

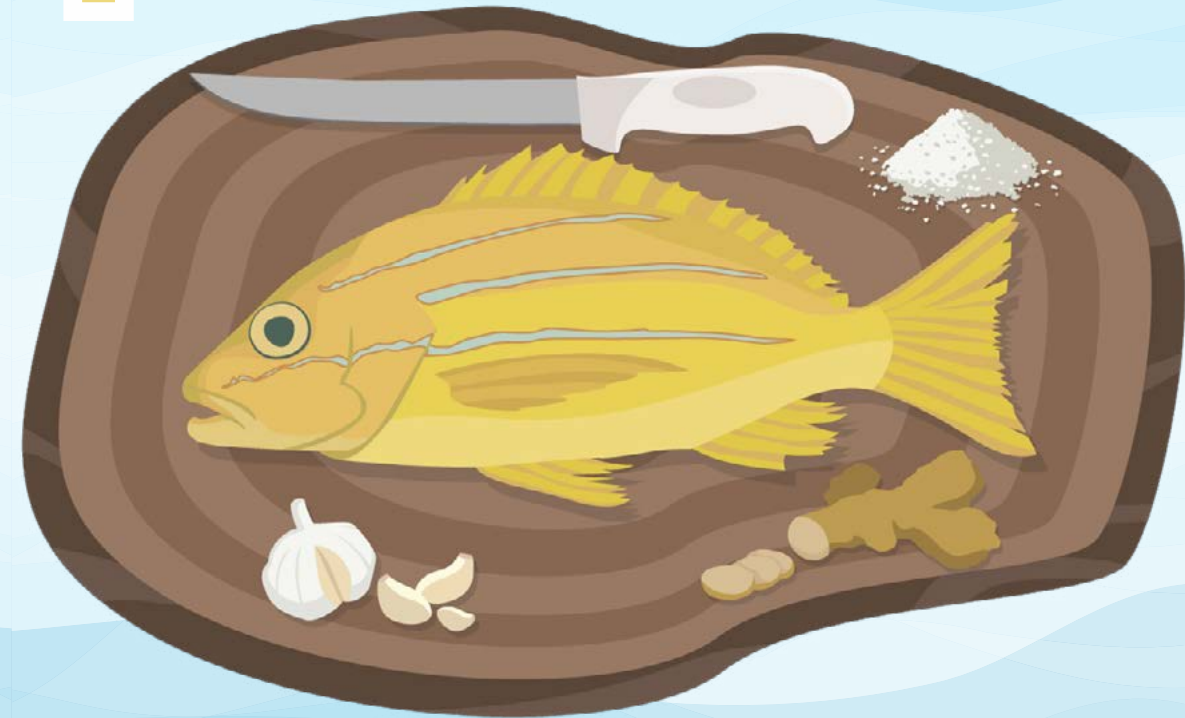


**World
Ocean
Day**

Ta'ape Specials

4 Recipes
Featuring **Ta'ape**

(Bluestripe Snapper)



by **Chef Mark “Gooch” Noguchi & Chef Kristene “Banchan” Moon**

Ta'ape is an introduced, invasive species in Hawai'i, but it also happens to be delicious to eat!
Learn how to prepare ta'ape with these recipes from Chef Gooch and Chef Banchan.

Post your ta'ape dishes on social media with #EatMoreTaape and tag @CI_Hawaii and @ChefHuiHI on Instagram to be featured!



**World
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Day**

Grilled Ta'ape with Nuoc Cham

By Chef Kristene "Banchan" Moon

Serves
2

Prep Time
20 minutes

Additional
48 hours and
20 minutes

Cook Time
5 minutes



Watch the video
demo by Chef
Banchan at
ChefHui.com

Ingredients

2 whole ta'ape

For the brine:

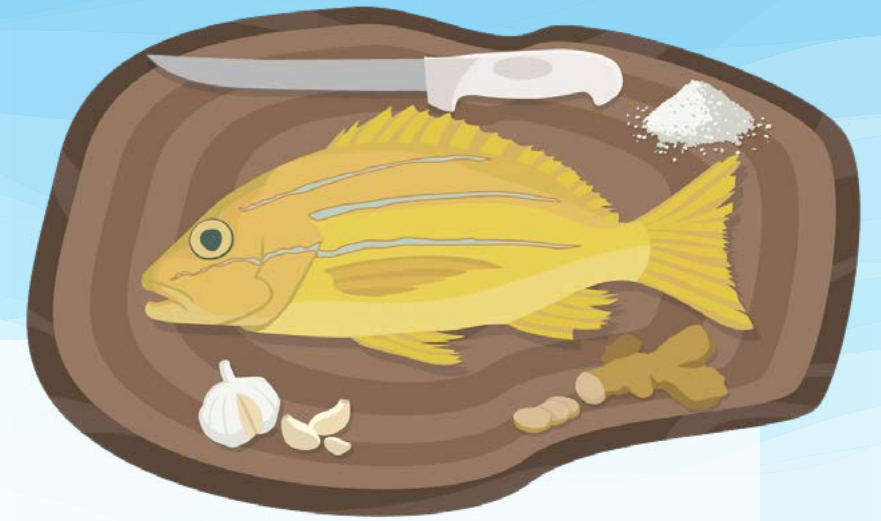
1/2 cup kosher salt
2 cups water, boiling
2 cups ice

