

# Kauai Cook

Paige Krest

Personal Chef Services and Catering on Kauai

## Sample Menu

### **Pupus** (Appetizers)

#### ***Fresh Island Fish Apps***

Poke ~ Ahi, Ono and Wild Salmon

Sashimi ~ Ahi, Ono, or Hamachi, Fennel and Coriander crusted or Sesame crusted with Avocado Wasabi Sauce

Sashimi with Spicy Macadamia Nut-Miso Sauce

Sushi ~ Maki (cut rolls) Temaki (hand rolls) Nigiri made with the freshest island Fish, Prawns, Vegetables, Tropical fruits, etc.)

Ceviche ~ Coconut, Ahi, Lime with fresh Herbs, Sweet Onion served with a Warm Baguette

Ceviche with Citrus sections wrapped in Wild Smoked Salmon with Tangerine Vinaigrette

Ahi Carpaccio with Tomatoes, Meyer Lemon Zest, Sweet Basil, Capers, Hawaiian Salt

Mahi Mahi crusted with toasted Macadamia and Sesame topped with Lemongrass, Ginger, Garlic Sauce

Opah slices with Sweet Onion Purée

Hamachi Kabocha "Ravioli" with Beet, Red Wine Reduction

### ***Shrimp Apps***

#### **Ama Ebi Shrimp from Island Style Seafood**

Key Lime Shrimp with Lemongrass Chili Sambal

Tangerine Glazed, Herb Shrimp

Cilantro Lime Shrimp

Baked Prawns with Shallot Orange Sauce and Herbs

### ***Vegetable Apps***

Kale, Roasted Vegetable rolls topped with Ali'i Mushroom Cream

Flatbread triangles with Kunana Dairy Goat Cheese, Herbs and Roasted Vegetables

Taro and Okinawan Purple Sweet Potato patties with Lemon Basil and fresh Pineapple

Creamy, local Oyster Mushroom quesadillas or Crostini bites with Tropical fruit Salsa

Local Oyster Mushroom stuffed Cherry Tomatoes with Plum Herb Vinaigrette

Roasted heirloom Tomato and Basil, Mac nut Bruschetta

Sweet and Spicy Garbanzo Bean dip with Japanese Cucumber and other local Crudités

Baby romaine cups with Gingery chickpeas, Veggies and Kunana Dairy Goat Cheese

Roasted Okinawan Purple Sweet Potato wedges and/or Fingerling potatoes with smoky Pepper Lime Aioli

### ***Meat and Poultry Apps***

Orange, Ginger, Garlic Chicken, Roasted Red Pepper Bites

Parmesan Chicken Bites with homemade Ranch

### ***Island Beef***

Sliders with Caramelized sweet onion on Sourdough bread

Roasted Tomato, Sweet and Sour Chili Spice Meatballs on Hanalei Bread Co Como

Four Herb rubbed Steak with Roasted Corn and Tomato Salsa

Spice rubbed Kaneshiro Pork Tenderloin Skewers

Pulled Kaneshiro Pork on Crostini with Pineapple Glaze and Roasted Red Pepper

Spiced, Sliced Kaneshiro Pork Chop with Pineapple Salsa

### ***Cheese Apps***

Kunana Dairy Goat Cheese with popped spice seeds and Cilantro Mint Chutney

Kunana Dairy Goat Cheese variety with crostini and Pineapple and Banana Butter

A platter with a mixture of hard and Goat Cheeses, Tropical Fruit and flavored Macadamias

Goat cheese grapes rolled in toasted Macadamia nuts

Cheesy Polenta bites with Lemon Basil Macadamia nut Pesto

## **Salads**

Avocado citrus Arugula Salad with Lilikoi Vinaigrette

Arugula and Fennel Salad and Kunana Dairy Goat Cheese with Sweet Orange Vinaigrette

Hawaiian style Waldorf Salad with Papaya, Carrot, Celery, Mac nuts, dried Banana on a bed of Mixed Greens

Abundant Farmer's market Salad with Kunana Dairy Goat Cheese and Herb plum Vinaigrette

Chop Salad with Meyer Lemon Vinaigrette

Heirloom Tomato, Cucumber, Romaine and fresh Mozzarella Salad with Basil Vinaigrette

Jicama and mountain Apple slaw with fresh Mint and Rice Vinaigrette

Japanese Cucumbers with Mint, Meyer Lemon, Yogurt, Herb Dressing

Curly and Red Kale and toasted Sesame Seeds with Lemony Plum Vinaigrette

# Entrées

**Sides can be happily mixed and matched between entrées**

## ***Fresh Island Fish Entrées***

**Fish preparations and sauces can be happily mixed and matched between most dishes**

Ahi Wasabi Macadamia Nut Crust with Tropical Salsa Or Ahi with Peppered, Pineapple Sage Vinaigrette

