

Fish Forever Favorites



Gyotaku
by Naoki



Hawai'i
American Samoa
Guam
Northern Mariana
Islands



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Regional Fishery Management Council
1164 Bishop Street Suite 1400
Honolulu, HI 96813

Published in the United States
by the Western Pacific Regional
Fishery Management Council under
NOAA Award #NA10NMF4410127.

ISBN 978-1-937863-17-3

*Cover art courtesy of Gyotaku by Naoki (gyotaku.com)
Inside: Fish fillet photos courtesy of The Honolulu Fish Company*

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FOREWORD

The archipelagos of Hawai‘i, American Samoa and the Marianas (Guam and the Commonwealth of the Northern Mariana Islands) are specks of land in the world’s largest ocean. These islands have been inhabited for millennia by the people known today as Hawaiians, Samoans, Chamorro and Refaluwasch. For these ocean people, fish and crustaceans are primary sources of protein. The reefs and the sea are their “icebox,” particularly when preparing for family gatherings, holidays and other special occasions.

In this recipe book, we share with you both traditional fish dishes—such as oka from American Samoa, poke from Hawai‘i and kelaguen from the Marianas—as well as contemporary Pacific island cuisine. Many of the recipes are from renowned chefs specializing in the fusion of native dishes with the seafood traditions of Asian and other immigrant populations who, over the past centuries, have made these archipelagos their home.

The book gathers together the majority of the recipes that the Western Pacific Regional Fishery Management Council has shared over nearly four decades through its *Pacific Islands Fishery News*, at its booth at the annual NOAA Fish Fry, at Teacher Workshops on the Hawai‘i Seafood Industry, during Fishers Forums held as part of its Council meetings and at other events, such as the First Stewards Symposium: Coastal Peoples Address Climate Change.

We thank the many chefs, the Guam Fishermen’s Cooperative Association, *Hawaii Fishing News* and all the others who have shared these recipes with the Council as well as the Hawaii Longline Association and United Fishing Agency for providing fresh fish for the Council to share at these events. We especially thank the fishermen who put fish in our pots and on our plates. We look forward to continued work with them, and with you, as we strive to ensure Fish Forever, especially local fish for local families.

Mahalo, Fa’afetai, Si Yu’us Ma’ase and Olomwaay,

Kitty M. Simonds

Executive Director

Western Pacific Regional Fishery
Management Council



Serving Blue Marlin Tempura at the Western Pacific Regional Fishery Management Council's booth during the 2003 NOAA Fish Fry are (l-r) Council Executive Director Kitty Simonds, Secretary of Commerce Donald Evens, NOAA Administrator Conrad C. Lautenbacher and Honolulu Chef Russel Siu.

BILLFISH

Blue and striped marlin and swordfish are the three primary billfish species landed in the US Pacific Islands.

Indo-Pacific blue marlin, *Makaira mazara*

Hawaiian or Hawa'i local: A'u, Kajiki

Samoa or American Samoa local: Sa'ula

Chamoru or Guam local: Batto'

Refaluwasch or Northern Marianas local:

Taghalaar

Striped marlin, *Tetrapterus audax*

Hawaiian or Hawa'i local: A'u, Nairagi

Swordfish, *Xiphias gladius*

Hawaiian or Hawa'i local: A'u Ku, Broadbill,

Shutome

Samoa or American Samoa local: Sa'ula malie

Chamoru or Guam local: Swordfish

Refaluwasch or Northern Marianas local:

Taghalaar

Hawaiian-Style Marlin Poke

Courtesy of Chefs Eddie Mafnas and Jeffrey Sampson, Firehouse Food Truck and Mafnas Catering and Events, Honolulu

Serves 8

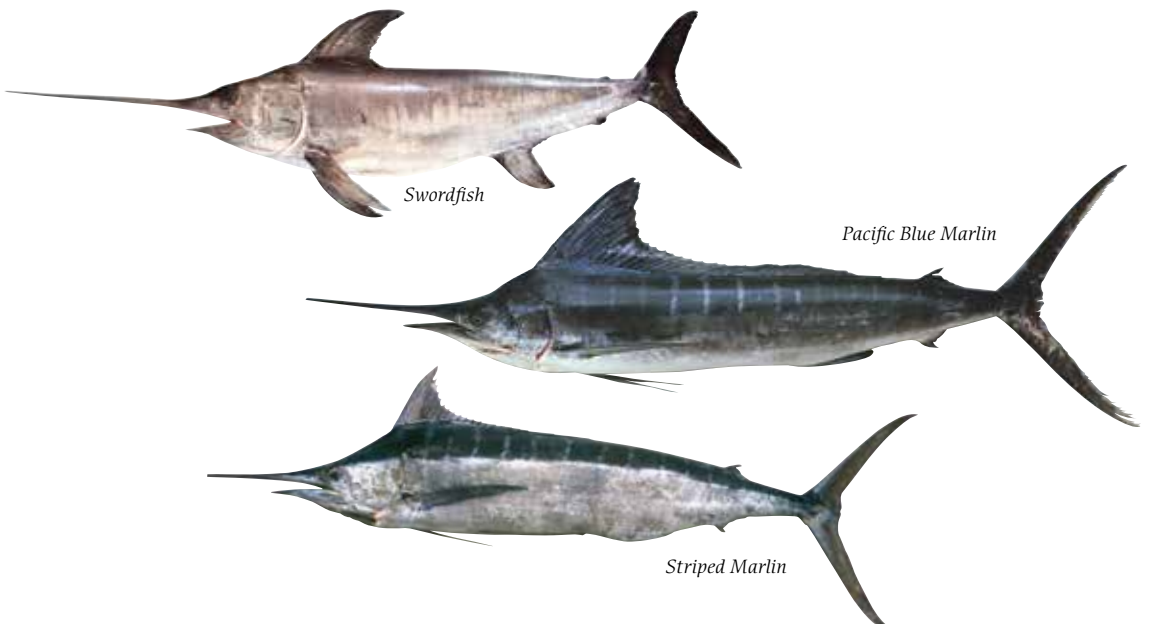
Ingredients

- 1 lb marlin, ½-inch diced
- 6 tbsp soy sauce
- 2 tbsp sambal oelek (Indonesian chili paste)
- 4 tsp sesame oil
- 1 tbsp roasted white sesame seeds
- ½ cup yellow onion ⅛-inch diced
- 2 cloves garlic, finely chopped
- 3 tbsp ginger, peeled and finely chopped
- 4 tbsp dry roasted macadamia nuts, chopped
- 3 tbsp scallions, thinly sliced
- Lemon juice, to taste

Preparation

Combine the soy sauce, sambal, sesame oil, roasted sesame seeds, onion, garlic and ginger in medium bowl. Toss in the marlin and let it sit in the refrigerator for 30 minutes. Stir in the macadamia nuts and garnish with scallions. Add lemon juice.

(Featured at the Western Pacific Regional Fishery Management Council booth at the 2014 NOAA Fish Fry)



Marlin Poke with Tobiko Drizzle, Taro Chips and Black Sesame Seed Garnish

Courtesy of Professor Kusuma Cooray, Kapiolani Community College's Culinary Institute of the Pacific, Honolulu

Serves 6

Ingredients

- 1½ lbs marlin (nairagi) fillet, cut into ½" cubes and chilled
 - ½ cup green onions, chopped
 - 2 tbsp roasted sesame seeds
 - 1 tsp low sodium soy sauce
 - 2 tbsp sesame oil
 - ¼ cup red ogo (seaweed), chopped
 - 1 tsp dried chili flakes
 - 1 tsp inamona* (optional)
 - 1 tbsp Hawaiian salt
 - 2 tbsp olive oil
 - 2 tbsp tobiko (flying fish roe)
 - 6 large taro chips
 - 1 tsp roasted black sesame seed, to garnish
- * Traditional Hawaiian condiment made from roasted, ground and seasoned kukui nut meat

Preparation

Place fish in chilled bowl. Add green onions, sesame seeds, soy sauce, sesame oil, ogo, chili flakes, inamona and Hawaiian salt. Toss to combine the fish with the seasonings.

Plating

Spoon the fish (poke) into chilled serving dishes. Combine olive oil and tobiko, and drizzle around the poke. Garnish the plates with taro chips, and sprinkle plates with black sesame seeds.

(Featured at the Western Pacific Regional Fishery Management Council booth at the 2010 NOAA Fish Fry)

Spicy A'u Tartare

Courtesy of Chef Grant Sato, Kapiolani Community College's Culinary Institute of the Pacific, Honolulu

Serves 6

Ingredients

- 1 lb small diced a'u (marlin or swordfish)
- 1 tbsp salt
- 2 tbsp water
- ½ cup green onions, chopped
- 2 tbsp wasabi tobiko
- 1 tsp sriracha sauce
- 1 tbsp oyster sauce
- 1 tbsp red ebi flakes
- 1 tbsp toasted sesame seeds
- 2 tbsp mayonnaise
- ¼ lb sweet potato or taro chips

Preparation and Plating

Salt the a'u and sprinkle with water. Toss lightly and set aside for a minute. Place the a'u in a bowl, add all of the other ingredients and stir well to combine. Serve chilled with chips.

(Featured in the Pacific Islands Fishery News, Spring 2011, and at the June 2010 Fishers Forum on Hawai'i Seafood - Past, Present and Future, as part of the Western Pacific Regional Fishery Management Council's 148th meeting.)



