

## Season 16 Episode 1623 Jamie Bissonnette

### Cocktail

#### **New York Sour**

Serves 1

2 ounces Rye or Bourbon  
1 ounce lemon juice  
¾ ounce simple syrup  
2 bar spoons bold red wine  
Large format ice cube

**Method:** Add rye, lemon juice and simple syrup to a shaker with ice. Shake until your hand is cold from the shaker and double strain into a chilled lowball glass with a large format ice cube. Carefully float the spoonfuls of bold red wine on top to finish.

### Jamie Bissonnette Recipe

#### **Chili Beef Stroganoff**

Serves 4-6

**Eat Well with Ming:** A twist on a classic, the sambal helps kick up the heat and is shown to increase metabolism!

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

1 ½ pounds ground beef  
½ pound button mushrooms, sliced  
2 spanish onions, sliced  
2 cloves garlic, minced  
4 ounces butter  
1 ½ cup low sodium chicken or beef stock or water  
¼ cup Sambal Olek (chili garlic sauce)  
2 tablespoons Worcestershire sauce  
3 tablespoons sour cream  
1 bunch scallions, sliced  
2 cups egg noodles (Muller's brand preferred)

1. In a large pot, add butter, onions, garlic and scallion batons over medium heat. Cook until onions are tender. Add mushrooms and cook until tender.
2. Remove all from pot. Add beef and chili garlic sauce to the pot. Cook until brown. Stir in one cup broth and Worcestershire sauce and bring to a simmer. Cook for 10 minutes.
3. Add mushroom and onion mixture back to the pot. Stir, taste, and adjust for seasoning adding kosher salt and freshly ground black pepper if necessary. Add sour cream and warm through until hot (do not boil).
4. Cook noodles separately in a pot of boiling water. Drain and set aside.

5. Heat butter in a wok and melt. Add noodles to large serving bowl. Spoon sauce over noodles, garnish with basil. Spoon a few tablespoons of sour cream on top. Drizzle more sambal over top to finish.

### Ming Tsai Recipe

#### **Tofu Stroganoff**

*Serves 4*

**Eat Well with Ming:** Adding mirepoix and edamame to this dish is an easy way to increase vegetable intake

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

2 carrots, small dice about ¼ inch  
4 ribs celery, small dice, about ¼ inch  
2 onions, diced  
2 blocks of tofu, diced, about ¼ inch  
1 bunch scallions, white and green thinly sliced and separated  
Thai basil  
1 cup Greek yogurt  
¼ cup gluten free tamari  
Lemon, juiced and zest  
Egg noodles  
1 cup shelled edamame, blanched and shelled  
6 garlic cloves, minced  
3 inches fresh ginger, peeled and minced  
1/3 cup vegetable stock

1. Add 1 tablespoon canola oil to a hot wok. Add 2 onions. Season with salt and pepper. Sauté until onions start to soften. Add scallion whites and allow to caramelize, about 5 minutes.
2. Add garlic and ginger and cook 1 minute. Add carrots, celery and edamame and drizzle in tamari. Carefully add tofu.
3. In a pot of boiling water, add noodles back to rewarm. Once re-warmed, drain noodles back onto platter.
4. Drizzle in vegetable stock to the vegetable and tofu mixture and stir to combine. Remove from heat. Add Greek yogurt and stir to combine.
5. Spoon sauce over noodles and garnish with Thai basil, lemon zest and scallion greens.