

## OPIHI & FERN SHOOT SALAD

Contributed by: The Perez 'Ohana

(For a half pan serving)

### Ingredients:

- 2 cups Opihi shelled and cleaned
- 4 large Tomatoes diced
- 1 large Sweet Onion cut thin
- 2 bundles Fern Shoots, cut in 3-4 inch pieces
- 1 cup shredded Cuttle Fish chopped up
- 1 cup Kamaboko
- 1/2 cup Rice Vinegar
- 1 cup Shoyu
- 1 tsp Sesame Oil

Have Opihi shelled and cleaned and chilled.

**Pre-mix sauce:** Shoyu, Rice Vinegar, Sesame oil in bowl.

1. Fill large pot halfway with water and bring to a boil.
2. Place the already cut Fern Shoots in boiling water and leave for one minute.
3. Pour the cooked Fern Shoots into large colander in sink.
4. Run the tap water over the cooked Fern Shoots to cool. Shake colander to drain excess water.
5. Put the Fern Shoots in a half-sized pan.
6. Place diced Tomatoes and cut Onion on the Fern Shoots.
7. Scatter the chopped shredded Cuttle-Fish and Kamaboko over the contents of the pan.
8. Scatter the prepared Opihi on everything in the pan.
9. Pour sauce over the contents. Toss contents lightly to spread the sauce.
10. Place in refrigerator until ready to serve.



## KAMABOKO DIP

Contributed by: Arthur & Meagan Rice

### Ingredients:

- 1 block Kamaboko (on wood)
- 1 long Kamaboko
- 1/2 cup Cream Cheese, softened
- 1 cup Mayonnaise
- 1 can Water Chestnuts, diced
- 1/4 cup Green Onion, sliced
- 1 tsp Shrimp Dashi
- Garlic Salt
- Pepper



1. Using a grater, grate Kamaboko being careful not to cut your fingers.
2. In a medium size mixing bowl add grated Kamaboko, Cream Cheese, Mayonnaise, Water Chestnuts, Green Onion and Shrimp Dashi. Stir until well combined.
3. Serve with your favorite cracker or chip. Store in an airtight container in the refrigerator.