Spicy A'u Tartare

Kajiki with Jungle Curry Aioli on Asian Slaw

Courtesy of Chef/Owner D. K. Kodama, Sansei Seafood Restaurant & Sushi Bar, Waikiki and Maui

Serves 2

Ingredients

- 2 5- to 6-oz fresh kajiki (or swordfish), steak cut
- Kosher salt and pepper, to taste
- ¼ cup Jungle Curry Aioli
- 3 cups Asian Slaw
- ¼ cup carrots, julienne
- ¼ cup red bell peppers, julienne
- 2½ cups won bok (napa cabbage), cored and slaw cut
- 1 cup wonton wrappers, thinly sliced and fried crisp
- 1 tbsp fresh cilantro, coarse chopped
- 1 tbsp green onions, thinly sliced
- 1 tbsp fresh Thai or Italian basil, coarse chopped
- 2 tbsp peanuts, roasted & salted, chopped
- ¼ - ½ cup Thai vinaigrette

Jungle Curry Aioli

- 1 tsp garlic cloves, minced
- 1 tsp fresh ginger, minced
- Zest of 1 kaffir lime leaf
- 2 tbsp sake
- 1 tsp red curry paste, or to taste
- ½ tsp curry powder
- 1 tsp paprika
- 1 13-oz can coconut milk, unsweetened
- 1 tsp tomato paste
- 1 tbsp peanut butter, creamy style
- 1 cup mayonnaise

Sweat garlic, ginger and lime leaves (zest) in a sauté pan over a medium heat. Add the red curry paste, curry powder, and paprika, sauté for 30 seconds. Deglaze with sake, reduce out alcohol. Add coconut milk and tomato paste. Bring to a

simmer and reduce by half volume. Cool sauce. Blend curry sauce with mayonnaise. Reserve.

Thai Vinaigrette

- 1 tsp garlic cloves, minced
 - ½ cup rice vinegar
 - ½ cup sugar
 - Juice of 1 lime
 - 1 tbsp fish sauce, or to taste
- Blend all ingredients. Reserve.

Preparation

Season marlin fillets on both sides. Heat sauté pan over a high heat, add oil and pan-sear marlin fillets to desired doneness. Chill fillets and reserve (can also be served warm). Meanwhile, place the carrots, bell peppers, napa cabbage, half the fried wontons and peanuts, fresh chopped herbs into a mixing bowl. Add the Thai vinaigrette and toss to coat ingredients.

Plating

Transfer and mound dressed slaw on serving plates. Slice the marlin steaks into 1" pieces. Place slices on top of the slaw. Drizzle with the Jungle Curry Aioli and garnish with the remaining peanuts and fried wontons.

(Featured at the Western Pacific Regional Fishery Management Council booth at the 2006 NOAA Fish Fry)



Pacific Blue Marlin fillet

Blue Marlin Tempura with Seasoned Dashi with Shichimi

*Courtesy of Chef Russell Siu,
3660 on the Rise, Honolulu*

Serves 4

Ingredients

12 2-oz portions of marlin
Salt and pepper, to taste
¼ cup flour
1 cup tempura flour
½ cup ice water (may need more to get desired consistency)
1 quart frying oil (heated to 350 degrees)
Cilantro
Black sesame seeds

Seasoned Dashi with Shichimi

2 cups dashi (Japanese soup stock)
¼ cup teriyaki sauce
3 tbsp ponzu
1 tbsp ginger, finely grated
2 tbsp green onions, chopped
½ tsp shichimi

In a sauce pot add the ingredients, and mix well.

Preparation

Season marlin with salt and pepper. Dredge in flour and shake off excess. In a non-reactive bowl, add tempura flour. Whisk in water slowly until batter has a consistency of thick maple syrup. Place floured fish into batter and coat evenly. Place in fryer for about 3 to 4 minutes.

Plating

Ladle about 3 to 4 oz of Seasoned Dashi onto bottom of a pasta bowl. Place 3 fillets of marlin atop sauce. Garnish with cilantro and black sesame seeds.

(Featured at the Western Pacific Regional Fishery Management Council booth at the 2003 NOAA Fish Fry)

Sautéed Marlin with Malaysian Curry Sauce and Mango Chutney

Courtesy of Executive Chef Ray Dasalla of The Hau Tree Lanai Restaurant (1st prize entrée division winner at the 1991 Hawai'i Seafood Festival)

Ingredients

12 oz striped or barred marlin fillet
5-6 green onions (stems only)
1 tsp Spike seasoning
1 tsp lemon grass, freshly minced
½ cup fresh coconut, shredded
2 oz clarified butter

Malaysian Curry Sauce

2 oz clarified butter
½ cup onion, finely diced
1 tbsp ginger, minced
3 cloves garlic, sliced
6 basil leaves
2 tsp paprika
1 tbsp Malaysian curry powder
3 plum tomatoes, peeled, seeded, finely diced
Lemon juice, to taste
½ cup fish stock
1½ cup coconut milk
4 tsp sugar
½ cup plain yogurt
½ cup sour cream
Salt, to taste

Sauté onions until slightly brown. Add garlic, basil leaves, paprika and curry powder. Sauté 2-3 minutes. Add tomatoes and cook for another minute. Add all the remaining ingredients. Simmer

5-10 minutes. Transfer sauce into blender and blend until smooth.

Fresh Mango Chutney

10 oz Hayden mango, diced
½ cup mint, chopped
½ cup ginger, chopped
Chilies, minced, to taste
Salt, to taste
Sugar, to taste

Mix all ingredients together; chill for 2 hours

Preparation

Run chopstick through the fillet, and lard with green onion stems. Cut into 2-oz fillets, season with Spike and marinate for 2 hours. Sprinkle lemon grass and fresh coconut on fillets. Heat butter in sauté pan and sauté fillets until slightly undercooked.

(Featured in Pacific Islands Fishery News, Spring 2002)



Striped Marlin fillet

Tahitian-Style Nairagi Carpaccio

Courtesy of Chef Nico Chaize, Nico's at Pier 38, Honolulu

Serves 4

Ingredients

- 1-lb block of fresh nairagi (striped marlin)
- Sea salt (Hawaiian salt)
- White pepper
- 3 Tahitian limes
- 1 Maui onion, thinly sliced
- 3 tbs capers
- 2 tbs extra virgin olive oil

Preparation

Cut the nairagi block into extra thin slices. Place nicely displayed on an iced cold platter. Salt and pepper. Squeeze the juice from the limes over the fish. Decoratively add the onion slices and capers. Finish by spooning on olive oil. Chill before serving.

(Featured in the Pacific Islands Fishery News, Summer 2009, and at the Western Pacific Regional Fishery Management Council's Teachers Workshop on the Hawai'i Seafood Industry, April 2009)

Grilled Swordfish on a Bed of Orzo and Spinach Topped with Watercress Beurre Blanc

Courtesy of Chef Nico Chaize, Nico's at Pier 38, Honolulu

Serves 2

Ingredients

- 2 7-oz swordfish steaks
- Rosemary
- Thyme
- Basil
- Olive oil
- Orzo
- Spinach
- 1 cup onions, diced
- ½ cup shallots and garlic
- 1 lemon, whole, peeled
- 2 cups white wine
- 3 cups chicken stock
- 4 cups heavy cream ¼ lb butter
- 1 bunch watercress, fresh



Swordfish fillet

Preparation

Marinate swordfish in herbs and olive oil for 2 hours. Cook orzo, cool down and set aside. Blanch spinach and strain out water. Sauté onions, shallots, garlic and lemon in pot. Deglaze with white wine. Reduce to half. Add chicken stock. Reduce to half and then add heavy cream. Reduce until thick. Strain sauce and blend in blender with butter and watercress. Sauté spinach with garlic, butter and orzo. Grill swordfish 1 ½ minutes each side.

Plating

Set orzo and spinach at center of the plate, place fish on top and pour sauce over the fish. Garnish with fresh watercress.

(Featured in the Pacific Islands Fishery News, Spring 2005)

Asian Tostada with Umeboshi Vinaigrette

Courtesy of Chef D. K. Kodama, Sansei Seafood Restaurant & Sushi Bar, Waikiki and Maui

Serves 4

Ingredients

4 oz marlin
 12 pcs wonton skin
 ¼ cup shichimi
 4 oz rock shrimp
 1 tsp carrot, grated
 1 oz cucumber, seedless, sliced thin
 Pinch of cilantro
 1 oz tomato
 8 oz Umeboshi Vinaigrette
 Pinch of white sesame seeds

Umeboshi Vinaigrette

2½ cups ume paste
 2 cup ume sauce
 6¼ cup rice vinegar
 2½ cup sugar
 ⅝ cup hondashi
 1½ tbsp white pepper
 5 oz soy sauce
 2½ tbsp Coleman mustard
 2½ tbsp garlic, chopped
 72 oz cottonseed oil

Puree ume paste and sauce until very smooth. Remove and place in large mixing bowl. Add remaining ingredients except oil and whip until blended. Add oil and blend.

Preparation

Fry wonton skin and set aside. Coat marlin with shichimi and lightly bake. Blanch rock shrimp in salt water. Mix marlin, rock shrimp, carrot, cucumber, tomato and cilantro together.

Plating

To plate, place 3 pieces of fried wonton in middle of plate. On top, add a quarter of the fish mixture. Top fish with 2 oz of Umeboshi Vinaigrette. Garnish with white sesame seeds.

(Featured at the Western Pacific Regional Fishery Management Council booth at the 2005 NOAA Fish Fry)

Chef Martin's Marlin Roll

Courtesy of the Guam Fishermen's Cooperative Association

Ingredients

2 lbs marlin loin
 Fresh herbs
 Salt and pepper, to taste
 1 carrot
 1 bell pepper
 1 onion
 Cabbage

Preparation

Roll out marlin loin. Sprinkle fresh herbs, salt and pepper onto the sheet of marlin. Cut the vegetables julienne style, place them on one side of the sheet and roll it. After you have rolled your roulade, take some string and tie it at both ends. Bake the roulade at 350 degrees for 15 minutes. Remove from oven, and let stand at room temperature for 5 minutes. Serve with pasta and a light cream sauce.

