

Greek Art:

- Instantly recognizable as the ancestor of modern culture
- There are three sources of Greek Art:
 - Actual Greek art - the best
 - Roman copies of Greek art - Good and bad because we know it existed, but it could have been changed
 - Literature - the Greeks wrote heavily about their art
- They were polytheistic and had strong religious beliefs
- They were philosophers and geniuses
- In about 2000 BCE, the first greek speaking groups came to Greece
- Then they went to conquer Asian Minor and eventually the Mediterranean area
 - They were unified by their common language and common religion

Emergence of Greek Art:

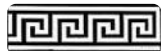
Geometric Style:

- Geometric pottery developed with standard vessel shapes:
 - Artists would specialize in painting specific vessels

Art of Note:

Late Geometric Belly-Handled Amphora: Dipylon Vase. c. 750 BCE. 5'1"h.

- Used for religious ceremonies for offerings to gods
- Because of its size, it was probably commissioned by a wealthy person
 - A woman commissioned it because of the shape of the vessel
 - This is a funeral urn, by the way
- A geometrically perfect pot
 - **Meander**: geometric pattern on this vase and other greek art



- There are geometric people painted on it with triangle heads and arms upraised in a lamenting position
 - The people are a **Prothesis** - basically a Greek wake for a funeral
- Libations (liquid offerings) would flow from the top and through the three holes in the bottom
- The width is exactly half of the height
- The neck is also half of the height
- The handles are also attached to the fattest section

Tuscan-Style Grilled Tuna Steaks

Ingredients:

4 Fresh tuna steaks, 8 ounces each, 1 inch thick
1 lemon, zested
3 springs fresh rosemary, about 2 tablespoons leaves stripped from stem
Handful flat leaf parsley
3 cloves garlic, crushed
Coarse salt and pepper or grill seasoning
Extra virgin olive oil, for cooking

Directions:

Rinse and pat tuna steaks dry. Place zest on top of cutting board. Pile rosemary and parsley leaves on top of the zest. Pile garlic and some coarse salt, pepper or grill seasoning on top of herbs. Finely chop the garlic, herbs and spices. Drizzle the olive oil over the tuna steaks just enough to coat each side. Rub herb and garlic mixture into fish, coating pieces evenly on each side. Let stand 10 minutes. Grill tuna steaks 6 minutes on each side or 4 minutes on each side, if you prefer pink tuna at the center.

Bendo's Tuna Stuffed Jalapenos

Ingredients:

1 large can Embassa jalapenos
1 loin cooked or smoked tuna
Mayonnaise

Directions:

Cut jalapenos in half length wise and scoop out seeds. Mix the tuna and mayo together and scoop into the jalapeno boats. Serve on a plate with pickled carrots.



Polaris Supreme Fish Enchiladas Supreme

Ingredients:

Wahoo/Tuna or your choice of fillets
Regular size flour tortillas (2 per serving)
Enchilada sauce
Chopped onions
Lots of shredded cheese (yellow and white)
Sour cream
Butter
Fish coating
2 C Buttermilk pancake mix
2 Tsp salt
1 Tsp pepper
1 Tbs garlic powder
½ Tsp Thyme
1 Tbs paprika

Directions:

Hand mix fish coating ingredients. Coat fillets in mix and fry in olive oil and butter until almost done. Spoon some enchilada sauce in a roaster pan, then break up the fillets into the pan. Stir and bake for 10 minutes until fish is done and hot. Lay tortillas down on a board. Spoon on some of the fish, sprinkle with onions and cheese. Roll up the tortilla and place in a roaster. Cover the rolls with enchilada sauce, onions and lots of cheese. Bake at 350 until cheese melts (about 10 minutes). Scoop sour cream on top when ready to serve. Goes good with spanish rice, refried beans, chips and salsa.



