



FRESH THOUGHTS:

Sustainable Seafood Dining Series

ARCTIC CHAR TATAKI WITH MANGO NAM PLA

Chef Rey Eugenio of Roy's

TATAKI INGREDIENTS

8 ounces arctic char, cut into blocks with the skin removed

2 ounces of togarashi (Japanese spice mix)

1 tablespoon white sugar

1 teaspoon coarse salt

INSTRUCTIONS

Mix togarashi, sugar and salt. Dredge one side of the arctic char. In heavy gauge sauté pan, heat 1 tablespoon of canola oil to medium-high heat. Sear the seasoned side of the arctic char first, then continue to sear the other three sides. Cook to desired temperature. The tataki method is to barely sear the protein. Place aside to cool slightly then slice into equal square block shapes.

MANGO NAM PLA INGREDIENTS

- ¼ cup ripe mangos, cut into small cubes
- 1 tablespoon red onions, cut into small cubes
- 1 tablespoon red and green bell peppers-cut into small cubes
- 10 each basil leaves, chopped fine
- 8 each mint leaves, chopped fine
- 2 tablespoons of fish sauce, nam pla
- 2 ounces of white sugar
- ¼ cup mango juice

INSTRUCTIONS

Combine all ingredients into a mixing bowl and let the flavors marry together for about 30 minutes.

TO SERVE

Skewer each piece of seared arctic char with a bamboo pick and arrange on a serving platter. Spoon the mango nam pla over each piece of tataki.



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