



# Pacific Islands Cookbook

**A publication of the Land Grant institutions of the Pacific:**

American Samoa Community College, College of Micronesia, Northern Marianas College, University of Guam, and University of Hawai'i, through the Agricultural Development in the American Pacific (ADAP) Project. Funded through the US Department of Agriculture Cooperative State Research Service.

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**PACIFIC ISLANDS COOKBOOK**

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Printed July, 1994  
ISBN 1-931435-391

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# Pacific Islands Cookbook

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The logo for AIMS (American Islands Missionary Services) is displayed in a bold, stylized, 3D font. The letters are white with black outlines and shadows, giving them a three-dimensional appearance.

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## The Importance of Local Foods

This cookbook has been compiled from recipes used in the Pacific islands, for the purpose of promoting the use of local foods. The importance and value of local foods can be addressed from many different perspectives. It is our hope that this cookbook can play a role in maintaining and developing cultural strengths, economic self-sufficiency, and healthy populations in the region.

Local or ethnic foods, like language, are corner-stones of culture and identity. As the world becomes a global village many foods and recipes are shared and mixed between different places and groups. In many of the farthest reaches of the Pacific region, packaged foods have gone from highly prized commodities (canned beef) to everyday ingredients. Yet whether living at home, in Auckland, Los Angeles, or Tokyo; most islanders would identify their traditional staples and local dishes as an important part of any family gathering, holiday or ceremony.

The cultural values of food are not just related to eating familiar items, but also knowing where and how they were produced. Better yet is to have grown the produce, raised the livestock, and prepared the foods with members of your family and community. Although modern life has drawn many Pacific islanders from rural, agricultural work to cities and desk jobs, there is still a strong need for a connection to the land.

From an economic standpoint, producing at least a portion of ones own food is a critical component of self-sufficiency for individuals and nations. Farmers and small food processors provide local employment and keep the cash flow close to home. There are also factors of food security (a constant supply) and safety, knowing what goes into the production and processing of available foods.

Finally, local foods and traditional diets are not fads. They have evolved within the environment where they are found. Pacific islanders have maintained healthy lives in these places for thousands of years. However, contemporary lifestyles, with their new foods and work patterns have been accompanied by increases in diabetes, obesity, high blood pressure and/or heart disease. There is a clear need to identify recipes and their nutrient analyses as a means to reverse this trend.

## Estimated Nutritional Values

### 1. What do the “Estimated Nutritional Values” tables tell me about these recipes?

The tables that follow most recipes in this cookbook are designed to help you see how each one fits into an overall daily diet. It can help you determine the nutritional value of one serving in a recipe, or compare one recipe with another. You can use it to decide how large a portion to eat or how often to eat a type of food. The nutritional values provide important information because what you eat can actually raise or lower your risk of certain nutrition related diseases.

### 2. How can I use these tables quickly and easily?

The “Estimated Nutritional Values” contain a new reference tool called the **% Daily Value** that tells you whether a food is high or low in a nutrient like fat, sodium or cholesterol. A simple rule of thumb to follow is that if the % Daily Value is 5% or less for a nutrient, that food is low in that nutrient. Since all the nutrients are on the same scale, this rule holds for fat, sodium, vitamin C, iron, and all other nutrients. The goal is to choose foods that together give you **no more than** 100% of fat, sodium, and cholesterol and **at least** 100% of nutrients such as iron and calcium.

### 3. The “Estimated Nutritional Values” are based on 2,000 calories a day. If I eat more or less than that, how can these tables help me?

Of course, not everyone eats this amount daily; some eat more, some less. Whatever your daily calorie intake, you can still use the % Daily Values as a reference to help you see how a particular food fits into the context of a total daily diet. Further, the rule of thumb that 5% Daily Value means a food is low in a nutrient is reasonable whether you eat 1,400 calories per day or 2,500 calories per day.

## Tips for using “Estimated Nutritional Values” tables

### Think about your reasons for using this information.

Are you concerned about limiting fat or sodium in your diet? Do you want to increase the amount of iron or calcium? You may want to pick out only one or two things to look at in the table. Focus on what is most important to you.

### Check the number of servings per recipe.

The number of calories and the nutrient amounts are based on one serving from the whole recipe. Check to see if you eat more or less.

### Nutritional values when you eat more than one serving:

If you eat one serving, the “Estimated Nutritional Values” are easy to interpret. What happens if you eat more than one serving? Here are some ideas to help you. Let’s use the Laulau recipe from page 150 as an example.

Estimated Nutritional Values					
Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	244 kcal	12 %	Carbohydrate	10 Gm	3 %
Total Fat	11 Gm	17 %	Iron	4.1 Mg	23 %
Saturated Fat	3 Gm	15 %	Calcium	173 Mg	17 %
Cholesterol	74 Mg	25 %	Vitamin A	7366 IU	147 %
Sodium	256 Mg	11 %	Vitamin C	79.3 Mg	132 %
Protein	29 Gm	58 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe:       6   (1 serving = 1 Laulau)

### How do you use the information if you eat two Laulau’s?

**First:** Find the number of calories for each serving and multiply that by the number of servings you plan to eat (2 laulau’s = 2 servings)

**Second:** Now do the same thing for the remaining nutrients. Take fat for example. There are 11 grams of fat per laulau and you will eat two:

1. 244 calories per serving x 2 laulau’s = 488 calories
2. 11 grams of fat x 2 laulau’s = 22 grams of fat.

### What if you plan to eat half of the recipe?

**First:** You need to find out how many calories are in the whole recipe. Multiply the number of calories in one serving by the total number of servings in the recipe:

**Second:** Now multiply the total calories by the amount that you eat

$\frac{1}{3}$ the recipe is the same as .50 of the recipe
$\frac{1}{4}$ the recipe is the same as .25 of the recipe
$\frac{3}{4}$ the recipe is the same as .75 of the recipe

1. 244 Kcal/serving x 6 servings in the whole recipe = 1464 Kcal
2. 1464 calories x .50 = 732 calories

You can use the same calculations for any of the remaining nutrients.

## Eating within the Food Guide Pyramid

The Food Guide Pyramid has been developed to help you see how to eat better every day. Eating a variety of foods is an important idea for good nutrition. However, there are some types of food that are recommended in larger or smaller amounts than others.

A pyramid shape is much larger at the bottom and smaller at the top. The Food Guide Pyramid shows foods at the bottom which should be eaten in proportionately larger amounts than those above. Stay healthy by eating more grains, starches, fruits and vegetables and fewer foods from the top levels.

The small tip of the Pyramid shows fats, salt, and sugars. These are foods such as; coconut cream, butter, mayonnaise, soy sauce, soft drinks, and candies. Alcoholic beverages are also a part of this group. These foods provide calories but few other nutrients.

Each recipe in this cookbook which contains an “Estimated Nutritional Values” table also provides information about the number of food pyramid servings. The information looks like this:

Milk: 0	Veg: 1	Fruit: 0	Bread: 2.	Meat: 0.5
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In this example, from the recipe for Chicken with Long Rice on page 156, the measured portion of the recipe in the analysis is equal to one serving of vegetable, two servings of bread, and one-half serving of meat.

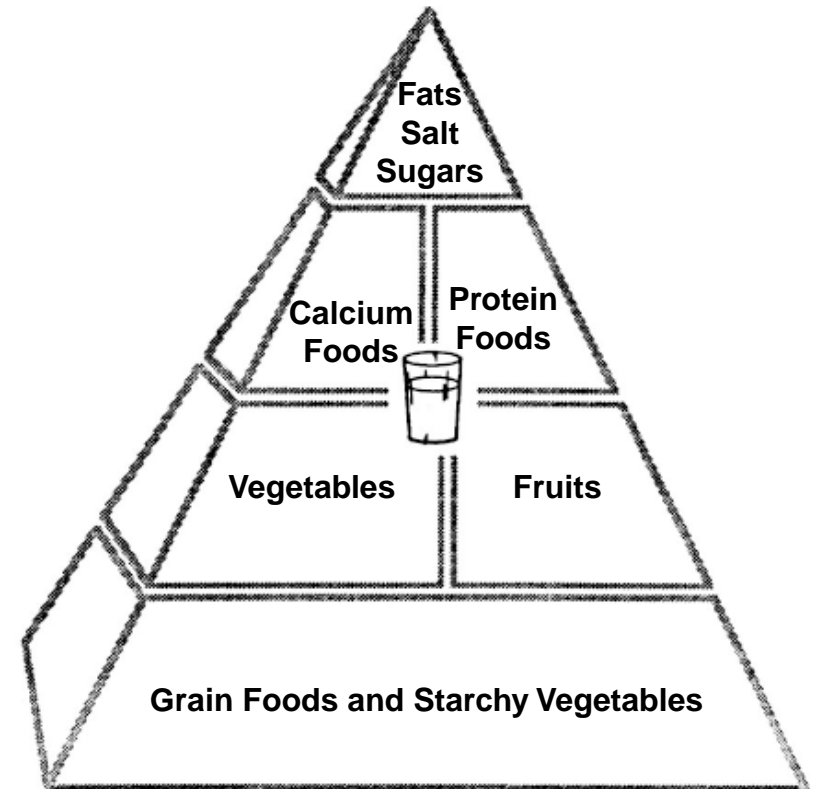
### How many servings do you need each day?

The recommended number of servings from each food group for children, active women and most men are as follows:

Bread group:	9 servings
Vegetable group:	4 servings
Fruit group:	3 servings
Milk group:	2 servings
Meat group:	2 servings

These numbers are different for other people such as; older adults, teen boys, and active men.

## Food Guide Pyramid



**For more information on nutrition, diet analysis, or use of the food guide pyramid, contact your local EFNEP agent. EFNEP is the Expanded Food & Nutrition Education Program, available at each Land Grant institution in the American Pacific region.**

## Coconut

The coconut plant, *Cocos nucifera*, is a tree in the palm family. There are many varieties within the species. Dwarf varieties grow to about 14 feet and flower in three years after planting. Tall varieties grow to 70 or 80 feet and flower in about eight years. They have a long productive life and require little care once established.

Coconut palms have been called the “Tree of Life” in Pacific islands because all parts of the plant are useful in many daily activities. In addition to the food uses of the coconut meat, it is also pressed for oil to use on the body and to make soaps. The hard shell around the meat can be used as a cup, or polished and carved into buttons, combs and other articles. The husks of the nut are used for scrubbing and the fibers woven into rope. Coconut leaves are woven into baskets, hats and a variety of useful items. The midribs of the leaves are stripped out and bundled to form a broom. The wood of the coconut tree trunk is very hard and can be cut for lumber or paneling.

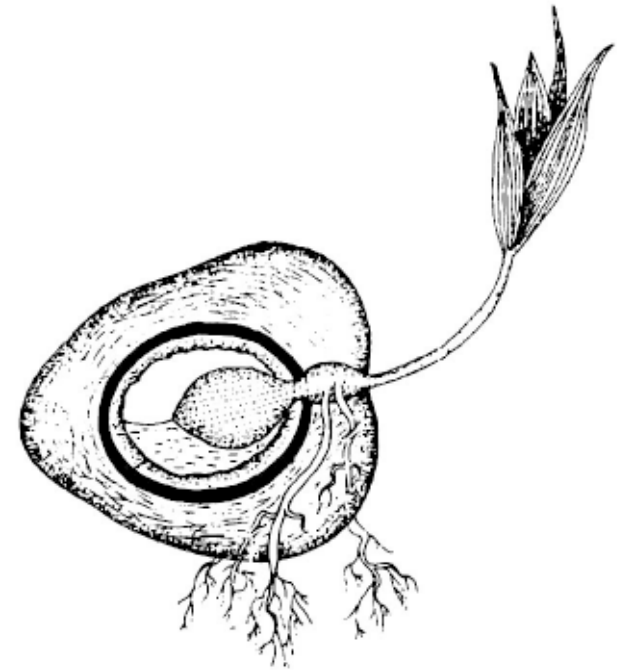
The tree bears coconuts all year around. It takes about a year after flowering for nuts to mature and fall to the ground. Green drinking nuts are picked at about seven months old, just before the meat inside begins to harden.

The “water” inside of a fresh unripe coconut is a refreshing and healthy drink. It can be a sweet and flavorful substitute for commercial soft drinks. In emergencies doctors have even used it as an intravenous solution for replacing body fluids and minerals.

As this cookbook demonstrates, coconut cream is a part of many Pacific island recipes. It is produced by squeezing the grated coconut meat mixed with water. As a standard measure, two grated coconuts and one cup of water will yield one cup of coconut cream. A thinner product, coconut milk, is made by the same process using two cups of water.

The “Estimated Nutritional Values” tables in this section show that use of coconut cream and coconut milk in recipes is a concern for maintaining a healthy diet. Both of these foods are extremely high in saturated fat. In most recipes using these foods, a note has been added that substituting up to half of the coconut cream with cow’s milk will reduce the saturated fat. Canned condensed milk is thicker, like coconut cream. An extract of coconut can be added for flavoring.

It is understood that Pacific islanders have used coconut cream as an important part of their diet for a very long time. However, changes have occurred in many people’s lifestyles in the region. Work has become more sedentary and other forms of exercise may have decreased. The increased use of prepared foods in the diet has also introduced additional sources of fat and saturated fat. The issue is complex with many variables to consider. Yet, the current nutritional recommendations which limit fat and saturated fat in the diet would suggest that the use of coconut cream in recipes should be limited to a few occasions and in small quantities.



## Coconut Cream

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*
Calories	792 kcal 40 %	Carbohydrate	16 Gm 5 %
Total Fat	83 Gm 128 %	Iron	5.5 Mg 31 %
Saturated Fat	74 Gm 370 %	Calcium	26 Mg 3 %
Cholesterol	0 Mg 0 %	Vitamin A	0 IU 0 %
Sodium	10 Mg 0 %	Vitamin C	6.7 Mg 11 %
Protein	9 Gm 18 %		

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Nutritional Values are based on 1 cup of coconut cream

## Coconut Milk

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*
Calories	552 kcal 28 %	Carbohydrate	13 Gm 4 %
Total Fat	57 Gm 88 %	Iron	3.9 Mg 22 %
Saturated Fat	51 Gm 255 %	Calcium	38 Mg 4 %
Cholesterol	0 Mg 0 %	Vitamin A	0 IU 0 %
Sodium	36 Mg 2 %	Vitamin C	6.7 Mg 11 %
Protein	6 Gm 12 %		

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Nutritional Values are based on 1 cup of coconut milk

## Coconut Water

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*
Calories	46 kcal 2 %	Carbohydrate	9 Gm 3 %
Total Fat	1 Gm 2 %	Iron	0.7 Mg 4 %
Saturated Fat	1 Gm 5 %	Calcium	58 Mg 6 %
Cholesterol	0 Mg 0 %	Vitamin A	0 IU 0 %
Sodium	252 Mg 11 %	Vitamin C	5.7 Mg 10 %
Protein	2 Gm 4 %		

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Nutritional Values are based on 1 cup of coconut water

## Green Leaves & Vegetables

Green leaves are an important source of vitamins and minerals in Pacific Island diets. Some kinds of green leaves grow on trees or bushes, and others on smaller leafy plants. Many plants that are raised for other purposes have leaves that can be eaten, for example, taro, cassava, and pumpkin.

**Luau leaves** or lau kalo (taro leaves) are an excellent source of vitamin C and vitamin A, and a fair source of iron. They also contain calcium, much of which is in the form of calcium oxylate crystals that prevent the body from absorbing it unless the leaves are cooked first. The crystals can make your throat itchy if not cooked long enough. Never eat the raw leaves. Handle leaves while they are dry if possible. Wet leaves will cause hands to itch.

**Sweet Potato leaves**, *Ipomoea batatas*, are easy to grow and a good source of vitamin A and fiber. They are the above ground portion of an edible root crop.

**Watercress**, *Nasturtium officinale*, is a trailing plant that grows in fresh, moving water. It can be eaten raw or cooked, and is a good source of both vitamin A and vitamin C.

**Chinese cabbage**, is a popular garden plant with many varieties such as Pak Choy, Ung Choy, or Saladeer. It is grown in a small seedbed and then transplanted to the garden area, where it reaches maturity in about one month.

**Pele** or Sunset Hibiscus, *Hibiscus manihot*, is a small woody shrub with leaves that are tasty and high in protein. They are also high in vitamin A and vitamin C. It is very easy to grow from branches which are cut and stuck into wet soil.

**Seaweeds** are the green leaves of the sea. There are different edible varieties that are popular with Pacific Islanders. Some are green with tiny bubbles along their stems. Others are dark greenish-brown with long soft strands joined together. They are easily collected when the tide is low.

**Pumpkin** is a plant with both fruit and leaves that are high in vitamins. To cook the tips of the vines, scrape or peel off the hairy skin first. Pumpkin plants grow easily from either seeds or cuttings with roots.





## Taro Leaves

- 20 young taro leaves  
 1 onion  
 1 cup coconut cream  
 2 teaspoons salt

Boil taro leaves in a small amount of water for 30 minutes, then pour off the water. Add coconut cream to the taro leaves. Add salt and onion and mix them together. Cook taro leaves for another 30 minutes, until done and all itchiness is removed.

**Note:** Very high in saturated fat. To reduce, replace up to half of coconut cream with whole or low fat milk.

*Floria P. James/NMC/EFNEP*

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	119 kcal	6 %	Carbohydrate	6 Gm	2 %
Total Fat	11 Gm	17 %	Iron	1.5 Mg	8 %
Saturated Fat	9 Gm	45 %	Calcium	67 Mg	7 %
Cholesterol	0 Mg	0 %	Vitamin A	2967 IU	59 %
Sodium	536 Mg	22 %	Vitamin C	26.5 Mg	44 %
Protein	0 Gm	0 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 8

Milk: 0 Veg: 1 Fruit: 0 Bread: 0 Meat: 0

## Palusami

- 1/2 cup onion, finely chopped  
 1 cup coconut cream  
 9 taro leaves  
 1/2 teaspoon salt

Use only young, fresh taro leaves or substitute spinach leaves. Put about 6 halves of taro leaves on top of each other in the palm of your left hand (if you are right-handed). Cup left hand and with fingers of right hand, press down in center so that the leaves form a cup. Then ladle in about 1/2 cup of the coconut mixture. Fold together leaves at the top of the cup to more or less seal in the liquid, then seal into a cupped piece of foil. Bake at 350°F for about 1/2 an hour. When cool, remove foil and serve with taro, breadfruit, or any starchy food.

**Note:** Extremely high in saturated fat. To reduce, replace up to half of coconut cream with whole or low fat milk.

*ASCC/EFNEP*

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	304 kcal	15 %	Carbohydrate	12 Gm	4 %
Total Fat	28 Gm	43 %	Iron	3.8 Mg	21 %
Saturated Fat	25 Gm	125 %	Calcium	16.0 Mg	2 %
Cholesterol	0 Mg	0 %	Vitamin A	2115 IU	42 %
Sodium	361 Mg	15 %	Vitamin C	35 Mg	58 %
Protein	7 Gm	14 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 3

Milk: 0 Veg: 1 Fruit: 0 Bread: 0 Meat: 0

## Gollai Hagon Suni

(Taro Leaf with Vegetables)

- 6 cups water
- 24 taro leaves
- 1 cup thin coconut milk
- 1<sup>1/2</sup> cups coconut cream
- 1 large tomato, chopped
- 1 tablespoon grated fresh yellow ginger
- 1 clove garlic, chopped
- 1 medium onion, sliced
- 1 lime or lemon (3 to 4 tablespoons juice)
- 1/2 teaspoon salt

Roll up one dozen taro leaves at a time and chop into 1/2 inch slices. Put leaves into 6 cups boiling water. Boil about 1 hour or until leaves are mushy. Drain taro leaves. Add thin coconut milk, lemon or lime juice, ginger, garlic, onion, and tomato to taro leaves. Salt to taste. Boil together for 6 minutes. Add coconut cream, boil for 3 minutes. Remove from stove and serve with rice.

**Note:** Extremely high in saturated fat. To reduce, replace up to half of coconut cream with whole or low fat milk.

UOG/GCE/EFNEP

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	238 kcal	12 %	Carbohydrate	9 Gm	3 %
Total Fat	23 Gm	35 %	Iron	2.3 Mg	13 %
Saturated Fat	20 Gm	100 %	Calcium	48 Mg	5 %
Cholesterol	0 Mg	0 %	Vitamin A	1623 IU	32 %
Sodium	143 Mg	6 %	Vitamin C	22 Mg	37 %
Protein	4 Gm	8 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 8

Milk: 0 Veg: 0.5 Fruit: 0 Bread: 0 Meat: 0

## Luau Leaves and Boiled Butter Fish

- 2 bunches luau leaves (80 leaves)
- 4 cups boiling water
- 1/4 lb. salted butterfish

Wash the taro leaves thoroughly, remove stems. Place in small amount of boiling water. Partially cover the pot and allow the luau leaves to simmer for 1 hour. Taro leaves are done when tender.

Wash and scale butterfish. Place in water and boil for 15 minutes. Drain, add fresh water and boil again until tender, 10–15 minutes.

Drain and debone fish. Combine with taro leaves and serve.

UH/CTAHR/EFNEP

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	110 kcal	6 %	Carbohydrate	14 Gm	5 %
Total Fat	4 Gm	6 %	Iron	6.7 Mg	37 %
Saturated Fat	0 Gm	0 %	Calcium	1 Mg	0 %
Cholesterol	13 Mg	5 %	Vitamin A	7650 IU	153 %
Protein	15 Gm	30 %	Vitamin C	111 Mg	185 %

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 6

Milk: 0 Veg: 3 Fruit: 0 Bread: 0 Meat: 0.5

## Lu Pulu

- 1 banana leaf
- 12 young taro leaves
- 1/2 12 oz. can of corned beef
- 1/2 chopped onion
- 1/2 cup thick coconut cream

Spread out banana leaf. Overlap taro leaves on top of banana leaf. Place the corned beef in the center of the leaves. Add chopped onion. (A chopped tomato is good also.) Hold taro leaves together so a cup is formed. Pour in coconut cream. Close the taro leaves around the meat mixture. Fold banana leaf around the taro leaves. This is "lu". Tie a banana leaf rib around the lu to hold it together. Boil or bake for 1 hour.