(Featured in the Pacific Islands Fishery News, Winter 2002)

For additional Pacific Island recipes using billfish, see Ono Limu Poke, Shoyu Poke, Oka Mauga O Alii with Cooked Taro or Green Bananas, Samoan Oka and Tuna Candy Kabobs in the tuna section.



Honolulu Fish Auction

TUNA

Bigeye, yellowfin, skipjack and albacore are the four main tuna species landed in the US Pacific Islands. Honolulu consistently ranks as one of the nation's top 10 ports in value of fish landed due to the fresh, sashimi-quality bigeye tuna landings by the Hawai'i longline fleet.

Bigeye tuna, Thunnus obesus

Hawaiian or Hawai'i local: 'Ahi po'onui,
'Ahi, Mebachii

Samoa or American Samoa local: Asiasi, To'ou

Chamoru or Guam local: Bigeye tuna

Refaluwasch or Northern Marianas local:

Toghu, Sangir



Bigeye Tuna



Yellowfin Tuna

Yellowfin tuna, Thunnus albacares

Hawaiian or Hawai'i local: Ahi kanana,
'Ahi, Shibi

Samoa or American Samoa local: Asiasi, To'ou

Chamoru or Guam local: Kacho

Refaluwasch or Northern Marianas local:

Toghu, Toghu hangar



Skipjack Tuna

Skipjack tuna, Katsuwonus pelamis

Hawaiian or Hawai'i local: Aku

Samoa or American Samoa local: Atu,
Faolua, Ga'oga

Chamoru or Guam local: Bunita

Refaluwasch or Northern Marianas local:

Arangaap, Hangaraap



Albacore Tuna

Albacore, Thunnus alalunga

Hawaiian or Hawai'i local: 'Ahi palaha, Tombo

Samoa or American Samoa local: Apakoa

Chamoru or Guam local: Albacore

Refaluwasch or Northern Marianas local:

Angaraap, Hangaraap

Ono Limu Poke

Ingredients

- 1 lb 'ahi, aku or marlin, cut into bite-sized cubes
- ¼ tsp inamona (kukui nut), chopped fine
- ¼ cup chopped ogo (limu or seaweed)
- ¼ tsp chili pepper, to taste
- 1 tsp Hawaiian rock salt

Preparation

Gently mix fish and inamona. Add other ingredients and mix gently. Do not smash cubed fish by over mixing. Chill and serve.

(Featured in Pacific Islands Fishery News, Fall 1996)

Hawaiian Style 'Ahi Poke

Courtesy of Chef Imposter Peter Apo

Serves 4 to 8

Ingredients

- 2 lbs fresh tuna
- 3 tbsp macadamia nuts chopped fine
- 1 tbsp toasted sesame seeds
- ½ cup chopped green onions or small slices round onion
- 2 tbsp sesame oil
- 1 cup quality soy sauce such as Kikkoman
- 1 tbsp rice wine vinegar

Preparation

Place all ingredients in a bowl. Toss/mix all gently so as not to bruise the tuna.

Plating option, 'ahi poke bowl: Serve as a mini-meal by topping off a small bowl of hot rice with a generous amount of 'ahi poke. Eat with chopsticks to complete this cultural hybrid Hawaiian-Asian dish.



Skipjack Tuna fillet

Shoyu Poke

Courtesy of Hawaii Fishing News

Ingredients

- ½ lb fresh aku, 'ahi, marlin or other fish
- 1 tsp ginger, finely chopped
- ½ cup shoyu
- 1 round onion, quartered and sliced
- 1 or 2 stalks green onion
- Chili pepper flakes, chopped (optional)

Preparation

Cube fish to desired size. Combine with ginger and shoyu. Let stand in refrigerator for at least 1 hour. Combine with onions and pepper flakes.

(Featured in Pacific Islands Fishery News, Spring 2003)

Spicy 'Ahi

Ingredients

- Fresh 'ahi, chopped into small pieces
- Rock salt
- Black pepper
- Sesame oil
- Chili oil
- Chili pepper flakes
- Green onions, chopped
- Paprika

Preparation

Mix the ingredients to fit your taste. Serve over hot rice and enjoy!

(Featured in the Pacific Islands Fishery News, Spring 2001)



What is Poke?

Poke (pronounced POH-keh) is a raw fish salad that is a signature dish in the Hawaiian Islands. This delicious “local grind” is commonly offered as an appetizer or side dish.

In Hawaiian, poke means “to cut into pieces.” Poke’s bite-size pieces of raw fish complemented by a variety of seasonings reflect the diversity of the local culture. Traditionally, Native Hawaiians used fresh, locally available ingredients such as sea salt, limu (seaweed), and ‘inamona (roasted, ground kukui nut) to make poke. Today, poke is available with seasonings and vegetables introduced to Hawai‘i such as shoyu (soy sauce), ponzu (citrus-flavored soy sauce) and sesame oil from Japan; kimchee from Korea; Sriracha sauce from Thailand; and ginger from China. Garlic, lemon, tomatoes, chilies, and sweet and green onions are also featured in poke recipes.

The most common fish used in poke is ‘ahi, but it can also be made with aku, a‘u (marlin), octopus, raw crab, cooked shrimp, clams, smoked salmon or even steak. The options are endless. Just ask Sam Choy, one of Hawai‘i’s most popular and well-known chefs, who hosts an annual Poke Festival and has an entire recipe book dedicated entirely to poke!



‘Ahi Poke Roll

Courtesy of Chef Alan Ballesteros, Henry Loui’s Restaurant, Honolulu

Ingredients

- 1½ lbs fresh ‘ahi, chopped
- 2 tbsp white onion, chopped
- 2 tbsp green onion, chopped
- ¼ tsp cayenne pepper
- 1½ tbsp soy sauce
- ½ tsp sesame oil
- ¼ tsp Hawaiian salt
- 2 tbsp ogo (seaweed), chopped
- Lumpia wrappers
- Honey Mustard Sauce
- 1 tbsp dry mustard mixed with a little water
- 1½ tbsp honey
- 2 tbsp cream
- ½ tsp sesame oil
- ½ tsp soy sauce.

Mix ingredients together until smooth and free of any lumps.

Preparation

Mix first eight ingredients in a bowl. Spoon generously onto lumpia wrapper. Roll wrapper. Use a little water on wrapper edges to seal. Fry on both sides until just brown. Serve with honey mustard sauce.

(Featured in the Pacific Islands Fishery News, Summer 1997)



Bigeye Tuna fillet

Panko-Crusted 'Ahi Sashimi with Soy-Wasabi Butter Sauce

*Courtesy of Chef D. K. Kodama,
Sansei Seafood Restaurant & Sushi Bar,
Waikiki and Maui*

Serves 4

Ingredients

½ lb 'ahi, sashimi grade, cut into 1-inch strips
2 sheets nori (dried seaweed), cut in half
lengthwise
2 cups baby spinach, loosely packed
2 cups baby arugula, loosely packed
Kosher salt, to taste
Black pepper, freshly ground, to taste
Cottonseed, peanut or canola oil
1 cup all purpose flour
1½ cup tempura batter
2 cups panko (Japanese breadcrumbs)
¾ cup Soy-Wasabi Butter Sauce
1 tsp black sesame seeds
1 tsp fresh chives, chopped

Soy-Wasabi Butter Sauce

1 tbsp cottonseed, peanut or canola oil
1 tsp shallot, minced
½ cup dry white wine
1 tbsp fresh ginger, peeled and minced
1 tsp lime juice, freshly squeezed
¼ cup heavy cream
½ cup unsalted butter
3 tbsp sweet Thai chili sauce
1 tbsp wasabi paste
6 tbsp shoyu (Japanese soy sauce)

In sauce pan, heat oil over medium-high heat. Add shallots and sauté until translucent, 1 to 2 minutes. Add wine, ginger and lime juice and cook until reduced by half, about 12 minutes. Add cream and cook to reduce by one-third, about 10 minutes. Whisk in butter until smooth. Remove from heat and strain through a fine-mesh sieve. Stir in chili sauce. In small bowl, combine wasabi and shoyu. Whisk wasabi mixture into butter sauce until smooth. Keep warm until ready to use.

Preparation

Lay a nori, shiny side down with long side closest to you. Cover with a quarter of the spinach and arugula. Leave a ¼-inch border at the top for sealing. Lay a quarter of the 'ahi strips across the center. Season, and roll tightly. Wet inside edge with water, and seal the roll. Repeat with other nori.

In a heavy saucepan, pour oil to depth of 4 inches and heat to 375 degrees. Coat rolls with flour, then dip in tempura batter and then coat with panko. Add rolls to oil and fry. Turn with tongs to coat evenly, until golden brown, no more than 3 minutes. Do not overcook. 'Ahi in center should be bright red and uncooked. Using a slotted spoon, immediately remove from oil. Handling each roll carefully, slice in 6 pieces. Transfer to paper towels to drain.

Plating

To plate, spoon 3 tbsp of Soy-Wasabi Butter Sauce onto each of 4 plates. Place 6 'ahi roll pieces on sauce. Sprinkle with sesame seeds and chives. Serve immediately.

(Featured at the Western Pacific Regional Fishery Management Council booth at the 2005 NOAA Fish Fry. An alternative version from Maui was featured in the Pacific Islands Fishery News, Summer 1998)



Sashimi platter. Photo by John Kaneko.

