

Season 16 Episode 1606 Simon Majumdar

Cocktail

English Angel

Serves 1

1 ½ ounce gin

¾ ounce cocchi Americano

¾ ounce Pavan

Bar spoon yellow chartreuse

Dash lemon bitters

Lemon twist, garnish

Method: Combine ingredients in a mixing glass with ice, stir, and strain into a cocktail glass with lemon twist.

Simon Majumdar Recipe

Chicken Tikka Masala

Serves 4-6

Eat Well with Ming: Turmeric has anti-inflammatory properties that help with arthritis, pain relief & GI distress

Allergy Free Note: shellfish free, peanut free, treenut free, soy free, gluten free

Canola oil

2 teaspoons coriander seeds

3 whole cloves

3 green cardamom pods

1 large white onion, minced

3 green Serrano chiles, seeds removed and roughly minced

3 cloves garlic

2 inches fresh ginger

8 chicken thighs (boneless, skinless)

1 teaspoon sugar

1 teaspoon salt

1 teaspoon ground coriander

1 teaspoon ground cumin

1 teaspoon ground chili powder

1 teaspoon ground ginger

1 teaspoon ground cinnamon

1 teaspoon ground turmeric

2 tablespoons thick whole milk yogurt

2 tablespoons vegetable oil

1 12 ounce can tomatoes

2 cups chicken stock

1/2 cup fresh cilantro leaves, divided ¼ cup and ¼ cup
3 tablespoons unsalted butter
¼ cup double (heavy) cream
6 cups cooked Jasmin rice to serve

1. In a wok, add about ¼ cup canola oil along with the whole coriander, cloves and cardamom pods. Stir into the oil to start flavoring the oil.
2. Add the minced onions to the wok. Allow to cook down 4-5 minutes until the onions are nice and soft.
3. Add the garlic and ginger to a food processor and puree until mostly smooth.
4. Place half the garlic and ginger puree to the onions.
5. In a bowl, add chicken thighs and add the second half of the garlic ginger puree.
6. Blend together the peeled garlic and ginger to make a fine paste. Add a little water and salt.
7. Cut the chicken into chunks and place in a large bowl. Add the yogurt.
8. Combine the dry spices-sugar, salt, coriander, cumin, chili powder, ginger, cinnamon, and turmeric.
9. Add half of the ground spices to the chicken with the yogurt. Mix well to combine so that all pieces of the chicken are covered well.
10. Cover the bowl with plastic wrap and allow to marinate for a minimum of 2 hours or overnight.
11. Add the chiles to the onions. Add the tomatoes and chicken stock and reduce the liquid by ½ on high heat.
12. Once reduced, cool liquid. Carefully add to a blender and puree until smooth. Place through a sieve to ensure the sauce is incredibly smooth.
13. Take chicken out of the refrigerator and place the marinated chicken pieces on a aluminum foil lined sheet tray. Place in the oven on broil setting and broil for 5 minutes each side, about 10-12 minutes total. If you have a grill, you can also grill it. They should begin to develop a little char on the outside, which adds to the final flavor of the dish, although be careful not to burn the chicken.
14. Reserve the chicken, making sure to capture all the juices.
15. Add 3 tablespoons of butter to a hot pan and melt.
16. Return the sauce to the pan and add the heavy cream (reserving a little bit for garnish).
17. Add the chicken pieces to the pan along with any juices they have released. Cook the sauce gently until the chicken pieces are warmed through and the sauce has reduced to a thick gravy, anywhere from 5-8 minutes.
18. When ready to serve, garnish with the remaining fresh coriander (cilantro leaf) and drizzle with the remaining cream and serve with jasmine rice and naan to sop up the sauce.

Ming Tsai Recipe

Mom's Curry Apple Chicken with House Rice

Serves 4

Eat Well with Ming: Garlic is has been shown to have cancer protective & anti-inflammatory properties

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

2 tablespoons canola oil
2 pounds bone in chicken thighs
2 onions, diced into 1-inch pieces
2 tablespoons garlic
2 tablespoons ginger
2 red bell peppers, diced 1-inch in size
2 Fuji apples, 1/8 inch cut
3 tablespoons Madras curry powder
1 quart low sodium chicken stock
House Rice, recipe below
Fresh cilantro for garnish

1. In a stock pot, add the chicken thighs and cook a few minutes a side until golden on both sides. Remove and set aside keeping the fat in the pot.
2. Add the onions and start to caramelize.
3. Add the garlic, ginger and curry powder and stir to mix well. Continue to caramelize until the mixture starts to soften, about 6-8 minutes.
4. Add the peppers and apples and sauté, stirring occasionally, until aromatic, about 1 minute. Season with salt and pepper to taste.
5. Add the chicken, season with salt and pepper and add stock just to cover. Mix well so all the flavors incorporate well. Taste to adjust seasoning if necessary, set a cover ajar on the pot and lower the heat to medium low, cook until chicken is tender, about 45 minutes. (If you have a pressure cooker note that you can also use it here, set timer for 40 minutes).
6. Once cooked, remove lid or release the pressure cooker pin to allow steam to release.
7. Spoon rice into a serving bowl and top with chicken and sauce. Garnish with cilantro if desired.

House Steamed Rice

1 ½ cups brown rice
1 ½ cups white rice

1. Rinse brown rice and let soak in fresh cold water to cover for about 1 hour.

2. In the meantime, rinse the white rice by filling a bowl with water and stirring by hand. Drain and repeat until the water in the bowl is clear.
3. Add both the brown and the white rice to a saucepan. Flatten the rice with your palm and without removing it, add water until it touches the highest knuckle of your middle finger.
4. Cover and boil over high heat for 10 minutes.
5. Reduce the heat to medium and simmer for 30 minutes. Turn off the heat and let the rice stand, covered, to plump, 20 minutes. Stir gently and serve.