**Variation:** Lu may be made with 1/2 lb. of any type of meat; beef, fish, lamb, or chicken.

**Note:** Extremely high in saturated fat. To reduce, replace up to half of coconut cream with whole or low fat milk.

*From Breadfruit Bread and Papaya Pie, Collected by Nancy Rody*

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*
Calories	324 kcal 16 %	Carbohydrate	11 Gm 4 %
Total Fat	23 Gm 35 %	Iron	4.7 Mg 26 %
Saturated Fat	16 Gm 80 %	Calcium	21 Mg 2 %
Cholesterol	49 Mg 16 %	Vitamin A	2820 IU 56 %
Sodium	577 Gm 24 %	Vitamin C	44.5 Mg 74 %
Protein	23 Gm 46 %		

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 3

Milk: 0 Veg: 1.5 Fruit: 0 Bread: 0 Meat: 1

## Taro Leaf and Chicken Soup

- 2 tablespoons vegetable oil
- 1 Maui onion, sliced
- 2 garlic cloves, minced
- 2 tablespoons ginger root
- 1 tablespoon Hawaiian salt
- 8 cups chicken stock
- 12 taro leaves, deveined
- 16 oz. chicken meat cut in strips
- 1 teaspoon black pepper

In a one-gallon soup pot, saute the onion, garlic and ginger in the vegetable oil until golden brown. Add the chicken stock and bring to a boil. Chop the taro leaves into bite size pieces and add to the boiling stock. Simmer for 25 minutes. Add the chicken meat, salt and pepper, cook another 10 minutes and serve.

*Maui Prince Hotel/Island Fresh Hawaii*

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*
Calories	200 kcal 10 %	Carbohydrate	4 Gm 1 %
Total Fat	12 Gm 18 %	Iron	2.2 Mg 12 %
Saturated Fat	3 Gm 15 %	Calcium	26 Mg 3 %
Cholesterol	45 Mg 15 %	Vitamin A	1470 IU 29 %
Sodium	1616 Gm 67 %	Vitamin C	16.5 Mg 28 %
Protein	21 Gm 42 %		

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 8

Milk: 0 Veg: 1 Fruit: 0 Bread: 0 Meat: 1

## Taro and Chicken

- 1 chicken or 4<sup>3</sup>/<sub>4</sub> cups chopped boneless chicken
- 2 medium sized taro
- 2 large onions chopped
- 2 cups chopped green leaves (taro leaves, pumpkin tips, pele)
- 3 tomatoes
- 1 cup coconut cream
- 1 cup water
- 2 tablespoons lemon juice

Peel taros, cut them into thin slices, and place the cut-up taro in the bottom of a large saucepan. Cut the chicken into serving portions and place on top of the taro. Add the chopped onions, green leaves, and tomatoes. Sprinkle lemon juice. Add the coconut cream and water, and cook over a gentle heat for about 1<sup>1</sup>/<sub>2</sub> hours, or until the chicken is cooked.

**Note:** High in saturated fat. To reduce, replace up to half of coconut cream with whole or low fat milk.

ASCC/EFNEP

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	350 kcal	18 %	Carbohydrate	18 Gm	6 %
Total Fat	21 Gm	32 %	Iron	2.3 Mg	13 %
Saturated Fat	12 Gm	60 %	Calcium	28 Mg	3 %
Cholesterol	66 Mg	22 %	Vitamin A	930 IU	19 %
Sodium	67 Gm	3 %	Vitamin C	17.4 Mg	29 %
Protein	23 Gm	46 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 8

Milk: 0 Veg: 1 Fruit: 0 Bread: 0.5 Meat: 1

## Sweet Potato Tops Salad (Pohnpei)

- 2 lbs. sweet potato tops
- <sup>1</sup>/<sub>2</sub> cup lemon juice
- 2 teaspoons salt
- <sup>1</sup>/<sub>4</sub> cup soy sauce
- <sup>1</sup>/<sub>4</sub> cup mayonnaise

Blanch potato tops by dipping in boiling water. Chop, then mix with the rest of the ingredients. Chill and serve.

**Note:** Very high in sodium. To reduce, use less soy sauce.

*From Breadfruit Bread and Papaya Pie, Collected by Nancy Rody*

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	160 kcal	8 %	Carbohydrate	16 Gm	5 %
Total Fat	9 Gm	14 %	Iron	3.2 Mg	18 %
Saturated Fat	1 Gm	5 %	Calcium	79 Mg	8 %
Cholesterol	6 Mg	2 %	Vitamin A	16245 IU	325 %
Sodium	1755 Gm	73 %	Vitamin C	31.2 Mg	52 %
Protein	8 Gm	16 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 5

Milk: 0 Veg: 2.5 Fruit: 0 Bread: 0 Meat: 0

## Camote Salad

(Sweet Potato Salad-kangong)

- 2 lbs sweet potato leaves
- 2 large tomatoes, sliced thin
- 1 small round onion, sliced thin
- <sup>1</sup>/<sub>2</sub> teaspoon salt
- <sup>1</sup>/<sub>2</sub> teaspoon patis, optional
- 1 teaspoon chopped ginger, optional

Pick tender leaves and stems. Rinse thoroughly. With some water still on the leaves, put in sauce pan and heat. Toss leaves in hot pan to blanch evenly. Add remaining ingredients. Toss lightly but thoroughly.

**Note:** Patis is not included in the analysis below. Eating large amounts of salt and patis can contribute to high blood pressure and heart disease. Go easy on adding them in cooking.

UH/CTAHR/EFNEP

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	105 kcal	5 %	Carbohydrate	20 Gm	7 %
Total Fat	1 Gm	2 %	Iron	2.7 Mg	15 %
Saturated Fat	0 Gm	0 %	Calcium	93 Mg	9 %
Cholesterol	0 Mg	0 %	Vitamin A	20440 IU	409 %
Sodium	292 Gm	12 %	Vitamin C	38 Mg	63 %
Protein	10 Gm	20 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 4

Milk: 0 Veg: 4 Fruit: 0 Bread: 0 Meat: 0

## Minali Namul

- 1 bunch watercress (1 pound)
- <sup>1</sup>/<sub>2</sub> cups boiling water
- 1 teaspoon sesame oil
- <sup>1</sup>/<sub>4</sub> teaspoon sugar
- 1 clove garlic, minced
- 1 carrot, grated
- 1 teaspoon sesame seeds
- 3 tablespoons soy sauce
- <sup>1</sup>/<sub>8</sub> teaspoon cayenne pepper or finely chopped red pepper, optional

Wash watercress. Remove undesirable leaves and tough stems. Cut into 1-inch lengths.

Cook in <sup>1</sup>/<sub>2</sub> cups boiling water for 3 minutes. Drain thoroughly. Add remaining ingredients, mix well, chill and serve.

UH/CTAHR/EFNEP

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	30 kcal	2 %	Carbohydrate	3 Gm	1 %
Total Fat	1 Gm	2 %	Iron	0.5 Mg	3 %
Saturated Fat	0 Gm	0 %	Calcium	101 Mg	10 %
Cholesterol	0 Mg	0 %	Vitamin A	3475 IU	70 %
Sodium	550 Gm	23 %	Vitamin C	33.8 Mg	56 %
Protein	2 Gm	4 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 6

Milk: 0 Veg: 0.5 Fruit: 0 Bread: 0 Meat: 0

## Green Leaves Soup

- 1 bundle Chinese cabbage
- 1 cup thinly sliced meat or fish
- 1/2 teaspoon corn flour
- 1 teaspoon soy sauce
- 1/2 teaspoon sugar
- 1 tablespoon vegetable oil
- 1 onion, chopped
- 2 teaspoons sliced ginger
- 6 cups water
- 1/2 teaspoon salt
- pepper to taste

Combine soy sauce, sugar, and corn flour, mix well. Add meat or fish and set aside. Heat oil, add ginger, onion and fry until tender. Boil water in large pot. Add meat or fish, soy sauce mixture, ginger and onion. Simmer 10 minutes. Add green leaves and simmer for another 10 minutes. Season with salt or pepper.

ASCC/EFNEP

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	102 kcal	5 %	Carbohydrate	4 Gm	1 %
Total Fat	4 Gm	6 %	Iron	1.2 Mg	7 %
Saturated Fat	1 Gm	5 %	Calcium	8 Mg	1 %
Cholesterol	16 Mg	5 %	Vitamin A	1270 IU	25 %
Sodium	176 Gm	7 %	Vitamin C	33 Mg	55 %
Protein	24 Gm	24 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 6

Milk: 0 Veg: 1 Fruit: 0 Bread: 0 Meat: 0.5

## Eggs with Pele Leaves

- 4 eggs
- 2 cups chopped pele leaves
- 1 cup bread crumbs
- 1/2 cup chopped onion
- 1 tablespoon margarine or vegetable oil
- black pepper

Put oil in fry pan. Warm it up before frying patties. Beat the eggs in a bowl. Chop the pele leaves and put them inside the mixture. Add bread crumbs, salt, pepper, and onions to the mixture. Shape into patties and fry.

**Note:** Very high in cholesterol due to eggs in recipe. To reduce, use egg substitute.

ASCC/EFNEP

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	495 kcal	25 %	Carbohydrate	43 Gm	14 %
Total Fat	26 Gm	40 %	Iron	4.9 Mg	27 %
Saturated Fat	5 Gm	25 %	Calcium	176 Mg	18 %
Cholesterol	426 Mg	142 %	Vitamin A	2830 IU	57 %
Sodium	540 Gm	23 %	Vitamin C	18.3 Mg	31 %
Protein	0 Gm	0 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 2

Milk: 0 Veg: 1 Fruit: 0 Bread: 0.5 Meat: 0.5

## Pilikaki and Pele Leaves

- 1** can pilikaki (pilchard or other canned fish)
- 10** pele leaves cut in bite size (or 2 cups)
- 1/2** cup chopped onion
- 1** tablespoon vegetable oil
- 1/4** teaspoon salt
- soy sauce (optional)

Remove liquid in can of fish. Put oil in hot pan. Add onion to slightly brown. Add canned fish. Stir a bit to avoid sticking for 2 minutes and to break fish into pieces. Add soy sauce if desired. Add pele. (Do not let pele leaves sit in water. Rinse slightly and quickly in running water before chopping). Stir for another 2 minutes before serving with local staple of taro, breadfruit, cooked banana or rice.

**Note:** Can substitute watercress in place of Pele leaves. This substitution will lower the vitamin A values.

ASCC/EFNEP

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	187 kcal	9 %	Carbohydrate	3 Gm	1 %
Total Fat	9 Gm	14 %	Iron	2.7 Mg	15 %
Saturated Fat	2 Gm	10 %	Calcium	255 Mg	26 %
Cholesterol	73 Mg	24 %	Vitamin A	1540 IU	31 %
Sodium	505 Gm	21 %	Vitamin C	10 Mg	17 %
Protein	22 Gm	44 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 4

Milk: 0 Veg: 0.5 Fruit: 0 Bread: 0 Meat: 1

## Faiai Limu

(Seaweed)

- 4** cups limu (any variety except the green grape-like seaweed)
- 1** cup coconut milk cup
- 1/2** chopped onion
- 1/4** teaspoon salt
- 1** 12-18" banana leaf

The limu does not need rinsing in tap water. However, it must be thoroughly rinsed in seawater before removal from the ocean. It does not need chopping either since it will dissolve in the cooking process.

Pass the banana leaf over heat to soften it. It must not have holes in it, nor the hard rib attachment. Place limu in the center of the leaf. With both hands, gather and fold edges of leaf in cup or circular shape. Before closing, pour in coconut milk. (Add salt and onion to the coconut milk before adding to the limu). Tie a string about 2.5 to 3 inches from the edges to seal in the milk. Bake in the ground oven (umu) or electric oven for 1 hr. Served with taro, breadfruit, cooked green banana.

**Note:** Very high in saturated fat. To reduce, replace up to half of coconut milk with whole or low fat milk.

ASCC/EFNEP

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	200 kcal	10 %	Carbohydrate	17 Gm	6 %
Total Fat	15 Gm	23 %	Iron	4 Mg	22 %
Saturated Fat	13 Gm	65 %	Calcium	202 Mg	20 %
Cholesterol	0 Mg	0 %	Vitamin A	224.5 IU	4 %
Sodium	1234 Gm	51 %	Vitamin C	6.7 Mg	11 %
Protein	5 Gm	10 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 4

Milk: 0 Veg: 2.5 Fruit: 0 Bread: 0 Meat: 0

## Escabeche

**3.5–4 lbs. fresh fish**

- 1 lb. or 25 kadagan tips**
- 2 cups or 70 kangkong tips**
- 6 stems Chinese cabbage**
- 1 large onion, sliced**
- 4 cloves garlic, minced**
- 2 pieces (about 2 inches) yellow ginger**
- 1 large tomato, quartered**
- 1/4 cup white vinegar**
- 1 cup water**
- 2 teaspoons salt**
- 2 teaspoons sugar**

**Kadagan:** Rinse kadagan tips. Bring one quart water to a boil. Add kadagan. Boil 3 to 8 minutes. Remove and drain.

**Kangkong:** Rinse kangkong tips. Bring 2 cups of water to a boil, add kangkong and continue boiling for 5 minutes. Drain.

**Cabbage:** Bring 2 cups of water to a boil; add 1/2 to 2 1/2 inches cut cabbage (cabbage should be sliced crosswise). Cook 5 minutes.

**Fish:** Clean fish, sprinkle salt and pan fry until cooked and crispy. Take 1/4 cup oil from pan in which fish has been fried and pour into a medium-size saucepan. Add garlic and onion; saute until nicely browned. Add grated ginger and cook about 2 minutes. Add tomato, cook about 2 more minutes. Add vinegar, water, salt and sugar. Bring to a boil. Continue cooking 5 minutes. Cool. In a pyrex or glass dish, place cooked vegetables and fish in alternating layers. Pour cooled liquid mixture over arranged vegetables and fish. Serve hot or cold.

*UOG/GCE/EFNEP & UH/CTAHR/EFNEP*

## Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	448 kcal	22 %	Carbohydrate	8 Gm	3 %
Total Fat	25 Gm	38 %	Iron	4.3 Mg	24 %
Saturated Fat	1 Gm	5 %	Calcium	81 Mg	8 %
Cholesterol	0 Mg	0 %	Vitamin A	815 IU	16 %
Sodium	644 Gm	27 %	Vitamin C	16.1 Mg	27 %
Protein	42 Gm	84 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 7

Milk: 0    Veg: 1    Fruit: 0    Bread: 0    Meat: 3



## Eggplant Finadene with Coconut Milk

(Hot/Spicy Sauce)

- 8 eggplants (purple or green)**
- 3-4 tablespoons of lemon juice**
- <sup>3</sup>/<sub>4</sub> cup coconut cream**
- 1 teaspoon salt**

Rinse eggplant - remove leaves and stem. Punch three holes in each side with fork.

Place cake rack on top of stove on high temperature. Place eggplant on top of rack. Burn until black and soft, turn eggplant to burn on all sides (about 2 minutes). Submerge immediately in tap water to loosen skin. Remove skin. Place in bowl.

Add coconut cream, lemon juice and salt. Mash into a smooth sauce.

*UOG/GCE/EFNEP*

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	45 kcal	2 %	Carbohydrate	4 Gm	1 %
Total Fat	4 Gm	6 %	Iron	0.4 Mg	2 %
Saturated Fat	3 Gm	15 %	Calcium	5 Mg	1 %
Cholesterol	0 Mg	0 %	Vitamin A	13 IU	0 %
Sodium	120 Gm	5 %	Vitamin C	2.2 Mg	4 %
Protein	1 Gm	2 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 18

Milk: 0 Veg: 1 Fruit: 0 Bread: 0 Meat: 0

## Eggplant Curry with Mackerel

- 3 cups eggplant**
- 1 can mackerel**
- 2 tablespoons curry powder**
- 3 cups green leaves**
- 1 onion**
- 1 chili pepper**
- water**

Wash leaves and cut. Slice eggplant and onion. Chop chili pepper. In a sauce pan, heat oil, and fry onion. Mix curry powder with water and add to onion and stir. Add vegetable and leaves, cook for 1 minute. Add mackerel and cook for 2 more minutes.

*Ansina Kony/CHUUK/COM/EFNEP*

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	284 kcal	14 %	Carbohydrate	12 Gm	4 %
Total Fat	10 Gm	15 %	Iron	5.6 Mg	31 %
Saturated Fat	3 Gm	15 %	Calcium	423 Mg	42 %
Cholesterol	116 Mg	39 %	Vitamin A	3140 IU	63 %
Sodium	659 Gm	27 %	Vitamin C	16.7 Mg	28 %
Protein	37 Gm	74 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 3

Milk: 0 Veg: 2 Fruit: 0 Bread: 0 Meat: 2

## Chicken and Pumpkin Soup

- 2    **tablespoons cooking oil**
- <sup>1</sup>/<sub>3</sub>   **cup chopped onions**
- 2    **lbs. chicken**
- 4    **cups water**
- 2    **tomatoes, chopped**
- 4    **cups sliced and peeled pumpkin fruit**
- 6    **pumpkin tips**
- 1    **cup coconut cream**
- 1    **green pepper, sliced**
- 3    **tablespoons lemon juice**
- <sup>1</sup>/<sub>2</sub>   **teaspoon salt**

Wash pumpkin tips, prepare and chop. Fry onion in oil. Cut chicken into small pieces. Add chicken to onion and cook for 10 mins, uncovered. Add water, lemon juice and salt to taste. Bring to boil, lower heat and cook for 15 mins, covered. Add tomatoes, pumpkin, green pepper and pumpkin tips. Cook for 5 more mins. Add coconut cream. When the mixture comes to boil, remove from heat. Serve hot with cooked root crops or breadfruit.

**Note:** Extremely high in saturated fat. To reduce, replace up to half of coconut cream with whole or low fat milk, also remove skin from chicken.

*ASCC/EFNEP*

Estimated Nutritional Values					
Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	649 kcal	32 %	Carbohydrate	14 Gm	5 %
Total Fat	45 Gm	69 %	Iron	4.5 Mg	25 %
Saturated Fat	22 Gm	110 %	Calcium	59 Mg	6 %
Cholesterol	142 Mg	47 %	Vitamin A	3075 IU	62 %
Sodium	343 Gm	14 %	Vitamin C	37.2 Mg	62 %
Protein	48 Gm	96 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe:            **5**

Milk: 0    Veg: 1.5    Fruit: 0    Bread: 0    Meat: 2.5

## Pumpkin with Filling

- 1    **pumpkin**
- <sup>1</sup>/<sub>2</sub>   **chicken (1<sup>1</sup>/<sub>2</sub> cups boneless meat)**
- 1    **onion**
- <sup>1</sup>/<sub>3</sub>   **cup oil**
- 2    **cloves garlic**
- <sup>1</sup>/<sub>3</sub>   **cup basil leaves**
- 1    **cup coconut cream**
- 1    **cup green leaves**
- 1    **teaspoon salt**
- 3    **tablespoons soy sauce**

Clean chicken, take off the skin, debone and chop into cube. Wash onion and cut into small pieces. Chop garlic finely. Wash green leaves and cut into pieces. Saute onion, garlic, and chicken, and cook until chicken is done. Add salt and soy sauce and basil leaves, simmer for 10 minutes. Add chopped green leaves, mix everything together. Simmer for 5 minutes. Stuff pumpkin with the mixture, add coconut milk onto the mixture. Steam or bake for 1 hour.

**Note:** Extremely high in saturated fat. To reduce, replace up to half of coconut cream with whole and low fat milk.

*Floria P. James/COM/YAP/EFNEP*

Estimated Nutritional Values					
Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	600 kcal	30 %	Carbohydrate	18 Gm	6 %
Total Fat	50 Gm	77 %	Iron	4.1 Mg	23 %
Saturated Fat	24 Gm	120 %	Calcium	72 Mg	7 %
Cholesterol	66 Mg	22 %	Vitamin A	2610 IU	52 %
Sodium	1366 Gm	57 %	Vitamin C	18 Mg	30 %
Protein	26 Gm	52 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe:            **4**

Milk: 0    Veg: 1    Fruit: 0    Bread: 0    Meat: 1.5

## Papaya

The papaya (*Carica Papaya*) plant is actually a large herb rather than a tree. It was first found in the tropical lowlands of Central and South America. It's believed that the Spanish and Portuguese sailors carried the papaya to other tropical and subtropical countries.

Papayas are frequently found growing as cultivated garden plants and also in cleared areas of abandoned farms. Two common varieties in the Pacific are Solo and Dillingham. Solo, a small pear-shaped variety from Hawaii, has sweet pink flesh. Dillingham has a large elongated fruit with pink to orange flesh.

Papaya is rich in vitamin A and vitamin C (ascorbic acid). While stewing or baking papaya destroys some of the vitamin C, the use of lemon or lime juice in recipes probably aids in its retention. One cup of fresh papaya daily will more than supply the needed amount of vitamin C per person.

Ripe papaya is a nutritious breakfast or desert fruit. It's often combined with other fruits in salads. Fresh papaya pulp with cream or milk makes a nutritious frozen desert. Green papaya may be cooked as a vegetable, candied, or pickled.

One medium papaya (about 1<sup>1</sup>/<sub>4</sub> lbs.) yields about 1 cup of pulp, or 1<sup>1</sup>/<sub>2</sub> to 2 cups of cubes. One medium papaya contains 240 calories.

