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Healthy Seafood, Served Up with *A Splash of Aloha*

Hawai'i's clear blue waters and thriving fish farms produce a bounty of seafood that's as healthful as it is delicious. *A Splash of Aloha: A Healthy Guide to Fresh Hawaiian Seafood*, a unique cookbook from the Kapi'olani Community College Culinary Arts Department, will help readers enjoy fresh Island fish and shellfish for good health and good nutrition, too. This beautifully photographed companion volume to the bestselling *A DASH of Aloha* and *A Sweet Dash of Aloha* includes buying and safety tips, nutritional labels and nearly 100 innovative recipes for preparing Island favorites from 'ahi to uku, from butterfish to Kona abalone.

Seafood preparation can be daunting. To guide novice cooks, *A Splash of Aloha* includes step-by-step photo illustrations of common fish preparation techniques. Recipes offer a variety of simple cooking methods, with a myriad of flavors from Hawai'i and Asia to the Middle East, Mexico and Italy. Each is designed with the home cook in mind.

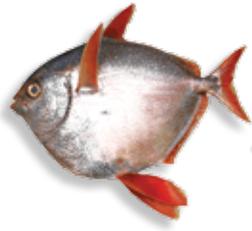
Hawai'i offers a bounty of the freshest and highest quality fish. But as the ancient Hawaiians knew well, there is a season for everything. Hawai'i law mandates a periodic fishing moratorium to protect the sustainability of our local waters. The most popular fish may not always be available, or may be out of budget. Fortunately, the state also leads the way in aquaculture research and development and *A Splash of Aloha* offers recipes that incorporate the wide range of both wild-caught fish and other fresh, locally raised seafood (such as prawns, abalone and tilapia) available in the Islands.

In addition to its great flavor, there are many other good reasons to eat seafood. Fish are low in saturated fat and are an excellent source of protein. Seafood is not only a good source of numerous vitamins and minerals — vitamin D, vitamin B12, iron, calcium, iodine and selenium, among others—but is also one of the few dietary sources of the omega-3 fatty acids EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid). Eating fish has been reported to help with other health conditions, including cardiovascular disease, brain function, asthma, diabetes, rheumatoid arthritis and osteoarthritis.

A Splash of Aloha (ISBN 978-1-935690-13-9) is available for \$15.95 at bookstores, other retail outlets, online booksellers, or direct from the publisher at www.bookshawaii.net. Contact Watermark Publishing, 1088 Bishop St., Suite 310, Honolulu, HI 96813; telephone (808) 587-7766; toll-free (866) 900-BOOK; fax (808) 521-3461; e-mail sales@bookshawaii.net.

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A Splash OF ALOHA

From the depths of the clear, blue Hawaiian sea comes a bounty of seafood that has played a prominent role in bringing Hawai'i's regional cuisine to worldwide fame. *A Splash of Aloha: A Healthy Guide to Fresh Hawaiian Seafood* is a cookbook for those who are looking for simple, quick ways to cook a delicious dinner for the family, as well as those who would like to venture into new culinary territories.

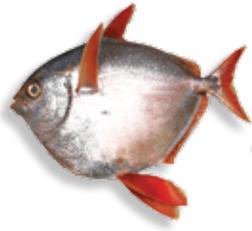
Recipe contributors come from among the faculty and chef instructors of the Culinary Institute of the Pacific at Kapi'olani Community College (KCC), with "guest appearances" from well-known Hawai'i Regional Cuisine chefs, chef instructors from the popular continuing education program at KCC and editor and food writer Wanda Adams. The cooking methods described in these pages are wide ranging, producing a myriad of flavors from Hawai'i and Asia to the Middle East, Mexico and Italy, and every one is designed with the home cook in mind.

In addition to its great flavor, there are many other good reasons to eat seafood. Fish are low in saturated fat and are an excellent source of protein. Seafood is not only a good source of numerous vitamins and minerals—including vitamin D, vitamin B₁₂, iron, calcium, iodine and selenium—but is also one of the few dietary sources of the omega-3 fatty acids EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid). Eating fish has been reported to help with other health conditions, including:

- Cardiovascular disease
- Brain function
- Asthma
- Diabetes
- Rheumatoid arthritis and osteoarthritis

Hawai'i offers a bounty of the freshest and highest quality fish. But as the ancient Hawaiians knew well, there is a season for everything. Hawai'i law mandates a periodic fishing moratorium to protect the sustainability of our local waters. The most popular fish may not always be available, or may be out of budget. Fortunately, the state also leads the way in aquaculture research and development and *A Splash of Aloha* offers recipes that incorporate the wide range of both wild-caught fish and other fresh, locally raised seafood (such as prawns, abalone and tilapia) available in the Islands.

So bon appétit! As you gaze towards the horizon and beyond the sea—somewhere, a plate of delicious, healthy Hawai'i seafood is waiting for you!