'Ahi Tuna with Fresh Asparagus-Shiitake Mushroom Ragout served with an Asian au Poivre Sauce

*Courtesy of Chef/Owner D. K. Kodama,
Sansei Seafood Restaurant & Sushi Bar, Waikiki and Maui*

Serves 2

Ingredients

2 5- to 6-oz fillets fresh 'ahi
Kosher salt & pepper, to taste
1 tsp garlic, minced
1 tbsp onions, small diced
½ cup asparagus, bias sliced
½ cup shiitake mushrooms, sliced
2 tbsp white wine
½ cup Asian au poivre sauce
2 tsp chives (optional)
2 tsp tobiko (red flying fish roe) (optional)

Asian Au Poivre Sauce

1 tbsp wasabi powder
2½ tbsp soy sauce
1½ tsp hondashi
1 cup sake
1 tsp garlic, minced
1 tsp black pepper, fresh cracked
1 stick butter, unsalted



Yellowfin Tuna fillet



Albacore Tuna fillet

Preparation

To prepare sauce, combine the wasabi powder, hondashi, cornstarch and soy sauce in a mixing bowl. Reserve. Heat sake, and burn off alcohol in a sauce pot. Add soy sauce mixture, garlic and black pepper to the sake. Whisk to blend. Incorporate the butter (taste, adjust butter accordingly).

Reserve warm.

To serve, season tuna fillets on both sides. Heat sauté pan over a high heat, add oil and pan sear tuna fillets to desired doneness. Transfer tuna fillets onto heated serving plates. Reserve.

Return pan to heat. Add additional oil. Add the asparagus, mushrooms, garlic and onions. Sauté for 15-20 seconds. Deglaze with white wine, and add the au poivre sauce. Toss to coat ingredients. Pour sauce mixture over the tuna.

Optional: Garnish with chives and tobiko.

(Featured at the Western Pacific Regional Fishery Management Council booth at the 2006 NOAA Fish Fry)

Black Magic 'Ahi with Sake Braised Spinach, Ruby Port & Hot Mustard Sauce

Courtesy of Chef de Cuisine Jon Matsubara, Japengo, Waikiki

Serves 3

Ingredients

6-oz block of sashimi-quality 'ahi
1 tbsp canola oil
1 tbsp Japanese pickled ginger

Black Magic Spice

2 tbsp chili powder
2 tbsp sweet paprika
1 tbsp salt
1½ tsp cumin
1½ tsp coriander
1½ tsp ginger
1½ tsp garam masala
1½ tsp cayenne
4 tbsp ground furikake

Combine all ingredients.

Hot Mustard Sauce

¼ cup Coleman's mustard powder
2 tbsp hot water
2 tbsp unseasoned rice vinegar
¼ cup soy sauce

Mix mustard and water into paste. Slowly add rice vinegar and soy sauce. Place in a squirt bottle.

Ruby Port Sauce

½ cup port
2 tsp balsamic vinegar
1 tsp fresh lemon juice
1 tbsp minced shallot
2 tbsp heavy cream
½ cup unsalted butter, chopped
¼ tsp salt
½ tsp pepper

Combine the port, balsamic vinegar, lemon juice and shallot in a saucepan. Bring to a boil over medium-high heat. Reduce the liquid until it becomes syrupy. Add the cream, and reduce by half. Turn the heat to low and gradually add the butter, stirring slowly (do not whisk) until it is all incorporated. Be careful not to let the mixture boil or it will break and separate. Season with salt and pepper, and strain through a fine sieve. Transfer to a double boiler, and keep warm.

Preparation

Place fillets in Black Magic Spice mix, and coat evenly. In a sauté pan pre-heated to medium high heat, add canola oil. Place 'ahi in pan, and sear on all sides keeping 'ahi rare.

Plating

Squirt the mustard sauce in a 2-inch diameter circle. Fill the mustard circle with the port sauce. Slice 'ahi sashimi-style, and put on top of sauce. Add pickled ginger for garnish.

(Featured at the Western Pacific Regional Fishery Management Council booth at the 2012 NOAA Fish Fry)

Seared 'Ahi over Pohole Shoots with Sweet Soy Sauce & Green Onion Oil Drizzle

Courtesy of Chef Russell Siu, 3660 on the Rise, Honolulu

Serves 4

Ingredients

4 fillets fresh 'ahi (5 to 6 oz each)
Salt and pepper
Sesame seeds, black and white
Seasoned Pohole Shoots
Soy Sesame Dressing
Sweet Soy Sauce
Green onions, chopped
Seasoned Pohole Shoots
2 cups pohole shoots (fiddlehead fern),
cut 1-inch long
4 cups water
2 oz white vinegar or lemon juice

Bring water and vinegar to a boil. Add pohole shoots and simmer for about 4 minutes. Remove and rinse with cold water. Refrigerate until ready to use.

Soy Sesame Dressing

½ cup sugar
⅜ cup soy sauce
1½ cups oil
Juice of 2 lemons
⅜ cup sesame oil
2 tsp toasted sesame seeds
Salt and pepper, to taste
Combine ingredients, and whisk until fully incorporated.

Sweet Soy Sauce

1 cup mirin
 ½ cup soy sauce
 ¼ cup sugar
 ¼ cup sake
 ¼ cup sweet chili

In a non-reactive sauce pot, add all of the ingredients. Bring to a boil, and let simmer for about 3 minutes over low heat. Thicken with cornstarch and water. Simmer for another 4 minutes until cornstarch taste is gone and sauce is clear and shiny. Strain through a fine sieve.

Preparation

Heat a fry pan over high heat. Season 'ahi with salt and pepper, and roll into the black and white sesame seed mixture. Sear in pan about 30 seconds per side. Remove and let cool. Slice into uniform slices and reserve on the side. Mix Seasoned Pohole Shoots with ¼ cup Soy Sesame Dressing.

Plating

Divide seasoned pohole shoots onto plates. Place sliced 'ahi over shoots. Drizzle Sweet Soy Sauce over 'ahi. Garnish with green onions.

(Featured at the Western Pacific Regional Fishery Management Council booth at the 2003 NOAA Fish Fry)

Spice-Crusted Seared 'Ahi with Hawaiian Pineapple Chutney, Coconut Sauce and Baby Greens

Courtesy of Professor Kusuma Cooray, Kapiolani Community College's Culinary Institute of the Pacific, Honolulu

Serves 6**Ingredients**

1½ lbs fresh 'ahi fillet, cut into 1½" x 1½" four-sided log shapes
 1 tsp salt
 1 tsp each ground coriander, cumin, paprika and cayenne pepper
 1 tbsp roasted ground sesame seeds
 Baby greens

Hawaiian Pineapple Chutney

1 cup pineapple tidbits (fresh or canned)
 1 tbsp onion, minced
 1 tsp garlic, minced

1 tsp ginger, minced
 1 tsp ground cinnamon
 ¼ tsp cayenne pepper
 2 tbsp sugar, or to taste
 2 tbsp vinegar
 Salt, to taste

Place all ingredients in a non-reactive pan. Place on medium heat. Cook until the pineapple turns to a golden brown glazed consistency. (The pineapple may be cooked a day earlier.)

Coconut Sauce

1 pint unsweetened coconut milk
 1 stalk lemon grass, crushed
 1 tbsp shallots, sliced
 1 medium jalapeno pepper, sliced
 1 tsp curry powder
 Salt, to taste
 Lemon juice, to taste

Place all ingredients (except lemon juice) in a saucepan. Reduce to ¾ cup. Season with lemon juice, and strain.

Preparation

Wipe the 'ahi fillet to remove any moisture. Season with salt. Mix the spices and sesame seeds on a plate. Place 'ahi on the spices, roll to dredge the 'ahi, and refrigerate until ready to cook.

Heat a lightly oiled skillet, and sear the 'ahi on high heat about 30 seconds per side.

Plating

Thinly slice the seared 'ahi, and divide between six plates. Spoon the Hawaiian Pineapple Chutney and drizzle the Coconut Sauce around the fish. Garnish with baby greens.

(Featured at the Western Pacific Regional Fishery Management Council booth at the 2010 NOAA Fish Fry)

Tataki 'Ahi with Asian Coleslaw and Shoyu Vinaigrette

Courtesy of Chef Nico Chaize, Nico's at Pier 38, Honolulu

Serves 4

Ingredients

1 lb block of 'ahi
¼ cup furikake
Olive oil
Shoyu Vinaigrette
1 tbsp rice vinegar
1 tbsp honey
½ tbsp wasabi
5 tbsp shoyu (soy sauce)
Juice of half a lemon
Pinch of chili pepper flakes
1 tbsp sesame oil
Asian Coleslaw
½ cup green cabbage, finely sliced
½ cup red cabbage, finely sliced
½ cup radish sprouts
½ cup carrots, finely sliced
½ cup shitake mushrooms, finely sliced

Preparation

Roll 'ahi in furikake. Heat oil in a hot pan. Cook the four sides of the 'ahi block, so it is seared on the outside and rare on the inside. Remove from heat. Cut the block into thin, sashimi style slices. Mix coleslaw ingredients together. Add the Shoyu Vinaigrette, and mix together. Place Asian Coleslaw in the center of the plate. Display the cut fish all around it.

(Featured at the Western Pacific Regional Fishery Management Council booth at the 2009 NOAA Fish Fry)

Oka Mauga O Ali'i with Cooked Taro or Green Bananas

Courtesy of Chef Sualua Tupolo, executive chef for Sodexo American Samoa and former exclusive chef for three American Samoa governors

Mauga O Ali'i is the mountain in American Samoa where the Governor's mansion is located. This is one of the traditional dishes served at the mansion and throughout the island when having an aiga fiafia (Samoan lu'au).

Serves 8 to 10

Ingredients

2 lbs fresh, chilled asiati fillets, cubed (can also use albacore, marlin or boneless snapper)
¼ tray ice cubes
1 tbsp sea salt
1 quart chilled water
Sea or kosher salt, to taste
White pepper, to taste
1 cup green onions, finely diced
¾ cup fresh lime juice (3 medium limes)
Zest of 1 lime (if not bitter)
1 cup cucumber, peeled, seeded and cubed
2 medium tomatoes, chopped
Red serrano peppers, minced, to taste
2 cups freshly squeezed pe'e pe'e or good quality canned unsweetened coconut cream

Preparation

In a large stainless steel or glass bowl, mix the ice cubes, 1 tbsp sea salt and chilled water. Soak the fish for at least 10 minutes. While the fish is soaking, prepare the rest of the ingredients.