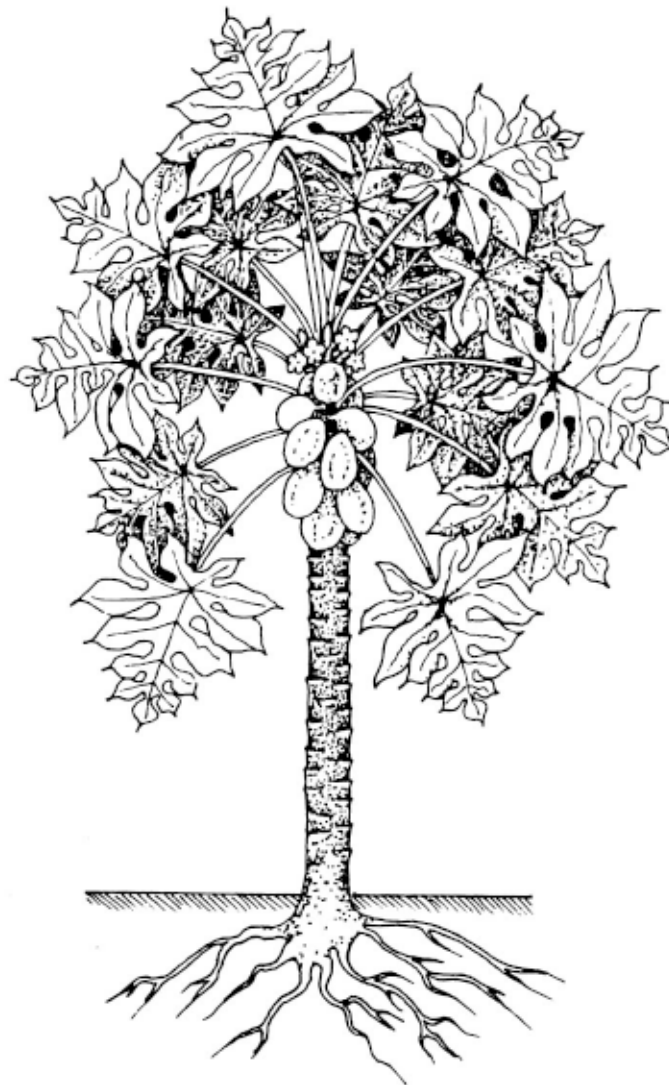
### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	55 kcal	3 %	Carbohydrate	14 Gm	5 %
Total Fat	0 Gm	0 %	Iron	0.1 Mg	1 %
Saturated Fat	0 Gm	0 %	Calcium	34 Mg	3 %
Cholesterol	0 Mg	0 %	Vitamin A	1410 IU	28 %
Sodium	4 Gm	0 %	Vitamin C	86.5 Mg	144 %
Protein	1 Gm	2 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Nutritional Values are based on 1 cup of papaya

Milk: 0    Veg: 0    Fruit: 2    Bread: 0    Meat: 0



## Papaya and Pineapple Cocktail

- 2 cups diced ripe papaya
- 2 cups diced pineapple
- 6 tablespoons lemon juice
- 2 tablespoons sugar

Mix ingredient and chill for 1/2 hour before serving.

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	62 kcal	3 %	Carbohydrate	16 Gm	5 %
Total Fat	0 Gm	0 %	Iron	0.2 Mg	1 %
Saturated Fat	0 Gm	0 %	Calcium	16 Mg	2 %
Cholesterol	0 Mg	0 %	Vitamin A	478 IU	10 %
Sodium	2 Gm	0 %	Vitamin C	43.8 Mg	73 %
Protein	1 Gm	2 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 6

Milk: 0 Veg: 0 Fruit: 1.5 Bread: 0 Meat: 0

## Papaya-Banana Nectar

- 1 cup mashed papaya
- 1/2 cup mashed ripe banana
- 1 cup guava juice, unsweetened
- 1/2 cup sugar
- 2/3 cup water
- 2 tablespoons lemon juice

Pare ripe papaya and banana, cut into pieces, and press through a coarse sieve. Combine all ingredients, mix until thoroughly blended, chill and pour over cracked ice.

If electric food blender or mixer is used, combine all ingredients and blend for 2 minutes.

*Miller, Bazore, Bartow/Fruits of Hawaii/University of Hawaii Press*

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	113 kcal	6 %	Carbohydrate	29 Gm	10 %
Total Fat	1 Gm	2 %	Iron	0.2 Mg	1 %
Saturated Fat	0 Gm	0 %	Calcium	12 Mg	1 %
Cholesterol	0 Mg	0 %	Vitamin A	746 IU	15 %
Sodium	3 Gm	0 %	Vitamin C	37.7 Mg	63 %
Protein	1 Gm	2 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 4

Milk: 0 Veg: 0 Fruit: 1 Bread: 0 Meat: 0

## Papaya Ono-Ono

- 4 cups ripe papaya pulp
- 1 cup passion fruit juice
- 1/4 cup lemon or lime juice
- 2 1/2 cups guava juice
- 1/2 cup orange juice
- 4 cups pineapple juice
- 1 cup sugar
- 1/2 cup water

Pare papaya, cut into small pieces and force through a coarse sieve. Add fruit juices, sugar and water. Mix well, chill, and pour over cracked ice.

If electric food blender is used, combine all the ingredients and blend for 3 minutes.

**Variation:** Omit sugar and use 3/4 cup passion fruit syrup instead of the fresh fruit juice.

*Miller, Bazole, Bartow/Fruits of Hawaii/University of Hawaii Press*

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	168 kcal	8 %	Carbohydrate	43 Gm	14 %
Total Fat	0 Gm	0 %	Iron	0.4 Mg	2 %
Saturated Fat	0 Gm	0 %	Calcium	26 Mg	3 %
Cholesterol	0 Mg	0 %	Vitamin A	1502 IU	30 %
Sodium	6 Gm	0 %	Vitamin C	55.5 Mg	93 %
Protein	1 Gm	2 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 12

Milk: 0 Veg: 0 Fruit: 2 Bread: 0 Meat: 0

## Ripe Papaya Drink

- 2 cups ripe papaya pulp
- 2 cups milk
- 4 teaspoons lemon or lime juice

**To prepare papaya pulp:** Peel papaya, remove the seeds and chop it into small pieces. Press papaya through a coarse sieve or mash it with a fork, then measure.

Add the lemon juice and milk, then mix well. Serve immediately or if possible, chill for a short time.

*ASCC/EFNEP*

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	103 kcal	5 %	Carbohydrate	13 Gm	4 %
Total Fat	4 Gm	6 %	Iron	0.1 Mg	1 %
Saturated Fat	3 Gm	15 %	Calcium	163 Mg	16 %
Cholesterol	17 Mg	6 %	Vitamin A	1564 IU	31 %
Sodium	62 Gm	3 %	Vitamin C	45.9 Mg	77 %
Protein	4 Gm	8 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 4

Milk: 0.5 Veg: 0 Fruit: 0.5 Bread: 0 Meat: 0

## Papaya Sherbert

- 1½ cups ripe papaya pulp**  
**3 tablespoons lemon juice**  
**½ cup orange juice or soursop juice**  
**1½ cups milk**  
**1 cup sugar**

Press papaya pulp through a coarse sieve and add fruit juices. Dissolve sugar in milk and add the fruit mixture gradually to the milk. Pour into pan and freeze, stirring every half hour during the process.

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	137 kcal	7 %	Carbohydrate	31 Gm	10 %
Total Fat	2 Gm	3 %	Iron	0.1 Mg	1 %
Saturated Fat	1 Gm	5 %	Calcium	63 Mg	6 %
Cholesterol	6 Mg	2 %	Vitamin A	618 IU	12 %
Sodium	24 Gm	1 %	Vitamin C	27 Mg	45 %
Protein	2 Gm	4 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 8 (1 serving = ½ cup)

Milk: 0 Veg: 0 Fruit: 0.5 Bread: 0 Meat: 0

## Green Papaya Pickles

- 4 cups thinly sliced green papaya**  
**1 lb. brown sugar**  
**2 cups vinegar**  
**½ dozen cloves**  
**½ dozen peppercorns**  
**½ dozen sticks of cinnamon**

Wash, peel and seed papayas. Cut into ½ inch squares. Boil sugar, vinegar and spices for 10 minutes. Add papaya. Boil together until the papaya is tender. Remove papaya and boil syrup 10 minutes longer. Add papaya and bottle.

**Editor's Note:** This recipe is from a cook book published in 1882 by The Fort Street Church of Honolulu.

## Pickled Papaya

- 2 cups thinly sliced green papaya (1½" - 2" long, ⅛" thick)**  
**¼ cup water**  
**½ cup vinegar**  
**2 teaspoons salt**  
**4-10 small hot red peppers, smashed**

Pare green papaya and remove seeds. Slice papaya thinly, rinse and drain. Boil water, vinegar, salt and hot peppers. Allow to cool for 2 hours. Sterilize jars.

Put sliced green papaya in a sterilized jar. Fill with vinegar solution and cap. Place in the refrigerator. These are ready to serve within 24 hours. Pickles will keep in refrigerator for 3 months.

UOG/GCE

## Papaya-Coconut Jam

- 4 cups ripe papaya puree
- 2 cups finely grated fresh coconut
- 4 cups sugar
- 1/4 cups lemon juice
- 1 teaspoon ginger juice, if desired

Mix papaya puree, sugar, and coconut in a large kettle. Bring to the boiling point and cook with constant slow stirring for 15 minutes. Add lemon juice and ginger juice, and cook 5 minutes longer, or until very thick and glossy. Pour into sterilized jars and cover with paraffin.

**To prepare the ginger juice:** Place a thoroughly scrubbed piece of fresh ginger root in a small piece of strong coarse cloth, crush the root by pounding with a hammer or wooden mallet, and squeeze out the desired amount of juice.

**Note:** Since the mixture tends to bubble and splash badly, it is necessary to stir constantly with a long-handled wooden spoon. It is wise to protect the hands with gloves.

*Miller, Bazore, Bartow/Fruits of Hawaii/University of Hawaii Press*

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	57 kcal	3 %	Carbohydrate	13 Gm	4 %
Total Fat	1 Gm	2 %	Iron	0.1 Mg	1 %
Saturated Fat	1 Gm	5 %	Calcium	3 Mg	0 %
Cholesterol	0 Mg	0 %	Vitamin A	176 IU	4 %
Sodium	1 Gm	0 %	Vitamin C	5.9 Mg	10 %
Protein	0 Gm	0 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 64 (1 serving = 1 tablespoon)

Milk: 0 Veg: 0 Fruit: 0 Bread: 0 Meat: 0

## Papaya-Pineapple Marmalade

- 2 cups finely diced ripe pineapple (2 lbs.)
- 2 cups diced ripe papaya
- 4 cups sugar
- 1 1/2 teaspoons grated lemon rind (1/2 lemon)
- 1/4 cup lemon juice
- 1-2 tablespoons fresh grated ginger, if desired

Mix pineapple and sugar in large shallow saucepan and let stand while preparing the papaya. Add grated lemon rind and juice. Bring slowly to boiling point and boil about 30 minutes until mixture sheets from spoon, or until temperature reaches 224°F. Pour into sterilized half-pint jars and seal. This marmalade does not keep longer than 6 months.

*Miller, Bazore, Bartow/Fruits of Hawaii/University of Hawaii Press*

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	66 cal	3 %	Carbohydrate	17 Gm	6 %
Total Fat	0 Gm	0 %	Iron	0 Mg	0 %
Saturated Fat	0 Gm	0 %	Calcium	2 Mg	0 %
Cholesterol	0 Mg	0 %	Vitamin A	119 IU	2 %
Sodium	0 Gm	0 %	Vitamin C	5.3 Mg	9 %
Protein	0 Gm	0 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 48 (1 serving = 1 tablespoon)

Milk: 0 Veg: 0 Fruit: 0 Bread: 0 Meat: 0

## Papaya Cookies

- 1 cup ripe papaya puree
- 1 cup sugar
- 1 teaspoon soda
- 1/2 cup shortening
- 1 egg, beaten
- 3 cups flour
- 1 teaspoon cinnamon
- 1/2 teaspoon each nutmeg, cloves, salt
- 1 cup chopped nuts
- 1 cup raisins (soak for 30 min. in 1/2 cup brandy or rum, then drain)

Cream shortening and sugar, add puree and soda. Mix until creamy. Add egg, flour, spice. Mix in nuts, and raisins. Refrigerate for 1 hour to prevent cookies from spreading on cookie sheet. Drop by spoonfuls on ungreased cookie sheet. Bake 15 minutes at 350°F.

*Dr. Joyce Marie Camacho/UOG/GCE*

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*
Calories	67 kcal 3 %	Carbohydrate	9 Gm 3 %
Total Fat	3 Gm 5 %	Iron	0.4 Mg 2 %
Saturated Fat	1 Gm 5 %	Calcium	5 Mg 1 %
Cholesterol	4 Mg 1 %	Vitamin A	35 IU 1 %
Sodium	33 Gm 1 %	Vitamin C	4.6 Mg 8 %
Protein	1 Gm 2 %		

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 60 small cookies

Milk: 0 Veg: 0 Fruit: 0.25 Bread: 0.25 Meat: 0

## Papaya Bread

- 3 eggs
- 1 cup oil
- 1 tablespoon vanilla
- 2 cups sugar
- 2 cups ripe papaya puree
- 1/4 teaspoon baking powder
- 2 teaspoons baking soda
- 1/2 teaspoon salt
- 1 teaspoon cinnamon
- 2 1/2 cups flour
- 1 cup chopped walnuts

Beat together eggs, oil and vanilla. Add sugar and mix. Add papaya puree and mix. Sift together dry ingredients and mix with creamed mixture. Stir in nuts.

Pour batter into 2 greased 9 1/2 x 5 1/2 inch bread pans. Bake at 350°F for one hour.

Cool on rack and remove from pan. Wrap in foil, label, and freeze.

To serve, remove from freezer and slice and arrange on serving plate. (Bread does not crumble when it is sliced frozen).

*Dr. Joyce Marie Camacho/UOG/GCE*

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*
Calories	314 kcal 16 %	Carbohydrate	38 Gm 13 %
Total Fat	17 Gm 26 %	Iron	1.3 Mg 7 %
Saturated Fat	2 Gm 10 %	Calcium	20 Mg 2 %
Cholesterol	36 Mg 12 %	Vitamin A	247 IU 5 %
Sodium	167 Gm 7 %	Vitamin C	9.9 Mg 17 %
Protein	5 Gm 10 %		

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 18

Milk: 0 Veg: 0 Fruit: 0.25 Bread: 0.75 Meat: 0



## Papaya Upside-Down Cake

- 2 cups sliced papaya
- 2 tablespoons lemon juice
- $\frac{1}{3}$  cup brown sugar
- 1 tablespoon margarine
- $\frac{1}{4}$  cup shortening
- $\frac{3}{4}$  cup sugar
- 1 egg
- $1\frac{1}{4}$  cups flour
- 2 teaspoons baking powder
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{2}$  cup milk

Pour lemon juice over papaya and let stand 15 minutes. Melt margarine and brown sugar in glass baking dish, 8 x 8 x 2 inches. Place a layer of papaya slices on top of sugar mixture.

**To prepare cake mixture:** Cream shortening, add  $\frac{3}{4}$  cup sugar, and when well-mixed, add beaten egg. Sift salt, baking powder, and flour together and add to egg mixture alternately with milk.

Pour batter over sliced papaya and bake in a moderate oven (350°F) from 50 to 60 minutes.

When cake is done, turn it upside down on a large plate. Serve hot.

*Miller, Bazole, Bartow/Fruits of Hawaii/University of Hawaii Press*

## Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	138 kcal	7 %	Carbohydrate	23 Gm	8 %
Total Fat	5 Gm	8 %	Iron	0.7 Mg	4 %
Saturated Fat	1 Gm	5 %	Calcium	28 Mg	3 %
Cholesterol	14 Mg	5 %	Vitamin A	264 IU	5 %
Sodium	93 Gm	4 %	Vitamin C	11.8 Mg	20 %
Protein	2 Gm	4 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 16

Milk: 0 Veg: 0 Fruit: 0.25 Bread: 0.5 Meat: 0

## Papaya Cake

- 1/2 cup salad oil
- 2 cups sugar
- 4 eggs
- 3 teaspoons baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- 2 teaspoons cinnamon
- 2 cups sifted flour
- 2 cups ripe papaya puree
- 1 cup chopped walnuts

### *Cream Cheese Frosting*

- 1 8 oz. pkg. cream cheese
- 1/2 cup softened butter
- 1 box powdered sugar
- 1 teaspoon vanilla
- dash salt

Beat together eggs and oil. Add sugar and beat. Add dry ingredients and mix. Blend in papaya puree. Stir in walnuts. Pour batter into a 9 x 13" loaf pan that has not been greased and floured. Bake at 350°F for 50–60 minutes.

**To prepare frosting:** Soften cream cheese by allowing it to sit at room temperature for 1–2 hours. Add all other ingredients. Beat with electric mixer until frosting is smooth and creamy. Spread on cooled cake.

*Dr. Joyce Marie Camacho/UOG/GCE*

## Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	325 kcal	16 %	Carbohydrate	45 Gm	15 %
Total Fat	16 Gm	25 %	Iron	1 Mg	6 %
Saturated Fat	6 Gm	30 %	Calcium	31 Mg	3 %
Cholesterol	56 Mg	19 %	Vitamin A	585 IU	12 %
Sodium	254 Gm	11 %	Vitamin C	7.4 Mg	12 %
Protein	4 Gm	8 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 24

Milk: 0 Veg: 0 Fruit: 0 Bread: 0.5 Meat: 0

## Mango

The mango, *Mangifera indica*, is a member of the Cashew family. It is a tree that grows 50 to 60 feet tall and is thickly covered with narrow, dark green leaves. Mango trees grow in the tropics from sea level to 4,000 ft., but tend to do best below 2,000 ft.

Mango trees should be grown from grafted or budded plants. This ensures a true variety and a healthy plant. Many different varieties are available around the Pacific region. The fruits are different sizes, shapes and weights. They can be orange, yellow, red or a mixture of colors. A couple of well known cultivars are Hayden and Pope. For more information on variety selection contact your local agriculture extension agent.

Grafted mango trees begin bearing fruit when they have been growing for about six years. Heavy rains during flowering periods may greatly reduce pollination and fruit set. Even under the perfect conditions trees will often have heavy crops only once every other year. Mango trees reach maturity at about forty years old and bear less fruit each year thereafter.

Fresh mangoes are a favorite fruit in the Pacific Islands. They are best when picked ripe from the tree. When picked almost ripe they will continue to sweeten if kept in a cool, dry place. They can be used in almost any recipe requiring a sweet fruit. The unripe fruit can also be used in green salads, or as a relish.

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	108 kcal	5 %	Carbohydrate	28 Gm	9 %
Total Fat	1 Gm	2 %	Iron	0.2 Mg	1 %
Saturated Fat	0 Gm	0 %	Calcium	17 Mg	2 %
Cholesterol	0 Mg	0 %	Vitamin A	3213 IU	64 %
Sodium	3 Gm	0 %	Vitamin C	45.7 Mg	76 %
Protein	1 Gm	2 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Nutritional Values are based on 1 cup of sliced mango

Milk: 0    Veg: 0    Fruit: 2    Bread: 0    Meat: 0



## Mango/Tropical Fruits Salad

- 2 ripe mangoes
- 1 small ripe papaya
- 1 small ripe pineapple
- 1/4 cup fresh lime or lemon juice
- 2 ripe bananas (eating banana)
- 2 passion fruits
- 1 orange
- 1 cup of grated coconut
- 1/2 watermelon or cantaloupe

Wash and prepare all fruits. Peel and remove seeds from papaya; remove the skin from mangoes and pineapple; peel banana, mandarins or orange; peel cantaloupe; scoop out meat from watermelon; scoop out flesh from passion fruits. Chop all fruits into cubes or small pieces and mix together in a bowl, add lemon, lime or orange juice, to prevent change of color. Add coconut meat and mix well. Serve immediately or after chilling.

*Floria P. James/COM/YAP/EFNEP*

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	113 kcal	6 %	Carbohydrate	24 Gm	8 %
Total Fat	3 Gm	5 %	Iron	0.6 Mg	3 %
Saturated Fat	2 Gm	10 %	Calcium	21 Mg	2 %
Cholesterol	0 Mg	0 %	Vitamin A	800 IU	16 %
Sodium	5 Gm	0 %	Vitamin C	45.3 Mg	76 %
Protein	1 Gm	2 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 14

Milk: 0 Veg: 0 Fruit: 1.5 Bread: 0 Meat: 0

## Mango and Passion Fruit Drink

- 3 cups of mashed ripe mango
- 15 passion fruits
- 4 cups of boiled water
- 2 cups whole milk
- vanilla (optional)

Cut mango into a bowl. Scoop out the passion fruit meat. Add 4 cups of boiled water to the fruits and mix thoroughly squeeze out the juice. Strain coconut cream into mashed mango mixture and stir. Add a drop of vanilla for flavor. Add milk and mix completely. Chill before serving.

*Floria P. James/COM/YAP/EFNEP*

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	79 kcal	4 %	Carbohydrate	14 Gm	5 %
Total Fat	2 Gm	3 %	Iron	0.2 Mg	1 %
Saturated Fat	1 Gm	5 %	Calcium	78 Mg	8 %
Cholesterol	8 Mg	3 %	Vitamin A	2589 IU	52 %
Sodium	30 Gm	1 %	Vitamin C	13.6 Mg	23 %
Protein	2 Gm	4 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 8

Milk: 0.25 Veg: 0 Fruit: 1 Bread: 0 Meat: 0

## Mango Ice Cream

- 2 cups milk**  
**8 eggs**  
**2 cup sugar**  
**2 cans condensed milk**  
**1 pinch of salt**  
**2 cups of mango pulp to which a few drops of fresh lemon juice is added**  
**1/4 cup of sugar**  
**1 cup of whipping cream**

Scald milk in double boiler. Beat eggs in mixer. Add sugar and continue beating. Blend in scalded milk, condensed milk, pinch of salt, mango pulp. Pour in 4 qt. ice cream freezer, up to fill mark. Churn with cracked ice and rock salt in freezer.

ASCC/EFNEP

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	191 kcal	10 %	Carbohydrate	30 Gm	10 %
Total Fat	7 Gm	11 %	Iron	0.3 Mg	2 %
Saturated Fat	4 Gm	20 %	Calcium	101 Mg	10 %
Cholesterol	74 Mg	25 %	Vitamin A	696 IU	14 %
Sodium	66 Gm	3 %	Vitamin C	2.4 Mg	4 %
Protein	4 Gm	8 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 32 (1 serving = 1/2 cup)

Milk: 0.5 Veg: 0 Fruit: 0.5 Bread: 0 Meat: 0

## Green Mango Salad

- 4 small green mangoes**  
**1 1/4 cups coconut cream**  
**1 tablespoons lemon juice or vinegar**  
**1 small onion, chopped**  
**salt and pepper to taste**

Wash, peel, and grate the mangoes. Mix the coconut cream and lemon juice or vinegar in a bowl. Add the grated mango, and chopped onion, then mix well. Add salt and pepper to taste. Leave to stand for at least 10 minutes before serving.

