

Season 16 Episode 1605 Sara Moulton

Cocktail

Gator Bait

Serves 1

1 ½ ounces Bayou Select Rum
½ ounce Bayou Satsuma Liquor
2 ounces pineapple juice
¼ ounce lime juice
¼ ounce passion fruit syrup
1 dash angostura bitters
Garnish with orange wheel and mint crown

Method: Add the rum, Satsuma liquor, pineapple juice, lime juice, passion fruit syrup and bitters to a shaker and add 2-3 ice cubes. Shake 2-3 times and double strain into a glass filled with crushed ice. Garnish with a orange wheel and mint crown.

Sara Moulton Recipe

Alsatian Onion Tart

Makes 3 10x12 inch pizzas

Eat Well with Ming: Using the oil from cooking the bacon to decrease cooking oil needs

Allergy Free Note: Shellfish free, tree nut free, peanut free, fish free, soy free

6 ounces bacon, sliced thin crosswise
4 cups thinly sliced onion, white or yellow onions will work fine
Salt and freshly ground black pepper
8 ounces crème fraiche
1 large egg yolk
Pinch of nutmeg
3 ounces coarsely grated Gruyere cheese
Pizza dough (recipe below) or 1 ½ pounds store bought pizza

1. Preheat the oven to 500F and arrange one of the oven racks on the bottom shelf.
2. In a large skillet, cook the bacon over medium heat, stirring, until it starts to brown, 5 to 8 minutes. Transfer the bacon to paper towels to drain and pour off all but 2 tablespoons of the bacon fat from the skillet.
3. Add the onion to the pan, and cook, covered, over medium heat, stirring occasionally, until very soft, about 10 minutes. Remove the cover and cook, stirring occasionally until golden, about 30 minutes. Season with salt and pepper and set aside.
4. In a small bowl stir together the crème fraiche, egg yolk, nutmeg and salt and pepper.

5. Roll out one third of the dough on a lightly oiled surface into a 10 by 12 inch rectangle, 1/8 inch thick and transfer to a 15 by 17 inch piece of parchment paper. It will shrink and lose its shape so roll it again into a 10 by 12 inch rectangle on top of the parchment paper. Place the parchment sheet on top of a baking sheet and spread one third of the crème fraiche mixture evenly on the dough, top with one third of the onion and bacon and sprinkle one third of the cheese over the whole surface.
6. Bake on the lower shelf of the oven for 8-12 minutes or until the crust is crisp. Check the underside of the crust to make sure it's nice and crispy. Allow to cool slightly so you don't burn your mouth. Serve right away.

Pizza Dough

360 grams (about 3 cups) unbleached all-purpose flour

1 (1/4 ounce) package instant yeast

1 teaspoon sugar

1 teaspoon table salt

1 cup very warm water (120-130F)

1 ½ tablespoons extra-virgin olive oil (or vegetable oil if making the dough for calzones), plus more for oiling the bowl and rolling out the dough

1. Combine the flour, yeast, sugar, and salt in the bowl of a food processor fitted with the metal blade and pulse once or twice.
2. Add 1 cup very warm (120 to 130F) water and the oil; process until dough forms. It should be soft and slightly sticky. If it is too sticky, add more flour, 1 tablespoon at a time. If it is too stiff, add more warm water, 1 tablespoon at a time.
3. Shape the dough into a ball and place in an oiled bowl, turning the dough so the surface is completely coated. Cover with plastic wrap and let rise in a warm place until it doubles in size, about 1 hour. Divide as directed in your recipe or as needed.

Ming Tsai Recipe

French Onion Apple Soup

Serves 4

Eat Well with Ming: Apples are high in fiber & anti-inflammatory polyphenols

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

12 shallots, sliced

3 bulbs of garlic, sliced (about ½ cup total)

4 scallions, thinly sliced

1 heaping tablespoon Dijon mustard

6 white onions, sliced

2 granny smith apples, quartered and thinly sliced

1 bunch thyme, minced

1/3 cup Worcestershire

1/3 cup soy sauce

1 bottle of your favorite cider, Sam Adams Crisp works perfectly here

2 quarts chicken stock

Baguette, sliced 1 inch thick to create slices, place under broiler until crispy

4 ounces of Gruyere, freshly grated

1. Add 1 teaspoon grapeseed oil to a large stock pot. Add shallots and start to caramelize.
2. Add garlic scallions and Dijon and sauté on medium low heat. Mix well then add the onions Season with salt and pepper to taste. Let onions cook for 1 hour until well caramelized.
3. Add apples, Worcestershire sauce, soy sauce, 1 bottle apple cider and 2 boxes of chicken stock. Allow to reduce by 20% on medium-low heat and cook for 1 hour.
4. Drizzle bread with extra virgin olive oil and place bread under broiler for a few minutes to crisp, remove once they start to get slightly crispy.
5. Spoon soup into oven proof bowls and place on a tray. Add a piece of bread on top and garnish with cheese. Broil until the cheese gets nice and bubbly.

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