

hānai kaiāulu

feeding soils: feeding our community



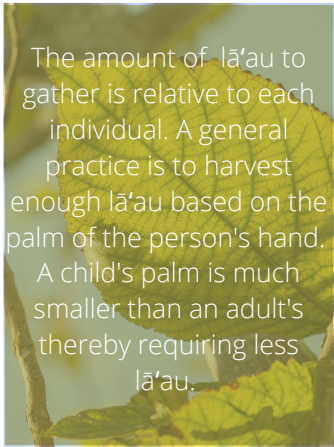
One of our four program goals in Mai Uka Ku'ū Wa'a is hānai kaiāulu.

Through mahi 'āina and 'ai pono, we encourage the feeding of our soils and our community on 'āina.

We aim to know the full life cycle of our food plants, to understand that healthy plants need healthy soil, and to acknowledge that food is medicine.

In our hale, we want to cook and hānai to kūpuna standards, to identify the ākua on our plates, and to tell the story of the food we cook and share.

The following meal recipes were shared lovingly and generously by staff and 'ohana.



The amount of lā'au to gather is relative to each individual. A general practice is to harvest enough lā'au based on the palm of the person's hand.

A child's palm is much smaller than an adult's thereby requiring less lā'au.

Making Tea

Roots

- Gather root crop and wash thoroughly, removing all soil.
- Slice into large slivers if possible and place in a saucepan of water.
- Place on stovetop and set to high heat.
- Let boil at high heat for 10 minutes. Remove from stove and cover with a lid.
- Let steep for 10 minutes.

Leaves and Flowers

- Harvest leaves and/or flowers.
- Place a saucepan of water on the stove at high heat.
- As a bubble or two rises, immediately remove from heat and place the lā'au you gathered into the pot and cover with a lid.
- Let steep for 10 minutes.

Lā'au teas support a variety of health functions such as enhanced immunity, relaxation, circulation, digestion, energy levels, and sleep. Understanding the life cycle of medicinal plants will help when planning to gather lā'au to make your tea. There are many health benefits in our teas whether you are using the root, leaves, or flowers of the plant.

Pule and aloha are essential when gathering any kind of lā'au. As you gather, think happy thoughts. Focus your energy on healing the person who you are gathering for. Good intentions and proper protocols will increase the mana or potency of the lā'au so that healing can begin.





from the kitchen of...

Ishiki-Kalāhele 'Ohana

Ingredients

- 16 cups cooked kalo
- 1 lb. of hamburger (optional)
- 3 cups Panko bread crumbs
- 2 cans water chestnut
- 2 onions
- plenty of garlic
- 8 eggs, beaten
- ¼ cup oyster sauce
- ⅓ cup shoyu
- 2 tablespoon pa'akai (salt)
- 2 tablespoon coconut, grapeseed, or avocado oil

This Kalo burger recipe tells a story of community and connection.

Kalo always holds a special place in the hearts of the people of Hawaii. It shares the story of how the kanaka of Hawai'i are connected to their ancestors and the importance of that connection. This recipe was formed from the minds of our community as we look for ways to incorporate our culture into today's world.

We hope that in making this recipe and sharing it with your family, you will feel part of a larger community that is practicing 'ike kūpuna in a modern world. We also hope that this recipe will inspire mo'olelo around the dinner table about growing up as a Hawaiian and how we all play a vital role in the advancement of our Lāhui!

- Aunty Eunice and Lalo

kalo burgers



Instructions

1. Shred kalo
2. Mince water chestnuts
3. Dice onions
4. Mince as much garlic as you prefer
5. Beat eggs together
6. Mix all ingredients together including the hamburger.
7. Form into patties, not too thick.
8. Fry patties in oil. Alternate option: bake patties in the oven



chicken lū'au



from the kitchen of...