**Note:** Very high in saturated fat. To reduce, replace up to half of coconut cream with whole or low fat milk.

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	152 kcal	8 %	Carbohydrate	16 Gm	5 %
Total Fat	11 Gm	17 %	Iron	1 Mg	6 %
Saturated Fat	9 Gm	45 %	Calcium	20 Mg	2 %
Cholesterol	0 Mg	0 %	Vitamin A	0.5 IU	0 %
Sodium	55 Gm	2 %	Vitamin C	69.9 Mg	117 %
Protein	2 Gm	4 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 10

Milk: 0 Veg: 0 Fruit: 1 Bread: 0 Meat: 0

## Sweet-Sour Mango Pickles

- 6 cups water**
- 6 cups brown sugar**
- 2 cups white vinegar**
- 1 teaspoon red coloring**
- 1 gallon prepared green mangos (about 30)**
- <sup>3</sup>/<sub>4</sub> cup rock salt**

Bring water, sugar, salt and vinegar to a boil; add coloring and set aside to cool. Peel green mangos; slice in half. Cut half again lengthwise. Pack into sterilized jars. Fill with cooled liquid and set aside for 24 hours. Store in refrigerator.

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*
Calories	100 kcal 5 %	Carbohydrate	27 Gm 9 %
Total Fat	0 Gm 0 %	Iron	0.3 Mg 2 %
Saturated Fat	0 Gm 0 %	Calcium	20 Mg 2 %
Cholesterol	0 Mg 0 %	Vitamin A	0 IU 0 %
Sodium	960 Gm 40 %	Vitamin C	63 Mg 105 %
Protein	0 Gm 0 %		

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 80 (1 serving = <sup>1</sup>/<sub>2</sub> cup)

Milk: 0 Veg: 0 Fruit: 1 Bread: 0 Meat: 0

## Mango Chutney

- 10 lbs. green mangos, cut up**
- 1 large onion, chopped**
- <sup>1</sup>/<sub>2</sub> lb. raisins**
- 1 20 oz. can crushed pineapples**
- 2 tablespoons chili powder**
- 1<sup>1</sup>/<sub>2</sub> teaspoons ginger**
- 1<sup>1</sup>/<sub>2</sub> teaspoons cinnamon**
- 2 tablespoons dry mustard**
- 1 tablespoon whole pickling spices**
- 3 cups vinegar**
- 3 lbs. brown sugar**

Combine all ingredients in large pan and simmer two to three hours until thick. Seal in hot sterilized jars.

*UOG/GCE*

## Mango Jam

- 2 cups pulp of ripe mangoes**  
**1 cup sugar**

Clean mango fruits well. Scoop out pulp and pass through an aluminum sieve. Combine mango pulp and sugar. Cook in a heavy aluminum pan, stirring with a wooden spoon until jam mounds on the edge of the spoon.

Pour while hot in sterile jars and seal at once. If jam is to be stored for more than 1 month, pasteurize by immersing hot filled jars in a kettle of boiling water for 5 minutes.

**Note:** Avoid iron knives and other utensils during the preparation of this jam to prevent discoloration that results in a dark colored product. Always cook in small batches to prevent caramelization of sugar which also makes the jam dark and lose its delicate flavor.

*NMC/EFNEP*

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	38 kcal	2 %	Carbohydrate	10 Gm	3 %
Total Fat	0 Gm	0 %	Iron	0 Mg	0 %
Saturated Fat	0 Gm	0 %	Calcium	1 Mg	0 %
Cholesterol	0 Mg	0 %	Vitamin A	265 IU	5 %
Sodium	0 Gm	0 %	Vitamin C	3.8 Mg	6 %
Protein	0 Gm	0 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 25 (1 serving = 1 tablespoon)

Milk: 0 Veg: 0 Fruit: 0 Bread: 0 Meat: 0

## Mango Bread

- 2 cups flour**  
**1 cup mango, chopped fine**  
**1 tablespoon baking powder**  
<sup>1/2</sup> **cup coconut milk**  
**1 teaspoon lemon rind**  
**3 eggs**  
<sup>1/3</sup> **cup whole milk**  
<sup>1/3</sup> **cup sugar**  
<sup>1/2</sup> **teaspoon salt**

Combine flour, salt, baking powder and lemon rind. Mix sugar, milk, coconut milk, eggs and mango together. Combine dry ingredients into bowl of wet ingredients and mix them thoroughly. Pour mixture in bread pan and make two loaves. Bake in oven, preheated to 375°F for 45 minutes to 1 hour. Use a tooth pick or a knife to test if it is done. Insert the knife in bread, if it comes out clean, the bread is done.

**Note:** Mango Bread can also be steamed. Steam it for 1 hour.

*Floria P. James/COM/YAP/EFNEP*

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	209 kcal	10 %	Carbohydrate	34 Gm	11 %
Total Fat	6 Gm	9 %	Iron	1.8 Mg	10 %
Saturated Fat	4 Gm	20 %	Calcium	61 Mg	6 %
Cholesterol	74 Mg	25 %	Vitamin A	560 IU	11 %
Sodium	262 Gm	11 %	Vitamin C	6.1 Mg	10 %
Protein	6 Gm	12 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 9

Milk: 0 Veg: 0 Fruit: 0.25 Bread: 1 Meat: 0

## Banana

Bananas are an excellent food source and also very interesting plants. They are herbs, like grass and other soft stemmed plants. The plants grow from an underground corm with a fibrous mat of roots. What may seem like a tree trunk is actually the rolled up leaf stems.

The fruits of a banana are enclosed within the large red “bell” flower which grows out of the center of the plant. As the flower petals open each immature hand of the banana bunch is exposed. The time from first “shooting the bunch” to harvest is about ninety days.

There are an incredible number of different types of bananas. Some that are only eaten when cooked, may be called plantains. The most common “Cavendish” or “Chiquita” types can be eaten when green as a starch, or allowed to ripen as a dessert fruit. Other smaller types, commonly called “apple” bananas or “ladyfingers” are most often eaten when sweet.

Green bananas are prepared in many of the same ways as tropical root crops. They are a readily available source of carbohydrates for energy. Ripe bananas have the same energy value as the green fruit except that it is in the more digestible form of sugar. Sweet bananas are a delicious snack food and can be used in baked items and meat dishes as well.

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	138 kcal	7 %	Carbohydrate	35 Gm	12 %
Total Fat	1 Gm	2 %	Iron	0.5 Mg	3 %
Saturated Fat	0 Gm	0 %	Calcium	9 Mg	1 %
Cholesterol	0 Mg	0 %	Vitamin A	60.5 IU	1 %
Sodium	2 Gm	0 %	Vitamin C	13.7 Mg	23 %
Protein	2 Gm	4 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Nutritional Values are based on 1 cup of banana

Milk: 0    Veg: 0    Fruit: 2    Bread: 0    Meat: 0





## Dried Ripe Bananas

### 4-8 ripe eating bananas

Wash unpeeled bananas. Blanch 4 bananas at a time in a large saucepan half filled with boiling water. Keep in boiling water for 3–5 minutes. Remove bananas to a bowl of tap water to cool completely. Peel and slice lengthwise, place on an aluminum screen set on a tray. Dry in an oven set at 200°F and leave the oven door slightly open; or dry in a solar dryer. The bananas are dry when they are slightly tough and chewy. Pack in plastic bag fully and seal. Store in a clean jar in a cool, dry place.

**Note:** Source of concentrated sugar. Nutritional values similar to one cup serving on the preceding table.

## Banana Chips

### 2 green cooking bananas oil for frying salt to taste

Pour oil into pot to heat. Peel bananas and cut them into thin slices. Put banana on paper-covered plates and sprinkle with salt. When oil is very hot, fry chips until they are pale gold in color. Drain on paper. Serve at once.

**Note:** High in fat due to deep fat frying.

Banana, A Tropical Treat *South Pacific Foods Leaflet 7 (1983), SPC, Noumea, New Caledonia*

## Banana Cooler

### 8 small ripe bananas 3 cups orange juice 1 medium-sized lemon 12 ice cubes, crushed

Slice bananas into blender. Add juices, cover and blend until bananas are pureed. Add ice, blend until smooth. Serve immediately.

ASCC/EFNEP

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*
Calories	326 kcal 16 %	Carbohydrate	81 Gm 27 %
Total Fat	2 Gm 3 %	Iron	1.2 Mg 7 %
Saturated Fat	0 Gm 0 %	Calcium	44 Mg 4 %
Cholesterol	0 Mg 0 %	Vitamin A	342 IU 7 %
Sodium	7 Gm 0 %	Vitamin C	154 Mg 257 %
Protein	4 Gm 8 %		

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 3

Milk: 0 Veg: 0 Fruit: 4 Bread: 0 Meat: 0

## Banana Milk Drink

- 1 cup milk**  
**1 ripe eating banana**

Use fresh milk or prepare powdered milk by using 1 cup water to 4 tablespoons of milk powder. Mash banana thoroughly. Pour mashed banana into milk and stir well. Serve in a glass.

**Note:** This is a good drink for babies and children. It is also a very refreshing drink for sick people.

Banana, A Tropical Treat, *South Pacific Foods Leaflet 7 (1983), SPC, Noumea, New Caledonia*

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*
Calories	255 kcal 13 %	Carbohydrate	38 Gm 13 %
Total Fat	9 Gm 14 %	Iron	0.5 Mg 3 %
Saturated Fat	5 Gm 25 %	Calcium	298 Mg 30 %
Cholesterol	33 Mg 11 %	Vitamin A	505 IU 10 %
Sodium	121 Gm 5 %	Vitamin C	12.7 Mg 21 %
Protein	9 Gm 18 %		

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 1

Milk: 1 Veg: 0 Fruit: 1 Bread: 0 Meat: 0

## Banana Rice

- 2 cups rice uncooked**  
**12 ripe eating bananas**  
 $\frac{1}{2}$  **cup coconut cream**  
 $\frac{1}{4}$  **teaspoon salt**

Clean rice. Peel and slice bananas. Put rice and bananas in a pot. Add water to 5 cm (2 inches) above the rice and boil gently until cooked. Grate coconut, add a little water, and squeeze out the cream. Add salt to taste. When rice is cooked mix in the coconut cream. Serve hot or cold with greens or other vegetables.

Banana, A Tropical Treat, *South Pacific Foods Leaflet 7 (1983), SPC, Noumea, New Caledonia*

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*
Calories	437 kcal 22 %	Carbohydrate	91 Gm 30 %
Total Fat	7 Gm 11 %	Iron	3.4 Mg 19 %
Saturated Fat	6 Gm 30 %	Calcium	19 Mg 2 %
Cholesterol	0 Mg 0 %	Vitamin A	79 IU 2 %
Sodium	79 Gm 3 %	Vitamin C	18.3 Mg 31 %
Protein	6 Gm 12 %		

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 7

Milk: 0 Veg: 0 Fruit: 1.5 Bread: 3 Meat: 0

## Banana Flower Salad

- 3 cooking banana flowers
- 3 cooked crabs, meat removed
- 20 sweet potato leaves or kangkong or pumpkin tops
- 6 basil leaves
- 2 tablespoons of salt

Remove outer layer of banana flowers. Cut the rest into small onion ring shapes. Wash banana flower in salt water and rinse. Add salt to boiling water, add banana flower. Boil for 5 to 10 minutes. Rinse and set aside.

Prepare other vegetables as follows: Separate kangkong leaves from stem. Cut stem into 2 inch to 3 inch long pieces. Do not chop sweet potato leaves, pumpkin tops or kangkong leaves.

Boil more water, add kangkong stem. Boil for 5 minutes, add sweet potato leaves, pumpkin tops and kangkong leaves. Boil for another 3 to 5 minutes. Remove from water to prevent nutrient loss and change of color.

Season cooked crab meat with basil leaves, onion and black pepper, then add to the mixture.

Mix banana flower, green leafy vegetables and crab meat together.

Garnish with green onion and bell pepper or a little bit of carrot. Use salad dressing if desired.

**Note:** Nutritional values are not available for banana flowers.

*Floria P. James/COM/YAP/EFNEP*

Banana flowers are picked from the end of a bunch of bananas when the fruits are half grown. Removing the flower at this time will not hurt the fruit. Flowers from eating bananas have a bitter taste and should not be used. Only flowers from cooking varieties are eaten. They are used in meat, fish, or shellfish dishes.

## Banana Flower Soup

- 2 cooking banana flowers
- 1 cup shelled shrimp or prawns
- 1 onion, sliced
- 4 tablespoons oil
- 2 cups water
- 4 cloves garlic, chopped (optional)
- lemon and salt to taste

Remove the tough covering of the flower. Slice across into thin pieces. Squeeze with salt and rinse. Set aside. Mix the shrimp or prawns with the sliced onion and lemon juice. Fry the garlic in the oil. Add the shrimp mixture. Add the water and continue cooking. Add the flowers. Turn over constantly until tender. Season with salt. Serve hot.

Banana, A Tropical Treat, *South Pacific Foods Leaflet 7 (1983), SPC, Noumea, New Caledonia*

## Madoja

*(Banana Fritters)*

- 4 ripe cooking bananas
- $\frac{1}{2}$  cup all-purpose flour
- $\frac{1}{2}$  cup achoti water\* (from 2 tablespoons achoti seeds)
- 2 tablespoons sugar
- oil for frying

Peel bananas, slice diagonally into pieces  $\frac{3}{8}$  inch thick. If preferred, they may be sliced lengthwise into  $\frac{3}{8}$  inch slices or cut into quarters. Make a smooth batter of the flour, sugar and achoti water. Dip the pieces of bananas in the batter and fry in hot oil, 2 inches deep in frying pan. Turn bananas frequently. Fry until brown. Remove and drain on absorbent paper. Serve hot or cold for dessert or with tea or coffee. Banana fritters can be sprinkled with sugar or dipped in syrup.

\*  $\frac{1}{2}$  cup evaporated milk may be substituted for achoti water.

**Note:** High in fat due to deep fat frying.

*UOG/GCE*

## Lorraine's Gollai Apan Aga

*(Candied Banana with Coconut Milk)*

- 12 ripe cooking bananas  
 2½ cups coconut milk  
 2 tablespoons sugar  
 ¼ teaspoon salt

Peel bananas and slice in half lengthwise. Add coconut milk, sugar and salt to bananas and bring to a rolling boil for 5 minutes. Reduce heat to simmer for 20 minutes or until liquid evaporates to only about ½ cup. Remove from heat. Serve hot, or cold as desert.

Note: High in saturated fat. To reduce, replace up to half of coconut milk with whole or low fat milk.

UOG/GCE

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	371 kcal	19 %	Carbohydrate	67 Gm	22 %
Total Fat	14 Gm	22 %	Iron	2.1 Mg	12 %
Saturated Fat	12 Gm	60 %	Calcium	15 Mg	2 %
Cholesterol	0 Mg	0 %	Vitamin A	1100 IU	22 %
Sodium	65 Gm	3 %	Vitamin C	37.4 Mg	62 %
Protein	4 Gm	8 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 11

Milk: 0 Veg: 0 Fruit: 2 Bread: 0 Meat: 0

## Bananas in Coconut Cream

- 6 ripe cooking bananas  
 1 cup grated coconut  
 1 cup coconut cream  
 3 tablespoons sugar (optional)

Peel bananas and cut in half along their length. Coat with grated coconut. Place in baking dish. Sprinkle with sugar, if desired. Cover with coconut cream. Bake in a moderate oven (180°C or 350°F) for 20 to 30 minutes. Serve hot.

**Note:** High in saturated fat. To reduce, replace up to half of coconut milk with whole or low fat milk.

Banana, A Tropical Treat, *South Pacific Foods Leaflet 7 (1983), SPC, Noumea, New Caledonia*

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	315 kcal	16 %	Carbohydrate	51 Gm	17 %
Total Fat	14 Gm	22 %	Iron	1.7 Mg	9 %
Saturated Fat	12 Gm	60 %	Calcium	9 Mg	1 %
Cholesterol	0 Mg	0 %	Vitamin A	760 IU	15 %
Sodium	9 Gm	0 %	Vitamin C	25.8 Mg	43 %
Protein	4 Gm	8 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 8

Milk: 0 Veg: 0 Fruit: 1.5 Bread: 0 Meat: 0

## Banana Catsup

- 6 ripe cooking bananas
- 2 medium onions, finely chopped
- 2 small hot peppers, finely chopped
- 1 teaspoon salt
- 1 cup vinegar
- 1 cup sugar
- 1 tablespoon cinnamon
- 1 tablespoon allspice
- 1 piece clove
- red food coloring
- water as needed

Boil bananas until soft, to mash easily. Peel and mash to a soft puree (or puree in a blender). Combine mashed bananas which should measure about 2 cups, minced onions, hot peppers, salt, and spicy vinegar syrup. Heat carefully while stirring to prevent scorching until onions soften. Add measured amounts of red food coloring.

Blend in a blender for a smooth catsup or use a grinder. The puree may be passed through a grinder 2 or 3 times to get a smooth catsup. If catsup gets too thick, add small amounts of water.

Heat catsup to simmering point and pack hot into sterilized bottles to ½ inch headspace. Seal partially. Pasteurize the catsup by immersing in a water bath with boiling water (212°F) for 5 minutes.

## Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	19 kcal	1 %	Carbohydrate	5 Gm	2 %
Total Fat	0 Gm	0 %	Iron	0.1 Mg	1 %
Saturated Fat	0 Gm	0 %	Calcium	2 Mg	0 %
Cholesterol	0 Mg	0 %	Vitamin A	65.5 IU	1 %
Sodium	20 Gm	1 %	Vitamin C	1.9 Mg	3 %
Protein	0 Gm	0 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 113 (1 serving = 1 tablespoon)

Milk: 0 Veg: 0 Fruit: 0 Bread: 0 Meat: 0

## Banana Bread

**3<sup>1/2</sup> cups flour**  
**3 teaspoons baking powder**  
**1 teaspoon salt**  
**1 teaspoon baking soda**  
**2 cups mashed, ripe eating bananas**  
**2 tablespoons lemon juice**  
**<sup>3/4</sup> cup butter**  
**1<sup>1/2</sup> cups sugar**  
**3 eggs**  
**<sup>3/4</sup> cup milk**

Sift together flour, baking powder, salt, and baking soda. Set aside. Mash bananas with a fork. Add lemon juice and mix. Be sure the bananas are mashed well.

Cream together the butter or margarine and sugar, until they are well mixed. Add eggs and beat thoroughly until light. Add the sifted ingredients to the egg mixture in small amounts, adding a little of the milk each time. Beat well after each addition. Fold in the banana mixture. Mix well.

Pour mixture into two greased loaf pans. Bake in a moderate oven (180°C or 250°F) for about 1 hour. Cool and serve. Makes 2 loaves.

**Variation:** Instead of baking, this bread can also be steamed using the following method: Start water boiling in a large pot with stones or shells in the bottom. Grease 2 large clean tin cans. Pour bread mixture into cans, no more than half full. Cover can tops with greaseproof paper or a leaf. Put the cans in the pot, resting on the stones or shells. Cover the pot. Steam the bread for a hour, or until a knife comes out dry after it is put into the bread.

Banana, A Tropical Treat, *South Pacific Foods Leaflet 7 (1983), SPC, Noumea New Caledonia*

## Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	258 kcal	13 %	Carbohydrate	41 Gm	14 %
Total Fat	9 Gm	14 %	Iron	1.3 Mg	7 %
Saturated Fat	5 Gm	25 %	Calcium	34 Mg	3 %
Cholesterol	57 Mg	19 %	Vitamin A	459 IU	9 %
Sodium	313 Gm	13 %	Vitamin C	3.1 Mg	5 %
Protein	4 Gm	8 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 18

Milk: 0    Veg: 0    Fruit: 0    Bread: 1    Meat: 0

## Stuffed Green Bananas

- 6 green cooking bananas
- 8 oz. (225 g) raw minced meat
- 1 onion, chopped
- 1 egg, beaten
- 1/4 teaspoon salt

Without peeling, cut the bananas into halves along their length. Scoop out the flesh with a spoon. Leave the peel boat-shaped. Grate the banana flesh. Mix the mince, chopped onion, and salt with the grated banana flesh. Add the beaten egg to bind the mixture. Put the mixture back into the banana peels. Tie the halves together with string. Steam for 25 minutes or bake in a moderate oven (180°C or 350°F) for 45 minutes.

Banana, A Tropical Treat, *South Pacific Foods Leaflet 7 (1983), SPC, Noumea, New Caledonia*

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	200 kcal	10 %	Carbohydrate	32 Gm	11 %
Total Fat	6 Gm	9 %	Iron	1.3 Mg	7 %
Saturated Fat	2 Gm	10 %	Calcium	11 Mg	1 %
Cholesterol	50 Mg	17 %	Vitamin A	935 IU	19 %
Sodium	103 Gm	4 %	Vitamin C	18 Mg	30 %
Protein	8 Gm	16 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 7

Milk: 0 Veg: 0 Fruit: 0 Bread: 2 Meat: 0.5

## Baked Cooking Banana and Fish

- 4 ripe cooking bananas (Plantain)
- 8 pieces of fish
- 1 onion, sliced
- 4 tomatoes
- 1 cup coconut cream
- 1/4 teaspoon salt

Peel bananas and slice. Wrap the bananas and fish with the other ingredients in 4 banana leaf packages. Place in a baking dish. Bake in a moderate oven (180°C or 350°F) until the fish is tender (about 30 to 45 minutes).

**Note:** High in saturated fat. To reduce, replace up to half of coconut cream with whole or low fat milk.

Banana, A Tropical Treat, *South Pacific Foods Leaflet 7 (1983), SPC, Noumea, New Caledonia*

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	326 kcal	16 %	Carbohydrate	34 Gm	11 %
Total Fat	12 Gm	18 %	Iron	2.2 Mg	12 %
Saturated Fat	9 Gm	45 %	Calcium	26 Mg	3 %
Cholesterol	42 Mg	14 %	Vitamin A	945 IU	19 %
Sodium	112 Gm	5 %	Vitamin C	29.7 Mg	50 %
Protein	25 Gm	50 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 8

Milk: 0 Veg: 0 Fruit: 1 Bread: 0 Meat: 1

## Breadfruit

Breadfruit, *Artocarpus altilis*, is a large tree that grows through out the Pacific Islands. It has a fruit that is most commonly eaten as a starch or green vegetable, but will also ripen to sweetness. The history of this plant is famous due to it's association with the mutiny on the Bounty.

