

# Cooking Light

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**THANKSGIVING  
MADE  
PERFECT!**



## THE HUNGRY TRAVELER



## Breakfast, Lunch, & Dinner in Honolulu

Story by LESA GRIFFITH | Recipes by BONNIE FRIEDMAN



## Dinner at Town

At Town ([townkaimuki.com](http://townkaimuki.com)), Chef-Owner Ed Kenney puts a Mediterranean spin on local produce—even the steaks are from island-raised beef. On the daily-changing menu you might find house-cured wild boar sausage, mussels in a Cinzano-spiked broth, or pan-roasted Hawaiian onaga topped with a vinegary sauce *gribiche*. This casual spot, with art by Oahu artists on the walls, was the de facto canteen for the *Lost* cast. It's a safe harbor for Honolulu's trendy arts crowd.

### Pan-Roasted Fish with Mediterranean Tomato Sauce

**Hands-on time: 32 min.**

**Total time: 32 min.**

Chef Ed Kenney uses Hawaiian fish such as mahimahi and onaga (long-tailed snapper), but any type of meaty, white fish like snapper will work.

Use U.S. wild-caught yellowtail snapper; avoid red snapper.

- 1½ tablespoons olive oil
- 1½ teaspoons butter
- 2 cups chopped seeded plum tomato

- 1½ tablespoons capers
- 1 tablespoon Dijon mustard
- 3 garlic cloves, minced
- 1½ tablespoons chopped fresh flat-leaf parsley
- 1½ tablespoons minced fresh chives

- 1 tablespoon minced fresh tarragon
- ¾ teaspoon kosher salt, divided
- ¾ teaspoon freshly ground black pepper, divided
- ¼ teaspoon crushed red pepper
- 1 tablespoon canola oil
- 4 (6-ounce) yellowtail snapper fillets, skin on



**1.** Heat olive oil and butter in a medium skillet over medium-high heat. Add tomato to pan; cook 6 minutes, stirring frequently. Stir in capers, Dijon mustard, and minced garlic; bring to a boil. Reduce heat,

and simmer 2 minutes or until slightly thickened, stirring occasionally. Remove from heat. Stir in parsley, chives, tarragon, ¼ teaspoon salt, ¼ teaspoon black pepper, and red pepper; keep warm.

**2.** Heat canola oil in a large nonstick skillet over medium-high heat. Sprinkle fish with remaining ½ teaspoon salt and remaining ½ teaspoon black pepper. Add fish to pan, skin side down; cook 3 minutes or until skin is browned. Turn fish over; cook 3 minutes or until desired degree of doneness. Serve fish with the sauce.

**SERVES 4** (serving size: 1 fillet and ½ cup sauce).  
**CALORIES** 282; **FAT** 12.4g (sat 2.6g, mono 7g, poly 1.8g); **PROTEIN** 36.1g; **CARB** 5.2g; **FIBER** 1.4g; **CHOL** 67mg; **IRON** 0.8mg; **SODIUM** 611mg; **CALC** 26mg



## Lunch at Tango Contemporary Café

Finnish chef Göran V. Streng makes clean, modern versions of traditional favorites such as Cobb salad and a grilled mahimahi sandwich served on a nori-flecked bun. But what makes Tango ([tangocafehawaii.com](http://tangocafehawaii.com)) stand out in Honolulu are the references to Streng's Scandinavian background, such as the popular open-faced gravlax sandwich with Boursin, egg, and mustard-dill sauce, and the open, airy space punctuated with Marimekko wall hangings. Salmon, by the way, may be a key part of Scandinavian cuisine, but it's also featured locally. In the 1800s, western sailors introduced a salted-salmon-and-tomato salad that is now part of the Hawaiian-food menu and is known as *lomi-lomi* salmon.

## Open-Faced Smoked Salmon Sandwich

**Hands-on time: 17 min.**

**Total time: 17 min.**

*This sandwich is basically a riff on Hawaii's beloved lomi-lomi salmon, a salad of salted fish and tomatoes.*

- 1/3 cup (3 ounces) 1/3-less-fat cream cheese, softened
- 1 teaspoon minced fresh chives
- 1 teaspoon chopped fresh flat-leaf parsley

