



## Seared Hawaiian Kanpachi with Cauliflower Romesco

This recipe highlights traditional Italian condiments with a contemporary twist. I use locally grown cauliflower and pine nuts in place of peppers and almonds to make my version of white romesco sauce that pairs perfectly with pan-seared Hawaiian Kanpachi. The fish is also complemented by charred vegetables and a bright and briny fermented giardiniera to balance the dish. This Giardiniera is also made with carrots and cauliflower locally grown at Kekela Farms. At Beach Tree Restaurant we use our signature brand of olive oil. I highly recommend you purchase a bottle of this delicious oil to take home because it will make this dish extra special. Of course, feel free to also substitute with your favorite brand.

Prep Time: 3 Days

Cook Time: 15 Minutes

Total Time: 3 Days

Servings: 4 People

### Ingredients

2 cups Romanesco

1 cup fresh shucked corn

4 6-ounce pieces skin on Hawaiian Kanpachi fillets

Sea salt and freshly ground black pepper

Vegetable or grapeseed oil for searing the fish

4 tablespoons unsalted butter

Few sprigs of thyme

1 cup cauliflower romesco (recipe follows)

2 tablespoons carrot giardiniera (recipe follows)



- *Chef Richard Polhemus*

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## Roasting the Vegetables

Preheat an oven to 400F and place Romanesco and corn on a sheet tray lined with parchment paper. At Beach Tree Cafe we blanch both ingredients prior to roasting to speed up the process, but it is not necessary. If Romanesco (an heirloom variety of cauliflower) is not available, white cauliflower can be substituted. Roast both vegetables until golden brown, approximately 12 minutes.

## Pan Searing Hawaiian Kanpachi

Season kanpachi fillets generously with salt and pepper on all sides. Preheat two skillets on medium high heat, before adding a small amount of oil to each pan. Place two fillets in each pan, skin side down, and sear for two minutes, before reducing the heat to medium. The fish is only cooked on the skin side. We never turn the fish over. We call this process “vertical sear”. It ensures crispy skin while keeping the fish tender and flaky. At this point, add 2 tablespoons of butter and several sprigs of thyme to each pan. As butter melts, repeatedly spoon the hot butter over the tops of a fish to baste it. Continue doing this until the fish reaches an internal temperature of 130F. Then set aside to rest for several minutes while starting to plate the dish.

## Plating the dish:

Place a spoonful of romesco sauce on the bottom of the plate. Then place the fish, crisped skin side up in the center of the sauce. Follow with roasted vegetables surrounding the fish. Finally garnish with a small amount of carrot giardiniera on top of each piece of fish and serve right away. Buon Appetito!

## Cauliflower Romesco

2 cups cauliflower, cut into small florets

1/4 cup pine nuts, lightly toasted

1 tablespoon (3 cloves), peeled garlic

1 teaspoon freshly ground coriander

1 teaspoon preserved lemon, pith removed, use only the rind

1 tablespoon white anchovy

1/2 cup extra virgin olive oil

Sea salt

Blanch cauliflower florets in salted, boiling water for 3 minutes, then shock in an ice bath to stop the cooking. Repeat a similar technique with garlic. Place garlic cloves into a small pot, cover them with cold water then bring to a boil. Strain and repeat this process three times, changing water every time. When done, shock the garlic in an ice bath to stop the cooking. This process removes astringency in garlic, taking away unpleasant flavors and enhancing the desirable ones. Once finished blanching the vegetables, place the cauliflower, pine nuts, garlic, ground coriander, preserved lemon, anchovy and extra virgin olive oil into a high-powered blender and blend until smooth. Salt to taste, then set aside until ready to plate. This sauce will keep in the refrigerator for about a week.

## Carrot Giardiniera:

1 tablespoon peeled and medium diced carrots

1 tablespoon medium diced cauliflower