It is an attractive tree with shiny, deeply lobed leaves. Many varieties are found in the Pacific and leaf shapes vary considerably amongst them. The fruit shapes and sizes are variable as well, ranging from round to oblong and weighing between 2-10 pounds. Some types have seeds, although these are uncommon and not preferred for food.

Most breadfruit plants are propagated from root suckers. These sprout at a considerable distance from the tree trunk. They are cut about 9 inches long when an inch in diameter. The cuttings require good care until well established.

Fruits are harvested before fully ripened and used quickly as they soften within days of being picked. Breadfruit may be substituted in the diet for most tropical root crops, since they are all high in carbohydrate without any fat. The fruit is always cooked before eating.

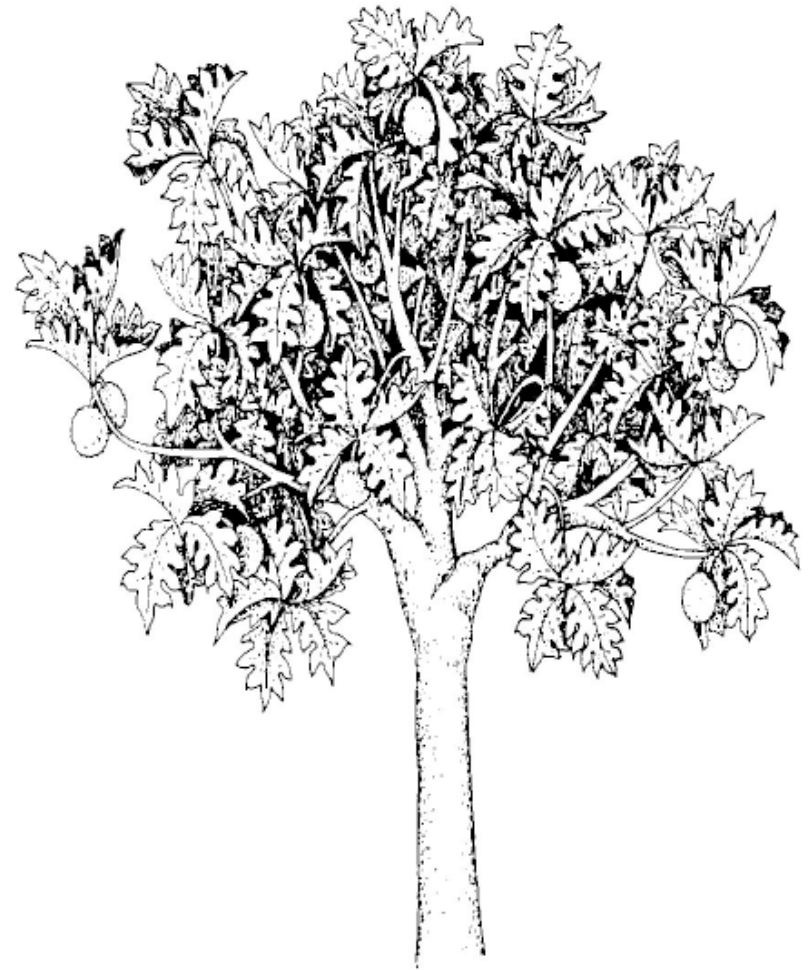
### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	142 kcal	7 %	Carbohydrate	37 Gm	12 %
Total Fat	0 Gm	0 %	Iron	0.1 Mg	1 %
Saturated Fat	0 Gm	0 %	Calcium	26 Mg	3 %
Cholesterol	0 Mg	0 %	Vitamin A	102 IU	2 %
Sodium	6 Gm	0 %	Vitamin C	10.2 Mg	17 %
Protein	0 Gm	0 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Nutritional Values are based on 1 cup of cooked breadfruit

Milk: 0    Veg: 0    Fruit: 0    Bread: 2    Meat: 1





## Baked Ripe Breadfruit

Select a soft ripe breadfruit. Wash, and place whole breadfruit in pan containing just enough water to keep pan from burning. Bake in moderate oven 350° F for one hour. Remove from oven. Pull out core and stem. Cut breadfruit into half and season with margarine, salt and pepper or margarine and brown sugar. If preferred, remove core and stem before baking.

**Note:** Nutritional values for this recipe are similar to one cup serving on the preceding table.

## Steamed Breadfruit

Remove stem, core and also the rind if desired, from a soft-ripe breadfruit. Cut into halves or quarter, place in covered steamer until thoroughly cooked. Season with margarine, salt and pepper.

**Note:** Breadfruit may be steamed in a pressure-cooker saucepan, for 10 to 15 minutes at 15 lbs. pressure for very soft fruit. Firm-ripe fruit should be cooked 20 to 30 minutes, depending upon the degree of ripeness. Nutritional values for this recipe are similar to one cup serving on the preceding table.

## Boiled Breadfruit

Remove core of one mature green breadfruit, wash and place breadfruit in a big pot. Cover with 6 cups of water or just enough to cover breadfruit. Boil until soft. Peel, cut and serve as white potatoes.

**Note:** Nutritional values for this recipe are similar to one cup serving on the preceding table.

## Tininon Lemai

*(Breadfruit cooked on open fire)*

Wash and dry breadfruit. Place over open flame. Turn every 10 to 15 minutes until skin turns black all over. Place breadfruit when done on a flat dish and flatten. Remove the core and serve with butter.

*UOG/GCE*

**Note:** Nutritional values for this recipe are similar to one cup serving on the preceding table.

## Breadfruit Chips/Fries

Use a breadfruit that is mature green. Pare and slice the solid part as you would for potato chips/fries. Soak chips in ice water for half an hour. Remove and dry between towels. Fry in hot oil (395°F, 202°C.) until golden brown. Drain on paper towel and add salt to taste.

**Note:** High in fat due to frying in oil.

*Lorraine M. Aguon/Extension Home Economist/UOG/CALS*

## Gollai Apan Lemmai

*(Candied Breadfruit with Coconut)*

- 2 lbs. breadfruit**  
**5 cups coconut milk**  
<sup>1/2</sup> **teaspoon salt**

Cut breadfruit into quarters. Peel skin. Remove core. Cut lengthwise into pieces. Cook breadfruit with coconut milk in a covered sauce pan on medium high heat 30 minutes.

**Note:** Extremely high in saturated fat. To reduce, replace up to half of coconut milk with whole or low fat milk.

*UOG/GCE*

Estimated Nutritional Values					
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Amount/Serving	% DV*		Amount/Serving	% DV*	
Calories	555 kcal	28 %	Carbohydrate	51 Gm	17 %
Total Fat	41 Gm	63 %	Iron	3 Mg	17 %
Saturated Fat	26 Gm	130 %	Calcium	58 Mg	6 %
Cholesterol	0 Mg	0 %	Vitamin A	115 IU	2 %
Sodium	185 Gm	8 %	Vitamin C	16.4 Mg	27 %
Protein	4 Gm	8 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 7

Milk: 0    Veg: 0    Fruit: 0    Bread: 1.5    Meat: 0

## Breadfruit Salad

- 3 cups cooked breadfruit (green)**  
<sup>1/2</sup> **cup celery, chopped**  
<sup>1/2</sup> **cup grated carrot**  
<sup>1/2</sup> **cup shredded cabbage**  
<sup>1/2</sup> **teaspoon salt, to taste**  
**2 tablespoons green onion, chopped**  
**7 oz. crab meat, tuna, ham, cooked shrimp or 3 hard boiled eggs, chopped**

Combine all ingredients together, mix lightly. Serve on lettuce leaves and garish with parsley and sprinkle with paprika. Add salad dressing or mayonnaise as desired.

**Note:** Dressing/mayonnaise not included in the nutritional analysis below. Each tablespoon used will add 5 to 10 grams of fat to the total recipe.

*UOG/GCE*

Estimated Nutritional Values					
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Amount/Serving	% DV*		Amount/Serving	% DV*	
Calories	187 kcal	9 %	Carbohydrate	41 Gm	14 %
Total Fat	1 Gm	2 %	Iron	0.5 Mg	3 %
Saturated Fat	0 Gm	0 %	Calcium	52 Mg	5 %
Cholesterol	28 Mg	9 %	Vitamin A	1295 IU	26 %
Sodium	305 Gm	13 %	Vitamin C	17 Mg	28 %
Protein	5 Gm	10 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 7

Milk: 0    Veg: 0.5    Fruit: 0    Bread: 1    Meat: 0.5

## Breadfruit Chowder

- 3 thin strips of bacon**
- 1/2 cup chopped onion**
- 1 cup diced raw pumpkin or squash (peeled and seeds removed)**
- 2 cups diced raw green breadfruit (peeled and cored)**
- 3 cups boiling water**
- 2 teaspoons salt**
- 1 1/3 cups milk**

Cut ham or bacon into small pieces and fry until light brown. Add onion and cook until brown. Add breadfruit and pumpkin or squash, salt, pepper and water. Cook until vegetables are done. Add milk and serve hot.

*UOG/GCE*

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	216 kcal	11 %	Carbohydrate	43 Gm	14 %
Total Fat	4 Gm	6 %	Iron	0.4 Mg	2 %
Saturated Fat	2 Gm	10 %	Calcium	118 Mg	12 %
Cholesterol	12 Mg	4 %	Vitamin A	411 IU	8 %
Sodium	952 Gm	40 %	Vitamin C	15.2 Mg	25 %
Protein	4 Gm	8 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 5

Milk: 0.5 Veg: 0.5 Fruit: 0 Bread: 1 Meat: 0

## Breadfruit – Mackerel Patties

- 2 cups cooked, mashed half-ripe breadfruit pulp**
- 1 cup Mackerel**
- 1 egg beaten**
- 1/2 medium sized bulb onion or 1/4 cup green onion, chopped**
- 1/2 teaspoon salt or more**
- 1/8 teaspoon pepper**
- 2 tablespoons oil**

Mix mackerel, mashed breadfruit, beaten egg, onion and salt. Form into patties and saute in hot salad oil on medium heat until golden brown. Garnish with a few onions, chopped fine.

*From Breadfruit Bread and Papaya Pie, Collected by Nancy Rody*

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	180 kcal	9 %	Carbohydrate	24 Gm	8 %
Total Fat	7 Gm	11 %	Iron	0.5 Mg	3 %
Saturated Fat	2 Gm	10 %	Calcium	24 Mg	2 %
Cholesterol	41 Mg	14 %	Vitamin A	173.5 IU	3 %
Sodium	161 Gm	7 %	Vitamin C	6.8 Mg	11 %
Protein	5 Gm	10 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 8 (1 serving = 1 patty)

Milk: 0 Veg: 0 Fruit: 0 Bread: 0.5 Meat: 0.5

## Breadfruit and Beef Stew

- 1/2 cup flour  
 salt to taste  
 1 lb. (1/2 kg) beef  
 3 tablespoons cooking oil  
 1 large onion, chopped  
 1 cup dried breadfruit  
 1 cup pumpkin, chopped  
 2 cups green leafy vegetables

Soak breadfruit in water for 10 minutes. Mix flour and salt. Cut up meat into small pieces. Add to the flour mixture, mixing until well coated.

Heat cooking oil in a large pot. Add the coated meat and brown. When the meat is almost brown, add chopped onion. Stir occasionally until browned. Add water. Cover and cook until meat is tender, about 30 minutes.

Add breadfruit, pumpkin, and green leafy vegetables. Cook for another 10 to 15 minutes. Serve hot.

Breadfruit, A Food for All Seasons, *South Pacific Foods Leaflet 9* (1983), SPC, Noumea, New Caledonia

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	262 kcal	13 %	Carbohydrate	36 Gm	12 %
Total Fat	11 Gm	17 %	Iron	1.6 Mg	9 %
Saturated Fat	2 Gm	10 %	Calcium	34 Mg	3 %
Cholesterol	15 Mg	5 %	Vitamin A	1500 IU	30 %
Sodium	123 Gm	5 %	Vitamin C	11 Mg	18 %
Protein	7 Gm	14 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 5

Milk: 0 Veg: 1 Fruit: 0 Bread: 1.5 Meat: 0.5

## Plain Breadfruit Pudding

- 2/3 cup corn syrup  
 4 tablespoons butter or margarine  
 1/2 cup milk  
 dash of salt  
 2 cups mashed breadfruit (cooked)  
 1 egg

Combine butter and syrup and heat until butter is melted. Add milk, salt and half of syrup mixture to mashed breadfruit and whip until light. Place in a well-oiled casserole and pour remaining syrup on top. Bake at 350°F for 35 minutes.

UOG/GCE

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	459 kcal	23 %	Carbohydrate	86 Gm	29 %
Total Fat	14 Gm	22 %	Iron	0.4 Mg	2 %
Saturated Fat	8 Gm	40 %	Calcium	79 Mg	8 %
Cholesterol	88 Mg	29 %	Vitamin A	830 IU	17 %
Sodium	223 Gm	9 %	Vitamin C	13.1 Mg	22 %
Protein	3 Gm	6 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 4

Milk: 0 Veg: 0 Fruit: 0 Bread: 1.5 Meat: 0

## Breadfruit Spiced Drop Donuts

- 1 cup flour
- 1 egg, beaten
- <sup>1</sup>/<sub>4</sub> teaspoon nutmeg
- <sup>1</sup>/<sub>2</sub> teaspoon salt
- <sup>1</sup>/<sub>2</sub> tablespoon baking powder
- 1 ripe breadfruit uncooked pulp
- 2 tablespoons shortening
- <sup>1</sup>/<sub>2</sub> teaspoon cinnamon
- 1 tablespoon sugar

Combine beaten egg, breadfruit pulp, and shortening. Mix well with beater, hand or electric. Sift flour, sugar, baking powder, salt and spices together. Stir into egg mixture and mix well and drop by spoonfuls into hot, deep fat and fry until brown. Drain on absorbent paper, dust with confectionery sugar and granulated sugar. Makes 18–20 donuts.

**Note:** High in fat due to deep fat frying.

*UOG/GCE*

## Breadfruit Doughnuts

- 1 ripe breadfruit (very ripe)
- 8-12 cups flour
- 3 eggs
- 1 cup sugar
- 2 sticks margarine (room temperature)
- 3 packs yeast
- <sup>1</sup>/<sub>2</sub> cup lukewarm water

Boil ripe breadfruit for 45 minutes. Peel gently with a paring knife (as it is very soft) and remove the core. Mash and set aside. Beat eggs; set aside. Mix the yeast with lukewarm water and pour on breadfruit and mix. Add butter and mix. Add sugar and eggs and mix well. Add flour one cup at a time; up to eight cups. Add more flour only for consistency depending on how wet or dry mix is.

Knead for 3–5 minutes. Roll and shape like a pretzel or rosette. Wait till doubled in size and fry in deep fryer until brown. Roll in sugar and serve.

**Note:** High in fat due to deep fat frying.

*UOG/GCE*

## Taro

Taro, *Colocasia esculenta*, is one of the most favored staple foods in the Pacific islands. It is a root crop with fine grained easily digestible starch. The edible underground portion is a single large corm. The leaves are also used as a nutritious green vegetable in many recipes.

Many different varieties of taro exist. However these should not be confused with two other food plants *Xanthosoma* and *Alocasia*. The former plant is similar in size and appearance, but the eaten part is a cluster of smaller corms. *Alocasia* is also called Giant Taro as it is grows 5-12 feet tall on a rigid above ground stem, which is the edible portion.

Handling the uncooked taro corm or leaves may cause itchiness. This is due to Calcium crystals which are broken down when heated thoroughly. No part of the taro plant should be eaten raw.

When cooked taro can be prepared in many ways; steamed, boiled, fried, and even made into flour for baked goods. Hawai'ian Poi is a form of mashed taro with water that is fermented before eating. The high digestibility and non-allergenic qualities of taro corms also make it is ideal baby food.

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	187 kcal	9 %	Carbohydrate	46 Gm	15 %
Total Fat	0 Gm	0 %	Iron	1 Mg	6 %
Saturated Fat	0 Gm	0 %	Calcium	24 Mg	2 %
Cholesterol	0 Mg	0 %	Vitamin A	0 IU	0 %
Sodium	20 Gm	1 %	Vitamin C	6.6 Mg	11 %
Protein	1 Gm	2 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Nutritional Values are based on 1 cup of cooked taro

Milk: 0    Veg: 0    Fruit: 0    Bread: 2    Meat: 0



## Making Poi

### 1 large cooked taro corm water

Break the cooked corms into pieces. Place a few on a poi-pounding board or in a shallow heavy pan. Break the taro into very small pieces with a poi-pounder or potato masher. Wet your hand. Slip it under the taro. Turn the taro over so that it doesn't begin to stick to the board or pan. When taro is in small pieces, wet the bottom of the pounder or masher. Continue to mash and turn the taro until it is smooth and thick. Remember to keep your hand and the pounder wet during this process.

Scoop up the thickened poi and place in a bowl of appropriate size. To get the poi to the correct eating consistency, begin to add cool water—a little at a time. Knead it into the poi with your hands. Keep adding water and kneading until the poi looks and feels the way you want it to. You can strain the poi through a gauzy material to remove any undesired large particles. Eat as is or ferment.

An alternative method is to use a blender or food processor. Put a small number of cooked taro chunks in the processor and blend—add water until the preferred consistency is reached.

**Fermenting:** To give the poi a more tangy taste place the poi in a covered container (put a plate or towel over the bowl) with a little film of water on the top and put container in a cool place (either in or out of refrigerator, but if in the refrigerator place on bottom shelf) for 2–3 days. If a white film forms on the top, don't worry, this is a natural occurrence—just wipe off the film and remix the poi with your fingers. Eat with one, two, or three fingers!!

*UH/CTAHR/EFNEP*

## Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	269 kcal	13 %	Carbohydrate	65 Gm	22 %
Total Fat	0 Gm	0 %	Iron	2.1 Mg	12 %
Saturated Fat	0 Gm	0 %	Calcium	38 Mg	4 %
Cholesterol	0 Mg	0 %	Vitamin A	24 IU	0 %
Sodium	29 Gm	1 %	Vitamin C	9.6 Mg	16 %
Protein	1 Gm	2 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 1 (1 serving = 1 cup)

Milk: 0 Veg: 0 Fruit: 0 Bread: 4 Meat: 0

## Baking Taro

### 1 large taro corm water

Wash taro thoroughly in tap water. Peel off skin and cut out imperfections. Bake at 350°F in an oven for 1½ hours or until tender; insert a knife or fork into the taro and if it comes out clean then it is cooked properly.

An alternative method is to bake the unpeeled taro. When cooked, remove taro from oven and put in cold water. Peel taro to remove all skin and imperfections. This method is commonly used in Hawaii for making poi.

**Note:** Nutritional analysis for this recipe will be the same as for the one-cup serving shown on page 86.

## Microwaving Taro

### 1 large taro corm water

Wash taro thoroughly in tap water. Peel off skin and cut out imperfections. Cut in slices, lay them in a microwave dish so they overlap. Put a little water in dish, cover, set on high and cook, this will take some time. Test to see if it is done, by using a fork or a knife to check softness. Let cool and serve as is or use in other recipes.

**Note:** Nutritional analysis for this recipe will be the same as for the one-cup serving shown on page 86.

## Fa'alifu

*(Taro in Coconut Milk)*

### 2 lbs. taro ¾ cup coconut milk 1 teaspoon sugar ¼ teaspoon salt

Steam, boil, or bake taro. Peel and cut into ½" to ¾" cubes. Mix all the ingredients in a double boiler and heat. May be served hot or cold, as a starch or a side dish.

**Note:** High in saturated fat. To reduce, replace up to half of the coconut milk with whole or low fat milk.

ASCC/EFNEP

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	146 kcal	7 %	Carbohydrate	27 Gm	9 %
Total Fat	4 Gm	6 %	Iron	0.8 Mg	4 %
Saturated Fat	4 Gm	20 %	Calcium	16 Mg	2 %
Cholesterol	0 Mg	0 %	Vitamin A	0 IU	0 %
Sodium	67 Gm	3 %	Vitamin C	4.1 Mg	7 %
Protein	0 Gm	0 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 10 (1 serving = ½ cup)

Milk: 0 Veg: 0 Fruit: 0 Bread: 1 Meat: 0



## Taro with Yogurt and Olives

- 2 cups taro, peeled and cooked**
- <sup>1/2</sup> **cup white or green onion, diced**
- 2 tablespoons margarine or butter**
- 1 cup plain yogurt**
- <sup>1/4</sup> **cup green olives, chopped**

Add margarine and onion to cooked, drained, warm taro. When onion wilts, add yogurt, stir gently and top off with chopped green olives.

**Note:** This dish holds well and is a unique and tasty selection to take along to a pot-luck dinner.

*Quality Tropical Vegetables/J.R.. Brooks & Son Inc.*

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	198 kcal	10 %	Carbohydrate	29 Gm	10 %
Total Fat	8 Gm	12 %	Iron	0.7 Mg	4 %
Saturated Fat	2 Gm	10 %	Calcium	90 Mg	9 %
Cholesterol	7 Mg	2 %	Vitamin A	460 IU	9 %
Sodium	225 Gm	9 %	Vitamin C	5.1 Mg	9 %
Protein	3 Gm	6 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 4

Milk: 0.25 Veg: 0 Fruit: 0 Bread: 1 Meat: 0

## Taro Casserole

- 3 cups taro, cooked and mashed**
- <sup>1/2</sup> **cup margarine melted**
- 2 eggs, well beaten**
- <sup>1/3</sup> **cup milk**
- 1 teaspoon vanilla**
- 1 cup sugar**
- <sup>1/2</sup> **cup brown sugar**
- 1 cup chopped nuts**
- <sup>1/4</sup> **cup flour**
- 2<sup>1/2</sup> teaspoons margarine**

Combine taro, margarine, eggs, milk, vanilla and sugar and put in a baking dish. Mix brown sugar, chopped nuts, flour, and 2<sup>1/2</sup> teaspoons margarine and sprinkle on top of taro mixture. Bake at 350° F for 25 minutes.

