



## Hawaiian Kanpachi Fennel Shio Ramen

If you want to serve a smaller group of guests, I suggest you still make the full batch of this ramen broth. Use what you need and freeze the rest. It will keep frozen for a good long time.

**Prep Time:** 30 minutes

**Cook Time:** 4 hours

**Total Time:** 4 hours and 30 minutes

**Yield:** 5 quarts

**Serves:** about 15

### Ingredients

5 pounds Hawaiian Kanpachi heads and bones, gills removed

5 pounds bone in chicken legs

1 large fennel bulb, coarsely chopped, plus 1 small fennel bulb, finely chopped, fronds picked and reserved for garnish

1 whole leek, cut in half lengthwise, washed and sliced into ½ inch half moons

1 pound ginger root, sliced thin

500g (2 cups) Junmai dry sake

White soy sauce

60 grams (2 ounces) per person, (about 1 kilo, 2.2 pounds total) Hawaiian Kanpachi filet, skin and center bones removed.

Dry kelp seaweed

130 gram (4 ounces) per person (about 2 kilos, 4 pounds total) thin, straight fresh ramen noodles

1 bunch scallion, finely sliced

1 small bottle Sansho powder

Fresh Ogo seaweed (optional)



*"I love Hawaiian Kanpachi because there is no part to waste. Every part of the Kanpachi becomes an amazing product!"*

*- Chef Yuji Haraguchi*

# Hawaiian Kanpachi Fennel Shio Ramen

## Preparation:

### To make the ramen broth:

Preheat the oven to 450F. Place kanpachi heads and bones on a sheet tray and roast until they are golden brown, about 10 minutes.

When done, transfer the roasted heads and bones into an eight or ten-quart stock pot. Add in the chicken legs followed by cold water, enough to cover the chicken legs and kanpachi bones, approximately 5 quarts (20 cups) water.

Add the sake, the coarsely chopped fennel, leeks and sliced ginger into the pot. Turn the burner on medium and slowly heat the broth until it reaches 200F, just below the point of simmering. Keep at this temperature for four hours, stirring occasionally. Be sure the liquid never simmers or boils. Other than natural evaporation, the volume of liquid needs to stay constant.

When done, strain the broth, discard all the solids and cool the broth in an ice bath. When cold, skim off all the fat and reserve separately for finishing ramen. You can also make the broth in advance and refrigerate overnight. It will make it easier to skim off the fat.



### To prepare Hawaiian Kanpachi Sashimi:

While the broth is cooking, slice Kanpachi sashimi style, about quarter inch thick. Lay the slices single layer on a sheet of kelp and place into refrigerator to cure for 2 to 3 hours.

### To cook the noodles and serve ramen:

Bring a pot of water to a boil over high heat. Also, heat the ramen broth slowly over low heat making sure not to boil it. Season the broth with white soy sauce to taste. Cook the fresh noodles in batches till done, about 3 minutes per batch. Separate noodles into bowls. Pour in about a cup and a half of ramen broth into each bowl over noodles. Using a pair of chopsticks, gently lift out the noodles then place them back into bowls. Do this twice more to ensure each noodle strand gets coated with the broth. Garnish, each bowl with generous spoonful of finely chopped fennel, followed by sliced scallion. Place couple of slices of fish on top, sprinkle a tiny bit of sansho powder all over, pour a spoonful of reserved chicken fat from the broth, garnish with a bit of ogo and couple of fennel fronds then serve right away.