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ABC7 RECIPES

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Pan Seared Ocean Raised Moi with Hawaiian Vanilla Bean Curry

Glenn Chu, Owner and Chef of Indigo Restaurant on O'ahu, shares a recipe for Pan Seared Ocean Raised Moi with Hawaiian Vanilla Bean Curry. Moi is a delicate-flavored fish that was once reserved only for the Hawaiian royalty. Now, it is farm-raised off the Ewa coast of Oahu. This delicious dish combines the richness of coconut milk and the subtle-sweet flavor of fresh vanilla. It is one of the most popular items on Indigo's menu. For more information on the Indigo Restaurant visit www.indigo-hawaii.com.

Serves 4

Ingredients

- 3 teaspoons Macadamia nut oil or olive oil
- 1 ½ tablespoons lemon grass (bottom 2 inches of stalk with core removed,) finely minced
- 2 teaspoons (about 1/2" piece) galangal, finely minced
- 1 tablespoon (or about 4 small) shallots, finely minced
- 1 teaspoon (about 3 cloves) garlic, finely minced
- 2 whole kaffir lime leaves or ½ teaspoon fresh lime juice
- 1 Thai chili pepper, unseeded, minced
- 1 cup coconut milk (unsweetened)
- ½ Hawaiian vanilla bean (split in half and seeds scraped)
- 2 teaspoons granulated sugar
- 1 ¼ teaspoons Kosher salt
- ½ teaspoon freshly ground black pepper
- 4 Moi filets, boned, or substitute with Black Striped Bass

To prepare the Vanilla Bean Curry Sauce: heat 1 teaspoon macadamia nut oil in a small sauté pan over medium heat. Add 1 tablespoon lemon grass, 1 teaspoon galangal, 1 teaspoon shallots, 1 teaspoon garlic, lime leaves, and the Thai chili pepper, and sauté for 2 minutes or until mixture is shiny and translucent. Add the coconut milk, vanilla bean and scrapings, sugar and ¼ teaspoon salt. Simmer for 5 minutes. Reduce heat and keep warm.

In a small bowl, add remaining lemon grass, galangal, salt, and black pepper, and mix well. Sprinkle each fish filet, front and back, with the seasoning and set aside. Heat a large frying pan over high heat for about 1 minute or until pan is very hot. Add 2 teaspoons olive oil and heat for about 30 seconds or until just before the smoking point. Place each filet into the pan, skin side down, and cook for 2 minutes. With a spatula, gently flip the fish over and cook for another 2 minutes or until just cooked through. Place the filets on individual plates; spoon the Vanilla Bean Curry Sauce over the fish, and serve immediately.

- Hawaiian Vanilla beans may be purchase from www.

Monday, May 16, 2005

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hawaiivanilla.com

- Macadamia nut oil has a subtle nutty flavor and high smoking point, making it wonderful for salads or cooking. It may be purchased from Oils of Aloha, <http://www.oilsofaloha.com>.
- Galangal is a rhizome. It has a slightly peppery flavor like ginger with stronger herbaceous notes. Substitute with ginger.

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