

Boston University  
Presents



## Hawaii

**With Stan Frankenthaler**

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## Hawaiian Cuisine

"When people think of Hawaiian cuisine, they think of *poi*, *kalua pig*, *haupia*," says Sam Choy, owner of several award-winning Hawaii restaurants and author of *Sam Choy's Island Flavors* (Hyperion, 1999), citing classic *lu'au* food. "But that's only part of what we do now."

Choy is one of 12 chefs who created Hawaiian Regional Cuisine (HRC), a culinary movement that changed eating in the islands. Fifteen years ago, many restaurants in Hawaii cooked with frozen fish and imported produce, and travel writers used to say that if you wanted great food, you had to bring it with you. Working with local farmers, the HRC chefs increased the use of locally grown produce, meats and seafood. This has provided one-of-a-kind items such as Puna goat cheese, Waimanalo salad greens, Kahuku prawns and the freshest catch from the surrounding waters. "Hawaiian cuisine is unique because it comes from the '*aina*,' or land, Choy says. "We wanted to make sure that when people came here, they had a true taste of Hawaii."

Hawaiian food can be best described as the original fusion cuisine. The islands are a melting pot of many different cultures, from Asian to European to Hawaiian, and their different cuisines have blended over the generations. These homestyle dishes, such as shoyu chicken, teri beef and *mahimahi* curry, are highlighted in the popular "plate lunch," a sort of Hawaiian blue-plate special served with rice and macaroni salad.

"Up until a few years ago, no one wanted to bring out the local-style food. But now, restaurants are lifting it to the next level," says Choy. Examples include Choy's sesame-macadamia nut crusted *mahimahi* topped with coconut cream spinach sauce, or HRC chef Alan Wong's ginger-crusting *onaga* with corn, mushrooms and miso-sesame vinaigrette.

But restaurants aren't the only place to get good food. Locals love to "grind," as they call eating, and there is a lot to enjoy. *Manapua*, a steamed bun filled with Chinese barbecued pork; *saimin*, a Japanese noodle soup; *malassadas*, Portuguese sugared donuts and *pipikaula*, Hawaiian-style jerked beef, are all popular snacks. If you're feeling adventurous, try Spam musubi, a slice of teriyaki-flavored Spam fried and wrapped sushi-style with rice. It's more than popular--Hawaii consumes five million pounds of Spam every year, the most in the nation. Another popular "grind" is *poke*, a traditional Hawaiian dish featuring sliced raw fish or seafood mixed with seaweed, salt, chile peppers and '*inamona*, which are roasted, salted and ground *kukui* nuts. Choy has noticed more mainland chefs using *poke* in their dishes, which makes him proud. "Sushi and sashimi are household names, but *poke* is truly Hawaiian," he says.

For more traditional Hawaiian fare, nothing can beat the *lu'au*. Originally known as an '*aha'aina* or *pa'ina*, this celebratory gathering got its current name from the taro leaves, also called *lu'au*, that are served at the festivities. Taro leaves are cooked with squid and coconut milk (known as squid *lu'au*), and are also used to wrap meats and fish, which are then steamed to make *laulau*. *Kalua pig*, slow-cooked in an *imu*--a traditional underground pit oven--and *poi*, a dish of mashed, cooked taro root, are both classics. Less traditional but standard fare are chicken long rice (ginger-flavored chicken with bean thread noodles) and *lomi* salmon (diced salted salmon mixed with tomatoes and Maui onions). Classic sides include different types of *limu* (seaweed), fresh '*opihi* (a prized limpet), *poke*, *imu*-cooked sweet potatoes and bananas--and for dessert, *haupia*, a thick coconut pudding.

With such a wide array of culinary influences and fresh ingredients, it's no wonder that locals often declare, "Lucky you live Hawaii!" Choy agrees, declaring, "Once you've tasted the food of Hawaii and eat elsewhere, the food tastes naked. The flavors here are explosive."

## **Essential Ingredients**

The Hawaiian pantry has grown to reflect the influence of Asian and European cultures.

### **Breads**

Portuguese sweet bread (pao doce), sometimes labeled Hawaiian sweet bread, is a staple and good for making French toast. Mango and banana breads are popular treats and are usually homemade.