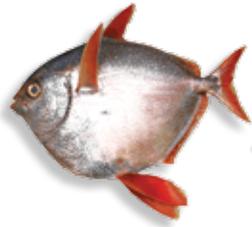


A Splash OF ALOHA

Fish Preparation & Cooking Methods

A Splash of Aloha: A Healthy Guide to Fresh Hawaiian Seafood includes chapters on Seafood Safety (best practices for ensuring food safety from ocean to plate) and Preparation & Cooking Methods. Here are a few tips:

- **To assure that you're buying really fresh wild-caught fish**, follow these guidelines:
 - **Fresh fish don't smell like ammonia or overly fishy.** They should smell like a fresh ocean breeze.
 - **Fresh whole fish should have bulging eyes and bright red gills;** don't buy fish with eyes that are deeply sunken or red-rimmed.
- **Keep fish cold:** Buy it last on a shopping trip; keep a cooler in your car and pack it with ice (at the very least, keep the fish under something frozen); at home, put it in the refrigerator first.
- **How long can you hold fresh or leftover fish?** For cooked fish, one or two days at the most is the best guarantee of safety. If the fish is raw (sashimi, poke or a tartare-style preparation) and has been sitting out, it should be eaten within four hours. Raw fish leftovers should be cooked the next day, not served raw again, even if refrigerated. Leftover blackened or seared fish should be kept cold and reheated thoroughly the next day.
- **Simplicity is the key to retaining the true taste and texture of the fish.** A few tips before you start:
 - Make sure you **wash your hands** thoroughly.
 - **When cooking whole fish, rinse the fish** in cold water first, **then blot it dry** with a paper towel.
 - **For fish fillets, blot dry** with a paper towel before cooking. Keep your work surface dry also.
 - **Always make sure the sauté pan is hot** before adding oil and then the fish. If the fish sticks, that means your pan wasn't hot enough when you put the fish in.
 - **Don't leave the fish in the pan after it is done.** Serve the fish as soon as it is cooked to your desired doneness. Fish will continue to cook even after it is removed from the pan.



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Seafood Cheat Sheet

Open-Ocean Pelagic and Bottom Fish

An a'u is a nairagi is a striped marlin, but so is a kajiki (blue marlin) because a'u is the generic Hawaiian name for all marlins. Japanese names, Hawaiian names, English names, casual names and formal names, incorrect names. The fish world is the land of "call it what you will, just call me in time for dinner."

'Ahi

Yellowfin Tuna, Big-Eye Tuna



Yellowfin is steak-like. Big-eye has a higher fat content. Both are prized for sashimi and other raw dishes; can be seared, grilled, broiled or sautéed.

Aku

Hawai'i Skipjack Tuna, Bonito



Assertively flavored, a bit fishy; usually served raw, fried or grilled whole. Great for pupu dishes: poke, dried aku, fried aku bone, tataki-style (seared) or sautéed.

Hāpu'upu'u

Hawai'i Sea Bass



Mild in flavor with firm and flaky texture; ideal for moist heat methods (steaming, braising) as well as stir-frying and batter-frying.

Hebi

Shortbill Spearfish



Available year-round; well suited to broiling, grilling or sautéing. Makes excellent sashimi and poke.

Kajiki

Blue Marlin, A'u



Lean, steak-like firm texture; slightly rich flavor when smoked, grilled, fried or served raw. Tends to overcook easily; check frequently or use moist heat.

Mahimahi

Dolphinfish



Sweet, mild, moist white meat; can be prepared in dozens of different ways—broiled, grilled, sautéed. Best eaten fresh, not frozen.

Monchong

Sickle Pomfret



White and firm when cooked. Pleasant flavor; especially good for grilling, broiling, sautéing and baking.

Nairagi

Striped Marlin, A'u



Lean, firm-textured, moist, hearty; can be eaten raw, grilled, stir-fried, sautéed. Also popular smoked. High in oil, long shelf life.

Onaga

Hawai'i Longtail Red Snapper



Moist, moderately firm, mild; best cooked using moist-heat methods. Also popular smoked, broiled or grilled. Best enjoyed during the winter months.

Ono

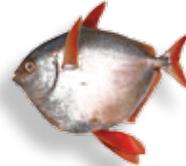
Wahoo



Rich-tasting white flesh; lean, delicate texture—flaky and mild flavored. Moist-heat cooking methods are best.

Opah

Moonfish



Firm-textured, appealing flavor; available year-round. High fat content; good for almost any cooking method.

'Ōpakapaka

Hawai'i Pink Snapper



Clear, light pink, firm flesh, delicately flavored. Best enjoyed in winter months. Moist-heat cooking (steaming, braising) recommended.

Shutome

Broadbill Swordfish, Mekajiki



Mild and moist oily flesh. When cooked—grilled, smoked, sautéed—flesh becomes firm with a rich, hearty flavor.

