

Hawaiian Kanpachi Recipes We are Grateful For!



<u>Thanksgiving Kanpachi:</u> <u>A Fresh And Easy Centerpiece</u>

SERVE UP SOME DELICIOUS DISHES FROM THE SEA!

SPAPAPAPAP

SPRP





www.blueoceanmariculture.com

<u>THANKSGIVING KANPACHI:</u> <u>A FRESH AND EASY</u> <u>CENTERPIECE</u>

This Thanksgiving, bring something fresh and exciting to the center of your table with a whole grilled Hawaiian Kanpachi. Known for its mild, buttery flavor and delicate texture, Hawaiian Kanpachi is the perfect alternative to traditional turkey. It's a dish that's not only delicious but also incredibly simple to prepare, making it a great choice for a busy holiday.



All you need is a whole Hawaiian Kanpachi, a handful of fresh herbs, and a grill. With minimal prep, this fish transforms into a show-stopping centerpiece that's full of flavor and sure to impress. Its versatility also means you can add your own twist, whether that's a sprinkle of citrus, a touch of garlic, or any herbs you have on hand.

Celebrate this Thanksgiving with a lighter, flavorful option that's easy to make and sure to bring a bit of island-inspired warmth to your holiday table. 1.1.1.1.1.1.

INGREDIENTS

(Serves 6)
1 Whole Hawaiian Kanpachi, gutted and gilled
¼ cup Kona Sea Salt
2 Whole Lemons
2 Tablespoons of pepper
2 Whole Lemons



THE PROCESS

Gut, gill and clean your fish. Slice the fish in half from the belly. Sprinkle salt and pepper to your preference. Hawaiian Kanpachi is naturally flavorful and the richness comes out in this recipe. Slice one lemon and place inside the cavity of the fish. Juice one full lemon and pour it on the interior of the fish.

Heat grill to full heat and baste it with cooking oil. Allow the grill to heat fully.

Place the entire fish on the grill and allow to cook for 10 minutes. You will know it is ready when it cleanly releases. Flip the fish and cook for another 10 minutes. To ensure it is cooked fully, the meat inside should not be pink. It should also be firm to touch and the pin bone will pull easily out of the meat.

Serve family style, or the center of the table entrée with fresh herbs and lemon slices for garnish.

www.blueoceanmariculture.com

On The Menu: Hawaiian Kanpachi

Previously known as: Kona Kampachi/Kanpachi Distribution: Wild populations of Seriola rivoliana extend around the globe. Native species exist from California to Peru, the Azores to Spain, and Japan to the Philippines. Seriola rivoliana is called kanpachi by the Japanese and kahala in Hawaiian. When young, the distinctive bands centered over the eyes look similar to the Japanese symbol for the number eight ("pachi" or "八"), giving the fish its name, "kan pachi" or "center eight." Kanpachi is marked by a dark blue-green upper body with a lavender-tinted belly and elongated fins.

Ocean Mariculture raises each of our Hawaiian Kanpachi to the highest standards of quality and taste, in an environmentally conscious and safe manner, with deep respect for the oceans. With a clean, fresh, and subtle flavor profile, firm flesh, and slightly pink coloration, our kanpachi is extremely versatile and prized by Japanese itamae and top chefs around the world.

Hawaiian Kanpachi is an excellent source of lean protein and omega-3 fatty acids, helping reduce the risk of high cholesterol, heart disease, and high blood pressure. Our fish are raised without antibiotics or hormones. Nothing tells the story of arrival, coalescing and innovation of cultural traditions on the islands as deliciously as the variety of cuisines that make Hawaii a foodie mecca. It all starts with Hawaii's first people, the Native Hawaiians and the 'āina of the islands ('āina refers to that which feeds, that being the land and its produce, as well as the sea and the all the things from it).

"I am so fortunate to partner with a company that adheres to a mission of value and responsible farming and it shows in the quality of the fish. The versatility of this fish is unmeasurable and we are still just seeing what its potential is."

Culinary Chef Ambassador/James Beard Award Winner/ Iron Chef Winner, *Chef Vitaly Paley*



The Main Dish TASTE. VERSATILITY. TEXTURE. AVAILABILITY.



erterterterterterter



Award winning chefs have sought out our story because of the quality of our product...

Chef Preferred Fish



Hawaiian Kanpachi: Endless Possibilities





Blue Ocean is the only open ocean ASC certified finfish farm in the US. Additionally, we are members of Stronger America Through Seafood, a US organization that builds increasing support for expanding opportunities for American aquaculture which currently meets only 5-7% of U.S. demand for seafood. While aquaculture supplies over 50% of seafood globally and is the fastest growing food sector in the world, it is still an untapped industry in the United States.

The U.S. imports 90% of the seafood we eat and ranks 16th in production of farmed seafood. As a result, our seafood trade deficit is \$14 billion and growing.

Responsible marine aquaculture has the potential to feed a growing population, increase the resilience of the global food system and mitigate climate change, making it a valuable tool for the U.S. to meet its climate goals.

Blue Ocean supports the development of US aquaculture and as a leader through our commitment to the ASC certification we see ample opportunity to others to build from our success.





Critically acclaimed Chef Vitaly Paley as Culinary Ambassador in Kona, Hl...



Perishable News.com

ASC Brings Big Island Flavor to Philly's Sustainable Seafood Scene...



fish site US offshore aquaculture lobby welcomes six new industry groups...





Big Island Finfish Farm Hopes To Lead The Way In Sustainable Aquaculture...





Aquaculture Stewardship Council partners with Blue Ocean Mariculture for James Beard event...



<u>Hear what they are saying</u> about our Hawaiian Kanpachi and responsible farming...

Media and Newsroom