Pele's Fire Grilled Ahi with Tropical Salsa

Ingredients:

1 cup diced fresh pineapple
1/4 cup chopped red onion
1/4 cup chopped red bell pepper
2 Tbsp. chopped fresh basil
1 Tbsp. fresh lime juice
1/2 tsp. grated lime peel
1/4 cup Oils of Aloha® Pele's Fire Macadamia Nut Oil
2 (8 oz. each) ahi (tuna) or swordfish fillets
Freshly ground black pepper

Directions:

In a small bowl combine pineapple, red onion, bell pepper, basil, lime juice, lime peel and 2 tablespoons of the macadamia nut oil; blend well. Chill. In a shallow dish sprinkle fish fillets with black pepper and baste with the remaining 2 tablespoons macadamia nut oil. Grill or broil about 5 minutes on each side for medium-rare or until desired doneness.



Dave and Glenn's Killer Poke

Ingredients:

2 lbs fresh fish ; typically tuna – aku (skipjack), albacore, yellowfin, etc. Marlin, bonito, yellowtail and many other fish also make excellent poke.

1-2 tablespoons Hawaiian salt

2 teaspoons ground roasted kikui nut

1-2 tablespoons sesame oil

½-1 teaspoon dry red pepper flakes; can substitute 2 teaspoons chili sauce (The Rooster)

1 cup limu / ogo (Hawaiian seaweed), roughly cut 4 green onions, chopped fine

a dash of shoyu (soy sauce) – just enough to barely taste

Optional:

Chopped Maui onion

Grated fresh ginger

Toasted sesame seeds

Furikake

Directions:

Cut fish into ½ - ¾ inch cubes and put into mixing bowl. Mix the salt, kikui nut and fish, let stand for an hour in a cool location. Mix wet ingredients - sesame oil, chili sauce, shoyu in a small bowl. About ½ hour before serving, mix wet ingredients with fish. Add seaweed, Maui onion, etc. to the fish and mix gently. Sprinkle green onions over top and serve. Recipe is approximate and subject to infinite variations, depending on what's available and how adventurous you feel. In general, you need to have fish, salt, sesame oil, chili or red pepper and everything else is optional. Do NOT cut the fish, rinse, then store in refrigerator a day or more before serving. Especially if you're going to use aku, cut the fish into fillet loins, remove the skin, remove the dark meat, pat DRY with paper towels (very important!), wrap individual loins tightly with plastic wrap, keep cool until you're ready to prepare and serve your poke. Aku should have a nice deep translucent red color to it when it's served. The bottom line is that if you start with fresh fish and take care it, it'll be worth eating.



Sliced Seared Ahi with Sweet Onion Sauce

Cut tuna into 2" steaks about 3x4 inches. Brush with oil and sear in non stick pan for 3 minutes a side on medium/high heat be sure to leave raw in the center. Pan sear tuna leaving a considerable portion raw in the center. Slice into ½ inch strips and immerse in the onion sauce for at least a half an hour. Serve cold as an appetizer.

Onion Sauce

1 cup sliced onion (Peel and slice one large sweet vidalia onion- dice into 1" strips)

16 ounces of light soy sauce.

1 tbsp of celery seeds.

½ Cup A-1 sauce

1 tsp hot sauce

1/4 cup rice vinegar

1 tsp corn syrup





Ahi Loco Moco

Ingredients:

6 oz. Ahi filet

Batter

1 c. flour

1 c. cornstarch

1 egg yolk

1 1/2 c. ice water

Cover ahi filet in batter. Heat pan with oil and fry ahi for about 2-3 minutes.

Teri Sauce

1/2 c. shoyu

1/2 c. sugar

3 slices of ginger

Brush ahi fillet with teri sauce. Add egg over ahi and cover with brown gravy of your choice.

Tuna Taco Seviche Style with Avocado-Watermelon Salsa

Seviche:

8 ounces sushi grade tuna steak, cut into 1/2-inch cubes

1/4 cup lemon juice

1/4 cup lime juice

1/2 teaspoon serrano pepper, minced

Salt and freshly ground black pepper

Salsa:

1 cup 1/2-inch cubed seedless watermelon

1/2 cup cubed ripe avocado

1/2 cup chopped red onion

2 cloves garlic, minced

1/3 cup chopped parsley leaves

1/3 cup chopped cilantro leaves

1/3 cup lime juice

1 teaspoon finely chopped serrano pepper

1 teaspoon finely minced jalapeno pepper

Salt and freshly ground black pepper

1/3 cup vegetable oil

2 ounces premium tequila

Condiments:

1 package flour tortillas

1/3 cup grated white cheddar

1 tablespoon sour cream

1 cup shredded iceberg lettuce

1/3 cup caramelized red onions (pinch salt, pepper and 1 tablespoon butter)



Directions:

Seviche - In a medium-sized bowl combine the tuna, lime juice, lemon juice, serrano pepper, and salt and freshly ground black pepper, to taste. Make sure the ingredients cover the tuna, and let it stand for 1 hour, occasionally folding ingredients with a rubber spatula.

