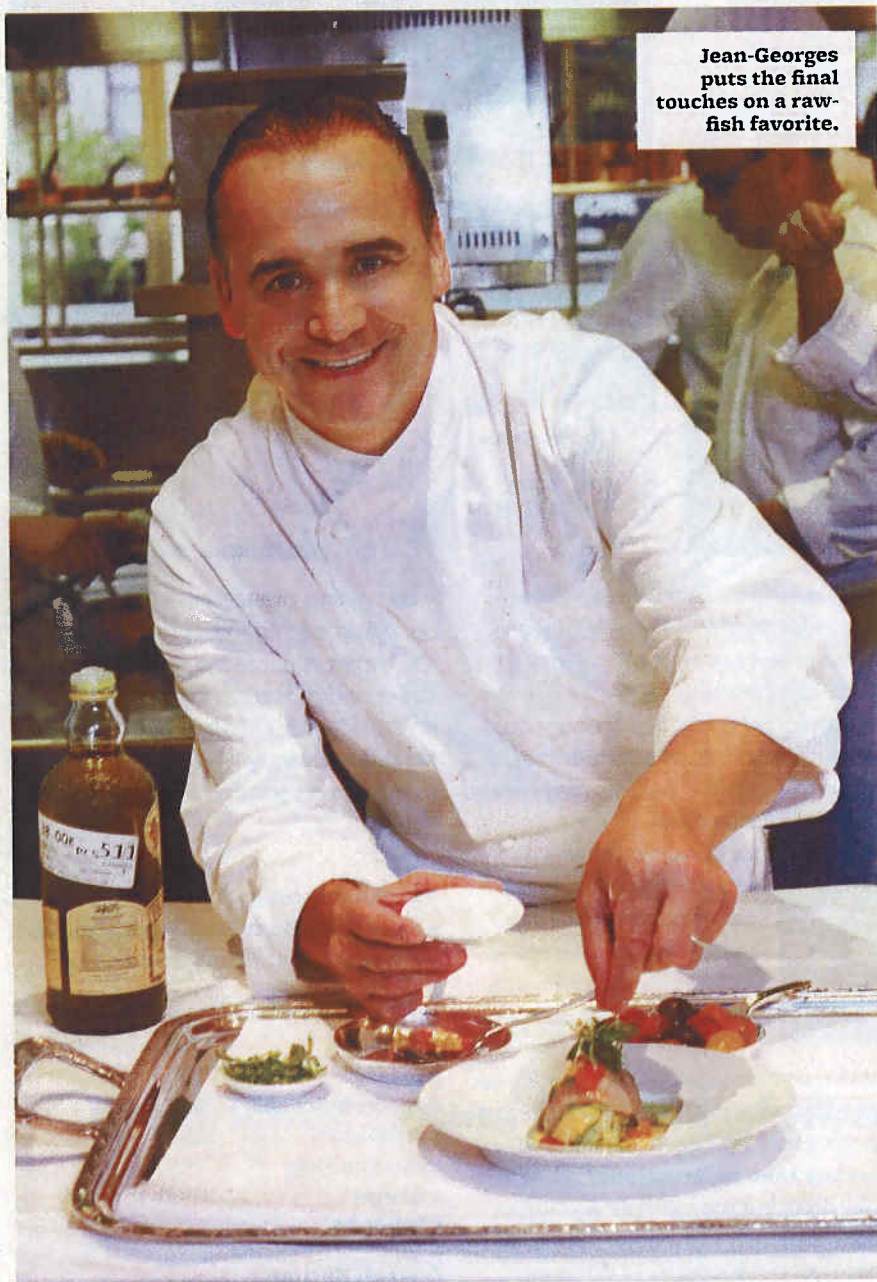


food

TOP CHEFS, TASTY RECIPES, TASTEBUD BLISS

The Big Kona

World-renowned chef Jean-Georges Vongerichten is so wild for delicious and healthy Kona Kampachi fish, he'll teach you how to serve it. Charging your dinner guests is optional.



