



**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

¼ cup left over braising liquid

4pcs 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