Salsa - Combine the watermelon, avocado, red onion, garlic, parsley, cilantro, lime, peppers, salt, pepper, oil, and tequila in a medium-sized bowl. Toss all ingredients together gently. Let it stand for 30 minutes.

Condiments - To warm the tortillas, season a hot grill or non-stick pan with a touch of oil, salt, and freshly ground black pepper (to season the grill, take a thick cloth pour tablespoon of vegetable oil on cloth and rub cloth on grill, then sprinkle grills with salt and pepper). Put the tortillas on the grill until they are warmed through on both sides.

To serve, spoon 2 tablespoons of the tuna on the tortilla, followed by 1 tablespoon of salsa, cheddar cheese, sour cream, and lettuce and caramelized onions.

Seared Tuna with Japanese Salsa

Sauce:

- 1 cup soy sauce
 - 1 cup rice vinegar
 - 2 tablespoons plus 2 teaspoons sesame oil
 - 2 teaspoons sugar
 - 1 tomato, finely chopped
 - 8 cilantro sprigs, finely chopped
 - 1 red onion, finely chopped
- 4 (6-ounce) fresh tuna fillets
1/4 teaspoon kosher salt
1/4 teaspoon freshly ground pepper
4 teaspoons vegetable oil
2 avocados, sliced 1/4-inch thick

Directions:

Mix all the ingredients for the sauce. Add the chopped tomato, cilantro and onion. Season the tuna very well with salt and pepper. Heat a large skillet over high heat and add the vegetable oil. When the oil is hot, sear the tuna for 30 seconds on each side. Remove from heat and slice the tuna into 1/4-inch slices. To serve, neatly arrange the tuna slices and avocado slices on a plate and drizzle the sauce over the tuna.



Tuna Burgers with Pickled Ginger on a Sesame Seed Bun

Ingredients:

1 1/2 lbs yellowfin tuna, free of skin and gristle
2 tsp minced garlic
3 Tbs dijon mustard
1/2 tsp cayenne pepper
1 tsp kosher salt or to taste
1/2 tsp fresh ground black pepper
1/4 cup olive oil
4 fresh hamburger buns with sesame or poppy seeds
1/4 cup Japanese pickled ginger (gari)
4 tsp unsalted butter
1/3 cup chopped scallions
4 red onion rings
4 leaves green leaf lettuce
4 tomato slices

Directions:

Make a glaze from mustard, cayenne and salt. Grind tuna in a meat grinder or chop with a large, sharp knife to the texture of hamburger meat. Do not use a food processor. Transfer tuna to a bowl and combine with the garlic, chopped scallions and seasoning. Mix thoroughly. Divide tuna meat into four equal portions. Roll each part into a smooth ball and then flatten into a compact patty. Heat olive oil in a large skillet over med-high heat and sear tuna burgers until browned and medium rare, 3 to 4 minutes per side. Serve each burger on a buttered, toasted, mustard glazed bun with onions, lettuce, tomatoes and pickled ginger. Serve crispy fries, salad or fresh fruit on the side.



Panko Crusted Ahi Sashimi with Soy Wasabi Butter

Ingredients:

1 oz. rice
2 sheets nori
2 oz. fresh arugala or spinach
10 oz. fresh salmon
pinch of salt
4 oz. tempura batter
4 oz. panko flakes
vegetable oil for frying
Soy Wasabi Butter
 1 Tbs. ginger, crushed
 1 tsp. shallots
 4 oz. white wine
 1 tsp. lime juice
 2 oz. heavy cream
 1/4 lb. unsalted butter
 3 Tbs. sweet Thai chili sauce
 1 oz. wasabi paste
 3 oz. shoyu

Directions:

Sauté shallots, add wine and lime juice, then reduce by half. Add cream and reduce again by 1/3. Whip butter into the reduction and strain. Stir in chili sauce. Mix shoyu and wasabi paste together and whip into butter sauce (till sauce turns light brown but not too salty). Sprinkle black sesame seeds, dash chives, finely chopped.