For the Pig & The Lady Nuoc Cham sauce:

3 garlic cloves, minced
1/3 cup fish sauce
1/3 cup lime juice (about 4-5 limes)
1/3 cup sugar
1 piece Thai chili, sliced thin
1/4 cup water

Directions

- ① **To make the brine**, in a 1-quart container, combine salt with boiling water. Stir to dissolve. Add ice to the container, until you fill it. (You need 1 quart total brine.)
- ② **To prepare the ta'ape**, scale the fish on both sides and remove the fins.
- ③ Cut in from the back down to the belly, do not penetrate the bottom of fish.
- ④ Cut the head in half, making sure to not cut through the bottom lip of mouth, but do cut through the top lip.
- ⑤ Open the fish up, cut out the spine with scissors, and remove the guts, gills, rib cage and pin bones. Rinse thoroughly, until there is no more visible blood.
- ⑥ Place the ta'ape in a large container, pour the iced brine over the top, and let sit 20 minutes. Remove, pat dry, and refrigerate it with the skin side up for at least 48 hours.
- ⑦ **To make the Pig & The Lady Nuoc Cham sauce**, combine the sugar and fish sauce in a small bowl and stir to dissolve. Add the rest of the ingredients and let sit for about an hour before serving.
- ⑧ **To grill the ta'ape**, get your grill very hot, then place your ta'ape skin side down. Don't flip the fish until it's 90% cooked through from the skin side. If your skin does happen to get crispy sooner, you may flip earlier.
- ⑨ Flip and finish 1 minute on other side. Remove from grill and serve with nuoc cham.



Ta'ape illustration by Micah Gomes.

Seared Ta'ape with Fermented Garlic Sauce

By Chef Kristene "Banchan" Moon



Serves
4

Prep Time
30 minutes

Additional
1 week for
fermented
garlic sauce

48 hours for
ta'ape brine

Cook Time
5 minutes



Watch the video demo by Chef
Banchan at ChefHui.com

Ingredients

4 whole ta'ape
All purpose flour (enough to coat)
Kosher salt (to taste)
1/2 cup canola oil
4 lemon wedges

For the fermented garlic sauce:

1 cup shoyu
1 cup (about 40 cloves) garlic,
minced
1 cup green onion, sliced thin
1 Tbsp sugar
1/2 tsp sesame oil
2 Tbsp sesame seeds
1/4 cup Korean chili flakes

For the brine:

1/3 cup kosher salt
1 quart of water, boiling
2 cups ice

Directions

- ① **To make the fermented garlic sauce**, mix together all of the ingredients for the fermented garlic sauce and let sit at room temperature for 5 days to ferment.
- ② **To make the brine**, in a 1-quart container, combine salt with boiling water. Stir to dissolve. Add ice to the container until you fill it. (You need 1 quart total brine.)
- ③ **To prepare the ta'ape**, scale the fish on both sides and remove the fins using kitchen shears. Cut in from the back down to the belly. Do not penetrate the bottom of fish. Cut the head in half, making sure to not cut through the bottom lip of mouth, but do cut through the top lip. Open the fish up, cut out the spine with scissors, and remove the guts, gills, rib cage and pin bones. Rinse thoroughly, until there is no more visible blood.
- ④ Place the ta'ape in a large container, pour the iced brine over the top, and let sit 20 minutes. Remove, pat dry, and refrigerate with skin side up for at least 48 hours.
- ⑤ **To cook the ta'ape**, using a very sharp knife, score the fish making parallel 1/4" - deep cuts spaced 1/2" apart from end to end on both sides.
- ⑥ Season fish liberally with salt on both sides. Dredge the entire fish in flour, making sure not to miss any spots! This helps to ensure a nice crust on your fish.
- ⑦ In a large pan, heat the oil on high heat. When the pan is hot enough, just before smoking point, add your fully dredged fish to the pan and drop your heat to a medium. **BE CAREFUL PLEASE.**
- ⑧ Let cook for about 1 1/2 - 2 minutes on medium heat, then flip. Your fish should be golden brown. Let cook for about 1 1/2 - 2 minutes on the other side. Transfer fish out of the pan and onto paper towels on a plate to get rid of excess oils.
- ⑨ Serve with fermented garlic sauce and a wedge of lemon.

Ta'ape illustration by Micah Gomes.

