

Episode 1418 – Isaac Boncaco

Maui Lavender Arnold Palmer

Serves 1

4 oz. Patron Silver
4 oz. Lavender Iced Tea
3 oz. fresh lime juice
1 ½ tablespoons lavender honey

1. Add all ingredients to a cocktail shaker filled with ice. Shake until cold to the touch. Pour into glasses filled with ice and enjoy.

Lavender Grilled Rice Cakes with Hawaiian Ahi Poke

Serves 2

Eat Well With Ming: Tuna is high in omega-3 fatty acids, beneficial for decreasing inflammation and the risk of heart disease.

Allergy Free Note: peanut free and tree nut free

Ingredients

8 oz. Ahi Tuna Cubed
2 cups sushi rice
½ bunch scallions sliced
1 Maui onion minced
1 bunch French Lavender grilled for 20 seconds
furikake
1 Fresno chile pepper, thinly sliced with seeds
¼ cup mayonnaise
1 tablespoon Hamajang Hot Sauce
3 pieces watercress garnish
Hawaiian salt & freshly ground black pepper to taste
Sesame seeds
Lavender honey

1. Press sushi rice into mold to create an even brick. Slice into three even pieces. Grill the lavender for about 20 seconds. Remove from grill and chop finely. Mix 1 tablespoon of the finely chopped lavender with 2 tablespoons furikake. Coat the rice cakes on all sides in the lavender furikake mix.

2. In a bowl mix scallions, onions, Fresno, tuna. Season with salt and 1-2 teaspoons sesame seeds.

3. Grill rice cakes 2-3 mins on each side.

4. In a small bowl, mix the mayonnaise, ¼ teaspoon furikake and hot sauce together.

5. To plate, place three dollops of the mayonnaise sauce on a plate and place the rice cakes over each dollop. Top each rice cake with a heaping spoonful of the ahi tuna mix. Garnish each rice cake with a piece of watercress. Drizzle with lavender honey if desired.

Grilled Spicy Tuna Maki Sushi Roll

Serves 2

Eat Well With Ming: Nori or seaweed, is high in vitamin A, important for keeping our eyes and immune system healthy.

Allergy Free Note: shellfish free, peanut free, tree nut free

Ingredients

6 oz. Ahi tuna cut into ½ inch strips

1 English cucumber halved

1 ½ Maui onions

1 tomato diced

1 cup Sushi rice

2 pieces Nori

2 tablespoons Lilikoi Jelly

1 tablespoon sambal

Hawaiian salt

2 tablespoons rice wine vinegar

Fresh wasabi

1. Cut the onions in half, season with salt and place cut side down on the grill.
2. Using one half of the cucumber, thinly slice into moons. With the other half, slice lengthwise into ¼ inch thick strips.
3. Place nori shiny side down on a sushi mat. Using wet hands to prevent the rice from sticking, place ½ cup sushi rice in the bottom half of the nori square. Sprinkle 1/8 teaspoon sesame seeds on top of the rice and lay one strip of cucumber on top. Add two to three pieces of the tuna strips on top of the rice. Starting from the bottom, tightly roll the nori using the mat. When you get to the end, place a dab of water along the edge to help seal the sushi roll. Press tightly to seal and press in the sides to help square off the sushi roll. Repeat with a second piece of nori and the remaining ingredients for the sushi roll.
4. Place the cucumber moons and diced tomato in a small bowl. Season with Hawaiian sea salt.
5. Place sushi rolls on the grill, turning after 1 minute on each side to gently toast the nori.
6. Mix the Lilikoi jelly and sambal together in a small bowl. When sushi rolls are on their final side, spoon the glaze on top of each roll. Remove the rolls from the grill and slice each roll into 6 pieces.
7. Dice the grilled Maui onion and add to the cucumber, tomato salad. Mix to combine.
8. To plate, place 6 pieces of sushi on a plate. Top the sushi with ¼ cup of the salad and spoon the Lilikoi jelly and sambal sauce on top as garnish. Freshly grate wasabi on top of each roll to taste.