- 1 teaspoon chopped fresh thyme
- 1 teaspoon plain low-fat yogurt

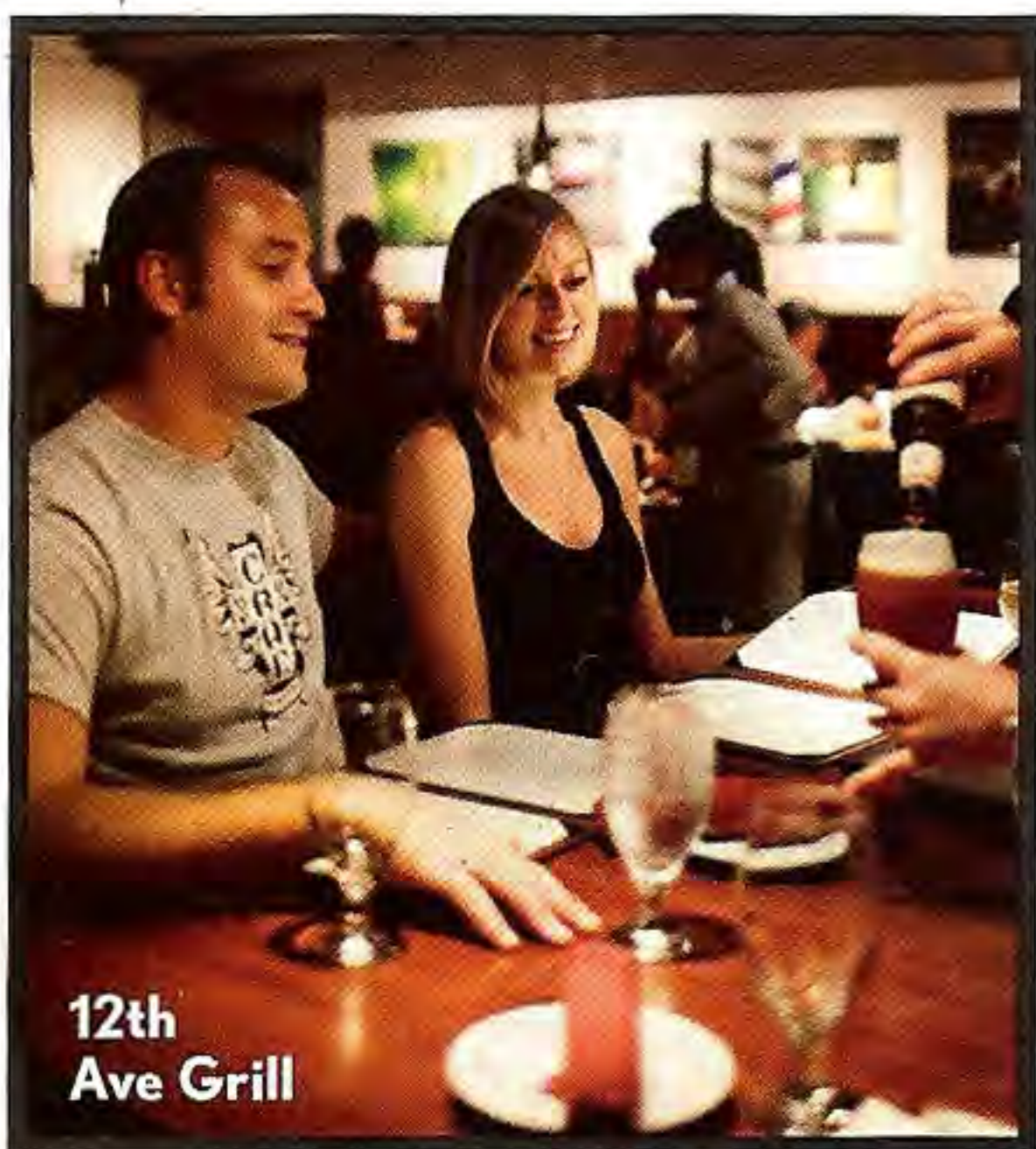


- 1/2 teaspoon lemon juice
- 1 garlic clove, minced
- 3 tablespoons Dijon mustard
- 1 tablespoon chopped fresh dill
- 1 tablespoon water
- 2 teaspoons honey
- 6 (1-ounce) slices rye bread
- 6 Bibb lettuce leaves, cut in half
- 12 ounces cold-smoked salmon, cut into thin strips
- 24 (1/4-inch-thick) slices plum tomato

- 24 (1/8-inch-thick) slices cucumber
- 3 hard-cooked large egg whites, chopped
- Dill sprigs (optional)

1. Combine first 7 ingredients in a bowl.
2. Combine mustard and next 3 ingredients (through honey); stir with a whisk.
3. Spread 2 tablespoons cheese mixture over each bread slice. Top each with 2 lettuce halves, 2 ounces salmon, 4 tomato slices, and 4 cucumber slices. Drizzle each sandwich with 2 teaspoons mustard mixture; sprinkle with 2 tablespoons egg whites. Garnish with dill sprigs, if desired.

