

Hawaii



Huli Huli Chicken

Ingredients:

9-12 pounds chicken wings, thighs, and breasts pieces

Sauce Ingredients:

¼ cup Frozen pineapple juice concentrate

1/3 cup White wine

½ cup Chicken broth

¼ cup Shoyu/Soy Sauce

¼ cup Katsup

¼ Teaspoon powdered ginger or a pinch of fresh ginger

1-2 drops Worcestershire sauce

Directions:

Wash chicken parts and pat dry with paper towels.

Mix all sauce ingredients in bowl.

Brush over chicken parts.

Grill over barbecue for about 40 minutes.

Turn and baste with sauce until chicken is done.

Serves 10-12 people as a main course

Sesame Cabbage Salad

Ingredients:

- 1 head cabbage chopped
- 1 bunch green onions chopped
- 1/2 cup chopped celery or peppers
- 3 packages Ramen chicken soup (dry soup pks)
- 1 bag frozen peas
- 1/2 cup vegetable oil
- 1/4 cup cider vinegar
- 2 Tablespoon sugar
- 8oz chunk almonds, toasted
- 4 Tablespoons sesame seeds, toasted

Directions:

Mix cabbage, green onions, and celery.
Break up dry Ramen noodles and toss in.
Mix dressing of vinegar, oil, and soup mix.
Toss dressing and toasted almonds and sesame seeds with salad mix.
This yields a lot of salad and is best served same day.

Serves 15-20 people

Poi

by Aulani Vaughn

Ingredients:

- Taro Corm
- Pan of Salted Water
- Fresh Water

Directions:

1. Peel taro root thoroughly and cut into quarters.
2. Boil the taro in salted water until very tender. This step is important since thorough cooking is necessary to remove the calcium oxalates present in taro that cause mucous membranes to itch.
3. Once tender, drain and set aside to cool. It is during the cooling process when cooked taro develops its sticky or gummy characteristic.
4. Place the cooled taro pieces in a blender, add water one cup at a time and blend until the desired consistency is reached. At that point, it's ready to eat. Store leftovers in a bowl to which you have added a layer of water on top to prevent drying out. For sour poi, let it sit out for a day. Fermentation will take place, and that characteristic sour taste will develop.