



PAN SEARED ISLAND SNAPPER served with reduced MAUI ONION JUS, SOFT POLENTA and PICKLED MAUI ONIONS
Chef David Paul Johnson

Serves 2 as an entrée or 4 as an appetizer (allow 2+ hours preparation time)

Fish Recipe (allow 10 minutes preparation time)

2 – 6 oz. portions or 4 – 3 oz. portions Fresh Island Snapper (Opakapaka or Onaga works best)

Olive oil, for lightly coating plate

2 tsp. each smoked paprika, Kosher salt, and freshly ground Pepper, mixed well together

Method:

To prepare the fish, preheat a sauté pan over medium high heat. Place the filets on a chilled plate that has been lightly coated with olive oil. Sprinkle the paprika mixture on both sides of the fish to season. Cook for 3 minutes and turn the fish gently over to cook for an additional 3 minutes or until golden brown on both sides. Note: This portion of the recipe is the last thing to do before service.

Jus Recipe (allow one hour preparation time)

1 medium Maui onion, sliced into 1/8-inch thick rings

2 Tbsp. olive oil

2 Tbsp. shallots, chopped fine

2 qt. fish stock, clarified –
you can substitute chicken stock

1 Tbsp. Truffle Oil (optional)

1 c. Sauterne or Riesling wine

1 tsp. Kosher salt

8 peppercorns

2 small bay leaves

1 oz. Unsalted Butter



Method:

Remove half the soaked onion rings and pat them dry on paper towels. Add the olive oil and the shallots to a medium saucepan over medium high heat. Lightly sauté them until they are transparent, about 5 minutes. Add the dried onion rings to the pan and turn the heat up to high. Constantly keep the onions moving in the pan with a wooden spoon until they start to brown. Add the sauterne and reduce it until there is less than half the liquid remaining in the pan. Add the stock, salt and peppercorns and turn the heat down to a simmer. Cover the pan with a tight fitting lid and let it continue to cook down for one hour. Be careful not to reduce out all of the liquid. Before cooking the fish, place the mixture into a blender with the lid partially off of the container and cover with a folded towel. Carefully pulse the mixture until partially blended. Strain out any solids and return to the sauce pan. Bring to a gentle boil over medium heat and add the chilled butter cubes while constantly whisking. Reduce until slightly thickened, add the truffle oil and spoon over the sautéed fish when you are ready to serve.

Polenta Recipe (allow 30 minute preparation time)

3 Tbsp. Maui Onions, diced fine
About 3 c. chicken stock, clarified and heated
1 c. Polenta, course
1/3 c. Corn flour, fine
2 c. white wine, Chardonnay works best
1 Tbsp. olive oil
2 Tbsp. unsalted butter, clarified

2 sticks/8 oz. unsalted butter, cold and
cut into small cubes
1 tsp. Kosher salt
1 tsp. peppercorns, toasted and
ground fine
2 oz. Jack cheese
1/4 c. heavy cream



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CONTINUED FROM PREVIOUS CARD

Method:

In a large sauté pan over medium heat, sauté the onions in the clarified butter over medium heat until translucent, about 3 minutes. Add the polenta and continue to cook while constantly stirring for five minutes. Turn up the heat to high and stir in the heated chicken stock and white wine. Bring to just barely a boil and immediately reduce the heat to a simmer. Add the corn flour and cook for an additional 10 minutes while stirring constantly. Add and stir in the cheese, the chilled butter and heavy cream in three increments. Season with salt and pepper to taste. Keep the polenta covered with a damp towel in a warm area until service.

Pickled Onion Recipe (allow two hours preparation time)

1 medium Maui onion, sliced into 1/4-inch thick rings
1 c. purified water
1/2 c. Port wine

4 Tbsp. red wine vinegar
2 Tbsp. sugar
1 Tbsp. Kosher salt

Method:

Begin by slicing the onion and placing the onion rings in ice water to cover with a pinch of salt and soak for one hour. In a sauce pan over medium heat, bring the purified water,



port, vinegar, sugar and salt to a boil. Drain the ice water from the bowl in which the onions were soaking and pour the heated mixture over the onions to completely cover them. Allow the onions to soak for at least one hour or longer. Drain. They are ready to serve over the sautéed fish.

Assembly:

Lightly heat a shallow bowl and place one large, serving spoon-sized amount of the soft polenta in the middle of the plate. Place the sautéed snapper on the polenta and spoon some of the sauce on and around the fish. Garnish with the pickled onions on top of the fish and serve.