



Hawaiian Kanpachi Congee

If you walk down a snack food aisle at just about any grocery store in Hawaii, you will come across many dried Asian seafood ingredients like cuttlefish, scallops, and ebi shrimp. I incorporated them all into this recipe. The addition of Hawaiian Kanpachi makes this dish especially delicious and hearty.

Prep Time: 30 minutes

Cook Time: 60 minutes

Total Time: 90 minutes

Serves 4

Ingredients:

1/2 cup white short grain rice

4 cups water

2 cups low sodium chicken stock

1 teaspoon Hondashi powder

2-inch square dried konbu seaweed

1/4 cup Shaoxing wine

1-ounce dried shrimp

1-ounce dried cuttlefish

1-ounce dried scallops (optional)

2 tablespoon minced fresh ginger

1/4 cup chopped green onion

1/4 cup peanut or vegetable oil plus more for sautéing the fish

2 tablespoon shoyu

1/4 teaspoon rice wine vinegar

1/2 teaspoon granulated sugar

Dash of ground white or black pepper

4 drops sesame oil

4 (4-ounce) skin-on Hawaiian Kanpachi fillets

Kosher salt



"Hawaiian Kanpachi is sustainably farmed in the deep waters off the Kona coast, and its versatility allows for a number of preparations that we feature on our menus."

-Chef Brian Hirata

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Preparation

To make the Rice:

Rinse rice in a colander and drain. Add rice and water to a medium size pot. Cover and bring to a simmer over medium heat. Cook for 50 min, stirring occasionally to prevent from sticking.

Note: keep an eye out on the rice for the first 5 min or so of cooking time as the starchy water sometimes likes to climb up and over the pot. A wooden chopstick across the top of the pot helps prevent it from overflowing.

Once the rice is completely cooked, stir it vigorously with a wooden spoon or silicone spatula to break up the rice. Set it aside and keep warm.

To make the Broth:

In a medium sized sauce pot, add chicken stock and over medium heat bring to a simmer. Add Hondashi, konbu, Shaoxing wine, followed by dried shrimp, cuttlefish and scallops. Simmer all together for 5 minutes and turn the heat off to steep.

To make the Sauce:

While the broth is steeping, add ginger and green onion into a small heat proof glass or stainless-steel bowl. In another, larger bowl, assemble shoyu, rice vinegar, granulated sugar ground pepper and sesame oil.

Heat the vegetable oil in a sauté pan or a small sauce pot over high heat until it begins to smoke. Quickly and carefully add the hot oil into the bowl with green onion and ginger and stir. Let the mixture sit and cool for about 5 minutes. Add all but about two table-spoons of oil into the larger bowl with the rest of the sauce ingredients and mix well. Discard the remaining oil or save for another use.

To make Congee:

Bring the dried seafood broth back to a simmer over medium heat and add in all the cooked rice. Simmer all together for 5-10 minutes, depending on how wet or dry you like your congee.

To cook Hawaiian Kanpachi and finish plating:

Lightly salt the fillets on both sides and let them sit for about 10 minutes to allow the salt to absorb into the meat. Dab off any excess moisture with a paper towel.

Add a few tablespoons of oil into a nonstick pan big enough to cook all the fish. Heat the pan over medium high heat till oil begins to shimmer. Place the Hawaiian Kanpachi into the pan skin-side down and sauté for 2 to 3 minutes per side, depending on the thickness of the fillets and your desired doneness.

To check for doneness, use a cake-tester to probe the thickest part of the filet. The cake tester will slide easily through when fully cooked. Alternatively, use a food probe thermometer to check for an internal temperature of 130° for medium rare.

Remove fillets from pan and place onto congee. Serve immediately with the ginger and green onion sauce on the side or drizzle on top of the rice.