Lucky Chow

Episode Guide

#101: Ramen Mania
Ivan Orkin, the renegade New Yorker-turned-Japanese-ramen-chef, discusses ramen culture in New York versus Tokyo. Chef Nakamura from Sun Noodles explains what makes a great bowl of ramen. Later, seafood purveyor-turned-ramen-chef Yuji Haraguchi creates a New York deli-style version of his broth-less ramen dish, mazemen, using sustainable and typically discarded seafood from a nearby supermarket. The episode ends in Berkeley, Calif. with a tour of the local greenmarket from three former Chez Panisse chefs. After traveling to Japan, they opened a restaurant in the U.S. that serves ramen dishes with their local and personal spin.

#102: Koreatown U.S.A.
This episode visits New York and Los Angeles — home to the two largest Korean populations in the United States — to explore what distinguishes each. Both are 24-hour hubs of food and drinking culture. However, New York City's Koreatown covers just one block, whereas Los Angeles' Koreatown seems like a city unto itself. At dinner with Lisa Ling and her husband Paul Song, chef Sang Yoon breaks down the basics of Korean cooking. Back in New York, at *Saveur Magazine's* test kitchen, *Top Chef* winner Kristen Kish, a Seoul-born Korean adoptee, receives her first-ever Korean cooking lesson, a kimchi tutorial, from Korean homemaker and YouTube sensation, Maangchi. The episode ends with a night out at Pocha 32, an export of Korea's popular "tent" restaurants.

#103: Northern Thai Cuisine
Andy Ricker, a carpenter-turned-chef from Portland, Oregon, is known for bringing "authentic" Thai food to America. At a food festival in Las Vegas, Ricker prepares a welcome dinner for the participating chefs at the much-loved Lotus of Siam, with chef/owner Saipin Chutima at the helm. The duo creates their collective version of a spicy Issan dish. At the table, Jet Tila rhapsodizes about the days when his family opened America's first Thai grocery store in Hollywood, Calif., and introduced lemograss, kaffir lime leaves and other ingredients to the American palate. The episode also includes visits to a Thai temple in Los Angeles.

#104: Filipino Entrepreneurs
Filipinos comprise the second-largest Asian-American population nationwide, yet their cuisine is relatively unknown. PJ Quesada, founder of the Filipino Food Movement, explains Filipino cuisine while feasting at his friend Tim Luym's global-Filipino restaurant in San Mateo, Calif. Meet restaurateur Nicole Ponseca, who left her life as an advertising executive in New York to give voice to her culture through food. And finally, the two friends behind Bling Bling Dumplings manufacture thousands of dumplings — from scratch, at home — to serve at Coachella and other festivals.

#105: Bay Area's Pacific Rim Cuisine
This episode introduces Olivia Wu, designer of the original Asian restaurant concepts on Google's "campus." Go behind-the-scenes at Google's first sit-down restaurant, as the assembly line churns out 2,000 servings of the Indian fried rice dish, biryani. A visit to Google's purveyors showcases the ethos of the Bay Area food culture — local, seasonable and sustainable. After a career in Silicon Valley, two retired Japanese executives returned to their ancestral farming roots and constructed an indoor vertical farm which services some of the top restaurants in the Bay Area. The episode ends at a now-mainstream tofu factory.

#106: Chinatown, Reimagined
Track the evolution of Chinese food in America through the lens of two third-generation Chinese-American restaurateurs. Wilson Tang preserves the legacy of his family's dim sum parlor (America's oldest) while opening a fine-dining Chinese restaurant on Chinatown's expanding Lower East Side. Ed Schoenfeld, a self-proclaimed Chinese food expert and owner of one of the most critically acclaimed Chinese restaurants in New York, provides a tutorial on Peking duck preparation. The episode concludes at Hakkasan, a global Chinese brand that includes nightclubs and restaurants from Beverly Hills to Dubai to Shanghai.

Season Two

#201: Japan: Food as Obsession
Japan has mesmerized American foodies for generations, from supermarket sushi rolls to today's Instagram-worthy bowls of chef-driven ramen. Today a new wave of Japanese cuisine continues to intoxicate us. In this episode, we explore American manifestations of "otaku," the Japanese phenomenon that mixes cutting-edge pop culture and food obsession. At a "cat café," sake and delicate Japanese desserts are served with a side of feline companionship. Kawaii, the Japanese cult of cuteness, finds an American outlet among suburban moms who painstakingly assemble – and blog about – elaborate bento boxes. And an American's obsession with sumo wrestling brings to our shores some very large Japanese men and their recipe for chanko nabe, the stew that fuels their thunderous collisions.