**SERVES 6** (serving size: 1 open-faced sandwich).  
**CALORIES** 231; **FAT** 6.9g (sat 2.6g, mono 1.2g, poly 0.7g); **PROTEIN** 17.2g; **CARB** 25.1g; **FIBER** 3g; **CHOL** 23mg; **IRON** 2.1mg; **SODIUM** 848mg; **CALC** 67mg



might include Hawaii-raised shrimp dusted with garam masala and served with a hearts of palm and green apple rémoulade or poached lobster with curried Pirie mango. At **Alan Wong's** ([alanwongs.com](http://alanwongs.com)), the emphasis is on Pacific fish. *Onaga* (long-tail red snapper) is crusted with ginger and served with a velvety miso-sesame vinaigrette, while for *opakapaka* (pink snapper), the Chinese treatment of ginger and pork hash is turned on its head with truffle nage and tapioca pearls. Chris Garnier, executive chef at **Roy's** ([roysrestaurant.com](http://roysrestaurant.com)),

features a daily-changing menu of Hawaiian fusion cuisine, including a duck confit served with a passionfruit-and-mango sauce.

"Hawaii's rich cultural and ethnic composition lends itself to flavors and food preparations that are unlike anywhere else," says Joan Namkoong, coauthor with Roy Yamaguchi of *Hawaii Cooks* and author of the *Food Lover's Guide to Honolulu*. "While East-West fusion cuisines are common, Hawaii's is different. We—and Hawaii Regional Cuisine—started with ethnic dishes, then added European

## Breakfast at Café Kaila

The quintessential Hawaiian breakfast includes eggs, two scoops of rice, and fried slices of Portuguese sausage or Spam: Island diners like old-school comfort in the morning. But a new generation of cheery breakfast spots is serving freshened-up favorites. There is always a line outside sunny **Café Kaila** (808-732-3330), where fans can enjoy their signature salty-sweet buttermilk pancakes. Owner-chef Chrissie Kaila Castillo made countless batches of batter ("My mother had to eat so many pancakes," she says) before arriving at this winning recipe.

## Whole-Wheat Buttermilk Pancakes with Orange Sauce

**Hands-on time: 42 min.**

**Total time: 42 min.**

Whipped egg whites and added leavening make these pancakes extra fluffy, which is Café Kaila's signature style.

### Sauce:

- 1/4 cup plus 1 teaspoon water, divided
- 3/4 cup fresh orange juice
- 1 tablespoon sugar
- 1 teaspoon cornstarch
- 1 tablespoon butter
- 1/2 teaspoon grated orange rind

### Pancakes:

- 3.6 ounces whole-wheat flour (about 3/4 cup)
- 3.5 ounces all-purpose flour (about 3/4 cup)
- 1 teaspoon baking powder

- 1/4 teaspoon baking soda
- 1/8 teaspoon salt
- 1/2 cup nonfat buttermilk
- 2 teaspoons grated orange rind
- 1 teaspoon vanilla extract
- 1 large egg yolk
- 3 large egg whites
- 2 tablespoons sugar
- 1/2 cup sparkling water
- 1 1/2 cups sliced banana

**1.** To prepare sauce, combine 1/4 cup water, juice, and 1 tablespoon sugar in a small saucepan; bring to a boil. Cover, reduce heat, and cook until reduced to 2/3 cup (about 6 minutes). Combine cornstarch and remaining 1 teaspoon water in a small bowl, stirring with a whisk. Stir into juice mixture. Bring to a boil; cook for 1 minute or until slightly thickened, stirring constantly. Remove from heat; stir in butter and

1/2 teaspoon orange rind. Keep warm.

**2.** To prepare pancakes, weigh or lightly spoon flours into dry measuring cups; level with a knife. Combine flours, baking powder, baking soda, and salt in a large bowl; stir with a whisk. Combine buttermilk and next 3 ingredients (through egg yolk) in a small bowl, stirring with a whisk. Add

the milk mixture to flour mixture, stirring with a whisk (batter will be thick). Place egg whites in a large bowl; beat with a mixer at high speed until soft peaks form. Add 2 tablespoons sugar, 1 tablespoon at a time, beating until stiff peaks form. Gently stir one-fourth of egg white mixture into batter. Gently fold in the remaining egg white mixture. Gently stir in sparkling water.

**3.** Pour about 1/4 cup batter per pancake onto a hot nonstick griddle or nonstick skillet, and spread gently with a spatula. Cook for 2 minutes or until tops are covered with bubbles and edges look cooked. Carefully turn pancakes over; cook 2 minutes or until bottoms are lightly browned. Top with bananas. Serve with sauce.



**SERVES 4** (serving size: 2 pancakes, about 1/3 cup bananas, and 3 tablespoons sauce).  
**CALORIES** 349; **FAT** 5g (sat 2.4g, mono 1.4g, poly 0.6g); **PROTEIN** 11.1g; **CARB** 67.5g; **FIBER** 5.4g; **CHOL** 60mg; **IRON** 2.5mg; **SODIUM** 340mg; **CALC** 157mg