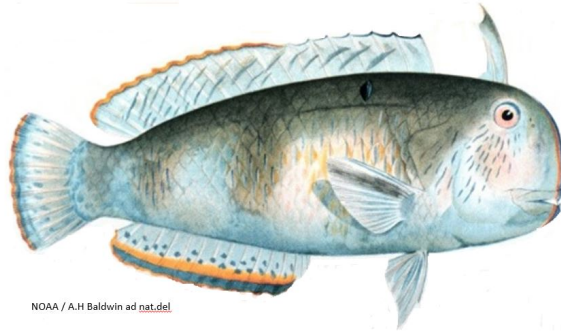


FRESH CATCH OF THE DAY

NABETA



IN HAWAII THE PHRASE IS
“NABETA MO’ BETTA”
THIS FISH IS BEST FRIED WHOLE.

INGREDIENTS:

VEGETABLE OIL
GARLIC CLOVES
HAWAIIAN ROCK SALT
WHOLE NABETA

COOKING GUIDE:

1. DRY FISH WITH PAPER TOWEL AND SPRINKLE HAWAIIAN ROCK SALT ON BOTH SIDES OF THE FISH.
2. HEAT OIL TO CRACKING HOT IN LARGE PAN OR POT (MAKE SURE IT IS LARGE ENOUGH THE FISH FITS HEAD TO TAIL!)
3. COOK WHOLE GARLIC CLOVES UNTIL BROWN AND REMOVE.
4. COOK WHOLE FISH ON BOTH SIDES UNTIL GOLDEN BROWN, REMOVE AND PLACE ON COOLING RACK OR PAN GRATE TO KEEP BOTH SIDES OF THE FISH CRISPY.
5. ENJOY! ALL OF THE CRISPY SKIN AND MEAT CAN BE EATEN. NABETA ALSO HAVE A NICE CHUNK OF MEAT IN THEIR CHEEKS!