Assembly:

On the top 1 inch of the nori, spread the rice (about 2 grains high). Lay the arugala on the bottom third of the nori. Place the salmon on the arugala. Season with salt. Roll tight with a sushi rolling mat. Dip in tempura batter. Roll in panko flakes and hold aside. Sauce plate, sprinkle black sesame seeds and chives. Fry roll, cut and plate on sauce.

Grilled Ahi with Smoked Avocado Butter and Tomatillo Salsa

Ingredients:

Four, 4 oz Ahi Steaks, brushed with Olive Oil
Salt and Pepper to taste
Smoked Avocado Butter
1 lb Whole Unsalted Butter (room temp.)
1 Ripe Avocado, seeded
1 Small Red Pepper, diced small
1 Small Green Pepper, diced small
1 Jalapeno, diced small
1 Tbsp Dijon Mustard
1 tsp Liquid Smoke
1 Small Maui Onion, diced small
1 tsp Chopped Garlic
1 Lime, juiced

Directions:

Combine all the ingredients in mixer until well blended. Refrigerate and reserve for use later.

Tomatillo Salsa

1/2 lb Tomatillos (husked)
1 pint Chicken Stock
1/2 cup Fresh Cilantro
1 Tbsp Dried Oregano
1 Tbsp Garlic, chopped
1 Small Jalapeno, seeded and chopped
1 Small Maui Onion, chopped

Bring all ingredients to a boil, lower heat, and simmer for 10 minutes. With a hand blender, blend until smooth, strain, and keep warm. Grill Ahi to desired doneness, rare to well, depending on specific taste. On a serving dish, start with a favorite rice recipe, which matches flavors of this dish. Next, place Ahi steaks on rice and top with Tomatillo Salsa. Place the Smoked Avocado Butter on top. Flash under broiler in oven until butter has started to melt. Garnish with lime wedges and cilantro sprigs.

Kebabs of Tuna with Wasabi Dipping Sauce

Ingredients:

- 1 1/2 pounds sashimi-grade tuna
- 16 large shiitake mushrooms, stems removed
- 2 large sweet red peppers
- 1 large red Bermuda onion
- 8 large bamboo skewers, soaked in water
- 1 1/2 cups Sherry-Soy Marinade (recipe follows)
- 1 to 2 teaspoons Wasabi paste (depending on how hot you want it)

Directions:

Cut the tuna into 24 equal-size cubes. Quarter the mushrooms. Cut the peppers and onion into 1/2-inch squares. Divide the ingredients equally among the 8 skewers, alternating squares of vegetable and tuna. Pour 1 cup of the Sherry-Soy Marinade over the kebabs and marinate, refrigerated, 2 to 3 hours. Dissolve the wasabi in the remaining 1/2 cup marinade to make a spicy dipping sauce to serve at the table with the grilled tuna. On a hot outdoor grill or under a broiler, sear the kebabs 2 to 3 minutes on each side. The tuna should be medium rare--still red in the center--when served with the dipping sauce.

SHERRY-SOY MARINADE

- 1/2 cup canola, vegetable, or peanut oil
- 1/2 cup dry (not cooking) sherry
- 1/4 cup low-sodium soy sauce
- 2 tablespoons Oriental sesame oil
- 2 tablespoons peeled and finely chopped fresh ginger
- 2 cloves garlic, peeled and finely chopped
- 1/4 cup coarsely chopped cilantro leaves, tightly packed
- 3 whole scallions, sliced
- 3 tablespoons rice wine vinegar (or white vinegar)
- 1 tablespoon Annatto (Achiote) paste
- 2 tablespoons ground cumin

Combine all ingredients in a saucepan and heat to just below the boil. Remove from the heat. Cool. This marinade may be stored in a refrigerator up to 2 weeks.