Dudoit 'Ohana

Ingredients

- 3 lbs. of lū'au leaf
- 4-6 boneless/skinless chicken thighs, depending if you like more or less chicken
- 1 onion
- 1 box chicken broth
- 1 brick or can coconut milk (optional)
- Salt to taste
- 1 6-8 gallon pot
- 1 Instapot
- This meal will feed an 'ohana of 5-6 people.

What is your 'ono? My 'ono is all the flavors, influences, smells, sounds, colors of my favorite childhood foods.

This recipe is a collection and convergence of conversations, learning, and influences from the relationships of 'āina, 'ohana, and friends throughout my life. I have always enjoyed eating chicken lū'au but never made it myself. It was my goal to create a recipe that used pure and simple ingredients, could be made in the Instapot, and cook fairly quickly.

At a very young age my mother introduced me to foods that came from the 'āina. Growing up, I found my 'ono in foods served at our annual family 'imu in Ka'a'awa, and at an 'ohana workshop led by Auntie Ka'iulani Odom where she would show us how to prepare Hawaiian food and modified recipes to accommodate a modern palate, and other childhood experiences that are far too many to list.

*Hopefully this recipe will inspire you to find your 'ono!
- 'Auli'i*

chicken lū'au



poi and chicken lū'au. yummy!

Instructions

- Pre-cook lū'au leaves
- There are many versions of cooking lū'au leaf. Our 'ohana pre-cooks the leaves in a large pot, which allows them to shrink down to easily fit in the Instapot.
- Fill pot 2/3 with water and heat on stove.
- While water is heating, wash lū'au leaves thoroughly, removing all dirt.
- Detach leaf from stem. Roughly chop up leaves. Peel the stem and chop stem up about 1" in size.

Instructions

- Place leaves and stems in the pot of water. The water does not need to be boiling just hot. Place lid on the pot.
- Once water begins to boil, cook lū'au leaves for about 45 minutes. Then drain.
- By pre-cooking your lū'au leaf, you will help remove any excess dirt and reduce the size of leaves so they can easily fit in your Instapot.
- Place cooked, drained lū'au leaves into Instapot.
- Chop onion and add to pot.
- Place uncooked chicken on top of lū'au leaves. Salt both sides of meat.
- Add chicken broth so that it covers about 2/3 of the lū'au leaf.
- Cook for 90 minutes in Instapot.
- Once timer goes off, release steam from Instapot.
- Carefully remove cover from Instapot and stir lū'au.
- Place frozen brick of coconut milk on lū'au.
- Turn off heat to prevent coconut milk from curdling. It's ready to serve in 5 minutes!

green papaya soup



from the kitchen of...

Lucas 'Ohana

Ingredients

- 1 onion
- 4 gloves of garlic
- 6-8 slices fresh ginger
- 6-8 slices fresh 'ōlena (turmeric)
- 4 pieces boneless, skinless chicken breast OR 6 pieces chicken thighs (bone-in)
- 2-3 medium green papayas
- salt to taste (Hawaiian salt)
- 2 T. avocado oil
- 1 carton of bone broth, chicken or vegetable broth
- 2-3 cups malunggay (optional)

My dad was an amazing cook. He would create incredible dishes just by assembling food items that my mom had intended to discard. He was innovative producing tasty, home-cooked meals by adding a special ingredient or two. He added beer to his famous stew. A couple of tablespoons of brown sugar to "cut the acidity" in his red spaghetti sauce. Our home always had unexpected visitors. An aunty or uncle or cousin would drop by after work unannounced. Dad and Mom were the consummate hosts, never turning anyone away. Always inviting them in for a scrumptious repast offering them not only a warm meal, but a libation or two as he serenaded guests with his six-string 'ukulele and beautiful falsetto voice.