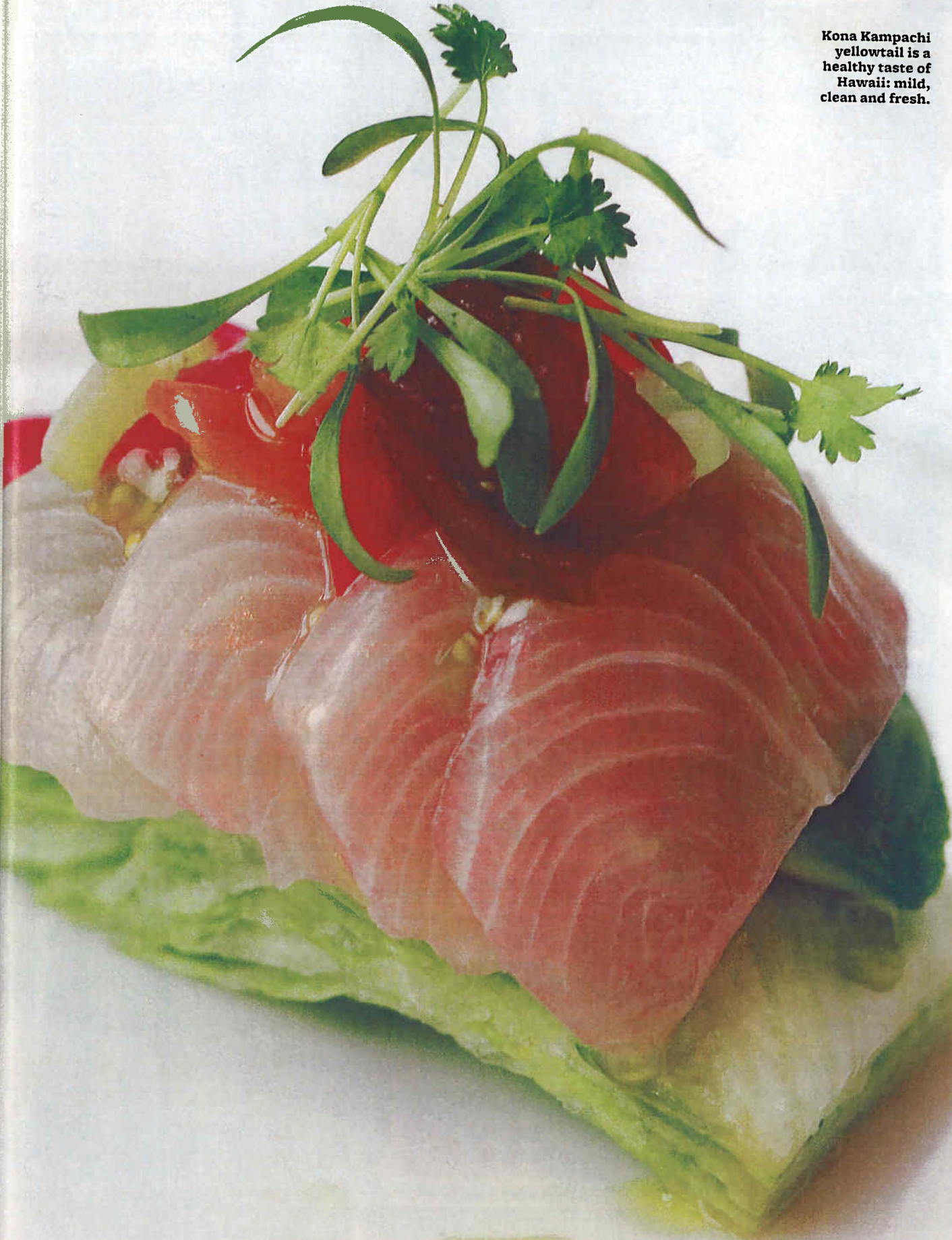
Jean-Georges puts the final touches on a raw-fish favorite.