Tombo

Albacore Tuna, 'Ahipalaha



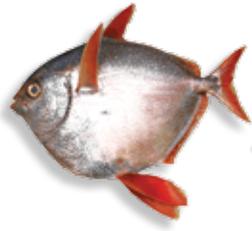
Less oily and rich, lighter flavor than yellowfin or big-eye tuna. Often used for sashimi; soft texture good for tataki, tempura, broiled, baked or smoked.

Uku

Blue-Green Snapper



Available year round, but best in summer. Delicate flavor, moderately firm; take care not to overcook. Best for sashimi or baked, steamed or sautéed.



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Hebi with Lavender and Grilled Watermelon



Recipe by Alan Tsuchiyama

Makes 4 servings

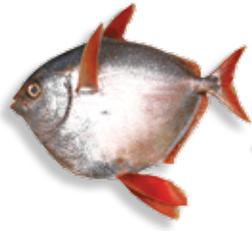
Hebi is an excellent fish to grill, and Chef Alan Tsuchiyama likes to eat it at a medium doneness. Hebi is a little softer textured than its cousins nairagi and kajiki and is a species that is gaining popularity with restaurateurs. This is a great outdoor summer dish.

- 4 pieces hebi (4-5-oz. each)
- 1 tsp. Kula culinary lavender
- 3 T. sweet basil, chopped (divided use)
- 2 tsp. oregano, chopped
- 1 tsp. fresh thyme, chopped
- 2 tsp. Italian parsley, chopped
- 1 tsp. ground fennel seeds
- 1 tsp. ground black pepper

1. In a bowl, mix together the lavender, 1 T. chopped basil, oregano, thyme, Italian parsley, fennel seeds, black pepper, 2 T. olive oil and lemon juice.
2. Place the hebi in the herb mixture and gently turn to coat. Marinate hebi for about 30 minutes.
3. In a small bowl, mix together remaining chopped basil, 2 T. olive oil, balsamic vinegar and salt.
4. Place watermelon on a plate and brush balsamic mixture on both sides. Marinate watermelon for 5 minutes.
5. Remove hebi from marinade and season with salt. Grill hebi to desired doneness. Brush honey on hebi while still hot.
6. On a very hot grill, grill watermelon quickly until lightly caramelized; do not overcook. Cut watermelon into 1-inch squares.
7. Arrange hebi on plates and top and surround with watermelon. Any extra honey and balsamic marinade can be drizzled over.

Nutrition Facts

Serving Size (194g)	
Servings Per Container	
Amount Per Serving	
Calories 200	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 0.5g	3%
Cholesterol 55mg	19%
Sodium 730mg	30%
Total Carbohydrate 12g	4%
Dietary Fiber less than 1g	2%
Sugars 10g	
Protein 27g	



A Splash OF ALOHA

'Ono Orzo and Fish Pasta



Recipe by Carol Nardello

Makes 6-8 servings

This is a hearty fish casserole-type of dish which is never overcooked. The fish is cooked in the sauce and stirred into prepared pasta and garnished with fresh basil and grated cheese. So quick and delicious!

2 T.	olive oil	½ tsp.	sugar
1 c.	onion, chopped	½ tsp.	salt
3 cloves	garlic, minced	2 lbs.	tilapia*, lightly seasoned with salt and pepper
¼ tsp.	red pepper flakes	1 lb.	orzo pasta, cooked & drained
1 tsp.	Italian seasoning	3 T.	Italian parsley, chopped
⅓ c.	white wine	½ c.	Parmesan cheese, grated
1	lemon, zested and juiced	1 handful	fresh basil leaves, thinly sliced
1 can	diced tomatoes (15 oz.)		

1. Prepare pasta according to package directions. Keep warm.
2. Pre-heat a large skillet on medium heat.
3. Add oil and onions. Sauté for 3-4 minutes. Add garlic, red pepper flakes and Italian seasoning, stirring well.
4. Add wine, lemon zest and juice, tomatoes, sugar and salt. Bring to a boil. Reduce heat and add seasoned fish to pan.
5. Submerge fish in sauce and cover tightly. Simmer for 10-15 minutes or until desired doneness. Avoid overcooking.
6. Stir Italian parsley and fish with sauce into pasta and toss gently.
7. Pour into serving bowl and top with cheese and fresh basil.

**Island farm-raised tilapia is clean, fresh and mild-flavored, and versatile enough to allow many different preparation methods. Farm-raised freshwater tilapia are a different species than those swimming in the Ala Wai Canal, and they live in a vastly different environment, in which water quality and food sources are carefully managed. You can, however, substitute any mild, flaky fish in this dish.*

Nutrition Facts

Serving Size (364g)	
Servings Per Container	
Amount Per Serving	
Calories 530	Calories from Fat 90
% Daily Value*	
Total Fat 10g	16%
Saturated Fat 3g	15%
Cholesterol 80mg	27%
Sodium 480mg	20%
Total Carbohydrate 65g	22%
Dietary Fiber 4g	17%
Sugars 7g	
Protein 44g	