

# *Fresh Catch of the Day*

**WEKE | KUMU | MOANO**

In Hawaii this type of goatfish can be

**BAIT OR ON YOUR PLATE**

depending on size!

Ingredients:

Grilled: Olive oil, Salt, Pepper

Pan Fried: Olive Oil, Mayonnaise, Panko or Furikake

Cooking Guide:

1. Dry fish meat with paper towel. Do not wash fillet with fresh water.
2. For Grilled: Lightly Oil fillet, sprinkle with salt and pepper. Grill till done, don't overcook!
3. Pan Fried: Lightly coat pan with olive oil. Coat fillet in mayonnaise and coat in your choice of Panko (japanese breadcrumbs) or Furikake (Asian rice seasoning). Cook till browned. Do not overcook!



**OCEAN BLUE KONA**  
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