Drain the fish in a colander, and rinse lightly and quickly with cold running water. Make sure to drain the water well. Return fish into a large chilled bowl, and season with salt and pepper.

Wearing gloves (a must when handling hot peppers and raw fish), add the green onions and massage them into the fish before adding the rest of the ingredients in the order listed above. Verify the seasoning, and keep refrigerated until served.

To plate, serve with cooked taro or green bananas (optional).

(Council booth at the 2010 NOAA Fish Fry; in the Pacific Islands Fishery News, Summer 2010; and at the First Stewards Symposium: Coastal Peoples Address Climate Change in 2012.)

Samoan Oka

Serves 8

Ingredients

1 lb asiati ('ahi), atu (skipjack) or sa'ula (marlin), chopped into ½-inch cubes
 ½ cup fresh lemon juice
 Salt
 ½ cup fresh coconut milk
 1 cucumber, seeded and diced
 ½ lb yellow onions, sliced very thin
 1 bunch green onions, chopped thin
 12-15 cherry tomatoes, quartered
 Sea salt and pepper, to taste
 Scallions

Preparation

In a bowl, combine fresh fish, lemon juice and salt and let marinate for 15 minutes. Drain the lemon juice, and add the coconut milk, cucumbers, onions and tomatoes to the bowl. Mix together, and add salt and pepper to taste. Garnish with scallions, chill and serve.

(Featured in the Western Pacific Regional Fishery Management Council booth at the 2014 NOAA Fish Fry. Oka (or Ota), which included celery, was also featured in the Pacific Islands Fishery News, April 1989)

Skipjack Fish Burgers

Courtesy of Guam Fishermen's Cooperative Association

Serves 4

Ingredients

1 lb ground skipjack
 ½ small onion, chopped
 ½ cup mushrooms, chopped
 ½ cup bread crumbs
 1 egg
 1 tsp Worcestershire sauce
 Salt and pepper, to taste
 Oil, for frying
 Water chestnuts, chopped (optional)

Preparation

Sauté onions and mushrooms in a little oil. Remove from the heat. In a bowl combine all the ingredients and form into patties. Pan fry for approximately 4 minutes, being careful not to overcook. Serve in a hamburger bun or with rice.

(Featured in the Pacific Islands Fishery News, Winter 2004)

Tuna Candy Kabobs

Courtesy of the Guam Fishermen's Festival (Gupot Y Peskadot)

Ingredients

2 lbs tuna (or marlin or swordfish)
 Vegetables, such as onion, cherry tomatoes, green/red peppers, cut into chunks
 1½ cups brown sugar
 ½ cup soy sauce
 2 tbsp fresh ginger, minced
 3 tbsp green onion, chopped
 ½ tsp sesame oil
 ⅛ tsp Chinese five spice powder

Preparation

Trimming and tips from cooking grade tuna, marlin and swordfish loins can be put to good use. Slice the fish into small portions suitable for kabobs. Skewer portions (alternating with pieces of vegetable) on bamboo or metal skewers. Mix remaining ingredients together. Marinate the sticks in the mixture for 30 minutes or overnight. Grill at high temperature until fish is medium rare. A crust of sugar will caramelize on the outside of the fish.

(Featured in the Pacific Islands Fishery News, Winter 2000)



Tuna Candy Kabobs.

For more Pacific Island tuna recipes, see Guam-Style Marlin Kelaguen in the billfish section.



SNAPPER

*Pink snapper, *Pristipomoides filamentosus**

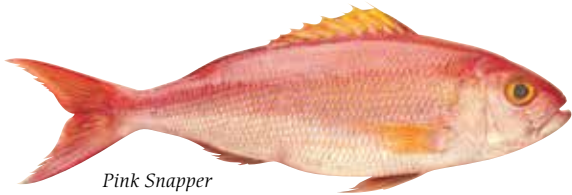
Hawaiian or Hawai'i local: Opakapaka
Chamoru or Guam local: Buninas

*Long-tail red snapper, *Etelis coruscans**

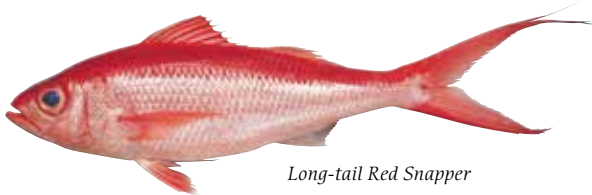
Hawaiian or Hawai'i local: Ula ula koae, Onaga
Chamoru or Guam local: Abuninas

*Grey snapper, *Aprion virescens**

Hawaiian or Hawai'i local: Uku
Chamoro or Guam local: Gogunafon,
Gāsgasnafom



Pink Snapper



Long-tail Red Snapper



Grey Snapper



Frank Goto, general manager, United Fishing Agency, with Northwestern Hawaiian Islands bottomfish fishermen.

Furikake Crusted Opakapaka on Udon Noodles with Sweet Lobster Garlic Butter

Courtesy of Chef/Owner D. K. Kodama, Sansei Seafood Restaurant & Sushi Bar, Waikiki and Maui

Serves 6

Ingredients

2 lbs fresh opakapaka fillets
Cooking oil
¼ cup furikake
3 lbs udon noodles, cooked
½ lb spinach, fresh
Sweet Lobster Garlic Butter
¼ lb Parmesan cheese, shredded

Sweet Lobster Garlic Butter

3 lbs lobster bodies, excluding tail and claws
(can also use shrimp shells)
1 large onion, coarsely chopped
4 oz carrots, coarsely chopped
4 oz celery, coarsely chopped
2 garlic cloves, cut in half
¼ cup tomato paste
1 bay leaf
2 tsp thyme
1 tbsp black peppercorns, whole
⅛ cup garlic cloves, thinly sliced
½ lb unsalted butter
Salt and pepper

Roast lobster bodies in oven at 450 degrees for 10 minutes. Place in stock pot with onion, carrots, celery, garlic cloves, tomato paste, bay leaf, thyme and peppercorns. Fill with water to cover lobster bodies. Simmer 1 hour. Strain. Reduce stock (1 quart) to 2 cups. Sauté sliced garlic. Add lobster stock reduction. Add butter, and whisk in seasonings.

Preparation

Coat opakapaka with furikake. Sear and set aside. Add udon noodles and spinach to Sweet Lobster Garlic Butter. Plate noodles. Garnish with parmesan cheese. Top with seared opakapaka.

(Featured at the Western Pacific Fishery Management Council's booth at the 2005 NOAA Fish Fry and in Pacific Islands Fishery News, Winter 2006)

Ginger Crusted Opakapaka with Plum Chili Sauce

Courtesy of Chef Russell Siu, 3660 on the Rise, Honolulu

Serves 4

Ingredients

4 6-oz opakapaka fillets
1/8 cup ginger, grated
1/8 cup green onion, finely chopped
Cilantro
Kosher salt and black pepper, to taste
1 1/2 cups panko
1/8 cup oil or clarified butter

Plum Chili Sauce

2 cups plum wine
1 cup rice vinegar
Juice of 1 lime
2 tbsp scallion, chopped
2 tbsp ginger, chopped
2 tbsp shallots, chopped
2 tbsp lingham chili sauce
3/4 cup heavy cream
1 1/2 cups butter, unsalted
Kosher salt and pepper, to taste.

In a non-reactive sauce pot, add plum wine, rice vinegar, lime juice, scallion, shallots, ginger, shallots and lingham chili. Reduce by half the volume. Add heavy cream and reduce until cream starts to thicken. Whisk in butter slowly until all of the butter is incorporated. Strain through a fine sieve and season with salt and pepper.

Preparation

Mix together ginger, green onion, cilantro and panko. Season fillets with salt and pepper. Press one side of fillet onto panko mixture making sure that the crust is even across the fillet. Pan-fry panko side down first in a hot pan with oil. When golden brown, turn and continue cooking until fish is cooked through (about 5 minutes over medium heat). To plate, ladle 2 oz of sauce onto center of plate and place cooked fillet onto sauce. Garnish with a sprig of cilantro.

(Featured at the Western Pacific Regional Fishery Management Council booth at the 2003 NOAA Fish Fry)

Baked Onaga

Courtesy of the Maile Room, Kahala Hilton, Honolulu

Ingredients

1 1/2 to 2 lbs whole onaga (ruby snapper)
Salt and pepper, to taste
1 tbsp lemon juice
Dried fennel leaves (optional)
1/2 cup melted butter
1/2 to 1 cup onion, thinly sliced
3 tbsp butter
2 medium potatoes
2 medium tomatoes, quartered
1/2 cup dry white wine
3 tbsp Pernod (anise-flavored liquor)
1 sprig of parsley
1 lemon, quartered

Preparation

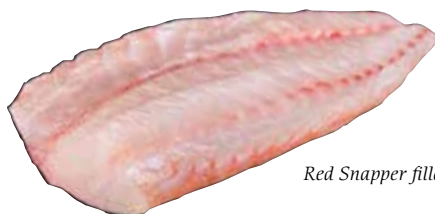
Preheat oven to 375 degrees. Clean fish and season inside and out with salt, pepper and lemon juice. Place fennel leaves inside fish. Brown fish on both sides in melted butter.

Place fish in baking dish, pour over remaining butter, and bake for 10 minutes. Sauté onion in the 3 tbsp of butter and place around fish. Bake another 10 minutes. Peel and thinly slice potatoes, and parboil in salted water. Add potatoes to the fish and bake another 10 minutes. Add tomatoes and pour white wine over fish. Sprinkle with Pernod. Bake for another 5 minutes or until wine is evaporated.

