

# **Recipes from Hawaii Kai**

*maker of the world's finest sea salts and ocean-based products.*

## **RED SALT RECIPES**

### **Planked Grilled Salmon with Hawaii Kai Red Sea Salt, Mustard and Dill Sauce**

#### **Ingredients**

1 Salmon fillet, with or without skin; about 1.5 (one-and-a-half) pounds, ideally cut from end closest to head

.5 cup (one-half) mayonnaise

.3 cup (one-third) grainy French mustard

2 tbsp chopped fresh dill

.5 tsp (one-half) finely grated lemon zest

Hawaii Kai Red Sea Salt

Freshly ground black pepper

#### **Method**

Soak cedar plank (about 6 by 12 inches) for 2 hours in water to cover (a rimmed baking sheet or large roasting pan works well for soaking), then drain

Run fingers over fillet, feeling for bones; remove any using needle-nose pliers or tweezers

Rinse salmon under cold water, blot dry with paper towel

If using salmon with skin, generously brush skin with olive oil

If using skinless salmon, brush one side of fish with olive oil

Season both sides with salt and pepper

Place salmon on plank, skin side down or oiled side down

To make glaze, place mayonnaise, mustard, dill, and lemon zest in non-reactive mixing bowl; whisk to mix. Season with salt and pepper to taste

Set up grill for indirect grilling, preheat medium-high

When ready to cook, spread glaze mixture evenly over top and sides of salmon

Place salmon on plank in center of hot grate, away from heat; cover grill

Cook salmon 20 to 30 minutes, or until cooked through with glaze a deep golden brown

To test for doneness:

- insert instant-read meat thermometer through side of salmon: internal temperature should be about 135 degrees Fahrenheit
- or, insert slender metal skewer in side of fillet for 20 seconds; it should come out very hot to the touch.

Transfer plank and salmon to heatproof platter

Slice salmon crosswise into serving portions, and serve right off plank

Note: Cedar planks are available at grill and cookware shops. If you purchase them from a lumberyard or hardware store, make sure they are untreated.

### **Thai Burritos with Hawaii Kai Red Sea Salt**

**Ingredients** (yields eight servings; serve with steamed white rice):

- 2 tsp. Hawaii Kai Red Sea Salt
- 1.5 lbs. (one-and-one-half) chicken breast, boneless
- 2 medium onions
- 2 large green or red bell peppers
- 2 large carrots
- 2 in. piece ginger root, peeled and sliced into thin pieces
- 2 cups bean sprouts
- 1 cup broccoli
- 1 cup zucchini
- .5 cup (one-half) flour
- 1 stick butter
- 1 tsp. black pepper
- .5 tsp. (one-half) turmeric, ground
- .5 tsp. (one-half) cumin, ground
- .25 tsp. (one-quarter) cayenne, ground
- .25 tsp. (one-quarter) cloves, ground
- .5 tsp. (one-half) cinnamon, ground
- 1 cup peanuts, unsalted
- 2 cups chicken stock (canned)
- .25 cup (one-quarter) raisins and shredded coconut
- 8 flour tortillas (burrito size)

### **Method**

Cut chicken breast into .25 inch strips, lightly coat with flour

Chop vegetables into bite-size pieces

In small bowl, prepare the spice blend by combining turmeric, cumin, cayenne, cloves and cinnamon

Heat 1 tsp. of butter in frying pan and cook chicken slices over medium heat for 2 minutes. Do not overcook. Remove chicken and set aside to cool

Sprinkle chicken with Red Sea Salt and pepper

Add remaining butter in frying pan and stir in spice blend. Cook for 1 minute

Add onions and peanuts and sauté until onions are transparent, about 3 minutes

Add remaining vegetables except sprouts and sauté for 1 to 2 minutes, stir in chicken stock and ginger, cover and let simmer for 10 minutes, stirring occasionally

Add chicken and sprouts to vegetables. Add in raisins and shredded coconut to taste.

Place mixture on flour tortillas and wrap

Serve with Thai Chutney. See suggestion below.

**Thai Chutney Recipe:**

1 dried Habanera chili, reconstituted

.25 (one-quarter) onion, chopped

2 cloves garlic, chopped

.5 tsp. (one-half) curry powder

2 oz. sesame oil

**Pan Roasted Pork with Pears and Pecans with Hawaii Kai Red Sea Salt**

**Ingredients** (serves six):

Hawaii Kai Red Sea Salt

Freshly ground pepper

1.5 lb. pork loin

2 Bartlett pears

30 pecans

10 green peppercorns

3 allspice berries

1 medium sweet potato, finely diced

1 shallot, finely diced

1 clove garlic, finely diced

1 tsp. minced ginger

1 tbsp. olive oil

4 oz. chicken stock

2 oz. maple syrup

1 oz. apple juice or cider

1 tbsp. brown sugar

1 tbsp. red wine vinegar

.5 tsp. (one-half) balsamic vinegar

**Method**

Cut pork into 12 medallions, season generously with Red Sea Salt, freshly ground black pepper and crushed allspice

Sear pork in hot frying pan on both sides, place in 350° F oven for 4–5 minutes

While pork is cooking, add shallot, garlic, ginger, sweet potato, apple juice, vinegars and brown sugar to skillet

Cook slightly, taking care not to burn vegetables

Add chicken stock and maple syrup; boil to reduce until syrupy

Slice pears into 18 even morsels, and add with pecans to syrup

Remove pork from oven; place medallions in center of large plates with generous spoonful of sauce

Fan three slices of pear on each plate, sprinkle with five pecans

Sprinkle a small amount of Hawaii Kai Red Sea Salt around plate for visual effect and to display dynamic color of salt

Serve with garlic and parsnip mashed potatoes.

Visit [www.HawaiiKaiCo.com](http://www.HawaiiKaiCo.com) for more exciting recipes using our all-natural gourmet sea salts.

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