

# Guide to Hawaiian Fish



## Ahi

In Hawaiian the word Ahi means fire. While being handlined aboard the Hawaiians' canoes, the fish would make fierce runs causing the line to smoke where it rubbed against the wooden canoe. Ahi is of the tuna species and is delightfully delicious sliced and eaten raw as sashimi.

## Mahimahi

A true favorite among seafood lovers world-wide. Mahimahi often gather in schools and are found throughout the Pacific. This fish is a moist, flaky, mildly flavored, sweet light pink flesh that when cooked turns white. It is delicious when baked with macadamia nuts and topped with white wine and lemon butter.



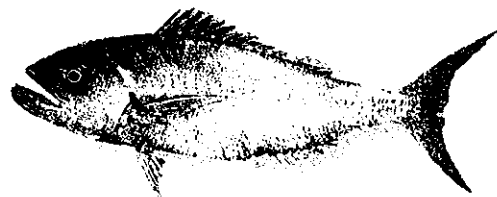
## Ono

Ono means good to eat in Hawaiian. Also known as Wahoo, this is a white, flaky, delicate, sweet, lean fish that has gained popularity in restaurants in recent years as chefs have looked for a substitute for Mahimahi. Ono is delicious when quick broiled and topped with lime butter.



## Lehi

Silver-Mouth Snapper is similar in looks to the Opakapaka with the exception of their tuna-like mouth. Lehi is slightly stronger in flavor than Onaga or Opakapaka but is very tasty when poached in court bouillon and topped with a white wine and caper sauce.



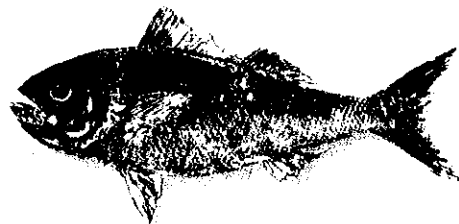
## Onaga

Long-Tail Red Snapper is often caught from depths of over 1,000 feet. Onaga is the premium of snappers and a local favorite when breaded, sautéed in white wine and butter, then topped with sauce mousseline.



## Opakapaka

Pink Snapper from the deep sea. Opakapaka fillets are moist and delicious when sautéed and topped with tarragon sauce.



## Ulua

Also known as Pompano or, when under 12 pounds, as Papio. Ulua can be caught by rod and reel from shore and are the most sought-after inshore fish in Hawaii. Ulua is mouthwatering when breaded and grilled and topped with fresh lemon butter.



Imagine this - an actual fish carefully painted with non-toxic waterbase ink, delicate rice paper or fabric pressed upon the specimen. When lifted, a detailed mirror image of the fish or plant is revealed. Known as Gyotaku, this ancient process has been used in the Orient as a method of scientific documentation before the age of cameras. Gyotaku (gyo=fish, taku=impression) offers a clear and accurate "picture" of nature. All fish images have been provided by and are copyrighted by Natural Impressions of Hawaii. See more at their Gallery on Baldwin Avenue in Paia (579-9066).

# Sake Shoyu Glazed Mahi Mahi with Spicy Chinese Long Beans and Mango Lilikoi Vinaigrette

by Executive Chef Michael Gallagher  
Sea House Restaurant

## Ingredients

- Six, 6 oz Mahi Mahi fillet
- 1/2 cup Soy Sauce
- 1/2 cup Sake or Mirin
- 1/2 Maui Onion  
(or Spanish onion)
- 1/2 cup Fresh Ginger, minced
- 1 tsp Sambal olek  
(or crushed red pepper)
- 1 tsp Sesame Oil
- 1 lb Fresh Chinese Long Beans, cut into 3" length
- 1 btl Gallagher's Island Mango Lilikoi Vinaigrette

Salt and Pepper to taste

## Garnish

Black and White Sesame Seeds, toasted

Red Tobiko Caviar  
(Flying fish roe)

Fresh Chopped Parsley

## Method

Place soy sauce, sake, onion, ginger, sambal olek, and sesame oil into a blender and blend until smooth. Season to taste with salt and pepper. Marinate the mahi mahi for 1 hour in soy sauce mixture.

