

Season 16 Episode 1603 Rick Bayless

Cocktail

Paper Plane

Serves 1

¾ ounce amaro nonino

¾ ounce aperol

¾ ounce lemon juice

¾ ounce bourbon

Lemon twist, garnish

Method: Add amaro nonino, aperol, lemon juice and bourbon to a shaker. Filled with ice and pour into an empty cocktail glass. Garnish with lemon twist.

Rick Bayless Recipe

Chilaquiles with Tomatillo Sauce

Serves 4-6

Eat Well with Ming: Tomatillos are packed with vitamins crucial for eye health

Allergy Free Note: shellfish free, peanut free, tree nut free, gluten free (depends on chip brand), fish free, egg free

Tomatillo salsa

1 pound (6-8 medium) tomatillos, husked and rinsed

4 unpeeled garlic cloves

1 or 2 serrano chiles

1 small white onion, sliced ½-inch thick

1. Add all ingredients to a rimmed baking sheet, making sure to spread out ingredients.
2. Slide the baking sheet in an oven as close to a preheated broiler as possible.
3. After 4 or 5 minutes, when everything is blotchy, black, and softening. I turn the vegetables and roast the other side.
4. The vegetables should be cooked through and soft while taking on an attractive bit of rustic char. Once the vegetables are roasted, cool on a countertop.
5. Once the vegetables are cool enough to handle, slip the skins off the garlic and pull the stems off the chiles.
6. In a blender, combine the tomatillos and any of their juice on the baking sheet, garlic, chiles, onion and a scant teaspoon of salt and blend everything together to a coarse puree.

Chilaquiles

3 tablespoons vegetable oil

2 large white onions sliced ¼-inch thick (divided)

3 cups tomatillo salsa (recipe below)

2 cups chicken broth or vegetable broth
12 ounces tortilla chips, preferably thick homemade-style such as Frontera Authentic Taqueria chips
¼ cup Mexican crema, crème fraiche or sour cream thinned with a little milk or cream
½ cup freshly grated Mexican queso anejo or other garnishing cheese such as Romano or Parmesan
Handful of cilantro leaves for garnish
1 roasted chicken, shredded

2. In a 12-inch nonstick skillet, heat the oil over medium-high. Add about 2/3 of the onion and cook, stirring regularly, until richly browned, 8-10 minutes.
3. Add the tomatillo salsa and chicken broth and bring to a rolling boil. Pour the chips and shredded chicken into the skillet and cover with the sauce, gently pressing the chips into the sauce, breaking up into larger pieces, so that all the chips are coated. Cover the skillet with the lid or with a sheet pan and continue cooking for 1-2 more minutes to help soften the chips.
4. Spoon into a bowl and place a small dollop of the crema on top. Top with the queso anejo, rinsed onion and cilantro.
5. Serve hot and enjoy.

Ming Tsai Recipe

Crispy Rice Cake Chicken “Nachos”

Serves 4

Eat Well with Ming: Garlic is high in antioxidant properties

Allergy Free Note: shellfish free, fish free, peanut free, tree nut free

2 jalapenos, thinly sliced
5 raw cloves of garlic, smashed
½ bottle of a good drinkable red wine
8 ounces tamari soy sauce
8 ounces water
2 tablespoons sambal
2 whole star anise
1 cinnamon stick
½ cup local honey
2 inch piece of fresh ginger, sliced thin
6 chicken thighs, bone in, skin on
Canola oil to fry
1 cup full fat Greek yogurt
3 large roasted cloves of garlic
½ bunch cilantro, roughly chopped
Kosher salt and freshly ground black pepper
2 cups watercress

1. Add raw garlic, jalapenos, wine, tamari, water, sambal, star anise, cinnamon stick, honey, fresh ginger and chicken thighs to a pressure cooker, close the lid and set timer for 45 minutes. Once timer has gone off, release the pressure
2. Heat canola oil in a wok to 450-500F.
3. While the pressure is releasing, make the crema by combining Greek yogurt, roasted garlic and ½ bunch cilantro roughly chopped.
4. On your serving platter, lay down the watercress.
5. When oil is heated, add the rice cakes. Once they have doubled in size, about 30 seconds to 1 minute, remove from oil and place on paper towel lined plate.
6. Once all pressure has released from the pressure cooker, remove chicken and shred to remove the bones.
7. On top of the watercress add the fried rice cakes. Top each cake with chicken and spoon a little of the broth over the top, about 3-4 tablespoons total. Add the crema down the middle of the plate and garnish with fresh cilantro to finish.