Smoked Ta'ape Dip

By Chef Mark "Gooch" Noguchi

Serves
2-4

Prep Time
20 minutes

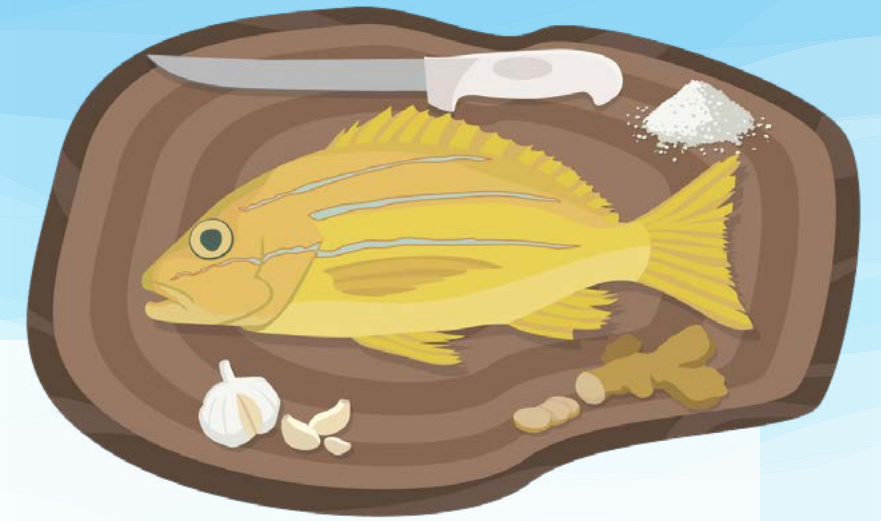
Cook Time
20 minutes

Ingredients

3 lbs whole ta'ape
1/2 cup green onions
1 cucumber, deseeded and diced
1/2 cup mayonnaise
1/2 cup Greek yogurt
Hot sauce, to taste
1/2 lime
16 each (2 packages)
soda crackers
1/2 cup pickled red onions, diced

Directions

- ① Scale, gut, and fillet ta'ape. Leave the skin on.
- ② Season the fillets with salt and pepper.
- ③ Place fillets in a single layer on a pan and place into a smoker. Smoke on low heat for about 15-20 minutes, until cooked through. (Note: A Traeger smoker takes about 20 minutes.)
- ④ Remove the ta'ape from the smoker and shred the meat into a bowl, making sure to discard any remaining pin bones.
- ⑤ Add green onions, cucumber, mayonnaise, greek yogurt, salt, hot sauce, and a squeeze of lime, and combine well.
- ⑥ Serve with soda crackers and pickled red onion.



Watch Chef Gooch and U.S. spearfishing champion Kimi Werner prepare this dip at ChefHui.com.

Ta'ape illustration by Micah Gomes.

Peruvian-Style Ta'ape Ceviche

By Chef Mark "Gooch" Noguchi

Serves
2-4

Prep Time
30 minutes

Additional
20 minutes

Cook Time
0 minutes



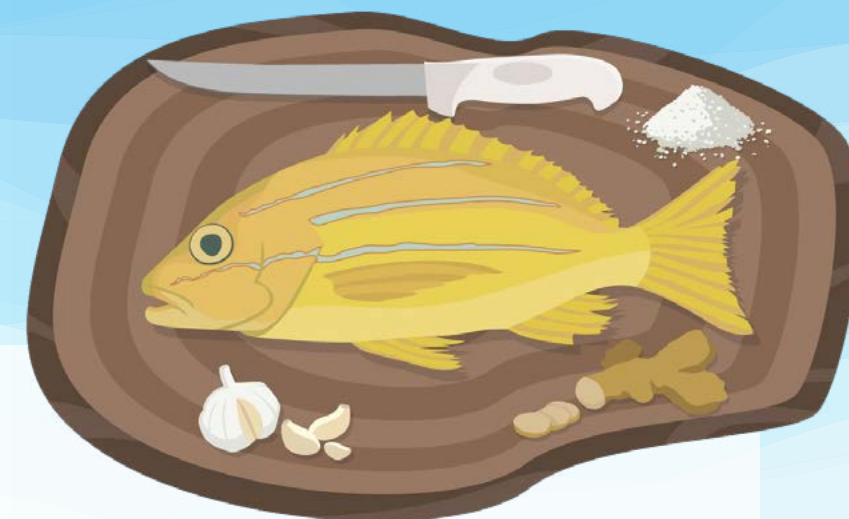
Watch Chef Gooch and U.S. spearfishing champion Kimi Werner prepare this dish at [ChefHui.com](https://www.chefhui.com).

Ingredients

3 lbs whole ta'ape
(to make 1 lb of filleted fish)
6 cloves garlic
1 cucumber, deseeded and diced or bias cut
1/2 red onion, sliced paper thin
1 cup cherry tomatoes, diced
2 oranges, juiced
5 limes, juiced
1 jalapeño, deseeded and diced
2 serrano chilis, deseeded and diced
2 cups Peruvian corn, toasted
salt and black pepper, to taste

Directions

- ① Scale, gut, and cut ta'ape into boneless skinless fillets. Remove the skin and dice into small cubes, making sure to remove any pin bones.
- ② Use a mortar and pestle (suribachi) to pound the garlic, with a good dose of salt and lime juice, into a fine consistency. (Note: Grinding or pureeing garlic prevents the harsh enzymes from releasing into the air. It makes a mellower taste.)
- ③ Spoon orange juice and lime juice into the garlic.
- ④ Combine all ingredients together and refrigerate for about 20 minutes.
- ⑤ Serve cold and enjoy!



Ta'ape illustration by Micah Gomes.

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(return to an abundant ocean).

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