

Episode 1419 – Ed Kenney

TYKU Mojito

Serves 1

4 sprigs of mint
2 large slices of Hawaiian ginger
Juice from 1 lime
1 tablespoon simple syrup
6 oz. TYKU Sake
2 Tahitian limes, 1 juiced, one for garnish

1. Muddle mint, ginger and lime juice. Add simple syrup and sake to shaker.
2. Shake until the glass is cool to the touch. Add ice to each glass and pour through a strainer. Garnish with one lime wedge and a small amount of the muddled mint.

I' A Lawalu with Chili Pepper Water

Serves 2

Eat Well with Ming: Purple taro is very high in potassium, critical for maintaining normal muscle contractions.

Allergy Free Note: shellfish free, peanut free, dairy free

Ingredients

2-6 oz. pieces of opah belly
Fresh squeezed coconut or canned coconut milk
1 shallot, sliced
Banana leaf, cut into 10 x 10 inch squares
Kosher salt & Pepper to taste
4 turnips with leaves, ½ inch thick
8 carrots with stems, 1 inch
½ taro root, peeled and cut into 1 inch thick pieces, steamed
Kosher salt and freshly ground black pepper
2 tablespoons Olive Oil
½ tablespoons chili pepper water, recipe below
2-3 tablespoons fresh extra virgin coconut milk or canned coconut milk for garnish
1-2 tablespoons baby scallions, for garnish
½ Meyer lemon

1. Preheat an oven to 550°F. Place two cast iron pots inside to start to warm while you are preparing the fish and vegetables.
2. Season opah with Kosher salt and freshly ground black pepper to taste.
3. In a bowl, mix turnips, carrots and taro with olive oil. Toss to combine and season with Kosher salt and freshly ground black pepper to taste.
4. In the middle of a banana leaf, add the opah and 1 cup of the turnip, carrot and taro mixture. Remove pots from the oven and place a banana leaf in each pot. Top with another banana leaf and place a tablespoon of coals on the top banana leaf. Cover with the lid and cook in the oven for 12 minutes. Remove from the oven.

5. Place half a Meyer lemon the grill until the flesh starts to char. Remove from grill and set aside for garnish.
5. When ready to serve, remove the coals and top banana leaf and add the chili pepper water to the coconut milk and drizzle over the top of the opah. Garnish with the baby scallions and a squeeze of the grilled Meyer lemon.

Chili Pepper Water

- 10 Hawaiian chiles
- 1 garlic clove
- 1 tablespoon rice wine vinegar

1. In a 12-oz. bottle, add all ingredients and boiling hot water to fill then seal the bottle. Allow to steep in a cool place before using, about 1-2 days. Store in the refrigerator.

Macademia Curried Opah with Farm Vegetables

Serves 2

Eat Well With Ming: Opah is high in both phosphorus and selenium, both important for DNA production.

Allergy Free Note: peanut free, dairy free, shellfish free

Ingredients

- ½ steamed taro root, cut into 1" cubes
- 2 tablespoons fresh ginger, cut into ½ inch pieces
- 1 piece turmeric, peeled, about 1 teaspoon total
- ¼ cup galangal, sliced into
- 3 Thai bird chiles
- 1/2 cup macadamia nuts
- 3 tablespoons cilantro stems
- 2 tablespoons coconut milk
- 1 teaspoon toasted coriander
- ¼ teaspoon pink Hawaiian sea salt
- 2 6-oz pieces opah belly
- 1 shallot, thinly sliced
- ½ taro, peeled and steamed, cut into 1 inch cubes
- 1 cup baby carrots with 1 inch of stems intact
- 1 cup turnips with ½ inch of stems intact
- 3 tablespoons Extra virgin olive oil
- Juice from 2 Meyer lemons
- 2 cups Kohlrabi, chiffonade
- 1 papaya, peeled, and thinly sliced, about ¼ inch thick
- 1 tablespoon cilantro leaves

1. Heat cast iron skillet in a 550F oven.

2. In a food processor, add ginger, galangal, turmeric, chiles, macadamia nuts, cilantro stems, coconut milk, toasted coriander and pink Hawaiian sea salt. Pulse a few times until pureed and well blended.
3. Remove pans from oven. In a small bowl, combine shallot, taro, carrots, turnips, olive oil, juice from 1 of the Meyer lemons and kohlrabi. Toss so that it is well mixed.
4. Place a banana leaf square into the bottom of the hot pan. Add about 1 cup of the vegetable mix and place 1 fillet of opah on top. Spoon enough curry to cover the top of the opah, about 2 tablespoons total. Add a second banana leaf on top and place pans back in the oven for 8-10 minutes.
5. Peel and remove the seeds from the papaya and thinly slice. In a small bowl, mix with juice from 1 Meyer lemon and 1 tablespoon of whole cilantro leaves.
6. Remove pans from oven and take off the top piece of banana leaf. Garnish with the papaya slaw.