



Hawaiian Kanpachi Poke and Crispy Kanpachi Kama

This is a recipe that features two parts of the Hawaiian Kanpachi. It uses the delicious collar as a bowl for the Kanpachi poke. This recipe is brought together by supporting 10 sustainable food resources.

Prep Time: 20 min

Cook Time: 5 min.

Total Time: 25 min

Serves 4

Yield: 2 ounces poke and one whole collar per person

Ingredients:

3 tablespoons sunflower oil plus 1 quart for frying collars
1 tablespoon chopped garlic

8 ounces boneless and skinless Hawaiian Kanpachi filet
1 teaspoon Kona Kiawe smoked salt
3 ounces Maui onion, julienned
2 tablespoons chopped green onion
3 ounces Hana cherry tomatoes, quartered
1 tablespoon ogo, chopped
1 teaspoon kukui nut
1 tablespoons moringa leaf, chopped
1 Hawaiian chili pepper, finely diced

4 whole Hawaiian Kanpachi Collars
Kona Sea Salt
Fresh Ground Black Pepper
2 cups Ulu all-purpose flour



"The Hawaiian Kanpachi is one of my favorite fish as a chef, it's a chef's choice fish. It is fresh, healthy, and sustainable here in Hawaii, and best yet it is versatile with any cooking application, you can eat it raw or cooked in every cooking method or technique possible. It is fantastic being enjoyed as sashimi, sushi, ceviche, poke or any raw fish recipe. The richness of the fish while eating it raw or seared is buttery, mild, and simply delicious. It has a perfect natural fat content which is clean and light tasting, firm, flaky and mild in flavor when cooked."

- Chef Perry Bateman

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Poke –

Hawaiian Kanpachi – Blue Ocean Mariculture

Kiawe smoked salt – Kona Sea Salt

Maui Onions – Kula Country Farms – Farmer Chauncey Monden

Green Onion – Kupa’a Farms

Cherry tomatoes – Hana Fresh Farms

Ogo – Royal Hawaiian Sea Farms

Roasted Kukui Nut (unsalted) – Paradise Farms of Hawaii

Moringa leaf – Ha’awina Farms

Hawaiian Chile Pepper – Uncle Robbbie’s Farm in Huelo

Maui Sunflower oil - Maiden Hawaii Naturals

Maui Garlic – Kupa’a Farms – Gerry Ross

Crispy Kanpachi Collars –

Hawaiian Kanpachi Collars – Blue Ocean Mariculture

Kona Sea Salt – Kona Sea Salt

Ulu all-purpose flour – Hawai’i Ulu Cooperative

Maui Sunflower oil - Maiden Hawaii Naturals



To Make the Sunflower Garlic Oil:

Take 3 tablespoons Maui Sunflower Oil and 1 tablespoon chopped garlic and cook over low heat on the stovetop until garlic starts to lightly brown then take off the heat and transfer to a small ramekin. The garlic will continue to brown. Please do not burn the garlic or it will be bitter. Your goal is light brown and toasted garlic. You will be using the garlic-infused Sunflower oil and the toasted garlic. If you have some infused oil and toasted garlic left over, you can use for other recipes. Set aside and cool.

To make the Poke:

Cut Kanpachi filet into ½-inch cubes then place in a medium mixing bowl. Add the Kona Kiawe smoked salt, Maui onion, green onion, cherry tomatoes, kukui nut, moringa leaf and Hawaiian chili pepper. Pour in the garlic oil and toasted garlic to taste. Mix lightly and chill.

To cook the crispy Kanpachi Kama (Collar)

Heat the rest of the sunflower oil until 365F. Then season Kanpachi Kama with salt and pepper, dredge in the ulu all-purpose flour, and cook the Kama in the hot oil until crispy. You may have to fry each kama individually because of the amount of oil. The bigger the pot the more oil you will need the more you can cook at once. You can also oven roast the Kanpachi Kama at 475F until crispy. Season with salt and pepper but do not dredge in the ulu flour if oven roasting. Roast for about 10 to 12 min.

Serve the crispy collar on the plate with fresh or sour poi, top with the poke and enjoy.