**Note:** High in saturated fat.

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	610 kcal	31 %	Carbohydrate	84 Gm	28 %
Total Fat	29 Gm	45 %	Iron	2.5 Mg	14 %
Saturated Fat	6 Gm	30 %	Calcium	68 Mg	7 %
Cholesterol	73 Mg	24 %	Vitamin A	1205 IU	24 %
Sodium	241 Gm	10 %	Vitamin C	3.5 Mg	6 %
Protein	7 Gm	14 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 6

Milk: 0 Veg: 0 Fruit: 0 Bread: 1 Meat: 0

## Buttered Taro with Watercress

- 2 cups taro, peeled and cooked
- 1/4 cup butter, melted
- 1/2 cup trimmed watercress leaves, coarsely chopped
- 1/4 cup toasted sesame seeds

Place cooked taro root in a serving dish, pour on melted butter, and spread watercress leaves on top. Sprinkle on toasted sesame seeds, toss gently and serve.

**Note:** High in saturated fat. To reduce, replace whole butter with margarine.

*Quality Tropical Vegetables/J.R. Brooks & Son, Inc.*

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	246 kcal	12 %	Carbohydrate	25 Gm	8 %
Total Fat	16 Gm	25 %	Iron	1.8 Mg	10 %
Saturated Fat	8 Gm	40 %	Calcium	108 Mg	11 %
Cholesterol	31 Mg	10 %	Vitamin A	625 IU	13 %
Sodium	129 Gm	5 %	Vitamin C	5.1 Mg	9 %
Protein	2 Gm	4 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 4

Milk: 0 Veg: 0 Fruit: 0 Bread: 1 Meat: 0

## Taro and Chile Cake

- 3 lbs. taro corms
- 2 diced onions
- 2 finely diced jalapeno peppers
- 4 oz. whole butter
- 1 tablespoon salt
- 2 tablespoons oil for saute

Cover taro with water. Bring to a boil and simmer for 1–2 hours. (Taro is cooked when a wooden skewer will pierce the center). Peel skin then allow taro to cool. Put the taro in a mixing bowl and mix with a paddle until it is broken up. Saute onions and jalapeno in butter. Add all ingredients to taro and mix until blended. Adjust seasoning. Form patties and chill. Saute and serve.

**Note:** High in saturated fat. To reduce, replace whole butter with margarine.

*Island Fresh Hawaii*

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	208 kcal	10 %	Carbohydrate	27 Gm	9 %
Total Fat	12 Gm	18 %	Iron	0.7 Mg	4 %
Saturated Fat	6 Gm	30 %	Calcium	53 Mg	5 %
Cholesterol	23 Mg	8 %	Vitamin A	413 IU	8 %
Sodium	723 Gm	30 %	Vitamin C	5.8 Mg	10 %
Protein	2 Gm	4 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 11

Milk: 0 Veg: 0 Fruit: 0 Bread: 1 Meat: 0

## Taro Salad

- 1 1/3 cups purple taro, boiled, cubed
- 2 cups sweet potato, boiled cubed
- 3/4 cup cucumber, chopped
- 1/4 cup onion, minced
- 1/4 cup red pepper, chopped
- 1/3 cup green pepper, chopped
- 1/2 teaspoon salt
- 1/4 cup pickles, chopped
- 1/2 cup mayonnaise
- 2 eggs, hard-boiled and chopped
- 1 bunch Chinese Cabbage

Mix all except last two ingredients. Arrange cabbage leaves on platter. Fill each leaf with mixture and garnish with eggs.

*Taro Festival/WCC*

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	162 kcal	8 %	Carbohydrate	16 Gm	5 %
Total Fat	10 Gm	15 %	Iron	1 Mg	6 %
Saturated Fat	2 Gm	10 %	Calcium	23 Mg	2 %
Cholesterol	49 Mg	16 %	Vitamin A	3470 IU	69 %
Sodium	267 Gm	11 %	Vitamin C	33.8 Mg	56 %
Protein	3 Gm	6 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 5

Milk: 0 Veg: 0.5 Fruit: 0 Bread: 1 Meat: 0

## Taro Root Soup

- 10 oz. taro
- 1/2 lb. lean pork
- 5 - 6 cups boiling water
- 1 stalk green onion, minced

### *Marinade:*

- 3 tablespoons soy sauce
- 1 teaspoon minced garlic
- 2 teaspoons sesame seed, ground
- 1 teaspoon sesame oil
- 1/4 teaspoon pepper
- 1 teaspoon salt
- 1/2 teaspoon MSG

Parboil whole taro and drain. Peel and cut into pieces. Cut pork into thin, narrow strips and marinate in sauce for five minutes. Stir-fry pork until done. Add 5 to 6 cups boiling water and taro. Cook 15 to 20 minutes until taro is tender. Sprinkle green onion before serving.

*Favorite Island Cookery Book 3/Honpa Hongwanji Hawaii Betsuin*

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	116 kcal	6 %	Carbohydrate	14 Gm	5 %
Total Fat	4 Gm	6 %	Iron	0.8 Mg	4 %
Saturated Fat	1 Gm	5 %	Calcium	16 Mg	2 %
Cholesterol	17 Mg	6 %	Vitamin A	23.5 IU	0 %
Sodium	1067 Gm	44 %	Vitamin C	2.5 Mg	4 %
Protein	6 Gm	12 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 6

Milk: 0 Veg: 0 Fruit: 0 Bread: 0.5 Meat: 0.5

## Mongo Lon Saak

- 2 medium dryland taro
- 8 green onions
- 2 red bell peppers
- 2 cups sweet potato leaves, or 1 cup kangkong, 1 cup pumpkin leaves, tapioca leaves, chilli leaves, and pele
- 1 cup chopped buoy nuts
- 1½ cups fish or crabs
- 2 carrots chopped
- 6 coconuts

Wash and peel dryland taro. Cut into cubes and boil until cook. Wash and chop onion, red bell pepper, potato leaves and carrots. Grate the coconut and save the coconut shell to steam with. Prepare coconut milk.

Put all the vegetables, nuts, fish or meat, carrots, cooked taro inside half the shell. Pour coconut milk over the mixture, add salt to taste. Put the other half of the shell on top and tie tightly in place.

Steam in pan of water for about 45 minutes or bake in an earth oven or bake in an oven. Stand coconut shell in a baking pan with water. Serve in the shell with lemon juice.

**Variation:** Use corned beef, canned Mackerel, or octopus.

**Note:** Extremely high in saturated fat. To reduce, replace up to half of the coconut cream with whole or low fat milk.

*Floria P. James/COM/YAP/EFNEP*

## Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*
Calories	1290 kcal 65 %	Carbohydrate	81 Gm 27 %
Total Fat	105 Gm 162 %	Iron	8.7 Mg 48 %
Saturated Fat	82 Gm 410 %	Calcium	119 Mg 12 %
Cholesterol	19 Mg 6 %	Vitamin A	4775 IU 96 %
Sodium	93 Gm 4 %	Vitamin C	42.1 Mg 70 %
Protein	24 Gm 48 %		

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 6

Milk: 0 Veg: 2 Fruit: 0 Bread: 1 Meat: 0.5

## Taro Dessert Dish

3 lbs. taro

### Sauce

1 cup raw sugar

1½ cups coconut milk

Boil or steam taro until soft.

While taro is cooking and cooling, prepare coconut sauce. Stir sugar in saucepan over low heat until completely melted and slightly caramelized. Stir coconut milk into hot sugar a little at a time. If caramel hardens, additional coconut milk will eventually dissolve it. When all of the milk has been added and the caramel completely dissolved, boil slowly for 3 to 4 minutes. Set aside to cool.

Peel taro and place half of it in a sturdy bowl or on a large cutting board. Mash with a potato masher until there are no lumps. Start gently until taro is crumbled and begins to stick together, then mash harder. With a bowl of water to wet your hands, form taro into a mound and knead. Use as little water as possible to keep taro stiff.

Drop bite-sized lumps of pounded taro by hand or teaspoon into the sauce. Then repeat the mashing procedure for the remaining half of the taro and add to sauce.

Wrap in foil and warm in oven if desired.

**Note:** Very high in saturated fat. To reduce, replace up to half of coconut milk with whole or low fat milk.

*ASCC/EFNEP*

## Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	386 kcal	19 %	Carbohydrate	74 Gm	25 %
Total Fat	11 Gm	17 %	Iron	1.7 Mg	9 %
Saturated Fat	10 Gm	50 %	Calcium	32 Mg	3 %
Cholesterol	0 Mg	0 %	Vitamin A	0 IU	0 %
Sodium	27 Gm	1 %	Vitamin C	8.1 Mg	14 %
Protein	2 Gm	4 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 8

Milk: 0 Veg: 0 Fruit: 0 Bread: 1.5 Meat: 0

## Yam

The yam plant is a climbing vine with large, edible underground tubers. Some varieties of yams have a vine that twist around a pole to the right, others twist to the left. The tubers of different varieties have many shapes. Some may grow to two hundred pounds or more. The edible flesh can be white, yellow, or purple inside.

Yams must be grown carefully in good quality soil. The soil should be deep, loose, and well-drained. Planting into hills of piled soil may make harvesting easier. Planting is commonly done at the end of the dry season. Use a small yam tuber, or the top of a large piece, as planting material. The new plant should be kept free of weeds for the first four months. When the vines begin to grow, they are often trained onto a long pole. In some places, yams are grown in forested areas and trained upon surrounding trees.

After 6 to 12 months, the yams are ready for harvesting. They are harvested when the leaves have died. Once harvested, yams will store well for several months if they are kept in a dry, cool, and well ventilated place.

Yams are a delicious source of low fat calories, and can be cooked in a variety of ways similar to other tropical root crops. Because they do not contain all of the nutrients needed for good health, they should be eaten with other foods for a balanced diet.

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	119 kcal	6 %	Carbohydrate	29 Gm	10 %
Total Fat	0 Gm	0 %	Iron	0.6 Mg	3 %
Saturated Fat	0 Gm	0 %	Calcium	12 Mg	1 %
Cholesterol	0 Mg	0 %	Vitamin A	0 IU	0 %
Sodium	17 Gm	1 %	Vitamin C	0 Mg	0 %
Protein	3 Gm	6 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Nutritional Values are based on 1 cup of cooked yam

Milk: 0    Veg: 0    Fruit: 0    Bread: 2    Meat: 0



## Boiled Yam in Coconut Cream

- 2 cups diluted coconut cream**  
**8 pieces of yam (about 5 oz.)**  
**16 taro or pele leaves**

Prepare 1 cup of coconut cream, add 1 cup water. Peel yams and chop into average size pieces. Fill up pot with yam pieces. Pour in diluted coconut cream. Cover with taro leaves before putting the lid on. Boil for 30 minutes or until yams are cooked. Serve hot.

**Note:** Very high in saturated fat. To reduce, replace up to half of coconut milk with whole or low fat milk.

Yam, A Status Food, *South Pacific Foods Leaflet 14 (1990), SPC, Noumea, New Caledonia*

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	273 kcal	14 %	Carbohydrate	41 Gm	14 %
Total Fat	11 Gm	17 %	Iron	2.7 Mg	15 %
Saturated Fat	10 Gm	50 %	Calcium	22 Mg	2 %
Cholesterol	0 Mg	0 %	Vitamin A	1410 IU	28 %
Sodium	14 Gm	1 %	Vitamin C	37.7 Mg	63 %
Protein	6 Gm	12 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 8

Milk: 0 Veg: 1 Fruit: 0 Bread: 2.5 Meat: 0

## Pineapple Yams

- 6 yams, cooked, peeled and sliced**  
**1/2 cup butter, melted**  
**1/2 cup sugar**  
**1/2 cup brown sugar**  
**3 tablespoons cornstarch**  
**3 tablespoons lemon juice**  
**1 can (9 oz.) crushed pineapple**

Place sliced yams in a 2-quart size buttered casserole dish. Add all ingredients (except yams) in a pot. Mix. Boil for 2 minutes, stir constantly. Pour mixture over sliced yams. Bake at 350°F for 30 minutes. Makes 2 quarts.

**Note:** High in saturated fat. To reduce, replace butter with margarine.

*Favorite Island Cookery Book III/Honpa Hongwanji Hawaii Betsuin*

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	148 kcal	7 %	Carbohydrate	25 Gm	8 %
Total Fat	6 Gm	9 %	Iron	0.5 Mg	3 %
Saturated Fat	4 Gm	20 %	Calcium	12 Mg	1 %
Cholesterol	15 Mg	5 %	Vitamin A	264 IU	5 %
Sodium	66 Gm	3 %	Vitamin C	3 Mg	5 %
Protein	1 Gm	2 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 16 (1 serving = 1/2 cup)

Milk: 0 Veg: 0 Fruit: 0 Bread: 1 Meat: 0

## Yam Salad

- 5 cups cooked yam
- 2 onions, chopped
- 1 cup mayonnaise
- 1 head lettuce
- 2 medium tomatoes
- 2 hard-boiled eggs

Cut the cooked yam into cubes. Mix together in a dish the yam, onion, and mayonnaise. Serve cold with lettuce and tomatoes and sliced eggs.

**Note:** High in fat and saturated fat. To reduce, use smaller amount of mayonnaise.

Yam, A Status Food, *South Pacific Foods Leaflet 14 (1990), SPC, Noumea, New Caledonia*

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	418 kcal	21 %	Carbohydrate	32 Gm	11 %
Total Fat	31 Gm	48 %	Iron	1.7 Mg	9 %
Saturated Fat	5 Gm	25 %	Calcium	48 Mg	5 %
Cholesterol	93 Mg	31 %	Vitamin A	590 IU	12 %
Sodium	257 Gm	11 %	Vitamin C	13 Mg	22 %
Protein	6 Gm	12 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 6

Milk: 0 Veg: 1 Fruit: 0 Bread: 1.5 Meat: 0

## Yam and Vegetable Curry

- 4 cups chopped yam
- 2 tablespoons cooking oil
- 1 onion, sliced
- 2 chillies, chopped (optional)
- 2 teaspoons curry powder
- 2 cloves garlic, crushed (optional)
- 2 cups chopped vegetables (green beans, tomatoes, pumpkin)
- 1½ cups water

Wash and peel the yam. Cut it into pieces.

Heat the oil in a pot. Add sliced onion and chillies (optional) and cook until browned. Add curry powder and crushed garlic (optional) stirring all the time. Cook for one minute. Add yam pieces and vegetables, stirring well. Add ½ cup of water. Cover.

Cook slowly for about 15 minutes until the yam is soft. If the yam is still hard, then add 1 cup water and cook for a few more minutes. Serve hot with fish and fresh dark green salad.

Yam, A Status Food, *South Pacific Foods Leaflet 14 (1990), SPC, Noumea, New Caledonia*

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	133 kcal	7 %	Carbohydrate	22 Gm	7 %
Total Fat	5 Gm	8 %	Iron	1 Mg	6 %
Saturated Fat	1 Gm	5 %	Calcium	30 Mg	3 %
Cholesterol	0 Mg	0 %	Vitamin A	1805 IU	36 %
Sodium	52 Gm	2 %	Vitamin C	6.2 Mg	10 %
Protein	2 Gm	4 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 6

Milk: 0 Veg: 1 Fruit: 0 Bread: 1 Meat: 0



## Stuffed Yam with Cheese

- 1 small yam
- 1 cup flaked cooked fish
- 1 large tomato, chopped
- 1 cup coconut cream
- 1/2 cup grated cheese

Bake the yam with the skin on until cooked. Cut it in half while still hot. Take out the flesh, leaving the skin whole in the shape of a boat. Mash yam with a fork. Mix the flesh with the flaked fish, chopped tomato, and milk or coconut cream. Put the yam mixture back into the skin. Sprinkle grated cheese on top. Bake for about 15–20 minutes or until the cheese melts. Serve hot.

**Note:** Extremely high in saturated fat. To reduce, replace half of coconut cream with whole or low fat milk.

Yam, A Status Food, *South Pacific Foods Leaflet 14 (1990), SPC, Noumea, New Caledonia*

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*
Calories	417 kcal 21 %	Carbohydrate	22 Gm 7 %
Total Fat	29 Gm 45 %	Iron	2.6 Mg 14 %
Saturated Fat	22 Gm 110 %	Calcium	121 Mg 12 %
Cholesterol	39 Mg 13 %	Vitamin A	2140 IU 43 %
Sodium	127 Gm 5 %	Vitamin C	7.6 Mg 13 %
Protein	22 Gm 44 %		

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 4

Milk: 0.25 Veg: 0 Fruit: 0 Bread: 0.5 Meat: 1

## Bonelos Dago

(Yam Fritter)

- 2 lbs. yams, grated to about 4 cups
- 2/3 cup sugar
- 1 1/2 cups sifted flour

Peel yam and grate it. Place grated yam in a medium bowl. Add sugar and mix with hands. Gradually add flour while mixing. Mix well.

Heat oil to 350°F. Take about 1/2 cup yam batter into one hand and squeeze into small balls about 1 to 2 inches. Wet hands often and before taking more batter. Place into hot oil and fry for about 10 minutes turning once or twice. If you use 2 inch deep of oil, fritters will turn up by themselves. Drain fritters on paper towel. Serve hot with syrup.

**Note:** High fat recipe due to deep fat frying.

UOG/GCE

## Sweet Potato

Sweet potato, *Ipomea batatas*, is a root crop that is easily grown, matures quickly, does not require much space, and tastes good. Besides all of this, the leaves are also a very nutritious green vegetable. It is an important food for security in the Pacific Islands, since both the edible tuber and other planting materials commonly survive hurricanes or cyclones.

Planting material is made from cuttings of the vine. Cuttings from the vine tips are best. The middle or base of the vine can be used, but they often produce less. Cuttings should be 12 to 16 inches long. A tuber can also be sprouted, cut and planted.

Select a sunny location. After planting in a hole 6-12 inches deep, make a mound of soil around the cutting or piece of tuber. The vines will grow up to 18 feet long and root along the length. Tubers are formed wherever the roots grow. The main planting spot will be ready for harvest in 3 to 5 months, but the secondary root locations will take longer.

The harvested tubers can be stored for a long time if they are treated properly. They should be washed and left to dry in the sun for a few days, then stored in a cool, dark and dry place. Use any cut or bruised tubers for food or replanting as soon as possible.

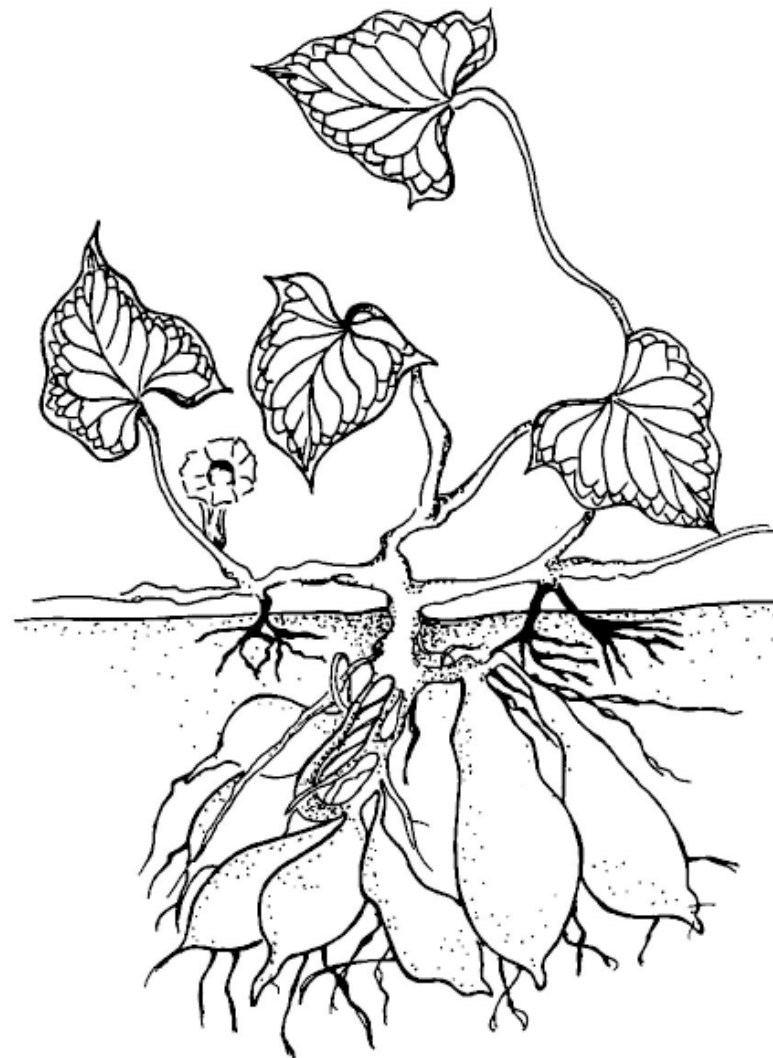
### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	344 kcal	17 %	Carbohydrate	80 Gm	27 %
Total Fat	1 Gm	2 %	Iron	1.8 Mg	10 %
Saturated Fat	10 Gm	50 %	Calcium	69 Mg	7 %
Cholesterol	0 Mg	0 %	Vitamin A	27960 IU	559 %
Sodium	43 Gm	2 %	Vitamin C	56.1 Mg	94 %
Protein	5 Gm	10 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Nutritional Values are based on 1 cup cooked YELLOW sweet potato

Milk: 0    Veg: 0    Fruit: 0    Bread: 2    Meat: 0



## Sweet Potato Buns

- 3 cups sweet potatoes (cooked and mashed)**
- 1 cup milk**
- 2 cups self-raising flour**
- 1 teaspoon lemon juice**

Add milk to the cooked and mashed sweet potatoes in a large bowl. Add the flour a little at a time and mix well. Sprinkle in lemon juice. Mix into a firm dough. Shape into balls the size of an egg. Place on a greased baking tin. Bake in a hot oven (425°F or 220°C) for about 15–25 minutes until done. Cool before serving.

