Traditional Hawaiian foods combine the plants and animals that Polynesian voyagers brought with them to these shores with those that are indigenous, including the bounty of the ocean that surrounds us. Staples of old Hawai‘i include taro, sweet potato, bananas, breadfruit, seaweed, fish, pig, dog, and jungle fowl (ancestor to the domesticated chicken). The methods used to cook traditional Hawaiian food are very healthy. Bananas, breadfruit, and sweet potatoes are placed on hot ashes and broiled in their skins (pulehu). During broiling of meat or fish (ko‘ala), the flesh is wrapped in leaves of ti or banana to retain its juices. Fish and leafy greens of sweet potato or taro are sealed in a calabash with water and hot rocks to steam (hakui, puholo). An underground oven (imu) is used to cook leaf-wrapped meats and tubers (kalua). In the imu, wood coals and red-hot rocks are covered in successive layers with banana plant trunks, ti leaves, the food to be cooked, and kapa or coconut cloth.
**Lomi Lomi Salmon**

8 servings

1/2 pound salted salmon  
4 1/2 cups diced tomatoes  
(approximately 3 large tomatoes)  
1 cup diced onion  
(approximately half an onion)  
1/2 cup green onion, chopped into  
1/4-inch pieces (approximately  
2 stalks)  
3 cubes ice, crushed

1. Soak salted salmon in cold water for 1 hour.  
2. Remove skin and bones and dice salmon into 1/4-inch cubes.  
3. Place salmon in a bowl and add tomatoes and onions.  
4. Mix ingredients and chill until ready to be served.  
5. Add crushed ice just before serving.

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**‘Ahi Poke**

4 servings

1/2 cup *limu* (*ogo* seaweed)  

**Sauce**  
1/2 teaspoon Hawaiian salt  
1 teaspoon *shoyu* (soy sauce)  
1 teaspoon sesame oil  
1/2 cup chopped onion  
(approximately 1/4 onion)  
2 tablespoons green onion, chopped  
(approximately 1 small stalk)  
1/8 teaspoon red chili pepper

1 pound raw ‘ahi (yellowfin tuna fish)

1. Under cold running water, clean *limu*. Chop into 1/2-inch pieces.  
2. Combine ingredients for sauce in a medium bowl. Mix well.  
3. Add *limu* and ‘ahi to sauce and mix well.  
4. Chill until ready to serve.
Chicken Lū‘āu

5 servings

2 pounds taro leaves
3 cups water
1/2 teaspoon Hawaiian salt
1 tablespoon vegetable oil
2 cloves garlic, minced
(approximately 2 teaspoons)
1 pound boneless, skinless chicken thighs, diced into 1-inch cubes
1/2 teaspoon Hawaiian salt
1 cup water
1 cup skim milk

1. Remove tough stems and ribs of taro leaves and wash under cold water.
2. Place leaves in a medium pot with 3 cups of water and 1/2 teaspoon salt.
3. Simmer, partially covered, for 1 hour. Drain and squeeze water out.
4. In a medium pan, heat oil and add minced garlic. Add chicken and cook until brown. Sprinkle with 1/2 teaspoon salt and add 1 cup water. Simmer chicken until tender.
5. Drain chicken; combine with the taro leaves. Add milk and bring to a boil.

Moi Baked in Ti Leaves

4 servings

2 pounds fresh moi (threadfish)
1 teaspoon Hawaiian salt
4 ti leaves, ribs and stems removed

1. Preheat oven to 350 degrees.
2. Clean fish.
3. Lay fish lengthwise on a ti leaf. Sprinkle both sides of fish with salt.
4. Wrap fish with additional leaves until covered. Tie ends with string or piece of stem.
5. Place wrapped fish in a 9x13-inch baking or roasting pan.
7. Cut open ti leaves and serve.

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Nutrition Facts

Chicken Lū‘āu
Serving Size: Approx 1 cup (303g)
Servings Per Recipe 5

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories: 250</th>
<th>Calories from Fat: 100</th>
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<tr>
<td>Saturated Fat: 2.5g</td>
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<td>Cholesterol: 60mg</td>
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<td>Sugars: 5g</td>
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<td>Protein: 28g</td>
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Moai Baked in Ti Leaves
Serving Size: 4 oz (92g)**
Servings Per Recipe 4

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<tr>
<td>Sugars: 0g</td>
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<td>Protein: 24g</td>
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*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

<table>
<thead>
<tr>
<th>Calories per gram:</th>
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<tbody>
<tr>
<td>Fat: 9g</td>
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<tr>
<td>Carbohydrate: 4g</td>
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<tr>
<td>Protein: 3g</td>
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**Fish meat only
Sweet Potato Palau

15 servings

3 medium sweet potatoes
(approximately 9 cups)
2 tablespoons sugar
1/4 cup coconut milk
1/4 cup skim milk

1. Boil whole sweet potatoes for 1 hour, or until tender. Cool.
2. Peel skin off sweet potatoes and mash.
3. In a medium bowl, gently fold in sugar, coconut milk, and skim milk. Whip until fluffy.
4. Chill until ready to be served.

Fresh Pineapple

8 servings

1 whole, fresh pineapple

1. Select pineapple: Choose one that is bright yellow in color on the outside. It should be fairly ripe if the skin is at least 3/4 yellow and 1/4 green.
2. Slice pineapple as desired.
3. Chill and serve.