### **Coffee**

While the most popular variety is Kona, coffee beans are also grown on the islands of Moloka'i and Maui. Available from online companies or specialty coffee stores.

### **Fish & Seafood**

Much of the seafood used in Hawaiian cooking can be bought under its English name at any fish store (consult the glossary for definitions), but delicacies such as *'opihi*, or limpets, can be difficult to obtain. If you need to substitute, try to choose fish with a similar flavor and texture. Always use sashimi-quality fish when making raw dishes such as *poke*. Salt salmon and salt butterfish should be soaked in cold water for several hours.

### **Fruits**

Use fresh whenever possible. Pineapples, bananas, mangoes and watermelons are available in supermarkets, as are coconuts and coconut milk. *Liliko'i* (passion fruit) and papayas can be found in ethnic markets. Strawberry papayas, favored for their sweet red-orange flesh, can be purchased from online companies. Replace mountain apples with another mild-flavored apple. You can find lychees, calamansi and star fruit in Asian markets.

### **Meats & Poultry**

Buy from a reliable butcher, especially if cooking a whole pig in an *imu*. Substitute Italian sausage for Portuguese sausage. Char siu (Chinese roast pork) and lup cheong (Chinese dried sausages), used often in local dishes, can be found at Asian markets.

### **Noodles**

Commonly used noodles such as chow fun, bean thread noodles (sai fun or mung bean noodles), saimin (substitute quality ramen), pancit canton, soba and udon can be found in Asian markets.

### **Nuts**

Macadamia nuts are widely available and can be bought roasted, flavored or coated in chocolate. *Kukui* nuts, from the candlenut tree, are difficult to find outside of the islands, and can be substituted with macadamia nuts.

### **Rice**

Rice is a staple of the islands. Look for Calrose, a short-grain white rice which becomes sticky when cooked. Locals like to rinse their rice until the water is clear before cooking.

### **Seasonings and Sauces**

Hawaiian sea salt, or alae salt, gets its reddish tinge from clay, but you can use kosher salt instead. Furikake, a Japanese blend of seasonings such as sesame seeds, seaweed, bonito and salt, can be found in Asian markets. For Hawaiian chile pepper water, substitute hot sauce.

### **Seaweed**

There is no substitute for fresh seaweed such as *ogo* and *limu kohu*, but you'll find dried *ogo* in Asian markets, as well as nori (dried, pressed seaweed).

### **Taro**

Also known as *kalo*, Hawaiian taro is the *lehua* variety. Substitute Chinese taro from Asian markets. The plant contains irritating calcium oxalate, so wear gloves when handling and cook thoroughly to remove the irritants. The leaves are eaten as a vegetable or wrapped around fish and meats (spinach is a good substitute). The root is cooked and pounded into *poi*. *Poi* can be bought fresh or "day-old," which allows a sour flavor to develop. *Poi* is labeled "one-," "two-," or "three-finger" to describe its consistency--the thicker the *poi*, the fewer fingers needed to scoop it up. There is no substitute for fresh *poi*, but you can purchase it online.

### **Ti**

The long, shiny leaves from the *ti* plant are used to wrap fish and meats for cooking. Substitute corn husks, foil or banana leaves, which can be found in Asian or Latin markets.

### **Vegetables**

Buy seasonal produce in your area. Vidalia or Walla Walla varieties can substitute for Sweet Maui onions. Asparagus or green beans can be used in place of *pohole*, or fiddlehead ferns. *'Ulu*--breadfruit--is difficult to find and can be replaced by jackfruit or potatoes, though results will be different. For Hawaiian red chiles, substitute red serranos or red jalapenos. Other commonly used produce includes sweet potatoes, yams, tomatoes and Asian vegetables such as bok choy, napa cabbage, daikon, mizuna lettuce, bamboo shoots, Asian eggplant and shiitake mushrooms.

## **Kitchen Equipment**

### **Imu**

A traditional underground pit oven used to cook food, including *kalua* pig. Few Hawaiians actually have an imu in their yards, but they are sometimes built for celebrations and *lu'aus*.

### **Hibachi**

This small Japanese outdoor grill is commonly used year-round to barbecue meats and fish.

