SHARING? PLEASE CREDIT: Recipe compliments of Chef Dean Louie and UHMC Culinary Arts Tag @uhmcculinaryarts and @maidenhawaiinaturals



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.