Plating

Place fish on a serving platter, and arrange vegetables around it. Pour juice from the baking dish over fish. Garnish with parsley and lemon quarters.

(Featured in the Pacific Islands Fishery News, October 1988)



Red Snapper fillet

Uku Florentine with Seafood Béarnaise Sauce

Courtesy of Chef/Owner D. K. Kodama, Sansei Seafood Restaurant & Sushi Bar, Waikiki and Maui

Serves 2

Ingredients

2 fillets fresh uku (grey snapper), fillet cut, pin bones removed
 Kosher salt & pepper, to taste
 2 tbsp flour
 1 cup fresh spinach leaves
 Seafood Béarnaise Sauce
 2 cups clarified butter (melted butter with the whey liquids removed)
 ¼ cup red wine vinegar
 2 tsp shallot, minced
 2 tsp whole dried tarragon leaves
 4 egg yolks
 ¼ lemon, for juicing
 Salt & pepper, to taste
 ¼ cup crab meat, cooked
 ¼ cup shrimp meat, cooked and chopped

Melt one pound of unsalted butter in a sauce pot over low heat. Skim off and save the top clarified butter layer. Reserve warm. Meanwhile, heat the red wine vinegar, shallots and tarragon leaves to a slow simmer, and let reduce until the liquid evaporates and is absorbed into the shallots and tarragon leaves. Remove from heat and cool. Place egg yolks into a water double boiler that has been brought to a slow simmer. Whisk the egg yolks until it thickens in volume. Slowly drizzle in the clarified butter, while whisking continuously, to ensure a properly emulsified butter sauce. Add the tarragon reduction, lemon juice and season to taste with salt and pepper. Keep béarnaise sauce warm (not too hot or sauce will separate). Add the chopped seafood to the béarnaise sauce just prior to serving.

Preparation

Season snapper fillets on both sides. Then dust in flour. Heat sauté pan over a high heat, add oil and pan sear fillets to desired doneness. Transfer fillets onto heated serving plates, over a bed of spinach leaves. Reserve. Top the fish fillets with the béarnaise sauce. Serve.

(Featured at the Western Pacific Regional Fishery Management Council booth at the 2006 NOAA Fish Fry and in the Pacific Islands Fishery News, Fall 2006.)



Grey Snapper fillet

Eskabechi/Escabeche

From Real Guamanian Recipes, by way of Dorothy's Kitchen

Serves 2

Ingredients

1 medium-size fish (snapper recommended)
 Salt
 1 clove minced garlic
 1 large onion, sliced length-wise
 2 cups green papaya, chopped
 1 green bell pepper, chopped
 ¼ cup vinegar
 1 cup water
 2 tbsp soy sauce
 1 tbsp cornstarch mixed with cold water
 2 fresh tomatoes, sliced
 3 green onions, chopped
 ¼ cup chopped fresh ginger

Preparation:

Sprinkle cleaned fish with salt inside and out. Let stand for 10 minutes. Bake, fry or grill fish until meat is soft. Fry garlic and onions until soft. Add papaya and peppers, and cook 10 minutes on medium heat. Add vinegar, water and soy sauce. Bring to boil. Add cornstarch that has been mixed with cold water. Stir in and allow sauce to thicken. Spoon over warm fish; let stand in oven for about 5 minutes for flavors to penetrate. Serve with hot rice.

(Featured in the Pacific Islands Fishery News, December 1988 and Winter 2008)

Ginger Steamed Uku on Okinawan Sweet Potatoes with Ogo Seaweed Ginger Tomato Nage

*Courtesy of Executive Chef Eric Leterc,
The Pacific Club, Honolulu*

Serves 4

Ingredients

4 6-oz uku or snapper fillets
2 oz fresh ginger, julienned

Nage

2 cups chicken stock
6 oz unsalted butter
1 cup vine-ripe tomato, diced
1 bunch Chiso leaves, julienned
2 tbsp pickled ginger, chopped
3 tbsp ogo (seaweed), chopped
Salt, to taste

Okinawan Sweet Potatoes

1½ Okinawan sweet potatoes
2 oz fresh ginger
2 cups heavy cream, warmed
Salt, to taste

Preparation

Place fish on a perforated pan, and top with fresh ginger julienne. Place pan in a steamer or over boiling water to recreate a steaming environment. Cook about 6 minutes or until the fish is soft to the touch.

In a sauce pot, prepare the tomato nage. Heat the chicken stock to boiling. Then, using a whisk, add the unsalted butter, diced tomato, julienned Chiso leaves, pickled ginger, chopped ogo and seasoning. Keep the nage at a lower temperature as you add the ingredients and until the dish is served to maintain the fragrance of the ingredients.

Prepare the Okinawan sweet potato. Peel the potatoes and fresh ginger, and place them in a pot with cold water. Cook at medium to high heat until soft. Then put them through a vegetable mill or food processor. Mix the mashed potatoes to a semi-soft consistency by adding the hot cream. Season to taste.

Plating

Place the potatoes in the middle of the plate. Using a spoon or ladle, pour the nage around the potatoes. Finish by placing the uku filet on top.

(Featured at the Western Pacific Regional Fishery Management Council booth at the 2009 NOAA Fish Fry)



Pink Snapper fillet

For more Pacific Island recipes using snapper, see Oka Mauga O Alii with Cooked Taro or Green Bananas in the tuna section.

CRUSTACEAN

Lobsters, *Panulirus marginatus*, *P. penicillatus*

Hawaiian or Hawai'i local: Ula

Chamoru or Guam local: Mahongang

Deep Sea Shrimp, *Heterocarpus* sp.



Photo by James F. Schlais. From "Shrimping Hawaiian Style". 1983. *O'ahu Magazine* 7, no. 2:17.



Spiny Hawaiian Lobster

Spiny Hawaiian Lobster Bisque

Courtesy of the Maile Room, Kahala Hilton, Honolulu

Ingredients

5 spiny lobsters
1 medium onion, chopped
1 medium carrot, chopped
2 leeks, chopped
3 stalks celery, chopped
1 clove garlic, minced
½ cup parsley, chopped
1 bunch thyme
1 cup dry white wine
1 bay leaf
2 tbsp tomato paste
6 peppercorns
2 quarts fish stock
1 bunch dry fennel
¼ cup olive oil
1 quart light cream
3 cups tomatoes, chopped
Brandy (optional)

Preparation

Clean lobsters and cut the meat of four into 1-inch pieces, reserving one lobster tail for presentation. Combine chopped onion, carrot, leeks, celery, and garlic with parsley and set aside. Prepare a spice bag by combining thyme, bay leaf, peppercorns and dry fennel. In a casserole dish, heat olive oil to the smoking point. Sauté lobster pieces about 10 minutes or until bright red. Pour in three quarters of the brandy and flame. Add diced vegetables and sauté for 10 minutes. Deglaze with white wine and reduce completely, then add tomato paste. Add tomatoes, spice bag, fish stock, salt and pepper. Bring mixture to a boil, reduce heat, simmer gently for 40 minutes. Strain through a China cap strainer, squeezing through all the vegetables and lobster meat. In a small saucepan, bring cream to a boil and reduce to half. Cut reserved lobster tail meat into small pieces. In a separate saucepan, sauté lobster tail meat. Flame with remaining brandy. Add lobster and stir in reduced cream. Adjust seasoning with salt and pepper to taste.

(Featured in the Pacific Islands Fishery News, November 1988)

Lobster a la Barbeque

Courtesy of Sylvia Spalding, Western Pacific Regional Fishery Management Council staff member

Ingredients

Large lobster(s)
Butter
Cognac

Preparation

Split lobster in half lengthwise. Add a dab of butter and a generous splash of cognac to each half. Lay on a hot grill until the flesh is cooked. Serve sizzling hot.

(Featured in the Pacific Islands Fishery News, Fall 1998)

Broiled Deep Sea Hawaiian Shrimp with Garlic and Capers

Ingredients

2 large cloves garlic
¼ cup olive oil
½ tsp dry basil
2 lbs deep sea Hawaiian shrimp (heads off)
¼ cup butter
½ tsp dry mustard
¼ cup lemon juice
1 tbsp capers

Preparation

Brown chopped garlic in butter. Turn off heat and stir remaining ingredients into pan. Pour mixture over shrimp tails and broil, taking care not to overcook, about 3 minutes.

(Featured in the Pacific Islands Fishery News, February 1990)

Deep Sea Hawaiian Shrimp Steamed with Dill

Ingredients

½ cup dry white wine
2 cloves coarsely chopped garlic
3 lbs deep sea Hawaiian shrimp
½ cup water
1 tbsp dill weed
2 tbsp butter

Preparation

Combine wine, water, garlic and dill weed in bottom of large pot. Cover and bring to boil. Add whole shrimp and steam several minutes. Remove shrimp to large bowl and reduce liquid by a third. Add butter, stir until melted and transfer to dipping bowls. Break shrimp open, enjoy the juice in the head portion, and dip the tail in sauce. Serve with french bread and lots of napkins.

(Featured in Pacific Islands Fishery News, February 1990)



Spread from American Samoa including a spiny lobster.

OTHER FISH

Bigeye scad, Selar crumenophthalmus

Hawaiian or Hawai'i local: Akule, Hahalu

Chamoru or Guam local: Atulai

Octopus, Octopus cyanea, O. omatus

Hawaiian or Hawai'i local: He'e, Tako

Chamoru or Guam local: Gamson, Gumson

Dolphinfish, Coryphaena spp.

Hawaiian or Hawai'i local: Mahimahi

Moonfish, Lampris spp.