#202: Farm to Table, Asian Style
Who are the new rock stars of the food world? Here's a hint: food doesn't get from the farm to your table without a farmer. We walk the dusty fields of California's Central Valley with a laconic third-generation Japanese-American rice grower who hopes his daughters will carry on the family business, and we harvest vegetables in an idyllic Bay Area farm plot where a Korean-American adoptee grows heirloom cabbages and herbs for the Lee brothers, the hoodie-wearing hipsters who run Namu, one of San Francisco's hottest restaurants. And finally, on the beautiful Half Moon Bay coast, we tour the greenhouses where an idea hatched over beers by a pair of non-Asian electricians has turned into America's only commercial wasabi farm, supplying the pungent fresh root to top chefs like Michael Mina and Iron Chef Morimoto.

#203: Food of the Gods
At Asian places of worship across America, visitors are welcomed in the same way: through the simple, generous gesture of offering food. At the Hsi Lai temple in southern California, a visual marvel and one of the largest Buddhist temples in America, saffron-robed nuns are our hosts at a restaurant serving Chinese-style vegetarian cuisine, including dishes shaped and flavored to resemble meat. In Hollywood, the Sikh temple welcomes everyone – from its own members to the local homeless population to visiting film crews – for a rich buffet of lentil curries, hot chai tea and *parathas* made on the spot by the congregation. And at New York's first Indonesian mosque, a bustling food fair offers halal dishes deeply saturated with the spices and flavors of a vast, melting-pot archipelago that's home to the world's largest Muslim population.

#204: Big Business in Little Saigon
From neighborhood restaurants to global powerhouses, the hunt is always on for the next big trend in the food world. With ethnic cuisine driving the industry's growth, and Vietnamese businesspeople increasingly at the forefront, we visit three entrepreneurs who are bringing rice noodles, fish sauce and fiery curries into the mainstream. In the strip malls of Orange County's Little Saigon, a glamorous songstress parlays her image as the Vietnamese Madonna into a thriving trade in banh mi and pho, while a young veteran of the fast-casual giant Chipotle leads the company into a new, nationwide venture based on spicy Southeast Asian grub. And the godfather of Vietnamese cooking in America, Charles Phan, raises the cuisine to James Beard Award-winning heights.

#205: Made in Chinese America
China's rise is not just washing billions of renminbi onto our shores. It's also introducing us to the vast diversity of Chinese food and the powerful hold of Chinese traditions that have nothing to do with fortune cookies and take-out *chow mein*. On San Francisco's storied Grant Avenue, we drop in on a wedding where a second-generation American and his fresh-off-the-boat northern Chinese bride offer a festive fusion: lion dancers gyrating to traditional music and dyed-blonde guests gyrating to a hip-hop D.J., in between the highly symbolic lucky-eight courses of a Chinatown banquet. Then we visit the kitchen of a young entrepreneur who prepares and delivers

"confinement" meals – a strict diet based on ancient principles of "heating" and "cooling" to promote healing after childbirth – to both new immigrants and to Chinese-American women reclaiming the heritage of their great-grandmothers. Our chaser: a nocturnal visit to a cocktail den in Manhattan's Soho that specializes in drinks made with *baijiu*, the fiery Chinese brew that is the world's most heavily consumed spirit.

#206: Indian Cuisine Arrives
Every year trend watchers predict that Indian cooking will finally take off in America the way that Chinese and Japanese did long ago. And every year Americans don't venture beyond chicken *tikka masala* and a chai latte at Starbucks. But thanks to a new generation of chefs and entrepreneurs finding inventive ways to present pungent Indian flavors to American palates, the time may have finally arrived. A former private-equity banker shoots for the big time with a fast-casual concept that channels Chipotle in a zen-like space more like a gallery than a quick-service restaurant. At one of New York's hottest new restaurants, a husband-and-wife team from Australia present fresh interpretations of their grandmothers' dishes in a bright room with a Bollywood vibe. And America's most celebrated Indian chef, Floyd Cardoz, returns from a sabbatical in his home country to open a sister restaurant to the Indian-comfort-food canteen that's been a blockbuster success in Mumbai.

#207: Taiwan's True Flavor
When I tell people I was born in Taiwan, they no longer innocently regale me with stories of their vacations in Thailand. But Taiwanese food, a distinctive blend of rustic aboriginal fare and the refined cooking of the Chinese master chefs who arrived with Chiang Kai-shek in the 1940s, continues to live in the shadow of better-known regional cuisines like Cantonese, Shanghainese and Fujianese. After a shopping trip to a Chinatown market with Cathy Erway, author of "Foods of Taiwan," we make what is perhaps the most famous Taiwanese dish, beef noodle soup, the ultimate late-night craving in a late-night food culture. At Taiwan Bear House, started by young, homesick expats, we sample a New York take on the Taiwanese bento boxes known as *biandang.* In Orange County, we visit the closest American version of the signature Taiwanese night market, where Hugo, a proud son of Taiwan, hawks his wares like a carnival barker and feeds me oyster pancakes and fish balls stuffed with cod roe. Finally we drop in on the Boba Guys, who serve an all-natural iteration of Taiwan's most ubiquitous export, bubble tea, at hipsterized cafes across America.

