

POLYNESIAN FLAVORS

The word Polynesia means “many islands” and refers over 1,000 islands in the Pacific Ocean. Some islands are independent, while others - such as Hawaii or the French Polynesia - are part of different countries. Although various groups of islands have their own specific culture, they also share similarities in terms of foods, language and customs.

Over time Polynesian cuisine has been influenced by explorers

and travelers and the result is a blend of local, European and Asian ingredients and flavors.

Fish is quite naturally a key ingredient in the Polynesian kitchen. A very popular dish is an appetizer made with marinated fish and vegetables, known as *Lomi Lomi* in Hawaii and *Poisson Cru* in Tahiti (French Polynesia).



Fish facts: research shows that consuming the right type and amount of fish oil - including in the form of fish - may lower triglycerides, slow the progression of atherosclerosis, and slightly lower blood pressure (source: “Omega 3 Fatty Acids”, Natural Standard, 2011 retrieved from naturalstandard.com)

Fish nutrition: fatty fish include anchovies, bluefish, carp, catfish, halibut, herring, lake trout, mackerel, salmon, and tuna.



Preparation tips:

- ★ The tuna in the recipe can be replaced with salmon.
- ★ When using raw fish, select the freshest fish (sushi grade).
- ★ This recipe can also be prepared by cooking the fish first. Do not overcook, and allow to cool completely before marinating.
- ★ The longer you marinate the fish, the more flavor you get, so plan ahead!

POLYNESIAN FISH SALAD

Ingredients for 4 starters:

1/2 pound sushi-grade ahi tuna, diced in 1/4-inch cubes
 juice of 4 fresh limes
 1/4 teaspoon salt (optional)
 1 small hot chile pepper (optional)
 2 medium tomatoes, seeds and liquid removed, diced
 1/4 cup coconut milk
 3-4 whole scallions, cut lengthwise and finely chopped
 freshly ground pepper to taste

Directions: prepare all the ingredients as directed.

Mix in a medium size bowl, cover, and allow to marinate for at least 2 hours. Remove from the refrigerator 15-20 minutes before serving.

1 serv. contains:

under 5 g carbs -- 6 g fat

Suggestion: serve over a large, round lettuce leaf or on top of a mixed green salad, lightly seasoned with olive oil, lemon juice and pepper.