Hawaiian or Hawai'i local: Opah

Pomfret, Bramidae

Hawaiian or Hawai'i local: Monchong

Shark, Lamnidae

Hawaiian or Hawai'i local: Mano

Chamoru or Gaum local: Halu'u

Gorilla ogo, Gracilaria salicornia



Bigeye scad from the Northern Mariana Islands



Dolphinfish or Mahimahi

Akule ala Fishery Attaché

This recipe, formerly known as Aji* ala Fishery Attaché, was developed by former Council fishery consultant Bob Iversen when he was the Fishery Attaché at the U. S. Embassy in Tokyo from 1980-1983.

Serves 4

Ingredients:

- 4 medium-sized fresh akule, cleaned but left whole for stuffing
- 1 medium onion, chopped
- 2 green onion, chopped
- 2 tomatoes, chopped
- ¼ cup olive oil
- ¼ white wine
- 2 tbsp shoyu (soy sauce)

Preparation:

Make a marinade of olive oil, white wine and shoyu. Add the diced vegetables and marinate for at least for one hour. When ready to stuff, butterfly the akule fillets. Carefully pack the stomach cavity of each akule with the marinated vegetables. Place stuffed akule on a large piece of aluminum foil (about 12 x 24) that has been folded in half, so that foil is doubled. Pour the leftover liquid over the stuffed akule. Wrap up the foil around the fish and fold in all sides tightly so that no steam or juices escape. Bake in pre-heated oven at 350 degrees for about 15-20 minutes. Serve in foil with steamed rice on the side.

* Aji is the Japanese name for akule.

(Featured in the Pacific Islands Fishery News, Winter 2010)

Quick Octopus Pupu

Courtesy of the Captain Cook Hotel, Christmas Island; reprinted by permission from Hawaii Fishing News.

Serves 6

Ingredients

- 1 whole cleaned octopus (tako)
- 1 cup of shoyu
- 1 "finger" ginger root
- 2 cloves garlic, chopped
- Sugar, to taste
- Tabasco, to taste



Preparation

Boil the octopus until it turns red. Remove it from the pot, and cut the octopus into small pieces. Put the pieces into a serving bowl, and add shoyu (it should come to the same level as the octopus pieces). Add remaining ingredients, and serve.

(Featured in the Pacific Islands Fishery News, Winter 2003)

Mahimahi Chowder

Ingredients

- 1 lb fresh mahi mahi fillet
- 2 cups cubed, pared potatoes
- 2 tsp salt
- ½ tsp pepper
- 3 slices bacon
- ½ cup onion, chopped
- 2 cups milk
- 3 tbsp flour

Dolphinfish fillet



Preparation

Cook potatoes in 2 cups water for 5 minutes. Cook bacon until crisp. Drain and crumble. Reserve drippings. Cook onion in drippings. Add crumbled bacon, onion, salt and pepper to potato mixture. Cut mahi mahi into 2-inch cubes, add to mixture and simmer for 5 minutes. Slowly blend milk into flour, add to chowder stirring constantly until mixture thickens.

(Featured in the Pacific Islands Fishery News, Summer 2004)

Smoked Hawaiian Opah Tartare with Watercress Salad and Breadfruit & Taro Crisps

*Courtesy of Chef de Cuisine Jon Matsubara,
Japengo, Waikiki*

Serves 4

Ingredients

1 lb opah (moonfish) fillets, cut into 4-oz cubes
 ¾ cup mayonnaise
 1 tbsp Italian parsley, chopped
 1 tsp tarragon
 1 tsp chives
 3 tbsp Meyer lemon juice
 2 tbsp shallots, minced
 Watercress Salad
 Breadfruit & Taro Crisps
 Watercress Salad
 1 bunch watercress, (pick most tender sprigs)
 1 lb cherry tomatoes cut in half
 1 heirloom radish sliced thin on mandolin
 ½ cup Meyer lemon juice
 1 cup olive oil

Mix lemon juice and olive oil with salt to taste.
 Mix all ingredients in a bowl.

Crisps

1 sweet potato, peeled, sliced thin and soaked
 in water
 1 breadfruit, skinned, sliced thin and soaked
 in water
 1 taro, peeled, sliced thin and soaked in water
 Dry thoroughly and fry at 350 degrees.

Preparation

Brine fillets for 10 hours and smoke with keawe wood for 45 minutes. Cut fillets into small dice and mix all the ingredients into a bowl. Season to taste, if necessary. Serve with salad and crisps.

(Featured at the Western Pacific Regional Fishery Management Council booth at the 2012 NOAA Fish Fry and in the Pacific Islands Fishery News, Summer 2013)

Opah Pupu

Serves 6-8

Ingredients

2 lbs opah belly,
 cut 1" x ½"
 ½ lb bacon strips, cut in thirds
 ½ lb butter
 2 tsp garlic, chopped
 2 tbsp lemon juice
 2 tsp green onion, chopped
 Toothpicks



Moonfish fillet

Preparation

Wrap opah with bacon and secure with toothpick. Place wrapped fish in heated skillet. Turn when brown. In a separate skillet, heat butter until it starts to brown. Quickly add garlic, lemon juice, and green onion. Remove from stove. Place fish on platter and pour sauce over.

(Featured in the Pacific Islands Fishery News, Winter 1999)

Misozuke Opah

When preparing this recipe, seek the opah belly portion which is more marbled and flavorful than the top fillet portion.

Serves 4-5

Ingredients

2½ to 3 lbs opah fillets, sliced into
 2-3 oz portions
 Kosher salt
 12 oz white miso
 3 oz mirin
 7 oz sugar
 1 tbsp fresh ginger root, finely chopped

Preparation

Salt fish portions with kosher salt, ½ tsp per fillet, on both sides. Set aside for 60 minutes to draw out excess water. Combine white miso, mirin, sugar, and ginger root, and marinate fish for 2 days in refrigerator. Wipe marinade off with paper towel leaving light coating. Bake fish on a sheet pan at 350 degrees for 5-10 minutes on each side, or until fillets begin to brown.

(Featured in the Pacific Islands Fishery News, Spring 2004)

Tandoori Style Opah with Yogurt, Cucumber Sauce and Sweet Potato Chips

Courtesy of Professor Kusuma Cooray, Kapiolani Community College's Culinary Institute of the Pacific

Serves 6 as an appetizer

Ingredients

1 lb opah fillet
1 tsp minced garlic
1 tsp minced ginger
Salt
2 tbsps plain yogurt
1 tbsp tandoori paste*
3 tbsps melted butter
6 sprigs Chinese parsley
Sweet potato chips

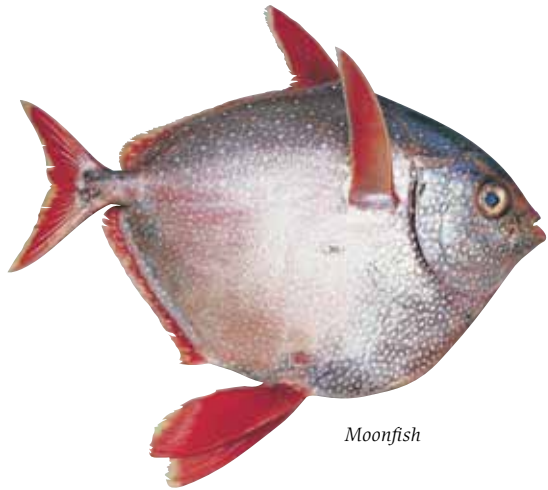
Sauce

1 cup plain yogurt
1 cucumber, peeled, seeded and coarsely grated
1 tsp sugar
½ tsp ground cumin
Salt and lemon juice to taste

Mix all together, and refrigerate until ready to use.

Garnish

12 slices of tomato
1 small red onion thinly sliced and refreshed in cold water
Salt, pepper and lemon juice to taste
Mix together when ready to use.



Moonfish

Preparation

Slice the fish diagonally into 1/2-inch thick slices (about 12 slices). Rub in the garlic and ginger with salt to taste. Refrigerate the fish for about 30 minutes.

Beat yogurt and tandoori paste together, and pour on the fish. Move the fish around to coat well with the tandoori mix. Cover and refrigerate 4 to 5 hours.

Place fish on a sheet pan, drizzle the butter on, and broil on high heat for 4 to 5 minutes until done.

Plating

Place 2 pieces of fish tandoori in the center of each plate. Drizzle yogurt sauce around the fish, and top each plate with the Garnish of dressed tomatoes and onion. Additionally, garnish with Chinese parsley sprigs and sweet potato chips.

**Tandoori paste can be found in Indian grocery stores. Wear gloves when using the product as it can stain your fingers.*

(Featured at the Fishers Forum: Hawai'i Seafood—Past, Present and Future, as part of the 148th meeting of the Western Pacific Regional Fishery Management Council, June 2010)

Curried Monchong with Rice Pilaf and Chutney

Courtesy of Professor Kusuma Cooray, Kapiolani Community College's Culinary Institute of the Pacific, Honolulu

Serves 6

Ingredients

1 1/2 lbs monchong fillet cut in 1-inch cubes
 1 tbsp olive oil or any cooking fat
 1/2 cup chopped onion
 1 tsp minced ginger
 1 tsp garlic
 1 stalk lemon grass, crushed
 1 1/2 tbsps curry powder (preferably Asian curry powder for seafood)
 1 medium size tomato, chopped
 1 jalapeno pepper, seeded and sliced
 3/4 cup water
 Salt
 Juice of 1 lemon (to taste)
 1 1/2 cups coconut milk
 Rice pilaf
 Chutney
 Mint

Preparation

Heat the oil, add onion, and sauté to a light gold color. Add ginger, garlic and lemon grass, and sauté for 2 to 3 minutes. Add curry powder, tomato and jalapeno pepper. Stir in the water, and season with salt and lemon juice to taste. Cover and cook for 2 to 3 minutes.

Fold in the fish, and stir in the coconut milk. Simmer 4 to 5 minutes or until the fish is cooked through. For best results, cool the curry, place in the refrigerator overnight, bring to a boil, and serve.