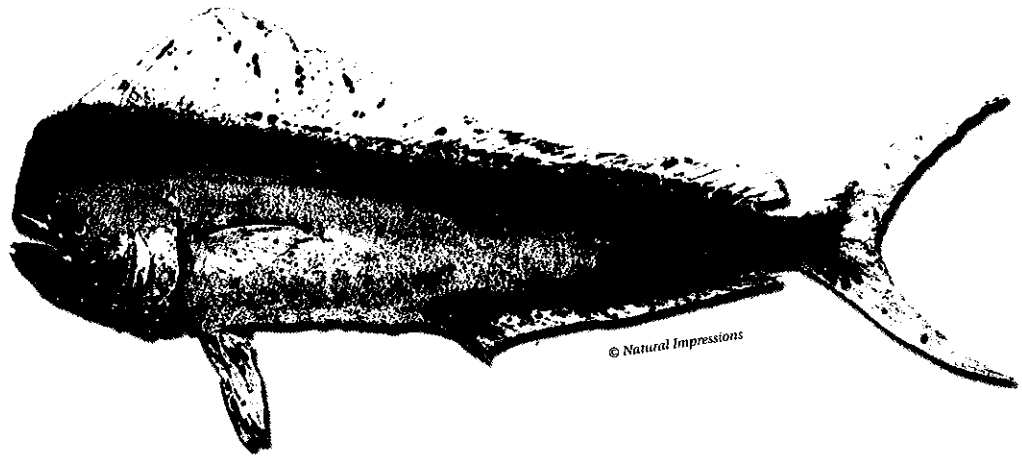
In a hot pan, sear the fish until golden brown over high heat. Remove the fish, and place on a sheet pan, and bake in a 400 degree oven until the fish is cooked to desired temperature, about 6 to 8 minutes. Deep fry the beans in 350 degree oil and toss in 1/2 of the Mango Lilikoi Vinaigrette.

## Presentation

Place equal amounts of the beans in the center of 6 plates. Place the fish on top of each plate and drizzle the remaining Mango Lilikoi Vinaigrette around the plate. Garnish each fish with a sprinkle of the sesame seeds and parsley. Place 1/2 tsp of the caviar on top of each fish.

Enjoy!

**Yield** Six Servings



# Mahi Mahi

# Mahi Mahi



## Preparations by:

Chef Michael Gallagher and  
Director of Food & Beverage  
Bryan Ashlock

**M**ahimahi (*Coryphaena hippurus*) is commonly known as dolphin (the fish, not the mammal,) dolphinfish, or dorado. In the water its colors are brilliant blue and silver dappled with yellow, these fade once they're caught. Most of the fish are between 8 and 25 pounds.

Hawaii's Mahimahi is a highly regarded product which is best eaten when fresh. Local Mahimahi is superior in quality to the other available substitutes. Many visitors were first introduced to Hawaii's fish species with Mahimahi. The popularity of fresh Mahimahi in the visitor industry has created a steady demand and consistently good prices. Mahimahi is thin-skinned with firm, light-pink flesh. It has a delicate flavor that is almost sweet. Mahimahi is ideal for a variety of preparations and care should be taken not to overcook this fish. It is a true favorite among seafood lovers world wide.

## Macadamia Nut-Crusted Mahi Mahi Beurre Blanc

*by Director of Food & Beverage, Bryan Ashlock  
Sheraton Maui*

### Ingredients

Two, 6oz Fillets of Mahi Mahi  
1 tsp Salt and White Pepper  
1 Tbsp Worcestershire Sauce  
1 Tbsp Lemon Juice  
1/2 cup White Wine  
1/2 cup Flour  
2 Tbsp Olive Oil  
1 cup Heavy Whipping Cream  
1 tsp Fish Bouillon  
1/2 tsp Lobster Base  
1/2 cup Butter  
1 Tbsp Chili Tobiko or  
Wasabi Tobiko

### Method

Lightly salt and pepper mahi mahi fillets. Mix half the lemon juice and half the Worcestershire sauce. Roll the fillets in sauce, then dust fillets with flour. Sear them in sauté pan with olive oil. Top fillets with ground-roasted macadamia nuts and finish off in oven at 375° for 3-4 minutes.

### Beurre Blanc

Reduce the following in a small saucepan: white wine, remaining Worcestershire sauce, remaining lemon juice, fish bouillon, and lobster base. Reduce the whipping cream in separate saucepan and combine to the first reduction. With wire whip, gradually add butter chips and add 1/2 of Chili Tobiko

### Presentation

Place each fillet on a plate and top with Beurre Blanc sauce. Place remaining Chili Tobiko on top of the mahi mahi fillets for garnishing. Suggest serving with parsley potatoes.

**Yield** Two Servings