

Ono in a Creamy Tahini Sauce

MAKES 4 SERVINGS

INGREDIENTS

1 tsp	olive oil
1	onion, diced
2 tsp	cumin
1 tsp	sumac
1¼ tsp	sea salt
2 cup	water
2 tsp	tahini (<i>sesame butter</i>)
2 tsp	lemon juice
1 lb	ono fillet, cut bite-sized

DIRECTIONS

1. In a heavy-bottomed skillet sauté onion in oil over medium-low heat. Cook until the onions are a deep brown, stirring occasionally (about 15 minutes).
2. Add cumin and cook for 2 minutes. Add sumac, salt and water. Stir in tahini and lemon juice.
3. Add fish and cook for 5 minutes, or until fish is opaque and firm. Add more water if sauce gets too thick.



*Recipe and Bottom Photo Courtesy
Kapi'olani Community College Culinary Arts Department
Left Photo: David Itano*



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