



# SMOKED TROUT DIP

MAKES 3 CUPS

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## Ingredients

12 oz Kulahaven Farms Smoked Trout, skin and bones removed  
.5 cup Greek Yogurt, Full fat  
.5 cup Cream Cheese, softened  
1 Tbsp Lemon Juice  
1 tsp Lemon Zest  
2 tsp Capers, rinsed well, chopped  
2 Tbsp Chives, Tubular, fine chopped  
1 Tbsp Dill, chopped  
1 tsp Paprika  
As Needed -- Salt & Pepper

## Preparation

1. Using a fork, flake trout into small pieces.
2. Place yogurt and cream cheese into a food processor (or whisk by hand in a bowl) until softened,
3. Add lemon juice, lemon zest, capers, chives, dill, and paprika and blend until well incorporated.
4. Add trout and blend until smooth.
5. Season to taste.



# MAC NUT CHAMPAGNE VINAIGRETTE

MAKES 2 CUPS

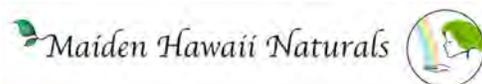
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## Ingredients

1 Tbsp Shallots, minced  
1 Tbsp Mustard, Dijon  
2 Tbsp Sugar, Granulated  
1 Tsp Garlic, minced  
.5 cup Vinegar, Champagne  
1 Tsp Salt, Kosher  
.5 Tsp Pepper, White  
1.5 cup Maiden Hawaii Naturals Macadamia Nut Oil

## Preparation

1. Place all ingredients except for macadamia oil in robo-coupe. Pulse until thoroughly combined.
2. While robo-coupe is running, slowly drizzle in macadamia oil until fully emulsified.





**MAUI TROUT AND SHRIMP SATE WITH KAFFIR LIME AND TURMERIC  
MAUI MAC NUT OIL AIOLI WITH SPICY RED CHILI AND TOASTED COCONUT FLAKES  
MAKES 15-20 1.5 OZ PCS**

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### Fish and Shrimp Sate

#### Ingredients

10 oz / 250 grams shrimp, cleaned and deveined  
10 oz / 250 grams Maui Trout or any firm white  
flesh fillet  
2 tablespoons palm sugar  
2 egg whites  
1 tsp salt depending on shrimp and fish.  
10-12 pieces kaffir lime leaves, thinly sliced and  
finely chopped  
2 oz / 50 grams desiccated toasted coconut  
Blend proteins with egg whites, sugar and salt  
until smooth. Fold in kaffir leaves and coconut.

#### Flavoring Ingredients

4 finely chopped shallots  
2 cloves minced garlic  
1/2 inch fresh turmeric  
1/2 inch peeled ginger  
1 teaspoon toasted and coarsely ground coriander seeds  
Mince all ingredients in mortar & pestle into a smooth paste.

### For Garnish - Mac Nut Oil Aioli with Red Chile

#### Ingredients

2 egg yolks  
2 oz lemon juice  
2-4 pcs minced garlic  
8-12 oz Mac Nut Oil to thicken  
1 oz finely chopped basil or green onion  
6 Red Chilies (optional)  
1 TBSP Tomato Paste for color (optional)  
Salt and sugar to taste

#### Preparation

Wooden popsicle sticks, bamboo skewers, or fresh lemongrass for skewers  
2 oz / 50 grams desiccated toasted coconut

Add cold processed flavoring ingredients to smooth blended forcemeat until  
sticky and emulsified.

Hint: Use the pulse feature on a food processor and scrape sides frequently to  
incorporate.

Cook small sample to taste and adjust seasoning. Keep mixture ice cold.  
Process Aioli into fine thick consistency. Adjust for seasoning. (Chiles and  
tomato paste are optional.)

Form and fasten 1 oz portion of fish/shrimp paste on one end of dampened  
skewers using wet hands.

Cook quickly over hot BBQ charcoal grill or sauté until browned to cook: 2-3  
minutes.

Service: Dab with 1/2 tsp aioli and garnish with toasted coconut.



Open-faced Kaua'i Beef with "Ulu Mana"  
'Ulu Beet Hummus &  
"Maiden Hawai'i Naturals"  
Macadamia Nut Oil Chimichurri

Roast Kaua'i Beef, Season with Salt,  
Pepper, and Rosemary, Sliced Thin

'Ulu Mana Beet Hummus, Flavored with Horseradish

"Maiden Hawai'i Naturals" Macadamia Nut Oil Chimichurri

1 Cup Macadamia Nut Oil  
3 Tbl Shallot Chopped  
1 Tbl Jalapeno Chopped  
1/2 Cup Parsley Chopped  
1/2 Cup Cilantro Chopped  
4 ea. Garlic Cloves Minced  
2 Tbl Fresh Oregano Chopped  
1/3 Cup Red wine vinegar  
Salt and Pepper to taste

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**KAUA'I**  
COMMUNITY COLLEGE





## Herb Crusted Kaua'i Shrimp Over Quinoa Salad

- 12 ea Head on Kaua'i Shrimp
- 2Tbl Fresh Parsley Chopped
- 2 tsp Fresh Basil Chopped
- 2tsp Fresh Oregano Chopped
- 1/4 Cup "Maiden Hawai'i Naturals" Macadamia Nut Oil
- Salt and Pepper to taste

### Quinoa Salad

- 1lb Quinoa Cooked
- 1/2 Cup Dried Cranberries
- 1/2 Cup Edamame
- 1/2 Cup Roasted Pumpkin Seeds
- 1/2 Cup Red Onion Small Diced
- 1/4 Cup Parsley Chopped
- 3/4 Cup Macadamia Nut Oil Calamanci Dressing

### Macadamia Nut Oil Calamanci Dressing

- 1/2 Cup "Maiden Hawai'i Naturals" Macadamia Nut Oil
- 1/4 Cup Calamanci Juice
- 2 Tbl Honey