**Rice cooker** This handy tool makes it easy to cook rice and keep it warm. A rice paddle is essential to scoop the rice onto plates.

## **Hawaii Food Glossary**

**'Ahi:** Bigeye, yellowfin or albacore tuna

**Aku:** Skipjack tuna

**Akule:** Scad mackerel

**A'u:** Marlin

**Butterfish:** Black cod

**Crack seed:** A popular local snack of preserved fruits, such as rock salt plum or dried mango

**Ehu:** Short-tailed red snapper

**Hapu'upu'u:** Grouper or sea bass

**Haupia:** Coconut pudding, traditionally made with pia, Polynesian arrowroot, instead of cornstarch

**Hibachi:** A small Japanese outdoor grill, commonly used in Hawaii

**Imu:** Traditional underground pit oven, lined with rocks and ti leaves (or banana leaves), for cooking meats such as chicken and pig

**'Inamona:** Roasted, ground and salted kukui nuts

**Kalo:** Taro, a starchy and nutritious tuber, commonly used to make poi

**Kalua:** Traditional method of cooking food in an imu

**Kukui nut:** Nuts from the candlenut tree

**Laulau:** Pork, beef, salted fish or taro leaves wrapped in ti leaves and cooked in an imu or steamed

**Lawalu:** Fish or meat wrapped in ti leaves for cooking

**Liliko'i:** Passion fruit

**Limu:** Seaweed; limu kohu, a soft, reddish-brown variety, is prized for its succulent flavor

**Loco moco:** A plate lunch featuring a fried hamburger patty and a couple of fried eggs stacked on white rice and topped with brown gravy

**Lomi or lomilomi:** To massage, knead or rub; lomi salmon is a popular lu'au dish

**Lu'au:** Taro leaves, often baked with coconut cream and chicken or octopus; the word eventually came to mean a Hawaiian feast, which is also known as 'aha'aina or pa'ina

**Mahimahi:** Dolphinfish or dorado; not related to the mammal dolphin

**Manapua:** Chinese bun filled with shredded barbecue pork; also known as mea 'ono pua'a

**Moi:** Pacific threadfin

**Monchong:** Also called big scale or sickle pomfret, because of its large scales and the shape of its fins

**Nori:** Paper-thin sheets of seasoned, dried seaweed

**Ogo:** A type of seaweed commonly used in poke and to flavor seafood dishes

**Ono:** Wahoo or large mackerel

**'Ono:** Delicious

**Onaga:** Long-tailed red snapper; also known as 'ula'ula

**Opah:** Moonfish

**'Opakapaka:** Pink snapper

**'Opihi:** Limpets, a prized delicacy

**Pipikaula:** Salted and dried beef

**Plate lunch:** A popular lunch option featuring two scoops of white rice, macaroni salad and a local-style meat or seafood dish

**Poha berries:** Cape gooseberries or ground cherries

**Pohole:** Fiddlehead fern

**Poi:** Mashed, cooked taro

**Poke:** A dish of sliced raw fish or seafood, seaweed, Hawaiian salt and chile peppers

**Pulehu:** To broil or barbecue

**Pupu:** Finger food; island-style appetizer

**Saimin:** Japanese noodle soup

**Shave Ice:** A popular local treat featuring shaved ice in a paper cone and flavored with colored fruit syrup

**Shoyu:** commonly used Japanese word for soy sauce

**Shutome:** Broadbill swordfish

**Tako:** Octopus

**Ti leaves:** Leaves of a Polynesian plant, used for cooking and decorative purposes

**Uku:** Gray snapper

**'Ulu:** Breadfruit

**Ulua:** Jack or jackfish, or Florida pompano

**Wana:** Sea urchin

## **Recipes**

Coconut-Ginger-Carrot Soup  
Oven Kalua Pork  
Haupia  
Chicken Long Rice  
Laulau  
Ahi Poke  
Local Style Ahi Poke  
Seared Macadamia Nut Mahi  
Spam Musubi  
Butter Mochi  
Passion Chiffon Pie  
Mango Macadamia Nut Bread  
Banana Papaya Muffins

### **COCONUT-GINGER-CARROT SOUP**

Serves 4

This is a truly tropical soup you will love.

