

# OCEAN RAISED RECIPES

Simple, delicious & nutritious recipes  
from the oceans to your kitchen.



FOREVER OCEANS

amacore®



# ABOUT OUR KANPACHI

Our Kanpachi fish is ocean-raised in pristine waters, far from land and vessel pollution, where marine life can flourish in our restorative, responsible approach.

In our unique enclosures, which work with the ocean, our fish are able to swim in natural fast-flowing water to flush away contaminants naturally. Our beautiful, humanely-raised Kanpachi is sashimi grade fish - an excellent source of Omega-3, with no hormones or preventative antibiotics.



We have received our certification and continue to be environmentally and socially responsible. Check out our website for more information: <https://www.foreveroceans.com/asc-reporting/>

## Our Chefs



Forever Oceans™ has a culinary board of 50 plus world-class chefs. Leading the team is our very own Executive Chef Mark William Allison and Chef Rick Moonen, known as “The Godfather of Responsibility.”

Chef Mark Allison currently runs the **Ocean Raised Blog** for Forever Oceans, highlighting how to cook seafood; and Chef Rick Moonen is the host of the **Ocean Raised Podcast**, which has featured guests like Andrew Zimmern, Chef Jacques Pepin, Chef Rick Bayless, Chef Aaron Sanchez, and Chef Jose Andres among other celebrity chefs.

## TABLE OF CONTENTS



<b>Kanpachi</b> .....	<b>4</b>
Kanpachi Curry .....	4
Kanpachi Sushi .....	6
Kanpachi Nigiri .....	8
Kanpachi, Jicama, Thai Red Chili, Lime & Mint Salad .....	10
Brazilian Fish Stew .....	12
Crudo di Pesce (Fish Tartare) .....	14



## KANPACHI CURRY

Not only is this Kanpachi curry healthy and comforting, it's also delicious. Best part? It comes together in just about 30 minutes. Serve this over a bowl of steamed brown rice for a satisfying dinner that everyone will love.



### SERVES: 4

#### INGREDIENTS:

- 2 tablespoons ghee or olive oil
- 1 onion, peeled and sliced
- 4 garlic cloves, peeled and minced
- 1-inch fresh ginger, peeled and grated
- 1 tablespoon curry powder
- 1 teaspoon garam Masala
- 1 teaspoon cumin
- 1 teaspoon coriander powder
- 1 teaspoon paprika
- ½ teaspoon turmeric
- 1 tablespoon tomato paste
- 1 cup low in sodium chicken stock
- 1 can coconut milk
- 4 x 150 gms Kanpachi
- salt to taste
- freshly ground black pepper, to taste
- 12 x clams, cleaned
- 12 x large shrimps, deveined
- 2 baby Bok Choy, roughly chopped
- 2 tablespoons freshly chopped cilantro
- 2 tablespoons crushed cashew nuts

#### DIRECTIONS:

1. Place a large frying pan on the stove over a medium heat, add ghee, when hot add the onions, cook for 2-3 minutes, then add the garlic and ginger. Cook for another 2 minutes, then stir in the curry spices. Allow to cook slowly for 4-5 minutes, then stir in the tomato paste, chicken stock and coconut milk. Bring to a boil, then turn down to a simmer and cook for 15 minutes to allow the flavors to develop.
2. Season the Kanpachi loins with salt and pepper, add them to the curry sauce, along with the shrimp and clams. Continue to cook for another 10 minutes, then add the Bok Choy and cook until wilted, approximately 2-3 minutes. Garnish with the chopped cilantro and cashew nuts and serve with boiled rice.



## KANPACHI SUSHI

This sushi recipe is easy for beginners and also experienced sushi lovers alike, it shows how simple ingredients create delicious, great looking rolls.



**SERVES: 6 ROLLS**

### INGREDIENTS:

#### SUSHI RICE:

250 gms sushi rice (washed)

$\frac{2}{3}$  pint water

2 tablespoons rice vinegar

1 tablespoon sugar

#### KANPACHI SUSHI ROLLS:

6 sheets sushi seaweed aka nori

1 batch prepared sushi rice

500 gms sushi grade raw Kanpachi loins, cut into even size strips

#### GARNISH:

cream cheese

avocado, stone removed,  
cut into strips

soy sauce for serving

pickled ginger for serving

### DIRECTIONS:

#### SUSHI RICE:

1. Place the rice and water into a rice cooker. Cook on the "white rice" setting. When cooked, pour over the rice vinegar, then gently stir in the sugar. Place into a bowl and allow to cool before using.

#### SUSHI ROLLS:

1. Place the seaweed on a bamboo mat, then cover the sheet of seaweed with an even layer of prepared sushi rice. Add a strip of Kanpachi loin, then add your favorite ingredients – cream cheese, avocado or cucumber, then roll up tightly. Slice with a very sharp knife and enjoy with soy sauce and pickled ginger.



## KANPACHI NIGIRI

Nigiri is one of the simplest ways to enjoy the buttery flavor and freshness of Kanpachi.



### SERVES: 4

#### INGREDIENTS:

##### SUSHI RICE:

250 gms sushi rice (washed)

$\frac{2}{3}$  pint water

2 tablespoons rice vinegar

1 tablespoon sugar

##### KANPACHI NIGIRI:

$\frac{1}{2}$  batch of prepared sushi rice

250 gms sushi grade raw Kanpachi loins, cut into even size strips

1 tablespoon wasabi

soy sauce

pickled ginger

#### DIRECTIONS:

##### SUSHI RICE:

1. Place the rice and water into a rice cooker. Cook on the "white rice" setting. When cooked, pour over the rice vinegar, then gently stir in the sugar. Place into a bowl and allow to cool before using.