Sweet Potato, A Store of Goodness, *South Pacific Foods Leaflet 13 (1990), SPC, Noumea, New Caledonia*

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	172 kcal	9 %	Carbohydrate	36 Gm	12 %
Total Fat	1 Gm	2 %	Iron	1.4 Mg	8 %
Saturated Fat	1 Gm	5 %	Calcium	112 Mg	11 %
Cholesterol	3 Mg	1 %	Vitamin A	7030 IU	141 %
Sodium	285 Gm	12 %	Vitamin C	14.4 Mg	24 %
Protein	4 Gm	8 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 12 (1 serving = 1 bun)

Milk: 0 Veg: 0 Fruit: 0 Bread: 1.25 Meat: 0

## Sweet Potato Pudding (Koele Palau)

- 1 lb. Okinawan sweet potatoes, cooked**
- 1½ cups coconut milk**
- 1 can (12 oz.) sweetened condensed milk**

Pare and slice sweet potatoes. Put half of the coconut milk, half of the condensed milk and half of the sweet potatoes into blender. Cover and blend well; pour into serving bowl and repeat with remaining ingredients. Chill before serving.

**Note:** Very high in saturated fat. To reduce, replace up to half of coconut milk with whole or low fat milk.

*Hawaiian Electric/1984*

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	339 kcal	17 %	Carbohydrate	43 Gm	14 %
Total Fat	17 Gm	26 %	Iron	1.2 Mg	7 %
Saturated Fat	14 Gm	70 %	Calcium	162 Mg	16 %
Cholesterol	17 Mg	6 %	Vitamin A	6320 IU	126 %
Sodium	76 Gm	3 %	Vitamin C	16.5 Mg	28 %
Protein	6 Gm	12 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 7

Milk: 0.5 Veg: 0 Fruit: 0 Bread: 0.5 Meat: 0

## Sweet Potato and Pineapple Casserole

- 4 medium sweet potatoes, cooked and sliced
- 2 cups cheese sauce (see below)
- 1 tablespoon grated coconut
- 1 fresh pineapple, peeled cored and sliced
- 2 tablespoons chopped spring onions
- 2 tablespoons butter or margarine
- 1/4 teaspoon salt

### *Cheese Sauce:*

- 1 tablespoon butter
- 1 heaped tablespoon flour
- 2 heaped tablespoons grated cheese
- 1 1/2 cups milk
- 1/4 teaspoon salt
- pepper to taste

Grease a baking dish. Arrange in layers, sliced pineapple, sliced sweet potato, grated coconut and spring onions. Spread cheese sauce. Repeat layers until all sweet potato and pineapple have been used. Bake in a hot oven for 30 minutes. Serve hot as a vegetable with cooked meat or fish.

**To prepare cheese sauce:** Melt butter, stir in flour using a wooden spoon. Cook over gentle heat for 3 minutes without browning. Remove from heat and gradually stir in half the milk, stir until well blended. Return to heat, cook slowly until sauce thickens, stirring all the time. Gradually add remaining milk. Bring to the boil. Add grated cheese and salt and pepper to taste, mix well. Makes 2 cups.

Pineapple, Delicious and Refreshing, *South Pacific Foods Leaflet 10* (1986), SPC, Noumea, New Caledonia

## Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	297 kcal	15 %	Carbohydrate	51 Gm	17 %
Total Fat	10 Gm	15 %	Iron	1.4 Mg	8 %
Saturated Fat	6 Gm	30 %	Calcium	136 Mg	14 %
Cholesterol	27 Mg	9 %	Vitamin A	8810 IU	176 %
Sodium	205 Gm	9 %	Vitamin C	55 Mg	92 %
Protein	5 Gm	10 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 6

Milk: 0.25 Veg: 0 Fruit: 1.5 Bread: 1.5 Meat: 0

## Sweet Potato and Fish

- 2 cups cold boiled sweet potato
- 1/2 cup boiling milk
- 1 cup fish
- 1 egg
- flour, as needed
- oil, as needed

Mash sweet potato, add milk and mix well. Add fish and egg and mix well. Shape mixture into small balls and roll in flour. Fry in deep fat.

**Note:** High fat recipe due to deep fat frying.

*ASCC/EFNEP*

## Hoho with Meat and Vegetables (Tonga)

- 4 cups chopped sweet potatoes
- 6-8 taro leaves
- 1 cup coconut cream
- 1 cup water chopped onion
- 1 cup chopped pumpkin
- 1 cup tinned meat

Clean the taro leaves and arrange on banana leaves that have been softened over the fire. Wash, peel, and chop the pumpkin, onions and sweet potatoes. Add meat to vegetables and mix. Put all on the taro leaves. Pour coconut cream on top. Wrap up and bake in an earth oven or steam for about 1 hour. Serve hot.

**Variations:** Use foil instead of softened banana leaves.

**Note:** Extremely high in saturated fat. To reduce, replace up to half of coconut cream with whole and low fat milk.

Sweet Potato, A Store of Goodness, *South Pacific Foods Leaflet 13 (1990), SPC, Noumea, New Caledonia*

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*
Calories	560 kcal 28 %	Carbohydrate	72 Gm 24 %
Total Fat	24 Gm 37 %	Iron	4.5 Mg 25 %
Saturated Fat	17 Gm 85 %	Calcium	76 Mg 8 %
Cholesterol	34 Mg 11 %	Vitamin A	23540 IU 471 %
Sodium	441 Gm 18 %	Vitamin C	63.9 Mg 107 %
Protein	19 Gm 38 %		

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 5

Milk: 0 Veg: 0.5 Fruit: 0 Bread: 1.5 Meat: 0.5

## Meal in a Nutshell

- 4 small sweet potatoes (200 grams each)**  
**2 spring onions**  
**1 tomato**  
<sup>3/4</sup> **cup dark green leaves**  
<sup>1/2</sup> **cup peanuts**  
<sup>1/4</sup> **medium pineapple, chopped**  
**2 coconuts**

Peel and wash the sweet potatoes. Cut into small pieces. Wash and chop onions, tomato and dark green leaves. Grate the coconut and save the coconut shell. Prepare coconut cream.

Put all the vegetables, peanuts, fish or meat, and pineapple inside half the shell. Pour coconut cream over the vegetable mixture. Put the other half of the shell on the top and tie tightly in place. Steam in a pan of water for about 45 minutes or bake in an earth oven. Serve in the shell.

**Variation:** Substitute chopped fish or corned beef for peanuts to decrease fat and increase protein.

**Note:** High in saturated fat. To reduce, replace up to half of coconut cream with whole or low fat milk.

Pineapple, Delicious and Refreshing, *South Pacific Foods Leaflet 10 (1986), SPC, Noumea, New Caledonia*

## Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*
Calories	429 kcal 21 %	Carbohydrate	59 Gm 20 %
Total Fat	20 Gm 31 %	Iron	2.6 Mg 14 %
Saturated Fat	11 Gm 55 %	Calcium	86 Mg 9 %
Cholesterol	0 Mg 0 %	Vitamin A	19280 IU 386 %
Sodium	32 Gm 1 %	Vitamin C	65.4 Mg 109 %
Protein	10 Gm 20 %		

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 4

Milk: 0 Veg: 0.5 Fruit: 0.5 Bread: 2 Meat: 0

## Cassava

The cassava plant, also called tapioca, was brought to the Pacific islands during the last century. Its roots have become a staple food in some places. Many different varieties of the plant now grow in the region.

Because it is easy to grow and simple to prepare, cassava is becoming a very popular food. The cassava plant is grown from cuttings taken from the base of the stem. They can be planted at any time of the year.

Cassava grows best in light, sandy soil. However, it can also grow in dry or poor soil where crops such as taro do not grow very well. About nine months after planting, most varieties are ready for harvest.

After being dug up, the cassava roots begin to rot very quickly and will stay fresh for only a few days. It is best to use cassava root soon after harvest, or buy it in a small amounts and cook it immediately. Cassava should never be eaten raw. The root contains a chemical called hydrocyanic acid, which is poisonous. It should be peeled and washed thoroughly and cooked for a long time.

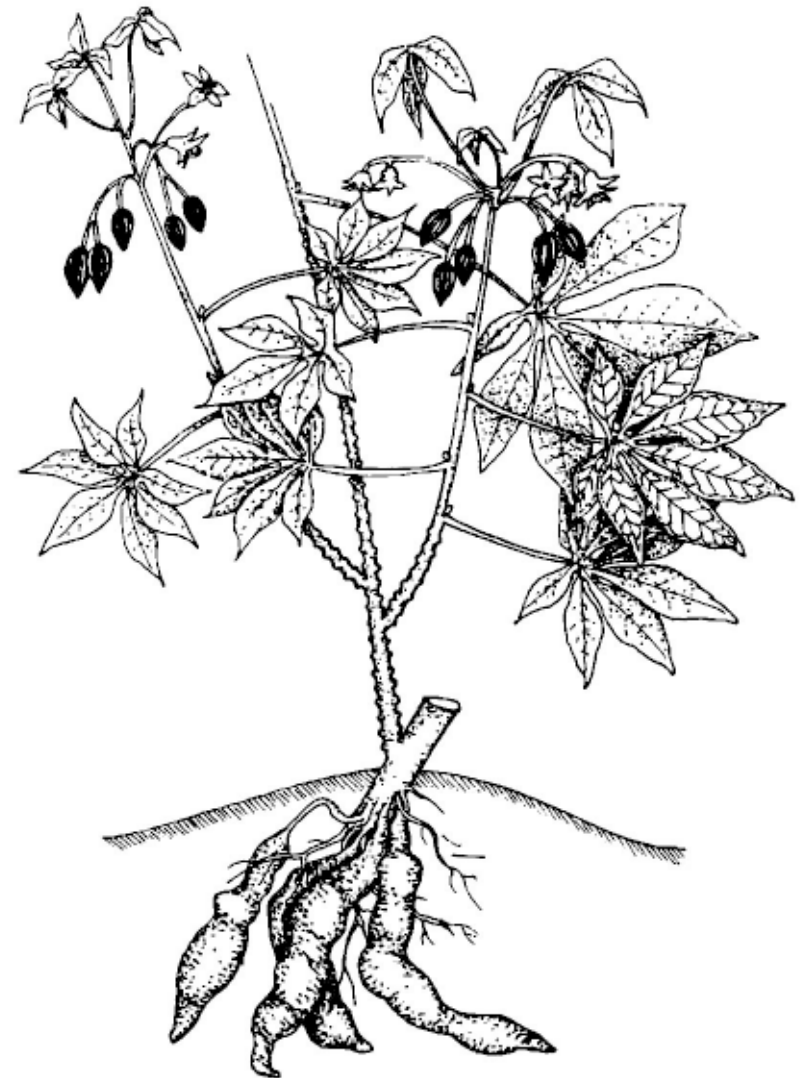
### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	170 kcal	9 %	Carbohydrate	38 Gm	13 %
Total Fat	1 Gm	2 %	Iron	5 Mg	28 %
Saturated Fat	0 Gm	0 %	Calcium	127 Mg	13 %
Cholesterol	0 Mg	0 %	Vitamin A	7 IU	0 %
Sodium	11 Gm	0 %	Vitamin C	67.5 Mg	113 %
Protein	4 Gm	8 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Nutritional Values are based on 1 cup of cooked cassava

Milk: 0    Veg: 0    Fruit: 0    Bread: 2    Meat: 0



## Tapioca (Cassava) Roll

### tapioca root (cassava)

The root is peeled and grated. Form this into a cigar shape and wrap with a ti leaf and tie with string. Boil the package. When it is done the cassava is yellowish, somewhat transparent, and chewy.

**Variation:** This roll may be varied by adding grated coconut or sweetening to the grated cassava. Also a favorite way is to shape the grated cassava around a banana and then wrap with ti leaf.

*From Breadfruit Bread and Papaya Pie, Collected by Nancy Rody*

## Tapioca (Cassava) Cakes

- 2 cups cooked tapioca
- 2 teaspoons grated onion
- 1 cup canned fish, corned beef or cooked, chopped fresh fish or meat
- 1 beaten egg
- salt
- pepper
- flour

Mash cooked tapioca and add onion, fish or meat and egg. Mix well. Season with salt and pepper to taste. Form into cakes and roll in flour. Fry in oil or fat until golden brown.

**Note:** High fat due to deep fat frying.

*From Breadfruit Bread and Papaya Pie, Collected by Nancy Rody*

## Cassava in Coconut Milk

- 3 medium size cassava (1 cassava = 200 grams)
- 1 cup coconut milk
- salt
- onion

Remove rough skin from cassava. Cut cassava in half crosswise and then cut in quarters. Place cassava in a pot and barely cover with coconut milk. Sprinkle salt and place onion on top. Cover and bring to boil.

Simmer for 15 to 20 minutes until soft, then pierces with a fork. Done when fork goes through cassava.

**Note:** High in saturated fat. To reduce, replace up to half of coconut milk with whole and low fat milk.

*UOG/GCE*

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*
Calories	170 kcal 9 %	Carbohydrate	19 Gm 6 %
Total Fat	10 Gm 15 %	Iron	2.9 Mg 16 %
Saturated Fat	8 Gm 40 %	Calcium	62 Mg 6 %
Cholesterol	0 Mg 0 %	Vitamin A	3.1 IU 0 %
Sodium	66 Gm 3 %	Vitamin C	31.5 Mg 53 %
Protein	3 Gm 6 %		

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 9

Milk: 0 Veg: 0 Fruit: 0 Bread: 0.5 Meat: 0



## Belau Crumpet

- 2 cups cassava root (grated)  
 1 egg (unbeaten)  
 1/2 teaspoon salt  
 2 tablespoons vegetable oil

Wash and peel cassava root, then grate. Add egg, salt, and vegetable oil. Mix thoroughly. The batter will be soft and somewhat coarse. Shape into the size of a biscuit. Bake 450°F for 20 minutes.

*From Breadfruit Bread and Papaya Pie, Collected by Nancy Rody*

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	31 kcal	2 %	Carbohydrate	3 Gm	1 %
Total Fat	2 Gm	3 %	Iron	0.5 Mg	3 %
Saturated Fat	0 Gm	0 %	Calcium	13 Mg	1 %
Cholesterol	11 Mg	4 %	Vitamin A	24.5 IU	0 %
Sodium	58 Gm	2 %	Vitamin C	6 Mg	10 %
Protein	1 Gm	2 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 20 biscuits

Milk: 0 Veg: 0 Fruit: 0 Bread: 0.25 Meat: 0

## Cassava Balls

- 2 cups grated raw cassava  
 1 medium onion  
 1 teaspoon chopped fresh herbs\* (e.g. parsley, basil, sage) or 1/2 teaspoon dried herbs  
 1 egg  
 1/4 cup cooking oil

Peel and chop the onion. Mix together the grated cassava, onion and herb. Lightly beat the egg. Add to the cassava mixture and mix well to form a smooth mixture. Form mixture into small balls. Lightly fry the cassava balls in cooking oil until golden brown.

\*A finely chopped fresh chilli or clove of garlic can be used instead of the herbs.

**Note:** Analysis is based on all of the oil being absorbed during frying.

Cassava, A Popular Plant, *South Pacific Foods Leaflet Revised 5* (1986), SPC, Noumea, New Caledonia

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	220 kcal	11 %	Carbohydrate	19 Gm	6 %
Total Fat	15 Gm	23 %	Iron	2.5 Mg	14 %
Saturated Fat	2 Gm	10 %	Calcium	68 Mg	7 %
Cholesterol	53 Mg	18 %	Vitamin A	130.8 IU	3 %
Sodium	22 Gm	1 %	Vitamin C	31.7 Mg	53 %
Protein	4 Gm	8 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 3

Milk: 0 Veg: 0.5 Fruit: 0 Bread: 1.5 Meat: 0

## Cassava - Pineapple Savoury

- 2 cups grated cassava
- 1/2 cup grated coconut
- 2 cups crushed pineapple
- 1 cup grated cheese
- 1/2 cup chopped onion or spring onion

Mix grated cassava with grated coconut and press thinly into a greased flat baking dish or tray. Spread crushed pineapple, Chopped onion and grated cheese on top of the cassava mixture. Bake in a moderate oven for 20 minutes until cooked and the topping is brown.

**Note:** High in fat and saturated fat. To reduce, use less coconut and cheese.

Pineapple, Delicious and Refreshing, *South Pacific Foods Leaflet 10 (1986), SPC, Noumea, New Caledonia*

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*
Calories	270 kcal 14 %	Carbohydrate	30 Gm 10 %
Total Fat	14 Gm 22 %	Iron	3 Mg 17 %
Saturated Fat	9 Gm 45 %	Calcium	27 Mg 3 %
Cholesterol	30 Mg 10 %	Vitamin A	460 IU 9 %
Sodium	184 Gm 8 %	Vitamin C	43.7 Mg 73 %
Protein	10 Gm 20 %		

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 4

Milk: 0 Veg: 0 Fruit: 1 Bread: 1 Meat: 0.5

## Cassava Soup

- 1 lb. (1/2 kg) chicken
- 1 cup cassava
- 1 1/2 cups chopped pumpkin
- 8-10 cups water
- 1/2 teaspoon salt
- pepper

Put all the ingredients in a pot and bring to the boil. Cover the pot and cook the mixture slowly until the meat is tender (about one hour). Add salt and pepper to taste, then serve.

**Variation:** Can substitute beef, pork or fish for chicken

Cassava, A Popular Plant, *South Pacific Foods Leaflet Revised 5 (1986), SPC, Noumea, New Caledonia*

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*
Calories	238 kcal 12 %	Carbohydrate	9 Gm 3 %
Total Fat	12 Gm 18 %	Iron	2.3 Mg 13 %
Saturated Fat	3 Gm 15 %	Calcium	43 Mg 4 %
Cholesterol	71 Mg 24 %	Vitamin A	945 IU 19 %
Sodium	170 Gm 7 %	Vitamin C	15.2 Mg 25 %
Protein	24 Gm 48 %		

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 5

Milk: 0 Veg: 0.5 Fruit: 0 Bread: 0.25 Meat: 1

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## Fish & Meat

Fish are a major source of food in the Pacific islands. Other important types of Pacific seafood range from huge sharks, to octopus and eel, to delicious shellfish such as clams, crabs, and lobsters. Combined with vegetables and traditional staples, seafood provides a balanced, appetizing, and nutritious meal.

Fish is one of the best body building foods. The protein in fish is of high quality and is easily digested. Most fish contain very low amounts of fats and oils.

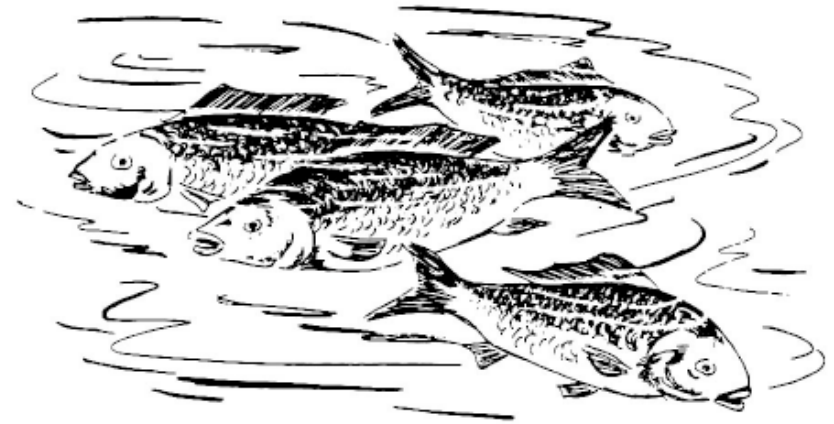
When small fish are cooked, the bones become soft and can also be eaten. They are very good sources of calcium. Useful amounts of other minerals, such as Iodine and Fluoride, not normally found in meat, are found in fish.

Fresh seafood is best. Generally the freshness of fish can be judged by its appearance and smell. First, make sure that the eyes are moist, bright and full. The skin should be shiny and have the right color for that type of fish. The flesh must be firm not soft. When pressed with a finger it should bounce back. The gills should be bright red in color, and have no strong smell.

To retain flavor and texture, some seafood, such as mussels, lobster, and crabs must be sold live. A good way of checking if shellfish are alive is by tapping their shells. They should close tightly when tapped. Avoid those that do not close quickly. They should also open quickly when steamed or cooked, if they are fresh.

Fishing and gathering seafood is a part of Pacific Island life. In earlier times, fish were caught in a variety of traditional ways, some of which involved the entire village community. Other methods such as night fishing on the reef, or net casting require individual skills and patience.

It is always wise to clean the gills of fish soon after catching. This will help the fish to stay fresh for some time. Because fish can spoil very quickly, care must be taken during storage. If the fish is not to be used immediately, keep it in a refrigerator or in ice until required.



## Aku Poke

- 2 lbs. boneless tuna, cut in 1/2 inch cubes
- 1 cup ogo (fresh seaweed)
- 1 teaspoon red pepper flakes
- 1 teaspoon chopped green onion
- 1 small sweet onion
- 1 teaspoon roasted sesame oil
- 1 teaspoon minced fresh ginger
- 1/4 teaspoon Hawaiian sea salt or coarse salt

Combine all ingredients and marinate in the refrigerator for at least 30 minutes before serving. You can also make this dish with tako (octopus).

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	134 kcal	7 %	Carbohydrate	3 Gm	1 %
Total Fat	2 Gm	3 %	Iron	1.8 Mg	10 %
Saturated Fat	1 Gm	5 %	Calcium	56 Mg	6 %
Cholesterol	54 Mg	18 %	Vitamin A	259 IU	5 %
Sodium	220 Gm	9 %	Vitamin C	2.5 Mg	4 %
Protein	26 Gm	52 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 8

Milk: 0 Veg: 0.5 Fruit: 0 Bread: 0 Meat: 2

## Oka

- 1 lb. or 2 cups fresh fish
- 1 cup lemon or lime juice
- 1 tomato
- 1 spring onion
- 1 carrot (optional)
- 1 small green pepper
- 1 small onion
- 1 cup coconut cream
- 1 small chilli (optional)
- salt to taste

Clean the fish, remove all the bones, skin and any dark flesh. Cut up the fish into even-sized cubes. Cover with lemon juice. Save some juice for seasoning. Leave until the fish is tender.

Chop the tomato, pepper and onion very finely. Grate the carrot.

Drain off the lemon juice from the fish when it is ready. Add the chopped vegetables and mix well. Add coconut cream, a little lemon and salt to taste. Serve chilled.

