

## **Recipes from Hawaii Kai**

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

### **GREEN SALT RECIPES**

#### ***Grilled Seafood with Lime-Soy Sauce and Hawaii Kai Green Sea Salt***

**Ingredients** (yields 4 servings):

Fresh juice from 4 limes

1 tbsp. Lime zest

.3 cup (one-third) rice vinegar

1 tbsp. soy sauce

1 tbsp. Hawaii Kai Green Sea Salt

1 tbsp. peanut or vegetable oil

2 tsp. ginger, minced

1 tsp. cilantro, chopped

1 tsp. honey

1 pound swordfish, halibut or salmon steak\*

#### **Method**

In zipper plastic bag, combine first nine ingredients

Set aside half-cup marinade for basting

Place steaks in zipper bag, turning once to coat both sides

Let steaks marinate for 30 minutes at room temperature

Place steaks on grill over hot coals

Grill 5 to 7 minutes on each side, basting occasionally with reserved marinade

Just before serving, drizzle with remaining reserved marinade.

#### **Grilled Tuna with Lime, Coriander and Hawaii Kai Green Sea Salt Rub**

#### **Ingredients**

.5 tsp (one-half) crushed dried chilies

.5 tsp (one-half) Hawaii Kai Green Sea Salt

1 tbsp mixed peppercorns

1 zest of lime

1 tsp coriander seeds

Olive oil for brushing

2 tuna steaks

#### **Method**

Pound the chili, sea salt, peppercorns, lime zest and coriander seed using a pestle and mortar

Brush tuna with olive oil on both sides

Sprinkle and rub onto a plate and press the steaks into mixture

Cook the tuna on the grill or in a non-stick frying pan, for 1-2 minutes on each side, or according to preference.

### **Broccoli Salad and Crab with Hawaii Kai Green Sea Salt**

**Ingredients** (yields four servings):

1 pound cooked crab meat or Surimi\*

2 cups broccoli florets

.5 cup (one-half) red onion, sliced

.5 cup (one-half) red bell pepper, sliced

.5 cup (one-half) cucumber, sliced

1 cup chow mein noodles, crispy

2 cups mixed salad greens

1 lemon, cut into wedges

\* *Surimi (imitation crab meat, or "Krab") may be substituted for fresh crab meat*

#### **Dressing**

2 tsp. Hawaii Kai Green Sea Salt

.5 cup (one-half) mayonnaise

2 tbsp. Sugar

3 tbsp. Seasoned rice vinegar

1 tbsp. Satay Thai-style marinade

#### **Method**

Flake crab, reserving larger pieces for garnish

Combine crab, broccoli, red onion, red bell pepper, cucumber and chow mein noodles in a large bowl, then set aside

Prepare dressing and combine thoroughly with crab mixture. (dressing may also be served on the side)

Arrange mixed salad greens on a large platter

Spoon crab mixture over the greens, arranging reserved larger pieces of crab on top

Garnish with lemon wedges.

## **Tonkatsu Crispy Pork Cutlet With Hawaii Kai Green Sea Salt**

**Ingredients** (yields four servings):

- 2 tbsp. Hawaii Kai Green Sea Salt
  - 4 pork cutlets (*kuro buta* if available)
  - 2 eggs, raw
  - 2 tbsp. course black pepper
  - .25 cup (one-quarter) panko breadcrumbs
  - .25 cup (one-quarter) flour
  - 1 cup white cabbage, sliced very thinly
  - .25 cup (one-quarter) red cabbage, sliced thinly
  - 2 tbsp. parsley, finely chopped
  - 1 wedge lemon
- Tonkatsu Sauce:
- .5 cup (one-half) Worcestershire sauce
  - 3 tbsp. soy sauce
  - 3 tbsp. catsup
  - 2 tbsp. onion juice
  - 1 tbsp. lemon juice
  - 1 tbsp. dried mustard

### **Method**

- Cut pork cutlets into quarter-inch slices
- Salt with 1 tbsp. Bamboo Jade Green Sea Salt and 1 tbsp. coarse pepper
- Beat eggs in bowl with a little water
- Coat slices with flour, dip in egg mixture
- Coat with panko, refrigerate for one hour
- Heat oil in a wok to 350° F
- Add coated cutlet slices to wok; cook until golden brown on both sides
- Remove and drain on paper towel
- Place cutlets on bed of white and red cabbage, garnish with parsley and lemon wedge
- Serve with rice and dip in Tonkatsu sauce.

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