

# Kini's Taro 'Inamona Crusted Fish with 'Ulu Pave

This dish represents my heritage: Hawaiian, Chinese and Irish. Most of us in Hawai'i are of multicultural backgrounds and I wanted a dish that uses local Hawaiian ingredients and shows my diversity as a chef and person.

Taro (or kalo) is the soul of Hawai'i, often pounded into poi and its leaves, stewed. 'Inamona, crushed kukui nut (candlenut) is used as a condiment or relish in Hawaiian food. 'Ulu or breadfruit is also prevalent on our islands.

Pave means cobblestone in French but in a cooking context, it is anything whose shape is square or rectangle.

This recipe is made in 3 Phases. Phases I and II are prepared ahead time. Allow at least 2-3 hours for these 2 phases. Phase III is done 30 minutes before serving so you should time your meal accordingly. This dish while it seems involved and takes time, is actually quite doable when broken down into these 3 phases. This recipe is for 2 servings so make it for your special someone for a special occasion.

## I. CRUST

### INGREDIENTS

- 1 lb Taro\* (a.k.a Chinese bun long, cooked and mashed and left in an open bowl to dry out moisture)
- 1/4 cup Cilantro finely chopped
- 1 Red bell pepper, medium, finely chopped
- 1/4 cup 'Inamona\*

### Directions

- 1) Add the ingredients together in a mixing bowl and mix well.
- 2) Place parchment paper or a silpat down on a clean work space.
- 3) Add mixture to the center of paper and spread evenly.
- 4) Place a second parchment or silpat over the entire crust and roll flat with a rolling pin (or bottle) as possible, about 1/8" thick.
- 5) Cut as needed to shape desired, enough to cover a piece of fish, approximately 3" x 5".
- 6) Place cut pieces in between 2 pans and keep in the freezer until needed.

## II. 'ULU PAVE

### INGREDIENTS

- 2-3 lbs 'Ulu (breadfruit) peeled, quartered and cored.
- 1-1/2 cans Coconut milk
- 4 cloves Garlic, grated
- 5 sprigs Fresh thyme
- 1 T Salt (Hawaiian if available, Kosher if not)
- 2 t Black pepper

#### Directions

- 1) Preheat oven to 350\* F
- 2) In a medium pot, add coconut milk .
- 3) Slice the quartered 'ulu pieces lengthwise on a mandolin to potato chip thin slices
- 4) Add 'ulu slices immediately to milk to prevent discoloration
- 5) Add remaining ingredients and mix well.
- 6) Cook on medium heat until simmering and turn down to low heat and simmer for 30 minutes, stirring occasionally to keep it from sticking to the bottom of the pot.
- 5) Transfer hot mixture to a lightly greased 8" x 8" baking pan.
- 6) Bake for 1 hour, uncovered until the top is golden brown.
- 7) As soon as it comes out, line the top with parchment paper and place another 8" x 8" pan on top adding weight equalling a gallon of water on top
- 8) Let cool for 1 hour
- 9) Remove the top pan and weight. Cut pave into two 2" x 4" pieces. Refrigerate pieces until needed.

#### III. COOKING-Takes 30 minutes

#### INGREDIENTS

- 2 Fresh firm white fish fillets (Sea bass or snapper works best, approximately 8 oz each fillet).
- 1/4 cup Mayonaise
- 1 t Oyster sauce
- 1 t Lemon zest
- 2 pieces Pre-cut Pave, brought to room temperature
- 2 pieces Pre-cut Crust, frozen from freezer

#### Directions

- 1) Pre heat oven to 350\* F
- 2) Gather ingredients for serving
- 3) Heat pave for 20 mins, or until internal temp is 165\* F
- 4) Mix together mayonnaise, oyster sauce and zest in small bowl
- 5) Pat fish dry.
- 6) Using a pastry brush or the back of a spoon, cover the fish with a thin layer of mayonnaise mixture.
- 7) Place the frozen crust piece directly on the coated side of fish.
- 8) Place fish with crust, crust side down in a nonstick saute pan on medium heat
- 9) Using a nonstick oven-safe saute pan, on medium heat, slowly brown the fish until the edges are a light brown color.
- 10) Using a fish spatula, CAREFULLY flip the fish so that the crust is on top and place the entire pan directly into the preheated oven for 6 minutes

#### PLATING

- 1) Place warm pave in the center of the plate.
- 2) Place your favorite \*vegetable along side of the pave.

3) Carefully using a fish spatula, lift the fish out of the pan and place on top of both paves and vegetables.

4) Place edible flowers as a garnish (optional)

ENJOY with that special someone.

\*'Inamona may be made from scratch or store bought if available in your region

\*Taro-must be Chinese bun long variety, steamed and mashed

\*Vegetable-Use your choice of vegetable. Serve steamed or sautéed. I used steamed baby bok choy.