Aku Poki

Ingredients:

1 pound raw aku or ahi
Hawaiian salt, to taste
1 pint limu manaua (ogo)
1 red chili pepper, seeded

Directions:

Cube raw fish into 1" squares.
Add salt to taste. Clean limu well, rinsing in water several times. Chop limu into 1" cubes. Combine fish and limu and mix with hands. Add pepper. Chill until ready to serve.



Way Ono Aku Poki

Ingredients:

2 lb. Aku
3 T. Grated Ginger
1/2 C. chopped Green Onions
1/2 C. Soy Sauce
2 T. ground, toasted sesame seeds

Directions:

Three simple steps to follow: 1) Cut Aku into 3/4-inch cubes. 2) Combine all ingredients before serving. 3) Add Aku cubes and mix all ingredients together.

Poke Aku

Ingredients:

1 lb. aku
1/2 C blanched and chopped limu kohu
1 T Hawaiian salt
1 Hawaiian red pepper, seeded and minced.
2 tsp ground, roasted kukui nuts

Directions:

Cut aku into 1/2 inch cubes. Combine limu, salt, pepper and kukui nuts; add fish cubes and mix well. Chill before serving.



Yellowtail



Crispy Yellowtail Lettuce Tacos

Ingredients:

Whole lettuce leaves

Boneless, skinless section of yellowtail loin cut it into small rectangular pieces

Potato starch

Egg wash (thinned with rum)

Panko bread crumbs.

Oil for frying

Salsa Fresca

Avocado Crema (avocado and lime juice pureed)

Directions:

Take a boneless, skinless section of loin and cut it into small rectangular pieces (to fit lettuce exactly). Dust the fish in potato starch, dip in egg wash (thinned with rum), and roll in Panko bread crumbs. Fry the pieces in hot (375°) oil and dry on paper. Place a piece of fish in the lettuce tortilla and garnish with salsa fresca and avocado crema - great back deck fare!



Hamachi Shooter

Ingredients:

5 7/8 oz. tomato juice
1 1/2 oz. passion fruit syrup
1 1/2 oz. orange juice
1/8 oz. tobasco sauce
1/2 tsp. sea salt
1/2 tsp. black pepper
1 1/2 oz. vodka
2 5/8 oz. yellowtail fillet, thinly sliced
3/4 Tbs. lime juice

Directions:

Thinly slice the yellowtail fillet (sashimi grade), spray with lime juice and sprinkle with sea salt. Let rest in refrigerator until ready to use. Mix all ingredients listed from tomato juice to vodka, adjust seasoning. Place 2 cured yellowtail slices into each shooter glass, top off with the lilikoi bloody mary, serve at once.

Yellowtail Fillet with Crabmeat and Sweet Potato Topping

Ingredients:

1 lb crabmeat
2-3 yellowtail fillets, cooked
2 Tbsp olive oil
1 cup shredded sweet potato
2 Tbsp shallot, minced
1 Tbsp barbecue sauce
2 Tbsp Worcestershire sauce
salt and pepper

Directions:

Heat the oil in a large skillet. Add the sweet potato and shallot. Sauté 2-3 minutes until potato is tender. Blend in barbecue sauce and Worcestershire sauce. Salt and pepper to taste. Add the lump Crabmeat. Gently stir until heated through. Evenly top cooked fish with Crabmeat mixture.

BBQ Yellows

Cut yellowtail fillets in steak size portions. Pat fillets dry Place "Montreal Steak Seasoning" in a bowl and add some chile powder, garlic powder, cumin and mix it Roll fillets in the seasoning...heavily... Bbq. Squeeze some lemon on it...enjoy...

Bendo's Bistro Bar-B-Que Yellowtail

Marinate yellowtail steaks or fillets in good quality Italian dressing (I prefer Bernsteins or Newman's Own) for couple of hours. Grill on HOT bar-be-que just until center of fillet turns white. Do not over-cook. Open a cold Mexican beer (Negro Modelo, Superior or Bohemia) and enjoy the best eating fish. Not opinion, just fact.



