

Saturday, October 23, 2010

Andrew Zimmern
Travel Channel's[®], Bizarre Foods

Batasiolo Gavi de Gavi
Batasioli Wines

Minced 'Dragon and Phoenix' in Lettuce Cups

Servings: 6

2 whipped egg whites
2 tablespoons corn starch
4 tablespoons Chinese rice wine or sake
2 tablespoons real soy sauce, get a high quality soy, I like Yamasa from Japan
1 pound boneless and skinless chicken thigh, minced fine by hand
1 pound wild ocean caught u-15 shrimp, peeled and deveined and finely diced
4 cups peanut oil
2 tablespoons hot chili paste, Sambal Oleek
1 teaspoon sugar
1 tablespoon plus 2 teaspoons Toban Djan, Lee Kum Kee brand is best (fermented bean paste with chiles and garlic)
1 tablespoon minced ginger
1 tablespoon minced garlic
1 dry hot chili
¼ cup minced scallion
1/2 cup minced red bell pepper
1/2 cup minced celery
1/2 cup diced fresh water chestnuts
½ cup refreshed/rehydrated diced wood ear or cloud mushrooms
3 heads iceberg lettuce

Method:

1. Place the egg, corn starch, half the rice wine, the chili paste and half the soy in a large Zip-loc bag.
2. Add the meat/shrimp and let marinate for 12-16 hours.
3. Remove meat/shrimp from marinade.
4. Heat peanut oil in a wok to 375°F.
5. Fry the meat until cooked through in batches and, using a spider wand, reserve to a plate
6. When finished, pour off the oil through a strainer and refrigerate for another use.
7. Do not wipe the wok.
8. There will be residual oil remaining behind in the pan. This is intended.
9. Return the wok to high heat and when smoking, add the ginger, sugar, garlic and the dried chili.
10. Stir fry for a moment and add the vegetables.
11. Stir fry for a moment and add the meat/shrimp back to the wok
12. Add the remaining rice wine, Toban Djan, remaining soy sauce and cook, stirring, until sauce is reduced to proper syrupy consistency and binds around the other ingredients.
13. Serve with the lettuce, allowing the guests to spoon a few morsels of meat mixture into the lettuce leaves at the table.