~ Coconut Ginger Basmati Rice ~ braised Baby Bok Choy with Balsamic Glaze

Ono seared with Garlic, Basil Coconut Sauce Or Ono with Macadamia Nut Crust, Spicy Lemongrass-Coconut Broth

~ Citrus Maple Glazed Yams ~ Steamed Broccoli with Meyer Lemon Cream

Opah with Sweet Citrus Sauce and Fresh Herbs Or Opah with Sweet Onion Purée

~ Scalloped Sweet Potatoes ~ Roasted Broccoli

Mongchong with Red Curry Coconut Or Mongchong with Longon, Ginger Sauce

~ Roasted Ginger Sweet Purée ~ Kale with Ali'i Mushrooms and Caramelized Onions

Opakapaka Ginger Panko encrusted with Plum Wine Sauce Or Hawaiian Snapper Coconut Oil poached with Roasted Tomato Vinaigrette

~ Vanilla Jasmine Rice ~ Seasonal Vegetable Stir Fry

Mahi Mahi with Pineapple Sambal Or Mahi Mahi with Meyer Lemon Vinaigrette and Fried Ginger

~ Coconut Ginger Purple Sweet Potato Purée ~ boiled Kale with toasted Garlic Macadamia nuts

Hamachi seared with a savory Herb broth Or Hamachi with Spicy Papaya Kabocha Squash Sauce

~ local Squash, Truffle Purée ~ Sesame Green Beans

## ***Chicken***

Meyer Lemon Herbed Chicken ~ Rice pilaf ~

Local Moloa'a Sweet Corn and Heirloom Tomatoes with Creamy Basil Sauce

Chicken Breast Stuffed with Kunana Dairy Goat Cheese, prosciutto and Fried Sage topped with Roasted Tomato Caper Sauce ~ Roasted fingerling potatoes ~ pan Roasted asparagus

## ***Beef***

Four Herb rubbed local grass fed New York Steak ~ Garlic mashed Yukon gold potatoes ~ crispy Sesame green Beans

Red Wine and Soy Marinated local grass fed Flank Steak ~ Lemon Parsley Yukon Gold Potatoes ~ Roasted Broccoli with toasted Garlic Mac Nuts

Slow Roasted local Beef Tenderloin ~ Roasted Pumpkin ~Ali'i Mushroom Ragout

Braised local Short Ribs ~ Kabocha Squash Purée ~ Longbeans and Mac Nuts

## ***Pork***

Slow Roasted Kaneshiro Pork with Pineapple Glaze ~ Ginger, Garlic Rice ~ Braised Onions and Greens

Braised Onion, Fennel Kaneshiro Pork ~ Roasted Corn ~ Wilted Green

Kaneshiro Pork Chops ~ Scalloped Potatoes ~ Sesame Green Beans

## ***Lamb***

**Local lamb is available for very large parties with advanced notice**

## Vegan Entrées

Cannellini Bean topped with Ali'i' Mushroom , Baby Bok Choy sauté with Cilantro Pesto ~ Mac Nut Brown Basmati Rice Pilaf

Lentil Grain Veggie Patties on Whipped Purple Sweet Potatoes with sautéed Veggies

Marinated Ali'i Mushrooms on Polenta topped with Roasted Tomato and Sweet Pepper Basil Sauce ~ Sautéed Rainbow Chard

Kabocha squash filled with White Beans, Caramelized Onions topped with Coconut Basil Cream ~ Tender Sautéed Kale

Braised whole Carrots with a savory Tomato Sauce ~ Jasmine Rice Pilaf ~ Meyer Lemon Zested Broccoli

Roasted Cauliflower Steaks, Broccoli and Eggplant with fresh Herbs, Olives and Cherry Tomatoes

Okinawan Purple Sweet Potato Gnocchi \* with bright Green Herb Arugula Sauce ~ heirloom Tomato Salad

\*contains eggs

## Desserts

Flourless Chocolate Cake with fresh Whipped Cream and Island Fruit topping

Flourless Chocolate brownie Cake with Berry Sauce and Whipped Cream

Lilikoi or Citrus Chiffon Pie

Hawaiian style Carrot Cake with Maple Cream Cheese Frosting

Pineapple Upside Down Cake

Caramelized Pineapple and Apple Bananas with Dark Chocolate drizzle and fresh Whipped Cream

Local Fruit Bread Pudding

Pineapple and Banana Butter Turnover

Koloa Rum Fruit Jam with Shortbread Cookies

Warm Apple crisp with locally made vanilla Bean ice Cream

Apple Pie and fresh Whipped Cream

Every dish is gluten free. The bread can be substituted for gf bread and all desserts can be made gf. Organic local ingredients used as often as possible including grass fed beef, pork, lamb, bread and goat cheese.

KauaiCook.com

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