Season Three

#301: Food as Cultural Collisions
This episode explores how cultures collide when trends meet traditions. Mister Softee taken over by the Chinese government; Brooklyn Brewery is using Japanese hops from Jeju Island; the Fung Bros visits a New Yorker who is reinventing the Shanghainese soup dumpling.

#302: Food as Art
Today, what we watch can be just as appetizing as what we eat. From the Korean art of mukbang to viral sensations, artists both amateur and professional are using food as their medium of choice. Being a foodie today is just as likely to happen in a 24/7 Korean spa as it is in a restaurant.

#303: Food as Global Locavore
It isn't just recipes that get imported and exported between the East and West, but also food practices. The farm to table movement is not at all uniquely American. We travel around China's Hangzhou region with Dai Jianjun of Dragon's Well Manor and to Sang Lee Farms in New York's North Fork to see how widespread this movement to keep things local really is.

#304: Food as Wellness
As bone broth and kombucha line the shelves of your local grocery store, we take a closer look at "food as medicine". From visits to the Traditional Chinese Medicine Centre in China, Manhattan Chinatown's Po Wing Market and Seoul's Kimchi Museum, we learn that food is so much more than just sustenance.

#305: Food as Zen
The next generation of Asian Americans are redefining what it means to be Asian in the U.S. by keeping one foot in the past, and the other in the future. We talk to renegade chefs, entrepreneurs and cultural ambassadors from Canal Street Market to the dance party sensation Bubble_T to see what's in store for the future of Asians in the mainstream.

#306: Food as Beauty
Asian beauty secrets have long held fascination with Western audiences. Charlotte Cho from Sokoglam shows us how the K-Beauty boom is all over mainstream America today. We talk to the (mostly) women leading the charge in the cosmetics and skincare scene and disrupting the American beauty industry, from inside out.

Season Four

#401: Generasians
A fourth-generation Japanese-American farm (Chino Farms). America's oldest tofu shop in the hands of a surprising new owner (Ota Tofu). A mother-son relationship built on a passion for food and a love of heritage (Liv Wu and Erling Wu-Bower) . A historic Hollywood cafe that is part culinary hotspot, part Asians-in-Hollywood history exhibit. A former commander in the South Vietnamese army and CIA collaborator who now owns a James Beard award-winning restaurant (William Vuong). These are the incredible stories of immigrant hope, strength,

perseverance, and courage that define American greatness and illustrate the richness of the Asian experience.

#402: Healing
There is an ancient Ayurvedic proverb that says, "When diet is wrong, medicine is of no use. When diet is correct, medicine is of no need". We explore the idea of functional food and tell stories of individuals who are looking to heal the body, spirit, and global community one meal at a time. Accomplished multi-hyphenate Waris Aluwahlia, celebrated chef Su-Mei Yu along with Nimai Gupta, a farmer who is dedicated to practicing Ayurvedic agriculture show us that consciousness and intent are two of the most powerful ingredients in life.

#403: Innovators
Culinary creativity isn't always found in the kitchen. In today's day and age, innovation on how and what we eat and drink often happens in unexpected places—like the think tanks of Silicon Valley, suburban garages, and next-gen Chinese fast casual spots. We look into the future with three acclaimed women chefs in the Pacific Northwest; the founder of Pared, the game-changing app that has revolutionized how restaurants hire staff; Robert Wang, who invented the Instant Pot because he was looking to invent something to help him cook healthier food for his children; and Lucas Sin, hotshot chef and founder of Junzi Kitchen, who is leading the charge in bringing greater awareness to the diversity of Chinese food.

#404: Hybrids
Through the eyes of four chefs, we explore the vast Asian diaspora and prove that if we are what we eat, we're all a little bit Asian. Cultural and culinary mashups take form in Park's Filipino-American BBQ, J.J. Johnson's Afro-Asian rice bowls, Llama San's take on the unique Peruvian-Japanese flavors known as Nikkei cuisine, and James Syhabout, the two Michelin-star Lao refugee chef who keeps one foot in the past while forging new flavor frontiers.

