

Recipes from Hawaii Kai

maker of the world's finest sea salts and ocean-based products.

WHITE SALT RECIPES

Grilled Pineapple with Hawaii Kai White Sea Salt Topping

Ingredients (yields 4 servings):

- .25 cup (one-quarter) honey
- .25 cup (one-quarter) fresh limejuice
- 1 tbsp grated lime peel
- 2 tbsp orange juice
- 1 large ripe pineapple
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- 1 large ripe pineapple
- 1 pinch Hawaii Kai White Sea Salt
- .25 cup (one-quarter) minced fresh mint

Method

Whisk first 4 ingredients in large glass dish
Peel pineapple; cut crosswise into 8 rounds
Remove core from each slice; discard
Add pineapple to dish; turn and coat
Cover with plastic wrap; let stand for at least 1 hr.
Preheat grill (medium heat)
Remove pineapple, save marinade
Grill until golden brown, about 3 min. per side
Transfer to serving dish.
Pour reserved marinade over grilled pineapple
Sprinkle with mint
Top with Hawaii Kai White Sea Salt.

Traditional Korean *Kimchi* With White Sea Salt

Ingredients

- 5 cups Hawaii Kai White Sea Salt
- 5 cabbages
- 2 radishes
- 5 cloves garlic

4 green onions
1 bundle dropwort
3 ginger roots
300g (10.5 ounces) mustard leaves
.5 cup (one-half) fish paste
2 cups red chili pepper
1 cup sticky rice paste
2 cups sugar
2 cups oysters

Method

Clean cabbages, cut into 2 or 4 pieces

- | Prepare salted water with ratio of 2 cups of salt per 10 cups of water, soak cabbages in it for 6-8 hours

Rinse soaked cabbages in running water only 1 time (rather than 3 times) and wait for them to dry. (Note: It is recommended that less salt be used and to rinse the cabbage only ONCE. This retains more vitamins and minerals in cabbage and requires less salt to be used.)

Cut dropwort, green onions, and radishes into lengths of 2 inches, then chop garlic and ginger

Prepare fish paste and add red chili pepper to it with sticky rice paste

Wash oysters in Hawaii Kai White Sea Salt water

Mix ingredients from steps 4, 5, 6

Put mixture inside each leaf, then store in *kimchi* pot. On the top, cover cabbage with leaf and sprinkle some Hawaii Kai White Sea Salt

Place heavy stone on top to compress.

Five Spice Chicken with Plum Wine Sauce and Hawaii Kai White Sea Salt

Ingredients (yields four servings):

1 pound chicken breasts, boneless*
2 tsp. Chinese 5 Spice Powder
1 tsp. Hawaii Kai White Sea Salt
2 tbsp. peanut oil (vegetable oil may be substituted)
.25 cup (one-quarter) Mirin, sweet cooking wine or *sake*
1 cup Chicken broth
.25 cup (one-quarter) Golden Plum Sauce

* 4 center cut pork chops, about 1 inch thick can be substituted.

Method

Sprinkle both sides of chicken breast halves with 1 tsp. of the five spice and 1 tsp. Hawaii Kai White Sea Salt

Heat oil in wok or large skillet over medium-high heat

Add chicken and cook 1 to 2 minutes on each side until golden brown

Reduce heat to medium-low. Remove pan from heat and remove chicken to plate

Let pan cool about 1 minute, then add wine, stirring to loosen any brown bits

Stir in chicken broth, plum sauce and the remaining 1 tsp. five spice

Return chicken to pan and return pan to medium-low heat

Cover and simmer until chicken is cooked through, about 8 to 10 minutes, turning once

Remove chicken to plates

Let sauce cook an additional 30 or so seconds to thicken slightly

Pour sauce over chicken.

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