I learned a lot from him and this green papaya soup recipe is my own version, which has evolved over the years. Like my dad who would add a special ingredient to each dish, I added 'ōlena to this soup, which has so many powerful health benefits. And the green papaya is especially good for lactating mothers. It naturally produces oxytocin, which increases milk production for Mama. Although intended for nursing moms, this is a dish the whole 'ohana can enjoy!
- Aunty Ka'ōhua

green papaya soup



Instructions

1. Dice onion and garlic. Peel ginger and 'ōlena. Slice into large slivers.
2. Cut chicken into bite-sized pieces. (If using chicken thighs [bone-in], keep them whole.)
3. Peel green papayas with a vegetable peeler. Cut in half and remove seeds. Cut papayas into bite-sized pieces.
4. If using malunggay, remove leaves from stems. Wash and set aside.
5. Add avocado oil to a large pot.
6. Once the oil is hot, add onions and garlic. Stir for 2 minutes to prevent from burning.
7. Next add ginger and 'ōlena. Stir for another 2 minutes.
8. Then add chicken. Salt generously.
9. Add broth. Make sure the chicken is completely covered in liquid. Simmer for 20 minutes.
10. Add green papayas and malunggay and simmer for another 20 minutes until papaya is tender - not mushy. For a soupier soup, add more broth.





from the kitchen of...

Oliveira 'Ohana

Ingredients

- 1-1.5 lb organic chicken thighs (boneless or bone in)
- 4-5 cups chicken broth
- 3 stalks lemon grass
- 1-2 onion
- 1 large squash or green papaya
- Bunch of kalamalunggay
- Long beans
- Ginger
- 3-4 tomatoes
- Patis (fish sauce)
- Oil (avocado or vegetable)

Whenever I think about kalamalunggay, I can hear my grandma's cleaver hitting the wooden cutting board. Pieces of a whole chicken broken down for our sabao. Whenever I think of kalamalunggay, I think of picking the branches off the tree and getting scolded for wanting to use the older leaves.

When I think of kalamalunggay, I think of my grandma, first generation visayan from Cebu. Her mother arrived here on the ships as a plantation worker when she was a teenager.

Whenever I think of kalamalunggay, I think of just that. The connection to my Filipino heritage and ancestors.

And now I cook chicken kalamalunggay for my grandma every Friday, using the same cleaver she held when I was little, the same wooden cutting board she would use on the same kitchen floor, picking kalamalunggay leaves from the same tree I have eaten off of my whole life. All I can think about is the promise I made to her as little girl as I watched her cooking sabao for me. I promised her that when I get older, that I would always take care of her and always be there for her, cooking for her, loving her and nurturing her. Whenever I think of kalamalunggay, I will always think about how much I love my grandma.

- Christen

sabao

chicken kalamarunggay soup



Instructions

1. Wash all ingredients thoroughly
2. Mince one onion into small cubes
3. Cut the other onion in half and then into quarters
4. Cut ginger length wise into strips
5. With mallet, pound bottom of lemongrass, and bend lemon grass in half and wrap with string and tie into a knot
6. Wash all veggies thoroughly
7. Cut ends off of beans and cut into thumb length pieces
8. Slice tomatoes into fours

Instructions

9. Slice off skin of squash and cut in fours and into quarters
10. Heat up oil with medium heat in large pot
11. Add in ginger and let cook for 3 mins
12. Add in minced onion and cook for another 3 minutes, stirring occasionally
13. Add in 3 tsp patis and mix together with onion and ginger
14. Then add in chicken thighs for 5 minutes stirring occasionally
15. When chicken is slightly browned, add in chicken broth, lemongrass, bean, onion and squash
16. Make sure that the broth is covering vegetables and bring to a boil
17. When sabao has reached a boil, turn down and simmer for 20 mins while stirring occasionally
18. After 30 min has passed, add in tomatoes for another 10 mins
19. Add salt and more patis for desired flavor
20. Mix in kalamalunggay, let simmer for 4 mins and serve (to grandma)!

empanadas



from the kitchen of...