#405: Curators
The celebration of Asian-American identity and history is taking shape in exciting new ways. In this episode, we meet the editors of Banana, a magazine creating a voice for contemporary AZN culture, visit an urban rice paddy in the heart of New York City, and talk to the creator of the hot Chinese cooking blog, Omnivores Cookbook. We also spend time looking at the future of Asian cocktail culture and how traditional Asian brews like sake and shochu are growing in popularity stateside.

#406: Comfort
Comfort food is nostalgic, hearty, soothing, and has never been more indispensable. Whether it's Chinese food made at home with an assist from cooking blogs like The Woks of Life or Taiwanese and Indonesian classics reimagined by young chefs like Eric Sze (886), Trigg Brown

(Win Son), or Cedric Vongerichten (Wayan), fresh takes on familiar flavors are finding a new generation of hungry fans.

Season Five

#501: Feeding the Spirit
Wellness is front and center in the culinary space right now and this episode gives viewers a first-hand look at its innovators. In Feeding the Spirit, a TCM expert discusses Chinese wellness, we learn about the power of whole flower teas, make a visit to a temple to understand the benefits of a Yogic diet, and discover a 100-acre nature preserve combining food, spirituality, and health.

#502: To Chinatown, With Love
We meet leaders of the grassroots food community advocating for change while preserving the soul of Chinatown. Writer Grace Young takes us on a tour of the oldest restaurants in Manhattan's changing Chinatown, where Mei Lum (Wing on Wo) evolves her family's heritage business, and chefs Helen Nguyen (Saigon Social) and Winston Chiu (Feed Forward) are feeding local residents in need.

#503: Tasting Nostalgia
Food grounded in memories and cultural history somehow tastes better. In this episode, we explore nostalgia with father-son team Hidehito and Kenshiro Uki of Sun Noodles; Cantonese American chef Calvin Eng and his mom, Bonnie; an organization preserving and reimagining 14th century Korean noble cuisine; and the iconic Halekulani hotel where traditional Hawaiian dance and food share a stage.

#504: Drinking Culture
Drinking Culture introduces trendsetters in world of spirits and libations. We meet childhood friends who opened a bar as an homage to their Indian upbringing, the founders of a microbrewery incorporating local Hawaiian flavors, a rum company preserving sugar cane farming and traditional rum agricole, and a chef combining a dynamic bar program with her James Beard Award winning cooking.

#505: Chasing the Dream
Today's trendsetting Asian restauranteurs/entrepreneurs are delighting diners with traditional Malay breakfast (Kopitiam), the unique Thai-Chinese cuisine of Phuket (Wan Wan), reimagined temaki (Nami Nori), luxe Michelin-starred contemporary Korean BBQ (Cote), and reimagined South Indian cuisine (Unapologetic Foods). Learn why Asian food has never been more exciting or inventive.

#506: Paradise on a Plate
On a trip to Oahu, we harvest fruit with the Matsuda family of Kahuka Farms; chef Mark Noguchi prepares an epic potluck dinner; and chefs Michelle and Wade Ueoki get personal when it comes to Hawaiian food while their mentor, chef Alan Wong, creates a tuna poke. We also meet Brooks Takenaka who runs a fish auction that helps regulate, market, and preserve Honolulu's fishing industry.

Season Six

#601: Texasian
Deep in the heart of Texas, Houston is an unexpectedly rich melting pot of Asian and American cuisine. We'll meet three brothers who put Asian fire into Texas barbecue; a chef who gives the traditional Gulf crawfish boil a spicy, wok-fried Vietnamese twist; and a pho master who is helping to turn the traditional broth into America's new comfort soup.

#602: American Roots
In a Wisconsin forest and a Long Island harbor, two families discovered harvests that, with hard work and help from the next generation, turned into thriving businesses. In Wausau, the Hsus are pioneer growers of American ginseng. In Greenport, the Osinskis' backyard oyster farm supplies famous restaurants like Le Bernardin.

#603: Delicious Dreams
All around New York, Asian food entrepreneurs are pursuing projects driven by personal passion, whether it's growing the perfect strawberry, promoting local regenerative agriculture or recreating a small corner of Taipei on the streets of Brooklyn.

#604: Feeding the Family Tree
Moms feed us, but who feeds the moms? We join a 12-year-old Food Network star as he cooks for his family, visit the shop where a renown chef prepares a dizzying array of the Korean staples known as banchan and learn about a meal-delivery service that provides a classic Asian pregnancy and post-partum diet.

#605: Chef Flavors
We cook with Beard Award-winning and Michelin-starred chefs to see how they infuse their cooking with flavor and identity. Benchawan Jabthong Painter and David Skinner prepare elaborate meals reflecting their Thai and Choctaw heritages; Justin Yu combines French rigor with Cantonese instincts; and Anita Lo forages for wild mushrooms for a home feast bursting with umami.