Local Aquaponic Tilapia with WOW Farm Tomato, Potato and Fennel

Yield: 1 portion

Ingredients:
1pc Tilapia Filet skin on and scored
1T Mrs. Dash Seasoning
1T salad oil
1cup large diced assorted WOW Farm Tomato
1T sliced or minced garlic
½ cup sliced fingerling potato
½ bulb thinly sliced fennel
2cups chicken broth
1 pinch of saffron
1T chopped Italian Parsley
1T chopped Oregano

1) Heat a medium sized sauté pan on high and add in the oil
2) Season the skin side of the filet with the Mrs. Dash and place the filet into the pan skin side down and sear until golden brown
3) Remove the filet from the pan and add in the tomato, garlic, potato, fennel, and chicken broth and stir
4) Bring the liquid to a boil and add in the saffron and reduce to a simmer
5) Add the tilapia filet back into the pan flesh side down to finish the cooking and to absorb the flavor of the tomato, potato, and fennel mixture
6) Remove the filet when done and place the tomato, potato, and fennel broth into a soup plate and top with the tilapia filet and enjoy!

Abalone Sashimi with WOW Farm Tomato Relish
Yield: 2 portions

Ingredients:
1pc Large Size Kona Abalone
2T chopped assorted WOW Farm Tomato
1T chopped takuan
1tsp tsuyu
1tsp lime juice

1) Clean and slice the abalone placing the slices back into the shell
2) Combine the remaining ingredients in a small bowl and mix well
3) Top the abalone slices with the relish and enjoy!!
Braised Abalone Nigiri

Yield: 4 portions

Braised Abalone
Ingredients
8pcs small Kona Abalone
3 cups dashi
1tsp shoyu
1tsp mirin

1) In a small sauce pan combine the dashi, shoyu, and mirin and bring to a simmer
2) Add in the abalone and simmer until tender(40minutes)
   *****do not boil as the liquid will reduce too quickly and the abalone will not have enough cooking time to soften

Abalone Rice
Ingredients:
1 cup rice
1cup water
½ cup left over braising liquid
4 pcs braised abalone cut into julienne
½ cup sansei vegetable mix

1) Combine all of the ingredients in a rice cooker and cook
2) Form the rice into bullets and top each bullet with a braised abalone removed from the shell
   *** You can use a strip of nori to tie the braised abalone to the rice bullet