



Something Fishy

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TROPIC FISH
HAWAII LLC

TFH Provides Quality Frozen Products

Occasionally, our Hawaiian waters do not produce the abundance of fresh fish that is in demand. TFH is pleased to provide quality, FDA approved frozen seafood to meet your needs. The following is a partial list of some of the available frozen seafood.

Ahi (Various Tuna)

Clams

Hebi (Shortbill Spearfish)

Kajiki (Pacific Blue Marlin)

Mahimahi (Dolphinfish)

Marlin

Milkfish

Moi (Pacific Threadfin)

Nairagi (Striped Marlin)

Octopus Slices

Ogo (Seaweed)

Ono (Wahoo)

Opah (Moonfish)

Oysters

Salmon

Scallops

Shutome (Broadbill Swordfish)

Squid Rings

Swai (Catfish)

Walu (Escolar)

What's Running!

Now is the ideal time to purchase fresh Opah, Aku, Mahimahi and smaller Ahi. Please contact your sales representative to place an order and to inquire about other fresh items at the auction.



Opah - Moonfish

TFH Fresh Poke Bar at Kakaako Kitchen

On Sunday, September 27, 2009, TFH assisted Chef/Owner Russell Siu by providing a Poke Bar at the Picnic on the Lanai held on the last Sunday of each month. This month's theme was "Hawaiian Kanikapila" and the family style dinner consisted of fresh Poke throughout the night which was also served by the TFH team. The 120 guests enjoyed items which included Hawaiian Style Ahi Poke, Lipoa Ahi Poke, Hawaiian Style Tako Poke and Aku Poke.



Friends and Family of TFH

Wagyu Beef Available at TFH



TFH has solidified a distribution agreement to offer their clients domestic, Japanese and Australian Wagyu at affordable rates. Other items include hard-to-find products such as Quail, Frog Legs, Pheasant, Ostrich, Squab, Peking Duck, Lamb, Buffalo, Antelope and many more. Your sales representative will be pleased to provide an inventory list and prices to you.

**OUR
CORPORATE
COMPANIES**



Volume 1, Issue 4

CHEF COLIN NISHIDA



Side Street Inn Fort Street Bar & Grill Pan Fried Pork Chops

Colin Nishida uses locally raised pork and treats his customers to a colossal portion of four chops each. This is a scaled back version that serves 4.

- 1 cup flour
- 1/2 cup cornstarch
- 1-2 cups cottonseed oil
- 4 1"-thick pork loin chops (2 1/2-3 lbs. total)
- 4 1"-thick pork rib chops (2 1/2-3 lbs. total)
- 2 tbsp. garlic salt
- 1 tbsp. freshly ground black pepper
- 1/2 head cabbage, cored and finely sliced
- 1 cup ketchup

1. Put flour and cornstarch into a wide shallow dish and whisk to combine. Set aside.
2. Heat 1 cup of the oil in a large skillet over medium-high heat until it registers 375° on a deep-fry thermometer. Season pork chops generously with garlic salt and pepper. Working in batches, dredge chops in flour mixture, gently shake off any excess, and fry, turning once, until well browned and cooked through, 5-6 minutes per side. Transfer pork chops to a sheet pan fitted with a rack. (If oil becomes too dark, carefully discard it, wipe out skillet with paper towels, and continue with 1 cup of clean oil.)
3. Transfer pork chops to a cutting board and cut meat away from bones (don't discard bones). Slice meat into 1"-thick pieces. Divide cabbage between 4 plates and top with meat and bones. Serve with ketchup on the side for dipping, if you like.

Informational Bite—Swai (Catfish)

TFH Is pleased to provide Swai (Catfish) to our customers.

Swai (*Pangasius hypophthalmus*) is a Vietnamese species of river catfish farmed extensively in Asia. The fast-flowing waters of the Mekong give the meat a clean, fresh flavor. Swai is a tasty fish, with a delicate texture and nice white flesh. Seafood experts say Swai is versatile like Tilapia and can be grilled, broiled, sautéed, breaded then fried. It is also referred to as Tra and Striped Catfish in the food fish market, and occasionally incorrectly as Basa and Panga.



Swai Fillet

Swai has no scales and characteristically has whisker-like barbels extending from the upper jaw.



TFH Assists Our Culinary Students (Team Hawaii) to Go for the Gold

Kapi'olani Community College's Junior American Culinary Federation (ACF) Competition Team (Team Hawaii), won the gold at the national championship this summer. Team Hawai'i captured the top prize at the ACF's Student Team Western Regional Championship in April, and was one of four teams that competed for the national title at the 2009 ACF National Convention in Orlando, FL on July 11-14. This is the first time a team from Kapi'olani CC has captured the top prize in a regional ACF competition. "Team Hawaii is very grateful for the support of Hawai'i individuals and businesses who have stepped forward to date to help with expenses including Tropic Fish Hawaii", stated Conrad Nonaka, head of the Culinary Institute of the Pacific.

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