Yellowtail-Tabasco Tacos

Ingredients:

- 1 8-ounce filet of yellowtail or ahi
- 2 tablespoons Tabasco sauce
- 1 tablespoon fresh lime juice
- 4 6-inch corn tortillas
- 2 tablespoons cilantro, chopped
- ½ green cabbage, chopped
- 2 tablespoons mayonnaise
- ½ tablespoon green onion, finely chopped
- 2 tablespoons tomatoes, chopped
- 1 tablespoon vegetable oil

Directions:

Put the yellow tail or ahi with one tablespoons of Tabasco sauce and lime juice in a zipper-lock bag and marinate in the refrigerator for one hour. In a heavy sauté pan over medium-high heat cook the yellowtail or ahi in oil for 3 minutes per side. Remove the fish and wipe out the pan. Warm the corn tortillas in the pan for 10-15 seconds per side. Remove and set aside. In mixing bowl, combine one tablespoon of Tabasco sauce with the fresh tomatoes, onion, and mayonnaise. To assemble the tacos: Spread the tomato-mayonnaise mixture and 2 ounces of yellowtail or ahi on each tortilla and finish with shredded cabbage and cilantro.



Cold Smoked Yellowtail

Ingredients:

2 small (two-pound) yellowtail
1 lb. salt
1/2 lb. brown sugar
1 tsp. dried basil
1/2 tsp. black pepper

Directions:

Fillet and skin the fish. If using yellowtail, remove the big blood line that runs through the center. Dissolve the other ingredients in a gallon of cold water. Marinate the fish in the brine for twelve hours, refrigerated. Using a fruit wood (cherry, apple, or grapevine), cold-smoke the fish at 75 degrees (or, if it's hotter than that, no higher than outdoor temperature) for two hours. Slice the fish at a very narrow bias into slices as thick as a nickel. Serve dressed with extra-virgin olive oil, dill, and cracked black peppercorns. Salt; to taste Lime wedges; for garnish.

Grilled Yellowtail with Soy Marinade

Ingredients:

1/4 cup soy sauce
2 tablespoons dry Sherry
1 teaspoon grated ginger root
1 teaspoon chopped garlic
1 pound yellowtail, fillets or steaks
1/4 cup chicken stock
1 teaspoon cornstarch
1 tablespoon warm water
cilantro

Directions:

Combine soy sauce, Sherry, ginger and garlic in shallow dish and marinate fish 1 hour in refrigerator. Grill fish over hot coals, basting occasionally with small amount marinade. Keep fish warm. Transfer remaining marinade to saucepan. Add chicken stock and bring to simmer. Combine cornstarch and water and add to stock in pan. When sauce thickens, pour over fish and serve garnished with cilantro.



Barbecued Yellowtail

Ingredients:

Marinade:

1 part vegetable oil

1 part butter or margarine

2 parts apricot jam.

Hot english mustard (to taste, usually about 2 teaspoons)

This works best with a yellowtail of about 6lbs. Butterfly fillet the fish and apply the marinade onto the meat. (Slits can be cut into the meat to enhance penetration of marinade). Barbecue over moderately hot fire with heavy duty Aluminium foil (shiny side down) just over meat (i.e. the skin and scales will act as a burn shield and the foil will prevent drying out) BBQ until ready.

Grilled Soy-Lemon Yellowtail

Ingredients:

2 T melted butter
3 T soy sauce
2 T lemon juice
1 T Worcestershire sauce
1 T sugar
1 T fresh grated ginger

Directions:

Mix all ingredients together in the dish. Add fish and turn to coat with marinade. Cover dish and chill at least one hour or as long as two hours, turning occasionally. Grill fish with lid covered.

Yellowtail Ceviche

This ceviche is much like a salsa. Take care not to use too much fish relative to the other ingredients, or it will change the character of the recipe. Although it tastes great with any and all fish, yellowtail made this way is best.

About 2 cups fish cut into 1/2 inch cubes
limes or lime juice
7 tomatoes, cut in half with pulp squeezed out, then diced.
half bunch cilantro, finely chopped
jalapeno or serrano pepper, very finely chopped

Directions:

Marinate fish in lime juice for 4-5 hours. Drain off excess lime juice and rinse with water. Dry fish (if rinsed) and add other ingredients. Eat with tortilla chips or on tostada shells.

