

What is in a Hawaiian Plate Lunch?

A true plate lunch is made up of 2 scoops of rice (or 1 big scoop), mac salad, and an “entree” (usually meaning some kind of protein). The “entree” is typically grilled teriyaki chicken, Kalua pork, or teriyaki beef. Sometimes you can find plate lunches with chicken katsu (a Japanese-style breaded chicken), shrimp, fish, or spam. It just totally depends on the restaurant.

Plate Lunch vs. Mixed Plate

Sometimes people can get confused between a plate lunch and a mixed plate. The only difference is that with a mixed plate you have more than one “entree” dish. A typical plate lunch only has one big serving of one thing (like JUST teriyaki chicken or JUST Kalua pork etc..) A mixed plate usually consists of two or more smaller servings of a combination of entrees. For me, I usually like the mixed plate because I like a little taste of everything! From Vicki Fay.

Crab and shrimp Stuffed Shiitake Mushrooms With Mango Bearnaise Sauce

Stuffed Mushrooms

16 large fresh shiitake mushrooms...about one pound
(or refresh dried mushrooms in warm water for 15 minutes)
Wipe and remove stems from mushrooms

1 Cup heavy cream
½ Cup chopped fresh spinach
2 Tbsp chopped shallots
1/2Ccoconut milk
1 Cup Ritz cracker crumbs
¾ Cup well picked over cooked crab meat
¼ Cup chopped cooked shrimp
¼ tsp black pepper
¼ tsp salt
pinch of fresh dill

Preheat oven to 350 degrees

Over low heat cook cream and spinach together until cream is reduced by half. Stir in shallots and cook 1 minute
Remove from heat and stir in the rest of the ingredients.

Fill each cap with the seafood mixture, place in a shallow baking pan

Place 1 Tbsp Bearnaise sauce on each stuffed mushroom and bake for 8-10 minutes. Remove from oven and sprinkle with parmesan cheese. Serve

Mango Bernaise Sauce

Makes 1 ½ Cup

1 Tbsp canola oil
12 Tbsp (1 ½ stick of butter)
2 shallots, finely chopped
2-3 sprigs fresh tarragon chopped
2 sprigs fresh parsley chopped
½ Cup diced fresh mango
2/3 Cup vinegar
3 egg yolks at room temperature
2 Tbsp cold water
salt and pepper to taste

In a sauce pan

Heat oil and 1 Tbsp of butter. Add shallots and ½ tarragon, parsley mango, and all the vinegar. Cook over gentle heat for 20 minutes or until only 1 Tbsp of liquid remains.

Strain through a fine mesh sieve.

Clarify the remaining butter: heat slowly in top of double boiler over hot water.

Milk solids will settle to the bottom
Carefully pour the clear butter into a bowl, leaving residue behind

To finish the Bernaise, combine the egg yolks and the vinegar mixture in a double boiler over hot water. Whisk well. Gradually incorporate the cold water salt and pepper. Continue whisking vigorously until the mixture becomes creamy. Remove from heat and while whisking add the clarified butter in a thin stream.

Stir in the remaining tarragon, parsley and mango.

Use immediately or reserve in a double boiler over hot but not boiling water.

Poke Patties

(serves 4)

2 Cups (sushi grade) tuna cut in ¼ to 3/8inch cubes

½ Cup minced globe onion

½ Cup minced green onions

2 eggs

¼ Cupcup chopped ogo seaweed (optional) ¼ Cup soy sauce

2 tsp sesame oil

salt and pepper to your taste

Combine ingredients and form in to pattys

Coat with panko bread crumbs

Heat frying pan with ¼ Cup canola oil and brown pattys LIGHTLY
(You want to keep the fish rare, as often this poke is served raw)

Arrange pattys on a bed o shredded cabbage and drizzle with following seasoning sauce

Seasoning Sauce

½ Cup sliced mushrooms

4 Tablespoons (½ stick of butter)

2 tsp spy sauce

2 tsp Asian oyster suce

1 tsp chopped fresh cilantro

Sautee mushrooms in butter for 2 minutes

Add remaining ingredients and cook for 1 minute

Ahi tuna poke bowl

Ingredients

- 1 pound sushi grade ahi tuna, cut into ¾-inch cubes
- ¼ cup soy sauce
- 1 teaspoon rice vinegar

- 1 ½ teaspoons sesame oil
- ¾ teaspoon red pepper flakes, crushed
- ⅓ cup green onions, thinly sliced
- ½ teaspoon sesame seeds, plus more for garnish
- 2 cups brown rice, or white rice, 2 cups salad

Instructions

1. Wash the rice under running water and cook it according to the manufacturer's instructions.
 2. In a medium-sized bowl combine ahi tuna, soy sauce, rice vinegar, sesame oil, crushed red pepper flakes, green onions, and sesame seeds.
 3. Serve immediately or refrigerate covered for up to 2 hours before serving. Toss to recombine in the sauce before serving.
 4. Add cooked rice, salad, poke and desired toppings to each bowl, with as much sauce as suits to not drown..
- **Additional Toppings:** Avocado, shredded carrots, sliced cucumber, pickled ginger, wasabi, crab meat, dried seaweed, seaweed salad.
 - Substitute tamari for soy sauce if you need a wheat free alternative.
 - You can cut cubes of firm tofu and marinate for at least 30 minutes before serving if you're looking for a vegetarian protein.