 ounces) anchovy fillets in oil

1 large clove garlic, peeled and sliced

4 tablespoons (1/2 stick) unsalted butter, at room temperature

¼ teaspoon freshly ground black pepper

1 tablespoon dry white wine

1. Process all ingredients in a food processor or mini-chopper until smooth and creamy.
2. If not serving immediately, refrigerate for later use.

#### **Sole**

2 large eggs

4 6-ounce sole fillets

½ teaspoon salt

1 can (6 ounces) French-fried onions

3 tablespoons canola oil

1 lemon, quartered

2 cups watercress

1. Beat the eggs in a shallow bowl until smooth and well combined. Pat the fish fillets with paper towels to dry them thoroughly. Sprinkle both sides with the salt.
2. Put the fried onions in a food processor and process until smooth and powdery. Transfer to a large plate or cookie sheet.
3. Heat the oil in a large nonstick skillet or divide the oil between two slightly smaller skillets.
4. Dip the fish fillets in the eggs and then into the powdered onion. Arrange in one layer in the skillet(s) and cook for 1 ½ to 2 minutes on each side, until well browned and barely cooked in the center, turning carefully with a large spatula.
5. Transfer to warm plates and serve each with a lemon wedge and spoonful of anchovy butter. Garnish serving plate with watercress prior to serving.

### **Butternut Squash Sauté**

Serves 4

**Eat Well With Ming:** Butternut squash is packed with vitamin A & C, both important for hair and skin health.

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

- 1 small (about 1 ½ pounds) butternut squash
- 1 cup diced (¾inch) onion
- 1 tablespoon canola oil
- 3 tablespoons unsalted butter
- ¼ tablespoon salt
- ½ teaspoon sugar
- 2 teaspoons cider vinegar
- 1 cup apple cider
- 2 tablespoons chopped fresh parsley leaves, for garnish

1. Trim the squash at both ends and cut off the neck (part with the seeds). Peel the squash at least twice with a good vegetable peeler to ensure you remove the skin and all the green flesh under it.
2. Cut the squash in half and remove and discard the seeds. Cut the peeled squash into a ¾-inch dice (you should have about 4 cups).
3. Add canola oil to a sauté pan along with the butternut squash, onion, butter, salt and sugar. Add cider vinegar and cider and cover with a lid.
4. Bring to a boil, and boil about 6 minutes, until the squash pieces are somewhat tender.
5. Continue cooking, uncovered, stirring occasionally, until the liquid is completely gone. Cook for a few minutes longer, stirring and shaking the pan to prevent the squash from burning, until the squash pieces are caramelized to your liking.
6. Sprinkle with parsley and serve.

## Ming Tsai Recipe

### **Brown Butter-Onion Glazed Sole with Zucchini “Risotto”**

*Serves 4*

**Eat Well with Ming:** Use zucchini as your “starch” to decrease carbohydrates intake

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

2 tablespoons butter plus 2 sticks unsalted butter cut into tablespoons  
2 sole fillets  
½ white onion, minced  
2 tablespoons black vinegar  
2 zucchini, diced into ½ inch cubes  
5 garlic cloves crushed and minced  
2 tablespoons ginger, minced  
4 scallions, minced, white and green parts separated  
½ white onion, minced  
5-6 fresh basil leaves  
2 tablespoon fresh parsley, minced, separated one for zucchini, one for butter sauce  
Kosher salt and freshly ground black pepper  
1 teaspoon Chinese black vinegar  
3 tablespoons chicken stock  
1 teaspoon extra virgin olive oil

1. In a preheated oven on low, place your serving plate in to warm it up.
2. Season sole with salt and pepper.
3. Heat a sauté pan and add 2 tablespoons of butter.
4. In a second sauté pan add 1 tablespoon canola oil and heat on medium heat. Add garlic and start to sauté. Add in ginger and white scallions.
5. To the sauté pan with the melted butter, add the seasoned sole. Season second side with salt and pepper. After 1 ½ to 2 minutes, flip the sole and allow to finish cooking, about another 1 ½ minutes.
6. Remove sole to hot plate and set aside while you finish the rest of the dish.
7. In the same sauté pan that had the sole, add the 2 sticks of butter. Brown until the butter starts to caramelize, about 6-8 minutes. Add onion, 1 teaspoon Chinese black vinegar and stir. Add fresh basil and 1 tablespoon parsley and stir to combine.
8. Add the zucchini to the sauté pan with the garlic, ginger and scallions. Cook about 4-6 minutes until the zucchini starts to caramelize. Add the chicken stock, 1 tablespoon extra virgin olive oil and 1 tablespoon parsley.
9. To the plates with the sole, spoon brown butter over the fish and plate risotto in a bowl and serve hot.