



ALPHA OMEGA

**Pan Seared Kona Kampachi, Braised Luau-Style Swiss Chard,  
Lomi Tomato Salsa, Roasted Sweet Potato  
~Chef Tom Wong~**



**Ingredients per Portion**

Pan Seared Kona Kampachi 1 Portion

Braised "Luau Style" Swiss Chard 3oz.

Lomi Tomato Salsa 2 Tbsp.

Roasted Sweet Potato 5 slices



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## PAN SEARED KONA KAMPACHI

*Yield: 4 portions*

### Ingredients

Kona Kampachi 3.5 oz. portion  
Salt, Alae (Pink Hawaiian Salt)  
Olive Oil, 100%

### Amounts

4 each  
To Taste  
2 Tbsp.

### Method

1. Heat skillet over high heat
2. Add olive oil to coat the bottom of your pan
3. Add fish with pan over high heat and sear to create a crust
4. Allow to cook almost all the way through
5. Turn
6. Baste filet with hot fat from the pan
7. Remove when you've reached a desired internal temperature of 145°F
8. Serve



### *Note:*

*Kona Kampachi can be sourced in San Francisco at Royal Hawaiian Seafood. <https://sfrhs.com/>*

### Other fish options:

- Mahi Mahi
- Opah
- Black Sea Bass
- Red Snapper



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## BRAISED LUAU STYLE SWISS CHARD

*Yield: 4 portions*

Ingredients	Amounts
Swiss Chard, Rainbow	3 bunches
Olive Oil	2 Tbsp.
Onion, Brunoise*	1/2 each
Garlic, Minced	2 cloves
Coconut Water	1 cup
Coconut Milk	5 Tbsp.
Salt, Alae (Pink Hawaiian Salt)	To Taste
Sugar	1 Tbsp.
Cornstarch	1 tsp.
Water	As Needed
Meyer Lemon Juice	To Taste

### Method

1. Clean swiss chard by removing rib and cutting into thin strips
2. Wash to remove any dirt and debris
3. Spin dry to remove all water
4. Heat a braiser over high heat
5. Add olive oil
6. Add onions and sauté quickly, taking care not to brown onions
7. Add swiss chard and sauté
8. The chard will release water, allow to cook and evaporate excess water
9. Add coconut water and let swiss chard simmer in liquid to braise. Greens will continue to release water, allow moisture to evaporate
10. When liquid reduces to almost dry and greens start to become tender, add the coconut milk to finish the cooking of the green
11. Season with sugar
12. Taste
13. Adjust seasoning with salt as needed taking caution not to overpower the sweetness of the coconut milk and sugar
14. Adjust the consistency with a slurry made from the cornstarch and water
15. Taste. Season as needed. Serve

*\*Note:*

*Brunoise: dice cut 1/8" x 1/8" x 1/8'*

*Greens can be substituted with any braising greens available. IE: collard greens, spinach, kale*



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## Roasted Sweet Potatoes

*Yield: 4 Portions*

Ingredients	Amounts
Sweet Potatoes	2 each
Olive Oil	2 Tbsp.
Salt, Alae (Pink Hawaiian Salt)	2 Tbsp.

### Method

1. Wash potatoes
2. Dry
3. Season with olive oil and salt
4. Place on a pan and place in the oven\*
5. Turn oven on to 350°f and roast for approximately 1 hour 15 minutes
6. Remove from oven and let cool to the touch
7. Peel
8. Slice 1 cm thick. Serve 5 slices per portion

*\*Note:*

*Add potatoes to the cold oven then turn it on. This will allow the potatoes to fully develop their natural sweetness.*

## Lomi Tomato Salsa

Ingredients	Amounts
Tomatoes, vine ripe	8 oz.
Alae Hawaiian Salt	Pinch
Onion, Sweet, Brunioise	2 oz.
Green Onion, Thinly Sliced	1 Tbsp.
Chili Pepper Water (recipe follows)	1 tsp.

### Method

1. In a stainless bowl, add tomatoes and Hawaiian salt together; let stand to allow salt to macerate with tomatoes
2. Add remaining ingredients
3. Adjust seasoning as desired with salt and chili pepper water



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## Chili Pepper Water

Ingredients	Amounts
Water, Boiling	1 cup
Cold Water	1 pint
Vinegar, White	2 fl. oz.
Garlic, Minced	3 cloves
Ginger, Peeled, Minced	1 oz.
Chili Pepper, Thai, Stem Removed	2 oz.
Alae Salt	1 tsp.

### Method

1. Combine chili pepper, ginger, garlic together in a blender cup
2. Add boiling water and stir. Let stand for one minute
3. Puree. Add vinegar and ice water to immediately cool
4. Store and use as desired