PHOTOGRAPHS BY STEFFEN THALEMANN FOR PAGE SIX MAGAZINE

W

hen master chef and restaurateur Jean-Georges Vongerichten isn't busy cooking up delicacies for his A-list clientele (everyone from Mayor Bloomberg to Jay-Z and Beyoncé are fans) at his famous restaurants—which include Perry Street, Mercer Kitchen, Vong, Spice Market and, of course, Jean-Georges—he can be found ordering pizza, just like any other New Yorker. “I don’t even know where I order from,” he admits. “It’s the place closest to my apartment.” But when it comes to sushi, the chef’s tastes are a bit more discerning: He’s currently loving the Kona Kampachi yellowtail, which is premium-farmed off of the coast of Hawaii. “I like it best because it’s clean, firm and good for you,” he says. “It doesn’t have any mercury, and it’s not an endangered species.” Jean-Georges compares it to hamachi, but describes it as much leaner and mild enough to appeal to tuna-phobes. “It’s not too fishy,” he says. “It has its own distinct flavor.” So distinct, in fact, that he prefers not to cook it at all and serves it sashimi-style. “It pops in your mouth,” he says. “For me, the first bite has to be as exciting as the last.”

**Kona Kampachi
yellowtail is a
healthy taste of
Hawaii: mild,
clean and fresh.**



SERVING SUGGESTION
FOR EVEN MORE FLAVOR, TRY A MIX OF RED, YELLOW AND GREEN TOMATOES FOR GARNISH.



Kona's impeccable résumé

- The fish has one of the highest concentrations of Omega-3 of any fish, which helps relieve depression, prevent heart disease and reduce high blood pressure.
- Naturally low in calories and contains no cholesterol. No detectable levels of mercury and completely free of internal parasites.
- Gray-Bar Fresh Fish and Seafood will FedEx fileted Kona Kampachi from Westbury, Long Island, to your door. \$11.95 a pound (serves eight). Call 516-876-0441.



Kona Kampachi Sashimi Salad

Ingredients

For the cilantro vinegar:

- ¼ cup champagne vinegar
- ¼ cup Japanese rice vinegar
- ½ tbsp. coriander seed
- ¼ cup cilantro sprigs, unpicked

For the mignonette:

- 2 tbsp. finely diced ginger
- 2 tbsp. finely diced radish
- 8 tbsp. finely diced shallots
- ½ tsp. salt
- A quarter of 1 green Thai chili

For each serving:

- 2 oz. raw Kona Kampachi, sliced into 4 sashimi-size pieces
- Iceberg lettuce, cut into a 4-in. square, 1 inch thick
- Thin slices ripe avocado
- Cherry tomatoes, quartered (Jean-Georges peels them, too)
- Small handful cilantro sprigs
- Fleur de sel
- Extra-virgin olive oil

- Step 1:** Combine ingredients for cilantro vinegar ingredients in blender. Pass through a strainer into a bowl and set aside.
- Step 2:** Mix mignonette ingredients in a separate bowl, then stir into cilantro vinegar.
- Step 3:** Place lettuce square on a chilled plate and garnish with a cilantro sprig on each side.
- Step 4:** Drizzle on 1 tablespoon mignonette and add avocado slices (as shown above).
- Step 5:** Stand slices of fish on avocado.
- Step 6:** Add tomato and season with fleur de sel and olive oil. Top with remaining cilantro sprigs.

Perfect pairings

Show off your sushi savvy with matching wine picks from Jean-Georges' (the restaurant) sommelier, Bernie Sun

Gruner Veltliner, Alzinger Smaragd Mühlpoint 2005

Wachau, Austria
Cost: \$12.99

"This light white has a texture and peppery flavor that complements the Kona."

Pinot Noir, Domaine Ostertag 2005

Alsace, France
Cost: \$17

"The pinot has a nice fruity, crisp profile that goes well with the spiciness of the dish."