##### KANPACHI NIGIRI:

1. Place about 2 tablespoons of prepared sushi rice in your hand. Squeeze it together until it rolls into a firm oval shape. Make the bottom flat with the rounded top. Take a pea sized portion of wasabi and spread it in the middle of the Kanpachi slice. Place the rolled sushi rice onto the Kanpachi and bend your fingers to cover both the topping and rice together. Gently squeeze together so that the Kanpachi sticks to the rice Repeat for each roll.
2. Top each nigiri with your favorite garnish and serve with additional wasabi, soy sauce and pickled ginger.



## KANPACHI, JICAMA, THAI RED CHILI, LIME & MINT SALAD

Brighten up your lunch or dinner with this crisp salad that bursts with fresh flavor and a little bit of sweetness, topped with the buttery taste of Kanpachi.

### SERVES: 4

#### INGREDIENTS:

4 x 150 gms Kanpachi loin or fillet  
sea salt  
freshly ground black pepper  
2 tablespoons olive oil

#### SALAD:

1 large ripe mango, peeled, pitted, and cut in thin matchsticks  
1 small to medium jicama, peeled and cut into quarter-inch thick rounds then into matchsticks  
¼ red onion, peeled and thinly sliced  
1 small to medium Thai red chili, deseeded and flesh minced  
1 lime, juice of  
pinch sea salt  
1 tablespoon extra-virgin olive oil  
1 tablespoon local honey  
1 pear, cored and cut into matchsticks  
1 tablespoon fresh mint, chopped  
1 tablespoon fresh cilantro, chopped

#### DIRECTIONS:

##### SALAD:

1. Take a large bowl and add the first 7 ingredients.
2. Lightly toss together, and cover with plastic. Place in the refrigerator to infuse the flavor for 1 hour.

##### KANPACHI:

1. Season the Kanpachi lightly with salt and pepper.
2. Place a medium size frying pan on the stove over a medium to high heat, and add the oil.
3. Carefully place each piece of Kanpachi skin side down into the hot pan. Cook for 2 to 3 minutes, then turn over, allow to cook a further 2 to 3 minutes or until cooked to your liking.

##### TO SERVE:

1. Remove the salad bowl from the fridge, take off the plastic, and add the remaining ingredients.
2. Lightly toss again to coat and serve with the pan fried Kanpachi. Enjoy!





## BRAZILIAN (KANPACHI) FISH STEW

A simple Brazilian Fish Stew made with your choice of fish and simmered in coconut milk with onions, tomatoes, chilies and lime. Easy, fast and full of flavor and nutrition! Serve with rice, a nice big salad or crusty bread to mop up all the sauce!

### SERVES: 4

#### INGREDIENTS:

500 gms Kanpachi (or your favorite fish), skin removed, flesh cut into 2-inch pieces

freshly ground black pepper

1 lime, zest and juice of

2 tablespoons coconut oil or olive oil

2 carrots, washed and roughly chopped

1 onion, peeled and roughly chopped

1 red bell pepper, seeds removed and flesh roughly chopped

2 garlic cloves, peeled and minced

1 medium sized jalapeño pepper, seeds removed and flesh minced

2 tablespoons tomato paste

1 can (400 gms) of chopped tomatoes

1 can (400 gms) of coconut milk

2 tablespoons cilantro, freshly chopped

#### DIRECTIONS:

1. Place the fish into a medium size bowl. Season with salt, pepper and zest and juice from half of the lime. Set aside.
2. Take a large frying pan and place over a medium to high heat on the stove. Add the oil, when hot add the carrots and onions, cook to 2 to 3 minutes. Turn the heat down to a medium and add the bell pepper, garlic and jalapeño and cook for an additional 4 to 5 minutes.
3. Add the tomato paste, chopped tomatoes and coconut milk, stir and bring to a simmer, then cook for 10 minutes to slightly thicken the stew. Then carefully add the fish, cover with a lid and simmer for 6 to 7 minutes or until the fish is cooked.
4. Taste and adjust the seasoning with extra salt and the remaining lime juice if needed. Sprinkle over the freshly chopped cilantro and serve with cooked rice.





## CRUDO DI PESCE (FISH TARTARE)

Tartare is a classic dish eaten around the world where fresh fish is available. This recipe adds lots of bold fresh flavors, which complement the fresh Kanpachi adding subtle back notes and texture.

### SERVES: 2

#### INGREDIENTS:

250 gms fresh Kanpachi (tuna or salmon), cleaned, filleted, and diced

sea salt, to taste

freshly ground black pepper, to taste

extra virgin olive oil, to taste

1 celery stick, strings removed, cut into dice

¼ cucumber, peeled and diced

1 honey crisp apple, peeled and diced

1 kiwi, peeled and diced

½-inch ginger root, finely grated

1 orange, segments and juice of salad greens, for plating

#### DIRECTIONS:

1. Take a medium size bowl, add the Kanpachi and season with a pinch of salt, black pepper and drizzle of olive oil, set aside.
2. Place the celery, cucumber, apple, kiwi, ginger and orange segments in a bowl. Season with a small amount of olive oil, the orange juice and a pinch of salt and pepper, and stir to combine.
3. To create the dish, arrange a quarter of the fruit and vegetable mixture around each serving plate, then top it with the fresh Kanpachi. Finish by scattering the salad greens and any leftover dressing over the fish, and serve.







# FOREVER OCEANS

For more recipes visit our online recipe book at

**foreveroceans.com**

or scan the code:



Your partner for Kanpachi in Europe

**amacore<sup>®</sup>**

happy people, world class fish

**www.amacore.nl**