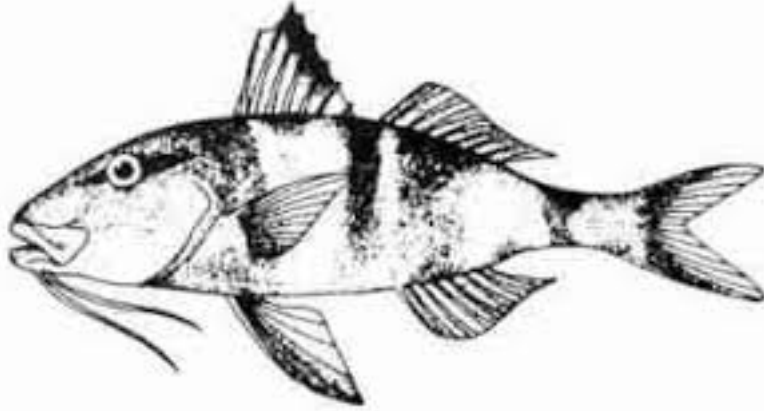


FRESH CATCH OF THE DAY
WEKE | KUMU | MOANO



**IN HAWAII THIS TYPE OF GOATFISH CAN BE
BAIT OR ON YOUR PLATE
DEPENDING ON SIZE**

INGREDIENTS:

GRILLED: OLIVE OIL, SALT, PEPPER

PAN FRIED: OLIVE OIL, MAYONNAISE, PANKO OR FURIKAKE

COOKING GUIDE:

- 1. DRY FISH MEAT WITH PAPER TOWEL. DO NOT WASH FILLET WITH FRESH WATER.**
- 2. FOR GRILLED: LIGHTLY OIL FILLET, SPRINKLE WITH SALT AND PEPPER. GRILL TILL DONE, DON'T OVERCOOK!**
- 3. PAN FRIED: LIGHTLY COAT PAN WITH OLIVE OIL. COAT FILLET IN MAYONNAISE AND COAT IN YOUR CHOICE OF PANKO (JAPANESE BREADCRUMBS) OR FURIKAKE (ASIAN RICE SEASONING). COOK TILL BROWNE. DO NOT OVERCOOK!**