

Season 16 Episode 1608 Sarah Grueneberg

Cocktail

Maiden Voyage

Serves 1

1 ½ ounces Plantation 3 Star Rum

1 ½ ounces orange juice

¾ ounce Orgeat

¼ ounce Bitter Meletti

Bar spoon heavy syrup

Dash tiki bitters

Orange flag for garnish

Method: Add rum, orange juice, orgeat, Bitter meletti, heavy syrup and tiki bitters to a cocktail shaker with 2-3 ice cubes. Shake 2-3 times and double strain into a cocktail glass with ice. Garnish with a long orange flag.

Sarah Grueneberg Recipe

Tortelli Verdi

Serves 6 as a pasta course

Eat Well with Ming: Swiss chard contains high levels of nitrates which can help lower blood pressure

Allergy Free Note: Peanut free, fish free and shellfish free

18 pieces Tortelli pasta (recipe follows)

¾ cup chicken stock

1 stick butter, diced, unsalted

3 scallions, sliced thin, white and green separated

3 tablespoons white miso

2 tablespoons mirin rice wine

Kosher salt, to taste

¼ cup toasted hazelnut halves

Drizzle of good quality honey, particularly chestnut

½ orange peel, on microplane

1. Bring a 6-8 quart pot of salted water to a boil. Meanwhile, heat the chicken stock with the white scallion bulb, miso, and mirin in a large nonstick sauté pan, bring to a simmer. Add the tortelli to the boiling water and cook until tender for 1-2 minutes. Remove tortelli with a slotted spoon and add to sauté pan.
2. Stir with a spatula over low heat, add butter pat one at a time, swirling the pan to incorporate the butter into the sauce. Season to taste.
3. To plate, place the tortelli on the serving plate, sprinkle each with scallion tops and hazelnuts. Drizzle the balsamic and chestnut honey over the pasta. Grate a little of the fresh orange zest over the pasta. Serve immediately.

Tortelli Filling:

For the greens:

- 1 bunch white (green) swiss chard
- 1 cup onion, small diced (about 1 small onion)
- 4 tablespoons butter
- 1 tablespoon salt

For the filling:

- $\frac{3}{4}$ cup ground parmesan cheese
- Zest of 1 lemon
- 1 pinch fresh grated nutmeg
- $\frac{1}{4}$ teaspoon ground black pepper
- $\frac{1}{4}$ cup fresh whole milk ricotta (for best results, press out whey overnight)

1. Remove chard leaves from the stems and wash both the leaves and stems separately. Chop the stems into a small dice. Tear the leaves slightly to better fit the pan.
2. In a large saucepan, sweat onions and chard stems in melted butter over a medium heat, avoiding any color. Season with half of the salt. Sweat until the onions become translucent and sweet, and the chard stems are tender (about 15 minutes) and Swiss chard is dry, about 10 minutes.
3. Fold in your greens and the remaining salt and allow to wilt but avoid color (about 5 more minutes). Remove from the pan and place all the cooked ingredients in the food processor and pulse until the chard has broken down and turned into a green puree, similar to a thick pesto. Add parmesan and continue blending until fluffy and combined. Add your lemon zest, nutmeg and black pepper in the last minute of blending. Place on a sheet tray and cool in the refrigerator until cold, about 10 minutes.
4. Finally, in a mixing bowl (or stand mixer), fold ricotta into the blended chard and parmesan mixture until fully incorporated. Place your filling in a piping bag to prepare for making tortelli.

To assemble the Tortelli:

Cut the pasta sheets into 3-inch squares. To fill, place a dough square in front of you. Place a teaspoon of the filling in the middle of the pasta square. Lightly spray the pasta with water and place another square of pasta on top of the bottom square. Press the top dough around the filling to eliminate air pockets. Using a round cutter or square ravioli cutter (2 or 3 inch) cut the square with the cutter and place the tortelli on a lightly floured plate. Make roughly 18 torteli.

Basic Pasta Dough

Makes about 1-pound pasta dough

500 grams kilo 00 pasta flour
4 whole eggs
7 egg yolks

1. Mound the flour on a pastry board or other wood or plastic work surface. Make a well in the center and add the whole egg and yolks.
2. Using a fork, gradually fold the flour into the eggs.
3. Knead a few times until smooth, then form the dough into a ball, wrap in plastic and refrigerate for 1 hour or overnight.
4. To roll and cut pasta, cut the dough into 6 pieces.
5. Working with one piece at a time (cover the remaining dough with a moist cloth until ready to use), dust the dough with flour and place between the rollers of a manual or motorized pasta machine at the widest setting.
6. Pass the dough through. Fold the dough in half, sprinkle with flour and roll again. Dust again with flour if the dough becomes sticky.
7. Continue this process, reducing the space between the rollers one setting at a time, until the dough is a thin, smooth sheet.
8. Generally, you can roll the dough 3 times on the first setting before tightening the rollers; then reduce the times you roll by one with each new setting until you reach the last setting (number 6), when rolling once will be enough.
9. The finished pasta sheets should be about 6 inches wide and 12 inches long. Let the pasta sheets dry on a lightly floured board or parchment paper for 5 minutes before cutting.

Ming Tsai Recipe

Ginger - Garlic Chive Wonton Soup with Double Chicken Broth

Serves 4

Eat Well with Ming: Ginger has anti-inflammatory properties that can help reduce muscle pain & arthritis symptoms

Allergy Free Note: dairy free, shellfish free, and fish free

2 quarts store bought chicken stock
Carcass from 1 cooked chicken
2 whole carrots, peeled and diced
1 white onion, minced
2 stalks celery, minced
Bouquet de garni-thyme, bay leaf and parsley
1 egg, whisked
1 tablespoon water
1 bunch garlic chives, finely minced
3 cloves garlic, minced
1 package wonton skins

2 inch knob of fresh ginger, peeled and minced
Rice noodles, rehydrated and chopped up
¼ cup fresh cilantro leaves, picked
Bouquet de garni-thyme, bay leaf and parsley

1. Make the double chicken stock. In a stockpot, add 1 tablespoon olive oil, carrots, and onion and start to break the vegetables down. When the mirepoix has softened, add the chicken bones and 2 quarts of stock and bouquet de garni. Bring to a boil and allow to reduce by 10%.
2. In a small bowl, add egg and 1 tablespoon water, mix well and set aside.
3. In a wok, heat on medium heat with 1 tablespoon oil. Add garlic chives, garlic, and ginger. Season with salt and pepper and cook until everything becomes nice and soft.
4. Once cooked down, remove from stove and place on a sheet tray to cool. Place in refrigerator and let sit for about 10 minutes to cool.
5. Drain double chicken stock into a smaller pot to remove the chicken bones, mirepoix and bouquet garni.
6. Add 1 teaspoon filling in the middle of a wonton wrapper. Place egg wash on two sides and fold one end on top of the other to create a triangle. Press to seal, making sure you get all the air out. Taking both ends of the triangle, wrap ends on the bottom and press to seal, they should look like a Pope's cap.
7. Keep broth hot and when simmering, add wontons to broth and cook until they start to float, about 2 ½ to 3 minutes.
8. Spoon into bowls and serve with broth. Garnish with cilantro leaves and serve hot.