

Local Snapper Lau Lau

with Kula Spinach, Maui Onion Vinaigrette with Kamuela Tomatoes and Ogo

Yield 1 portion



1 ea
1 tablespoons
2 ea

7 oz Local Snapper Fillets
Sautéed Kula Spinach
Ti Leaves



2 tablespoons
1 oz
2 oz
1 teaspoon

Sliced Maui Onions
Champagne Vinegar
Extra Virgin Olive Oil
Fresh Lemon Juice



2 tablespoons
2 tablespoons
1 tablespoon
¼ teaspoon
¼ teaspoon
1 teaspoon
To Taste
To Taste

Finely sliced Maui Onions
Sliced tomatoes
Finely Sliced Green Onion
Baby Chervil
Tarragon
Chopped Ogo
Hawaiian Sea Salt
Fresh Ground White Pepper



Method:

With a pairing knife, remove the ribs from the ti leaves.
Place one ti leaf on a plate. Place the other ti leaf across the like an X.
Place the sautéed Kula spinach in the center.
Season the snapper with Hawaiian sea salt and fresh ground white pepper.
Place the snapper on top of the spinach.
Lift all sides of the ti leaves and tie to enclose.
Steam for about six to seven minutes or until the snapper is cooked.

Place the Maui onions and champagne vinegar in a blender on high speed.
Lower the speed of the blender and drizzle in the extra virgin olive oil.
Season with lemon juice, sea salt and fresh ground white pepper.
Strain through a fine sieve.
Place the dressing in a bowl.
Add the finely sliced Maui onion, tomatoes, green onions,
chopped ogo, baby chervil and tarragon.
Season with sea salt and fresh ground white pepper.

Cut open the lau lau with kitchen scissors and expose the fish.
Spoon the sauce on top of the fish.

'Oli'oli kou aina. !