1 medium onion, chopped  
2 pounds carrots, diced  
8 quarter-sized pieces of fresh ginger, peeled and smashed  
4 medium sweet potatoes, cut into large cubes  
5-6 cups of more vegetable stock  
Salt and pepper to taste  
Dash of Tabasco  
6 teaspoons fresh lemon juice  
1-2 tablespoons honey  
1 can coconut milk  
Chopped fresh cilantro (coriander) for garnish is essential

In a large saucepan heat the oil. Add the onion and cook over medium heat for about 5 minutes. Add the carrots and ginger and cook another 5 minutes. Add the sweet potatoes, vegetable stock, salt and pepper. Let the soup come to a boil. Simmer until the carrots and potatoes are tender, i.e. about 25 minutes. Cool slightly. Put in a blender or food processor and process until smooth. Return mixture to the saucepan and reheat on low. Add the coconut milk, and mix thoroughly. Add more vegetable stock, if the soup is too thick. Garnish with fresh coriander and enjoy.

### **OVEN KALUA PORK**

Recipe courtesy Corinne Domingo

4-5 lb pork butt 3 tablespoons Hawaiian salt or kosher salt 2 tablespoons liquid smoke 8 ti leaves (or 2-3 banana leaves)

Preheat oven to 350 degrees. Make several slashes along the surface of the pork butt. Rub with salt, then liquid smoke. Prepare ti leaves by removing the rib. Lay out a large piece of heavy-duty aluminum foil, and place 4 ti leaves on top. Place pork on leaves and wrap them around the pork. Cover with remaining leaves in the opposite direction until pork is completely wrapped. Wrap the foil tightly around the pork to make a watertight seal.

Place package in a large roasting pan. Fill with two inches of water and cover pan tightly with foil. Bake at 350 degrees for 1 hour. Lower temperature to 325 degrees F and cook for 3-3 1/2 hours or until tender. Unwrap pork from package and shred before serving.

Yield: Makes 6-8 servings Prep Time: 5 minutes Cooking Time: 4 hours 30 minutes Difficulty: Easy

## **HAUPIA**

Recipe courtesy of Corinne Domingo

2 cups coconut milk  
1 cup water  
6 tbsp sugar  
6 tbsp arrowroot or cornstarch

Dissolve sugar and arrowroot in water. Add coconut milk and cook on low heat, stirring constantly until thick and shiny, about 20-25 minutes. Pour into a greased 8-inch square pan and let cool at room temperature until firm. When cool, serve right away or chill in fridge. Before serving, slice into squares.

Yield: 9 servings Prep Time: 3 minutes Cooking Time: 20 minutes Difficulty: Easy

## **CHICKEN LONG RICE**

Recipe courtesy of Corinne Domingo

3-4 lb whole chicken 1/2 inch piece fresh ginger, peeled and sliced 1 tbsp salt 12 oz. bean thread noodles (sai fun or mung bean noodles) 2 tbsp vegetable oil 1 onion, sliced 1 tsp minced ginger 2 cloves garlic, crushed 3 tbsp soy sauce 6 stalks green onion, chopped

In a large stockpot, place chicken and enough water to cover. Add ginger and salt. Cover and cook over medium heat until chicken is tender, about 45 minutes to 1 hour. Allow chicken to cool in the broth, then remove from pot. Bone the meat and shred it, discarding the skin. Strain and reserve stock.

Soak the bean thread noodles in warm water for 15 minutes. Drain.

In a skillet, heat oil and saute onion, garlic and ginger until lightly browned. Add noodles and enough reserved chicken stock to cover. Add chicken and soy sauce and simmer until noodles are tender, about 5 minutes. Before serving, top with green onions.

Yield: Makes 8 servings Prep Time: 10 minutes Cooking Time: 1 hours 0 minutes Difficulty: Easy

## **LAULAU**

Recipe courtesy of Corinne Domingo

1 1/4 lb pork butt, cut into large chunks 2 tablespoons Hawaiian or kosher salt 1 lb salted butterfish or salmon, soaked in cold water for 3 hours and drained (see note) 1 lb lu'au or fresh spinach leaves 12 ti leaves (you may substitute corn husks or banana leaves)

Wash and drain lu'au and ti leaves, removing stem and fibrous part of vein. Rub salt over pork chunks and divide into six parts. Cut fish into small chunks and divide into 6 parts.

