

Season 16 Episode 1625 Jacques Pepin Special Episode

MT-Red Snapper Sashimi

Serves 2

Eat Well with Ming: Snapper is a great source of selenium, a mineral important for thyroid function & DNA production

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

2 2-ounce pieces of red snapper
¼ cup grapeseed oil
2 tablespoons thinly sliced scallions
1 teaspoon sesame seeds

1. Place the fish in between two pieces of plastic wrap. Carefully pound thinly and then place on serving plate.
2. Place on plate
3. In a small sauté pan, add 1/3 cup of grape seed oil.
4. Season the fish with salt and pepper and garnish with scallions.
5. Add 1 teaspoon of the hot oil to the fish, garnish with sesame seeds and serve.

Pork Scallopini with Apples and Bacon

Serves 3

Eat Well with Ming: Keeping the peel on the apples helps maintain the fiber and antioxidants naturally found in apples

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

3 3-ounce pieces of pork loin
1 apple, thinly sliced
2 slices bacon, diced
2 tablespoons rose cider

1. Pound the pork so that it's about ½ inch thick.
2. Heat a sauté pan with 1 tablespoon oil. Add the pork to the sauté pan and start to cook.
3. Add the bacon to the sauté pan with the pork, cook 2-3 minutes.
4. Add the apples and allow to start to caramelize.
5. Once pork is fully cooked, about 3-5 minutes and apples are caramelized, add cider to deglaze, reduce 1-2 minutes and remove from heat.
6. Add pork to serving platter and garnish with apples and bacon.

Zucchini and Tomato Ratatouille

Serves 4 as side dish

Eat Well with Ming: Cherry tomatoes are low in calories and packed with fiber, vitamin A and C!

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

2 tablespoons butter
1 zucchini, small dice
1 yellow squash small dice
2 cups cherry tomatoes
2 tablespoons fresh basil, roughly chopped
Kosher salt and pepper

1. In a sauté pan add 2 tablespoon butter and canola oil and heat on medium heat.
2. Add the zucchini and squash along with the tomatoes and basil. Season with salt and pepper to taste and cook until tomatoes are cooked down, about 6-8 minutes. Once the tomatoes look like they have started to break down and begin to caramelize, place in a serving bowl and serve warm.

Jacques- Red Snapper with Maitake Mushrooms

Serves 2

Eat Well with Ming: Maitake mushrooms are full of great nutrients and are thought to help decrease cholesterol levels

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

1 6-ounce fillet snapper, skin on, pin bones out
1 teaspoon togarashi
Kosher salt and freshly ground black pepper
1 cup fresh peas
1 orange bell pepper, julienned
1 onion
½ large head maitake mushrooms
½ cup zucchini ribbons

1. In a large sauté pan, add 2 tablespoons butter and 1 tablespoon extra virgin olive oil.
2. Season a 6 ounce fillet of red snapper with the togarashi and salt to taste.
3. Place the fish skin side down in the sauté pan. Place a lid on top to allow the fish to steam, and cook 2-3 minutes.
4. Add the mushrooms, peppers, and peas and place lid back on top, cook another 4-6 minutes or until the fish is fully cooked.
5. Remove from the sauté pan, garnish with the vegetables and top with the zucchini ribbons.

Crepe Flambé

Serves 2

Eat Well with Ming: Bananas are full of potassium, important for muscle recovery

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

4 tablespoons butter
1 cup all purpose flour
2 eggs
1 cup milk, plus 2 tablespoons milk
1 teaspoon salt
1 teaspoon sugar
1 tablespoon butter, melted
banana flambé filling, recipe below

1. Add butter to a large sauté pan and heat on low to start melting the butter.
2. Meanwhile, to a mixing bowl, add flour, eggs, 2 tablespoons milk sugar and salt and whisk ingredients until combined. Add 1 cup milk and whisk. Add the melted butter and whisk to combine.
3. Using a ladle, add 2 ladles full of batter to the sauté pan, or enough to coat the sauté pan (about 1 cup).
4. Cook until golden brown and delicious, 1-2 minutes then flip. Repeat with rest of the batter. Fill with filling and serve hot

Banana Flambé Filling

2 tablespoons sugar
1 tablespoon butter
½ teaspoon lemon zest
Juice from ½ lemon
1 banana sliced
1 tablespoon rum
1 tablespoon mint

1. To a sauté pan, add the sugar, butter, lemon zest, and lemon juice. Mix to combine and start to melt the sugar. Add banana once butter starts to caramelize. Just as bananas are caramelized, add the rum, careful because it can create a flame.
2. Remove sauté pan from heat and add to middle of crepe and fold in half then in half again to finish. Eat warm.

MT-Shrimp and Curry Noodle Soup

Eat Well With Ming: In a 3 ounce serving, shrimp are very high in protein with 90% of the calories coming from protein!

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

½ white onion, lime zest
2 cloves of garlic, minced
2 stalks of celery, small dice

2 tablespoons madras curry powder
Juice from 1 lime
1 red bell pepper, diced
1 jalapeno, minced
1 package rice noodles
1 cup chicken stock
2 cups watercress
6 U-12 shrimp

1. To a sauce pan, add onion, garlic, celery and madras curry powder to sauté pan. Mix to combine and add the lime juice and red bell pepper. Allow to cook down on medium heat.
2. Once the vegetables start to soften, add the chicken stock.
3. In a pot of boiling water, turn the heat off and add the package of rice noodles. Allow to steep to rehydrate, about 2-3 minutes.
4. Add shrimp to the pot and cook, until they are fully cooked through. Season with kosher salt and freshly ground black pepper. Add watercress to the pot and stir to combine and wilt.
5. To plate, using tongs, remove noodles from the pot and place in serving bowls. Top with the shrimp curry stew and serve hot.

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