Plating

Plate rice pilaf. Spoon the fish curry around. Place a spoonful of chutney beside the rice pilaf, and garnish with a sprig of mint.

(Featured at the Fishers Forum: Hawai'i Seafood—Past, Present and Future, as part of the 148th meeting of the Western Pacific Regional Fishery Management Council, June 2010)

Naked Monchong with Crab Stuffing and Sautéed Vegetables

Courtesy of Chef Nico Chaize, Nico's at Pier 38, Honolulu

Serves 2

Ingredients

7 oz monchong (pomfret) fillet
 2 oz crabmeat
 1 onion
 2 stalks celery
 2 garlic cloves
 2 tbsp heavy cream
 3 tbsp bread crumbs
 2 tbsp butter
 1 zucchini
 1 carrot, shredded
 Juice of 1 lemon
 Pinch of salt, pepper and paprika

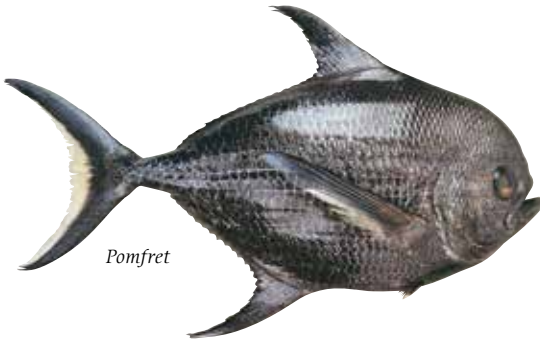


Pomfret fillet

Preparation

Cook the crabmeat with half onion, the celery and the garlic. Finish with heavy cream and bread crumbs. Let the crab mix cool down. Cut a pouch into the monchong fillet and stuff it with crab mix. Add salt, pepper, and paprika, and sauté until brown. Then bake for 18 minutes at 350 degrees. Serve with butter and lemon juice. Garnish with sautéed zucchini, carrots, the other onion half and garlic.

(Featured in the Pacific Islands Fishery News, Fall 2011)



Pomfret

Hawaiian Fish Stew

Courtesy of Barbara Gray and the State of Hawaii, Department of Business, Economic Development & Tourism, Honolulu

Serves 8

Ingredients

- 1½ lbs Hawaiian monchong (pomfret)
- 1½ lbs any combination of ulua, mahi mahi, ono, Hawaiian bottomfish or crustacean
- 2 oz olive oil
- 8 oz onion, coarsely chopped
- 8 oz bell pepper, coarsely chopped
- 1 garlic clove, minced
- 3½ lbs whole tomatoes, coarsely chopped, drained
- 8 oz dry white wine
- 2 tsp salt
- 1 tsp fresh thyme (or ¼ tsp dried)
- ¼ tsp black pepper, coarsely ground
- 2 bay leaves
- 1 tsp parsley, minced

Preparation

Skin and bone fish. Cut into 1-inch cubes. Heat olive oil in a large skillet and sauté onion, bell pepper, and garlic until tender, about 2-3 minutes. Add tomatoes, white wine, half of the salt, thyme, black pepper and bay leaves, blend well. Bring to a boil, reduce heat and simmer uncovered, for 15 minutes or until slightly thickened. Sprinkle fish cubes with remaining salt. Place fish on top of sauce. Simmer, covered, for 10-15 minutes or until fish flakes easily with a fork. Sprinkle with minced parsley.

(Featured in the Pacific Islands Fishery News, Spring 1999)

Steam Fish - "The Easy Way"

Courtesy of Senator Wadsworth Yee, Chair of the Western Pacific Regional Fishery Management Council, 1976-1986

Ingredients

- Fresh fish, cleaned and scaled
- Hawaiian salt
- Ginger, sliced
- Green onion, chopped
- Dried turnip (chung choy), chopped
- 1 tsp vegetable oil
- White pepper
- Shoyu (soy sauce)
- Chinese parsley

Note: The amount of spices used depends on individual taste—a splash here and a dash there.

Preparation

Place fish in large bowl. If fish is too large, cut fish in half and place both halves in the bowl. Rub fish lightly with Hawaiian salt. Place ginger, green onion and dried turnip (chung choy) over fish and inside gut cavity. Sprinkle vegetable oil and a light shower of white pepper over fish. Fill a large pot with 1 ½ inches of water. Place the bowl of fish in pot and cover. Boil water for 5 to 8 minutes and then simmer for 10 to 15 minutes (longer for larger fish). When reducing the heat to simmer, sprinkle some soy sauce over the fish. Do not overcook as the fish will get tough. Experience will help you to judge how long you should cook your fish. Sprinkle Chinese parsley over the fish before serving. Not only will it enhance the appearance and taste, parsley is supposed to be good for people with high blood pressure.

(Featured in the Pacific Islands Fishery News, Summer 2005)

Lime-Soy Seafood Marinade

Courtesy of Paul Bartram, Western Pacific Regional Fishery Management Council contractor and former staff member

Ingredients

½ cup soy sauce
 ½ cup olive oil
 ¼ cup fresh lime juice
 2 tbsps sherry
 1 tbsps ginger, minced
 2 tbsps grated zest of lime

Preparation

Combine soy sauce, olive oil, lime juice, sherry, ginger and zest of lime. Blend well. Marinate fish for about an hour, turning occasionally. When broiling or barbecuing fish, baste frequently with the marinade. Any left-over marinade can be boiled in a sauce pan and poured over the cooked fish. Do not overcook the fish, it should be very soft, moist and tender on the inside.

(Featured in the Pacific Islands Fishery News, July 1989)

Chamoro-Style Fish Stew

Courtesy of the Guam Fishermen's Cooperative Association

Ingredients

2 lbs fish, sliced 2 inches thick
 ½ onion, chopped
 ¼ cup vinegar
 ½ cup water
 1 clove garlic, chopped
 1 green pepper, chopped
 ½ cup rich coconut milk
 Salt and pepper, to taste

Preparation

Place all ingredients, except coconut milk, in a kettle and cook for about 20 minutes on medium heat or until fish is cooked. Do not boil. Add coconut milk and remove from direct heat. Serve hot with steamed rice.

(Featured in the Pacific Islands Fishery News, Fall 1999)



Shark Matelote

*Courtesy of Fishes of Polynesia
 by Raymond Bagnis et al.*

Ingredients

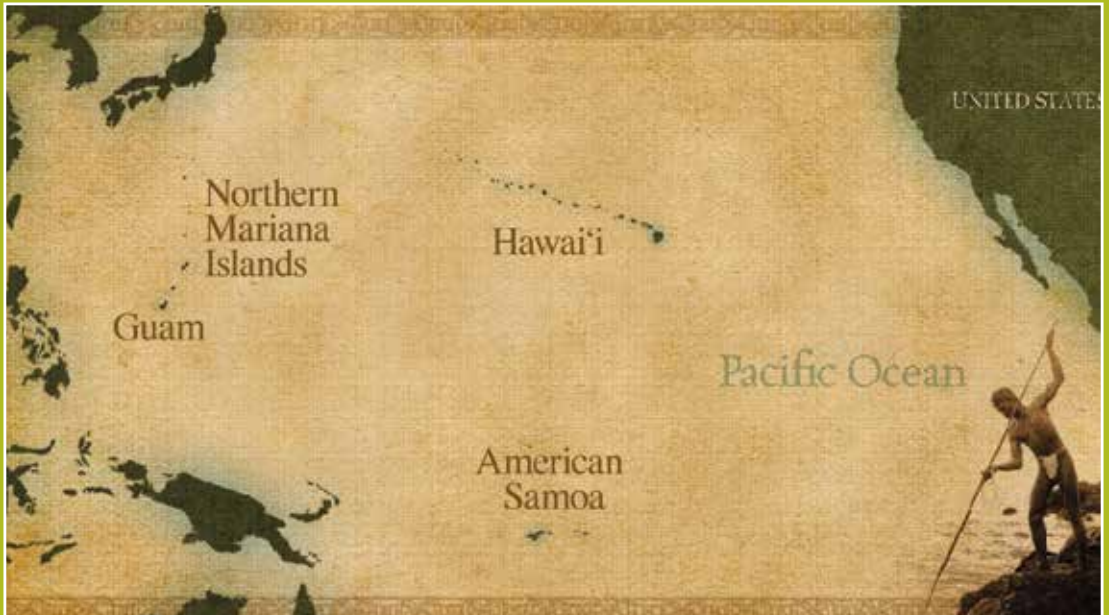
1 small shark or several shark fillets
 2 tbsps parsley, chopped (reserve some for garnish)
 1 medium yellow onion, chopped
 ½ cup white wine
 1 garlic clove, minced
 2 tbsps butter
 2 tbsps oil
 1 sprig thyme
 4-5 bay leaves
 ½ cup red wine
 Flour
 Salt and pepper, to taste

Preparation

Skin and remove the red muscles from a small shark. Cut fillets of white meat from the back, and then wash them thoroughly under a running tap to remove smell. Make a stock by simmering some finely chopped parsley and onion in a little white wine and water, for 15 minutes, and then strain. In a frying pan, brown a chopped shallot or onion and a clove of garlic in a mixture of butter and oil. Add the fillets, stock, thyme, a few bay leaves and a little red wine. Watch the fillets carefully as shark meat tends to flake apart when overcooked. Remove the fish when it seems properly cooked, and thicken the sauce with some butter and flour to a consistency that will stick to the back of a spoon. Salt sparingly and pepper. Arrange the fillets on a serving dish then cover them with the sauce and sprinkle with chopped parsley. Serve with fried croutons and boiled potatoes.

(Featured in the Pacific Islands Fishery News, Winter 1998)

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ISBN 978-1-937863-17-3