Place 6-8 lu'au at one end of ti leaf. Top with one part of pork and one part of fish, then cover with 6-8 more lu'au until meat and fish are completely wrapped. Roll ti leaf up tightly. Wrap another ti leaf in the opposite direction to form a flat bundle, and tie with string. Repeat with the other five parts of pork and fish until you have six laulau. Steam 3-4 hours, making sure to add more water when needed.

Note: To make your own salted fish, rub 2 tbsp Hawaiian or kosher salt over 1 lb of fish fillets and let stand for 1 hour before using (no need to soak it in cold water afterwards).

Yield: 6 servings Prep Time: 20 minutes Cooking Time: 3 hours 0 minutes Difficulty: Easy

## **AHI POKE**

Recipe courtesy Beach House Grill, HI

4 cups ahi, minced 1/2 cup onion, minced 1/4 cup green onion, minced 1 cup soy sauce 2 tablespoons sesame oil 3 tablespoons white truffle oil 1/2 tablespoon sambal olek Hawaiian salt to taste 1 teaspoon black pepper

Season ahi with Hawaiian salt. Add all ingredients, mix well then chill.

Yield: 4 servings Prep Time: 15 minutes Difficulty: Easy

## **LOCAL STYLE AHI POKE**

Recipe courtesy Tidepools, Koloa, HI

8 ounces tuna sashimi block, small dice 1/8 teaspoon Hawaiian salt 1/8 teaspoon kukui nut 1/2 teaspoon brown sugar Pinch chili flakes 1 teaspoon soy sauce 1 teaspoon oyster sauce 1 teaspoon green onion, chopped 1 tablespoon onion, chopped 1 teaspoon garlic, chopped 1 tablespoon Furukake spice 1 tablespoon sesame oil

Combine all ingredients in a stainless steel bowl and gently mix. Make this on the day of use.

Yield: 2 servings Prep Time: 12 minutes Difficulty: Easy

## **SEARED TOASTED MACADAMIA NUT MAHI WITH CITRUS AKA-MISO SAUCE**

Recipe courtesy Beach House Grill, HI

4 (6 ounce) mahi mahi fillets Salt and pepper 1/2 cup unsalted butter, softened 1/2 cup macadamia nuts, toasted, ground fine 1/4 cup panko 2 tablespoons olive oil

Season each fillet with salt and pepper. Mix the toasted macadamia nut into soft butter, add in panko, salt and pepper. Spread top of fish with the crust and sear quickly in 2 tablespoons of olive oil in a hot saute pan on both sides.

Citrus aka-miso sauce: 1/2 cup dry white wine 1/4 cup heavy whipping cream 1 tablespoon aka-miso paste 1 cup unsalted butter, cut into cubes, softened 1 teaspoon lime juice Salt and white pepper

Reduce wine by a third. Add cream and reduce by another third. Over low heat stir in miso paste, then slowly add in butter incorporating each cube. Be careful not to heat the sauce to high, sauce will break. Finish seasoning with lime juice, salt and pepper. Be careful with the salt because the miso paste is salty too.

Yield: 4 servings Prep Time: 5 minutes Cooking Time: 25 minutes Difficulty: Easy

## **SPAM MUSUBI**

Recipe courtesy of Corinne Domingo

5 cups cooked sushi rice, room temperature 5 sheets nori, cut in half lengthwise 1 (12 oz.) can Spam 6 tbsp soy sauce 4 tbsp mirin 4 tbsp sugar Furikake, to taste

Cut Spam into 10 slices. Fry until slightly crispy. Remove and drain on plate lined with paper towels. In another pan, combine soy sauce, mirin and sugar. Bring to a boil over medium-high heat, then reduce to low. Add Spam slices, coating them in the mixture. When mixture has thickened, remove Spam from pan.

