

CHEN CHOW

BRASSERIE

September 2011



From Chef Benjamin:

We once served an incredible fish at Chen Chow Brasserie known as Kona Kampachi. I was originally attracted to this fish because of the care and attention paid to its entire life cycle. Kona Blue, purveyor of the Kona Kampachi, controls the fish from hatch to harvest. They are raised in some of the cleanest waters off of the Hawaiian coast and the feed is consistently monitored and regulated. This level of oversight ensures that the Kona Kampachi we serve has no detectable levels of mercury or PCBs, is free of internal parasites, and according to the standards set by the FDA, is safe for unlimited consumption by both young children and pregnant women. Additionally, it is 100% sustainable.

In 2009, however, Kona Blue reconfigured their operations and no new fish were produced. For two years my beloved Kona Kampachi disappeared – until now! A limited amount of Kona Kampachi will be released this month and by Wednesday, September 14, Chen Chow Brasserie will once again serve this delicious fish. Demand will dictate how much we will be able to access but the assumption is that it will be available until November.

Kona Kampachi has a very clean taste. The texture is firm, yet it has a 30% fat content which leaves a lush, rich feel in the mouth. Nutritional information and a link to Kona Blue are listed below. Stop in and take advantage of this rare opportunity to try an absolutely incredible product. We look forward to seeing you soon!

Benjamin

<http://www.kona-blue.com/index.php>

NUTRITIONAL INFORMATION

3.5 oz raw portion

Calories 110	Fat Calories 20
Total Fat 2.5 g	Saturated Fat .4 g
Protein 24 g	Sodium 54 mg
Cholesterol 0 mg	Omega-3 .9 g