Alomar 'Ohana

Ingredients

- 1 package of pre-made pie crust (or substitute with wonton wrappers or other dough wrappers that you have on hand)
- 1 pound of lean ground beef
- 1/4 cup diced onions
- 1/2 medium diced bell pepper, any color
- 1 teaspoon cumin
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 cup Mexican blended cheese
- 1 packet sazón
- 1 egg

My mom is known as an amazing cook in our family and in our town. Where I'm from, (Yabucoa, Puerto Rico) my mom was the cook in the cafeteria for our towns school, she cooked everyday for kids from kindergarten to high school.

It was the same at home. My mom would cook all kinds of food; gandules with rice, black beans, chuleta, arroz con pollo. There would always be people over the house and people would call out from outside "Glady, tienes un plato extra de comida?" Which means "Gladys, you have an extra plate of food?" People always knew mom would have something amazing cooking and there would be extra.

These two recipes we share with you are staples in my mom's kitchen and something she always makes when she comes to visit. Tostones are prepared regularly and they go with any meal, but any time you see them on your plate you know there was extra time and love put into the food. Empanadas are not made as often but are great because the filling can be anything. When my mom comes to Hawaii'i for a visit she likes to make liliko'i dessert empanadas. This is boricua de verdah.
- Javier Alomar and Kuulei Freed

empanadas



Instructions

1. Preheat oven to 350°F. Prepare a cookie sheet with a baking mat, non-stick foil, parchment paper or oil. Set aside.
2. In a large skillet cook ground beef, onions and bell pepper until beef is cooked through, onions are translucent and peppers are soft. Drain any excess fat.
3. Add cumin, garlic, salt, pepper and sazón packet to ground beef mixture and cook for 2 minutes.

Instructions

4. Remove from stove top.
5. Roll out pie crusts. Using a bowl similar to a cereal bowl, trace circles onto each pie crust. I can get 3 per crust. A smaller bowl will result in more circles.
6. With leftover pie crust, mix together and roll out and continue cutting circles, until all dough is used. I can get 8 total.
7. Lay a pie crust circle down. on prepared cookie sheet.
8. Add 2 - 3 Tablespoons of filling to the middle of the circle. Top with 1 T. of cheese.
9. Fold pie crust circle in half, keeping the filling inside, and press edges down with a fork.
10. Repeat steps 9 and 10 for all empanadas.
11. Arrange empanadas on cookie sheet.
12. Beat egg in a small bowl and brush on top of each empanada.
13. Bake for 12 - 15 minutes or until tops are golden.



Ingredients

- 4 Green plantain banana
- Oil (for frying)
- 1 tablespoon Salt
- Makes between 16-20 tostones depending on the size of plantain

Instructions

- Use butterknife to slice through the banana skin. The banana skins should peel off the banana (almost the way you would peel an orange)
- Cut banana into about 1 inch pieces (about 4 pieces per banana)
- Fry banana until whole piece is a nice light golden brown - transfer to plate/napkin
- After pieces cool, place between wax paper one at a time and use the bottom of a cup or plate to smash banana piece flat. (If no more wax paper, you can smash pieces between two plates or a plate and a cup, rub a little oil on the bottom of the plate or cup so that flattened pieces don't stick)
- Take flat pieces and fry them one more time, allowing them to get a little more brown - just another minute or minute and a half.
- Take them out and lightly sprinkle with salt while still hot then let dry on napkin and enjoy

green banana dish

a traditional Samoan dish



Ingredients

- 3 (13.5 ounces) can of coconut milk
- 1 large onion, chopped
- 6 small unripe green bananas

Instructions

- 1. Combine the coconut milk and onion in a bowl; set aside.
- Bring a large pot of water to a boil over medium heat. Boil the bananas in their skin for 30 to 40 minutes; drain. Run the bananas under cold water until they are cool enough to handle. Remove the bananas whole from their skins.
- Heat a large saucepan over medium-high heat. Place the bananas in the pan. Pour the coconut milk mixture over the bananas. Cook until the coconut milk is foamy.
- Allow to cool 5 minutes before serving.