Lay a sheet of nori lengthwise on a clean surface. Moisten lower half of musubi maker (see Note), and place on lower third of nori. Fill musubi maker with rice and press flat until the rice is 3/4-inch high. Sprinkle rice with furikake. Top with slice of Spam. Remove musubi maker and keep in a bowl of warm water to keep it clean and moist.

Starting at the end towards you, fold nori over Spam and rice stack, and keep rolling until completely wrapped in the nori. Slightly dampen the end of the nori to seal it. Repeat with the other nine Spam slices, making sure to rinse off musubi maker after each use to prevent it from getting too sticky.

Note: You can also use an empty Spam can that has been opened on both sides for the musubi mold, using your hands (or a piece of Spam) to press down on the rice.

Yield: Makes 10 musubi Prep Time: 25 minutes Cooking Time: 30 minutes Difficulty: Easy

## **BUTTER MOCHI**

Recipe courtesy Beach House Grill, Hawaii

8 ounces butter 4 ounces white chocolate 6 eggs 1/2 teaspoon vanilla

1/4 cup mochi flour 3/4 cup cake flour 1/2 teaspoon baking powder 1/4 teaspoon salt 2 cups sugar 3/4 cup coconut flakes

Preheat oven to 325 degrees F. Melt the butter and chocolate. Beat the eggs and vanilla (do not over beat). Sift and fold in the flour, mochi flour, baking powder, and salt to the butter mixture followed by the sugar. Fold in the egg mixture until incorporated. Then fold in coconut flakes. Pour into an oven proof dish or pan and bake in the oven for 15 minutes.

Prep Time: 20 minutes Cooking Time: 15 minutes Difficulty: Easy

## **PASSION CHIFFON PIE**

Recipe Courtesy of Curtis Aikens

4 eggs, separated 1 cup sugar 1/2 teaspoon salt 1 cup passion fruit juice 1 teaspoon unflavored gelatin 1/4 cup cold water 1 teaspoon lemon rind, grated 1 baked pie shell 1/2 cup whipped cream

Beat egg yolks until thick. Add 1/2 cup sugar, salt, and passion fruit juice. Cook over low heat until thick, stirring constantly. Add gelatin which has been dissolved in cold water. Add lemon rind and cool until slightly congealed. Beat egg whites with remaining 1/2 cup of sugar. Fold slightly beaten egg whites into cooled yolk mixture. Pour into cool pie shell. Chill until nice and stiff. Serve with whipped cream and enjoy.

## **MANGO MACADAMIA NUT BREAD**

Recipe Courtesy of Curtis Aikens

1/2 cup (4 ounces) butter 1 cup sugar 3 large eggs 1 1/2 cups diced mango 2 teaspoon orange juice 1/2 cup grated coconut 1/2 cup chopped macadamia nuts 2 cups all purpose flour 1 teaspoon baking soda 1 teaspoon salt 1 teaspoon ground cinnamon

Preheat oven to 350 degrees F. Grease and flour a loaf pan. In a bowl, cream the butter and sugar together. Add the eggs and mix well. Add the mango, orange juice, coconut, and macadamia nuts and combine. In another bowl, sift together the flour, baking soda, salt and cinnamon. Add the dry ingredients to the mango mixture. Stir until the batter combines. Pour into the loaf pan and bake for about 1 hour

## **BANANA PAPAYA MUFFINS**

Recipe Courtesy of Curtis Aikens

1 cup sugar 1/2 cup (4 ounces) butter 2 large eggs 1/2 cup mashed banana 1/2 cup mashed papaya 1/4 cup chopped macadamia nuts 1/2 cup raisins 1 1/2 cups all-purpose flour 1/4 teaspoon baking powder 1 teaspoon baking soda 1/2 teaspoon salt 1/2 teaspoon ground cinnamon 1/2 teaspoon ground allspice 1/2 teaspoon ground ginger

Preheat oven to 325 degrees F. Cream the sugar with the butter until it is a light yellow color. Add the eggs and beat until fluffy. Add the banana, papaya, macadamia nuts and raisins, and mix. Sift the flour with the baking powder, baking soda, salt, cinnamon, allspice, and ginger. Add to the banana papaya mixture. Fill lined muffin pans 3/4 full and bake for 25 minutes.