



## Hawaiian Kanpachi Katsu, Smashed Cucumber, Togarashi Oil Lime Ginger Honey

The togarashi oil and ginger lime honey in this recipe will make a little more than needed. Both will last a long time and are good on tons of stuff.

**Prep Time:** 30 minutes

**Cook Time:** 10 minutes

**Total Time:** 40 minutes

Serves 4

### Ingredients:

1 cup canola oil  
¼ cup togarashi  
Zest of 4 limes  
2 clove garlic grated on a micro plane

1 cup honey  
1 cup lime juice  
¼ cup minced ginger

½ English cucumber  
2 tablespoons rice vinegar  
1 avocado cut into bite sized pieces  
3 tablespoons of togarashi oil  
1 tablespoon light soy sauce  
2 tablespoons chopped cilantro  
¼ cup picked mint leaves

4 (3-ounce) skinless, boneless Hawaiian Kanpachi fillets  
1 cup all-purpose flour  
3 whole eggs beaten with 3 tablespoons water  
2 cup panko breadcrumbs seasoned with 2 tablespoons salt  
Blended oil for cooking kanpachi katsu  
Sea salt



*"Hawaiian Kanpachi is such a versatile fish, it's almost like a chef's playground. There's that natural sweetness when eaten raw or marinated, and a butterfly flakiness when cooked- which I was surprised to learn is my favorite application. Any way you want to prepare it, it's a win."*

*- Chef Gabriel Rucker*

# Hawaiian Kanpachi Katsu, Smashed Cucumber, Togarashi Oil Lime Ginger Honey

## Preparation:

### To make togarashi oil

In a small pot assemble canola oil, togarashi, zest of one lime and grated garlic. Bring to a simmer over low heat. Remove from heat and cool to room temperature.

### To make ginger lime honey:

In a small pot assemble honey, lime juice, the rest of the lime zest and minced ginger.

Bring to simmer over low heat. Cook for three minutes then remove from heat and cool to room temperature.

### To make smashed cucumber:

Smash the cucumber with the flat end of a knife then cut into bite sized pieces.

In a medium size bowl, toss cut cucumber with, rice vinegar, avocado, three tablespoons of togarashi oil, light soy sauce, chopped cilantro and mint leaves. Season with salt to taste. Cover and set aside. Smashed cucumber can be made up to 1 hour ahead of time.



### To make Kanpachi katsu:

Place one Kanpachi fillet between two oiled sheets of parchment paper and using a kitchen mallet or the back of a sauté pan, gently pound fish into ¼ inch thin piece. Repeat with the rest of the fillets.

Gently coat each fillet first in flour, shaking off any excess, then dip each fillet in the egg mixture, then finally coat in panko. Place on a tray then into the freezer but not for more than 15-20 minutes to prevent the fish from freezing completely. This technique will help breaded filets keep their shape while cooking.

### To cook and serve Kanpachi katsu:

Heat a thin film of oil in a large nonstick pan, pan fry the katsu two at a time for about 2 min per side. Remove from the pan to a paper towel lined plate. Add about three tablespoons of togarashi oil into the pan then add the katsu back. Gently flip the fish to coat in togarashi oil. Plate the katsu with a nice pile of cucumbers on a side. Drizzle all over the plate with a little more togarashi oil and sour lime honey. Finish with sea salt and serve right away.