**Note:** High in saturated fat. To reduce, replace up to half coconut cream with whole or low fat milk.

*ASCC/EFNEP*

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	279 kcal	14 %	Carbohydrate	10 Gm	3 %
Total Fat	18 Gm	28 %	Iron	2 Mg	11 %
Saturated Fat	13 Gm	65 %	Calcium	23 Mg	2 %
Cholesterol	32 Mg	11 %	Vitamin A	4270 IU	85 %
Sodium	131 Gm	5 %	Vitamin C	37.1 Mg	62 %
Protein	21 Gm	42 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 6

Milk: 0 Veg: 1 Fruit: 0 Bread: 0 Meat: 1

## Steamed Fish

- 1 medium-sized fish (parrot, mullet) about 2 lbs., whole, cleaned**  
**<sup>1</sup>/<sub>2</sub> teaspoon salt**  
**<sup>1</sup>/<sub>2</sub> lemon**  
**water for steaming**  
**1 inch piece of ginger**  
**3 stalks green onions**  
**<sup>1</sup>/<sub>4</sub> cup soy sauce**  
**2 tablespoons sesame seed oil**

Lightly salt fish cavity. Place ginger slices in cavity of fish. Put fish on a sheet of aluminum foil or ti leaf large enough to curl sides about 1 inch upwards all around the fish, to catch fish juices while steaming. Squeeze lemon over the fish, then sprinkle with salt. Place on top of steamer rack. Add water to bottom of steamer up to about 1 inch deep. Cover steamer and begin timing when water starts to boil. Steam for 10–15 minutes (check if done, take care not to overcook). When fork-tender, remove fish from steamer and lay on a serving platter. Set aside liquid.

Peel and slice ginger into very thin strips, about <sup>1</sup>/<sub>2</sub> inch long. Wash green onions well and likewise slice very thinly. Garnish top of fish with ginger and green onions. In a small saucepan, heat together the liquid from the fish, soy sauce, and sesame oil. Pour over garnished fish. Serve hot.

### Hints:

1. Steaming is a low-fat, low-calorie, healthful cooking method. Choose this method often.
2. Serve this main dish with hot rice, a fruit or vegetable salad, and a glass of milk to complete the meal.

*NMC/EFNEP & UH/CTAHR/EFNEP*

## Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	123 kcal	6 %	Carbohydrate	1 Gm	0 %
Total Fat	6 Gm	9 %	Iron	1.1 Mg	6 %
Saturated Fat	1 Gm	5 %	Calcium	23 Mg	2 %
Cholesterol	41 Mg	14 %	Vitamin A	171 IU	3 %
Sodium	517 Gm	22 %	Vitamin C	22.5 Mg	38 %
Protein	16 Gm	32 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 11

Milk: 0 Veg: 0 Fruit: 0 Bread: 0 Meat: 1

## Baked Fish with Pele Leaf

- 2 medium fish or 1 large fish cut into serving sized pieces
- 1 cup coconut milk
- 1 onion
- 15 or more pele leaves
- 4 cups of water
- 4 basil leaves
- 1 clove garlic
- 3 limes
- salt to taste

Clean and cut fish into serving pieces. Marinade in lime juice for 4-5 minutes with a little bit of salt or soy sauce. Bake fish until cooked.

Wash pele leaves. Add salt, onion, garlic, and basil leaves to coconut milk and bring to boil. Add pele leaves and cook for 30 minutes. Use some of the coconut milk to saute baked fish on a low heat. Place pele leaves on a tray, put fish on top and serve with lime juice.

Serve with either taro, sweet potato, breadfruit, yams, tapioca or rice.

**Note:** Extremely high in saturated fat. To reduce, replace up to half of the coconut milk with whole or low fat milk.

*Floria P. James/COM/YAP/EFNEP*

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*
Calories	365 kcal 18 %	Carbohydrate	12 Gm 4 %
Total Fat	28 Gm 43 %	Iron	3 Mg 17 %
Saturated Fat	19 Gm 95 %	Calcium	60 Mg 6 %
Cholesterol	0 Mg 0 %	Vitamin A	226.8 IU 5 %
Sodium	145 Gm 6 %	Vitamin C	18.9 Mg 32 %
Protein	20 Gm 40 %		

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 4

Milk: 0 Veg: 0 Fruit: 0 Bread: 0 Meat: 1

## Katdijo

- 4 – 6 medium size fish (baked)
- 1 large onion
- 1 clove garlic
- 1 tablespoon oil
- 1/2 cup grated yellow ginger
- 2 1/2 coconuts grated
- 2 – 3 cups water
- salt and pepper to taste
- 1 lb. vegetables (green leaves and eggplants are recommended)

Arrange fish in a casserole dish. Parboil vegetables; drain and arrange on top of fish. Set aside.

Place grated coconut and yellow ginger in a bowl and mix. Add water and squeeze together several times within the bowl. Squeeze out milk into another container and set aside. Saute onions and garlic in a two-quart sauce pan. Stir for about one to two minutes. Pour coconut milk in the saucepan and bring to boil. Remove from heat and pour over fish and vegetables and serve.

**Note:** Very high in saturated fat. To reduce, replace up to half of coconut cream with whole or low fat milk.

*UOG/GCE*

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*
Calories	526 kcal 26 %	Carbohydrate	17 Gm 6 %
Total Fat	34 Gm 52 %	Iron	3.9 Mg 22 %
Saturated Fat	15 Gm 75 %	Calcium	62 Mg 6 %
Cholesterol	0 Mg 0 %	Vitamin A	156.5 IU 3 %
Sodium	121 Gm 5 %	Vitamin C	8.6 Mg 14 %
Protein	36 Gm 72 %		

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 5

Milk: 0 Veg: 1 Fruit: 0 Bread: 0 Meat: 2

## Pacita's Fish Singang with Ung Choi

- 3 cups water
- 1 fish (1 lb.)
- 1 large tomato, sliced
- 1/2 cup green onion, cut into 1/2" lengths
- 1 teaspoon grated ginger
- 1/2 teaspoon salt
- 1 small bunch ung choi or other green leaves

Clean the fish. Cut it into 4 pieces. Bring 3 cups of water to a boil in a pot. Put in the fish, sliced tomatoes, green onion, ginger and salt. Cover and cook for 15 minutes.

Cut the stems of the greens into 1" lengths. Put the leaves and stems into the broth. Cover and cook for 3 minutes. Do not overcook.

### Hints:

1. Simmering and steaming fish helps to retain the nutritional quality.
2. Fresh tomatoes and leafy greens add Vitamins A and C to a meal.

*UH/CTAHR/EFNEP*

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	137 kcal	7 %	Carbohydrate	4 Gm	1 %
Total Fat	4 Gm	6 %	Iron	1.9 Mg	11 %
Saturated Fat	1 Gm	5 %	Calcium	47 Mg	5 %
Cholesterol	32 Mg	11 %	Vitamin A	4285 IU	86 %
Sodium	380 Gm	16 %	Vitamin C	16.1 Mg	27 %
Protein	21 Gm	42 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 6

Milk: 0 Veg: 0.5 Fruit: 0 Bread: 0 Meat: 1

## Green Papaya Fish Soup

- 1 medium sized fish
- 1 cup coconut cream
- 2 cups coarsely grated green papaya
- 1 tablespoon soy sauce
- 3 cups water

Clean fish and cut into pieces. Bring 3 cups of water to the boil, add fish then boil for 10 minutes. Remove bones from the fish. Add grated papayas and soy sauce, then cook until tender (about 10 minutes). Add coconut cream, stir once, and remove from heat. Serve hot.

**Note:** Extremely high in saturated fat. To reduce, replace up to half of coconut cream with whole or low fat milk.

*ASCC/EFNEP*

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	305 kcal	15 %	Carbohydrate	10 Gm	3 %
Total Fat	24 Gm	37 %	Iron	2.3 Mg	13 %
Saturated Fat	19 Gm	95 %	Calcium	36 Mg	4 %
Cholesterol	35 Mg	12 %	Vitamin A	129 IU	3 %
Sodium	308 Gm	13 %	Vitamin C	2.5 Mg	4 %
Protein	16 Gm	32 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 4

Milk: 0 Veg: 0 Fruit: 0.5 Bread: 0 Meat: 1

## Fish Stir Fry

- 8 oz. cooked boneless fish (tuna for example)
- 1 cup cucumber
- 1 cup cabbage (pak choy, head cabbage, won bok)
- 1 cup green beans
- 1 cup chopped onions
- 4 tablespoons vegetable oil
- salt to taste
- a dash or two of pepper, garlic, and ginger
- soy sauce (optional)

Cut all the vegetables into strips. Put oil in pan to warm. Add onion for minute. Add all the vegetables at the same time. Stir and turn to avoid sticking to the bottom. Add fish meat (any kind of fish) that is deboned and precooked. Add soy sauce if desired. Add seasonings. Cook for another two minutes. Turn heat to low before serving.

**Variation:** Beef, mutton, chicken or other meats can be used as substitutes for fish. They have to be cooked before adding to the stir fry.

ASCC/EFNEP

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	231 kcal	12 %	Carbohydrate	7 Gm	2 %
Total Fat	15 Gm	23 %	Iron	1.2 Mg	7 %
Saturated Fat	2 Gm	10 %	Calcium	39 Mg	4 %
Cholesterol	33 Mg	11 %	Vitamin A	312.3 IU	6 %
Sodium	164 Gm	7 %	Vitamin C	11.1 Mg	19 %
Protein	19 Gm	38 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 4

Milk: 0 Veg: 1 Fruit: 0 Bread: 0 Meat: 1

## Fish Sausage

- 1 lb. (1/2 kg.) skinned, boned fish
- 2 oz. (50 grams) pork fat
- 1 tablespoon cornstarch
- 2 teaspoons salt
- 1 teaspoon sugar
- 1 tablespoon finely minced onion
- dash of pepper
- few drops of red food coloring

Wash and clean fish. Remove skin and bones. Cut into cubes and grind in a meat grinder. Add the rest of the ingredients and grind a second and third time to produce a very fine paste.

Stuff fish mixture into tubular plastic packaging material which is commonly used for ice "keki". Tie ends. Immerse in simmering water and cook for 40 minutes. Cool sausages in running water, then air cool. Remove plastic casing and place in a plastic package for storage. Refrigerate if to be used soon; otherwise, freeze. Use like hot dog.

**Fish Balls:** The above mixture may be shaped into 1/2 inch diameter balls and cooked in simmering water or steamed. It makes good fish balls for soup, or it can be fried.

NMC/EFNEP

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	216 kcal	11 %	Carbohydrate	4 Gm	1 %
Total Fat	14 Gm	22 %	Iron	18.8 Mg	104 %
Saturated Fat	4 Gm	20 %	Calcium	12 Mg	1 %
Cholesterol	40 Mg	13 %	Vitamin A	2430 IU	49 %
Sodium	744 Gm	31 %	Vitamin C	0 Mg	0 %
Protein	20 Gm	40 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 6

Milk: 0 Veg: 0 Fruit: 0 Bread: 0 Meat: 2



## Pineapple Fish Balls

- 1<sup>1/2</sup> lbs. (750 g) fish**  
**1 small onion, chopped**  
**1 small unripe papaya**  
**1 cup pineapple pieces**  
**1 head Chinese cabbage**  
**4 tablespoons margarine**  
**1/2 inch ginger, chopped or crushed**  
**1/2 teaspoon sugar**  
**1 teaspoon soy sauce**  
**1 cup water**  
**1 teaspoon corn flour**  
**salt to taste**

Peel the papaya, remove seeds and cut lengthwise. Wash and chop the cabbage lengthwise. Using a spoon or shell scrape the fish meat away from the bones and skin. Form into small balls.

Heat the margarine in a frying pan. Gently fry the fish balls until cooked. Remove from the pan.

Fry the papaya and pineapple pieces. Add the onion, cabbage stalks and lastly the cabbage leaves. Fry until just under-cooked. Mix together the sugar, soy sauce, water and corn flour. Add to the vegetables and stir continuously until it boils. Add fish balls and stir. Serve hot with cooked taro, breadfruit or rice.

Pineapple, Delicious and Refreshing, *South Pacific Foods Leaflet 10* (1986), SPC, Noumea, New Caledonia

## Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	320 kcal	16 %	Carbohydrate	14 Gm	5 %
Total Fat	16 Gm	25 %	Iron	2.6 Mg	14 %
Saturated Fat	3 Gm	15 %	Calcium	155 Mg	16 %
Cholesterol	47 Mg	16 %	Vitamin A	5645 IU	113 %
Sodium	285 Gm	12 %	Vitamin C	64.8 Mg	108 %
Protein	31 Gm	62 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 6

Milk: 0 Veg: 1 Fruit: 0 Bread: 0 Meat: 1.5

## Tiopunita

- 1 can mackerel
- 1/2 cup coconut cream
- 1 green papaya
- 1 onion
- 2 carrots
- 4 tablespoons salad oil
- 1 tablespoon curry powder
- 2 cups pumpkin tips
- 1 teaspoon salt

Peel the papaya and carrots. Cut papaya, carrots, and onion and set aside. Saute garlic and onion in salad oil. Add papaya, and carrots. Fry until tender. Open mackerel, pour off the juice, use a fork to divide mackerel into pieces, then add to the vegetables. Add pumpkin tips and stir. Squeeze the grated coconut to get the coconut cream (undiluted) and add to the vegetables. When it boils, add curry powder, then add salt and stir. Let simmer for 1 minute. Serve with traditional starches or rice.

**Note:** Extremely high in saturated fat. To reduce, replace up to half of coconut cream with whole or low fat milk. Reduce amount of salad oil.

*Ansina Kony/CHUUK/COM/EFNEP*

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	617 kcal	31 %	Carbohydrate	25 Gm	8 %
Total Fat	42 Gm	65 %	Iron	6.5 Mg	36 %
Saturated Fat	17 Gm	85 %	Calcium	411 Mg	41 %
Cholesterol	116 Mg	39 %	Vitamin A	13570 IU	271 %
Sodium	1295 Gm	54 %	Vitamin C	9.3 Mg	16 %
Protein	38 Gm	76 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 3

Milk: 0 Veg: 2 Fruit: 0.5 Bread: 0 Meat: 2

## Fresh Tuna Salad

- 2 cups baked tuna (yellow fin or bonita)
- 3/4 cup onion, chopped
- 1/2 cup celery, chopped
- 1/4 cup bell pepper, chopped
- 1/4 cup sweet relish
- 3/4 cup mayonnaise
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 teaspoon monosodium glutamate or aji-no-moto

Flake tuna and mix with all other ingredients. Use as main dish served with green salad and toast.

*UOG/GCE*

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	361 kcal	18 %	Carbohydrate	7 Gm	2 %
Total Fat	27 Gm	42 %	Iron	1.4 Mg	8 %
Saturated Fat	4 Gm	20 %	Calcium	25 Mg	3 %
Cholesterol	53 Mg	18 %	Vitamin A	3001 IU	60 %
Sodium	642 Gm	27 %	Vitamin C	7.5 Mg	13 %
Protein	23 Gm	46 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 6

Milk: 0 Veg: 0.5 Fruit: 0 Bread: 0 Meat: 1

## Shellfish Salad

- 2 cups cooked shellfish (e.g. clams)
- 3 cups chopped potatoes (cooked)
- 2 cloves garlic
- 1 teaspoon pepper
- $\frac{2}{3}$  cup oil
- $\frac{1}{3}$  cup vinegar
- $\frac{1}{2}$  cup chopped parsley
- 3 tomatoes, chopped
- 6 lettuce leaves
- 1 onion, chopped

Prepare dressing in a bowl by mixing crushed garlic, pepper, oil and vinegar with a fork until well blended. Line bowl with the lettuce leaves. Mix cooked shellfish with potatoes and the remaining ingredients and place in bowl. Add prepared dressing. Topped with slices of lemon and serve.

ASCC/EFNEP

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*
Calories	415 kcal 21 %	Carbohydrate	28 Gm 9 %
Total Fat	26 Gm 40 %	Iron	19.7 Mg 109 %
Saturated Fat	3 Gm 15 %	Calcium	85 Mg 9 %
Cholesterol	44 Mg 15 %	Vitamin A	930 IU 19 %
Sodium	89 Gm 4 %	Vitamin C	29.3 Mg 49 %
Protein	20 Gm 40 %		

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 6

Milk: 0 Veg: 1 Fruit: 0 Bread: 1 Meat: 0

## Eel with Coconut Milk and Ginger

- 2 lbs eel
- $\frac{2}{3}$  cup chopped onion
- 3 tablespoons grated ginger
- 2 tablespoons fresh lemon juice
- 2 teaspoons salt
- 2 cups coconut milk
- 1 cup coconut cream
- $\frac{1}{2}$  teaspoon monosodium glutamate or aji-no-moto
- 1 pc. large hot pepper (optional)

Use 1 cup ashes to clean eel. Rub eel with ashes then rinse twice. Clean gut then rinse. Cut into pieces, 2 inches in length. Combine cut up eel with 2 cups thin coconut milk, chopped onion, grated ginger, lemon juice, salt, monosodium glutamate and hot pepper. Bring to boil, reduce heat to medium for 15 minutes. Add 1 cup thick coconut milk; bring to boil for 20 seconds. Remove from heat. Serve with steam white rice and soy sauce finadene.

**Note:** It is extremely high in saturated fat. To reduce, replace up to half of coconut cream with whole or low fat milk. This recipe is very high in fat, only eat for special occasion.

UOG/GCE

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*
Calories	724 kcal 36 %	Carbohydrate	11 Gm 4 %
Total Fat	61 Gm 94 %	Iron	3.6 Mg 20 %
Saturated Fat	39 Gm 195 %	Calcium	67 Mg 7 %
Cholesterol	228 Mg 76 %	Vitamin A	8045 IU 161 %
Sodium	749 Gm 31 %	Vitamin C	8.4 Mg 14 %
Protein	38 Gm 76 %		

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 5

Milk: 0 Veg: 0.5 Fruit: 0 Bread: 0 Meat: 2.5

## Faii Fee

(Octopus)

- 4 lbs. octopus**  
**4 cups coconut milk**  
**salt to taste**

Before boiling the chopped octopus, beat and rub with papaya leaves all over. This practice eliminates itchiness and also cuts down on cooking time. Cut up octopus into 2–3" pieces. Save the ink or purplish concentrate from the head. Boil the pieces for 30–40 minutes or until tender. Remove the water. Add coconut milk. Add the ink-like concentrate that you saved. Bring to a boil. Remove from heat. Serve with taro, breadfruit, yam, etc.

**Note:** High in saturated fat. To reduce, replace up to half of coconut milk with whole or low fat milk.

ASCC/EFNEP

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	205 kcal	10 %	Carbohydrate	5 Gm	2 %
Total Fat	14 Gm	22 %	Iron	6 Mg	33 %
Saturated Fat	12 Gm	60 %	Calcium	62 Mg	6 %
Cholesterol	48 Mg	16 %	Vitamin A	227 IU	5 %
Sodium	300 Gm	13 %	Vitamin C	6.5 Mg	11 %
Protein	16 Gm	32 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 18

Milk: 0 Veg: 0 Fruit: 0 Bread: 0 Meat: 1

## Gulay Na Pechay

- 6 (or more) stalks Pak Choy cabbage**  
**1/4 lb. pork**  
**1 tablespoon cooking oil**  
**3 cloves garlic, minced**  
**1/4 small onion, sliced**  
**1/4 lb. shrimps, peeled and deveined**  
**2 tablespoons patis (fish sauce)**

Wash cabbage, remove stalk ends and cut crosswise - about 1/2 inch wide. Pre-cook pork in a little amount of water. Dice and set aside. Save the cooking water or broth. Heat cooking oil, saute garlic till light brown. Add the sliced onion and continue to cook till the onion becomes translucent. Add the diced pork, and peeled shrimps, season with patis. Simmer for about two minutes or till shrimps turn light pink. Pour in just enough hot broth (water used for precooking pork) to cover pork and shrimps. Cover and boil for another minute. Add cabbage and let cook till leaves turn bright green. Do not overcook.

Loreto C. Malimban/UOG/EFNEP

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	306 kcal	15 %	Carbohydrate	6 Gm	2 %
Total Fat	20 Gm	31 %	Iron	2.4 Mg	13 %
Saturated Fat	5 Gm	25 %	Calcium	41 Mg	4 %
Cholesterol	157 Mg	52 %	Vitamin A	101 IU	2 %
Sodium	900 Gm	38 %	Vitamin C	58.4 Mg	97 %
Protein	29 Gm	58 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 3

Milk: 0 Veg: 1 Fruit: 0 Bread: 0 Meat: 1

## ‘Opakapaka Laulau

(Baked Pink Snapper in Ti Leaves)

- 1<sup>1/2</sup> lbs ‘Opakapaka (cut into 2 oz. pieces)  
 1 cup seaweed  
 8 pieces ti leaves

### Marinade

- 2 tablespoons fish sauce  
 2 tablespoons soy sauce  
 2 tablespoons peanut oil

### Filling

- 1/4 cup peanut oil  
 1 cup Maui onions, finely sliced  
 1 cup garlic cloves, minced  
 1 teaspoon ginger, finely chopped  
 3 cups shiitake mushrooms, julienne  
 1 teaspoon chili sauce  
 1/3 cup cilantro, finely chopped  
 1/3 cup green onions, julienne  
 salt and white pepper to taste

**To prepare the marinade:** Take a 4 inch pan and add the pieces of ‘opakapaka with fish sauce, soy sauce, peanut oil and toss very well. **Do not add any salt.**

**To prepare filling:** In a pan, heat up the peanut oil, then add the onions and cook for a few minutes. Add garlic, shiitake mushrooms, chili sauce, seasonings and cook for 5 minutes. When done, add cilantro and green onions. Set aside.

Take two ti leaves and make a cross; cut one stem off. Take a spoon of the filling and place it in the center of the ti leaves. Add a piece of fish and some seaweed on top of the filling and close the ti leaves and tie with the remaining stems. Bake or steam ‘opakapaka for 10–15 minutes. Present the ti leaf whole to the guest.

*Island Fresh Hawaii*

## Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	561 kcal	28 %	Carbohydrate	24 Gm	8 %
Total Fat	30 Gm	46 %	Iron	4.7 Mg	26 %
Saturated Fat	5 Gm	25 %	Calcium	154 Mg	15 %
Cholesterol	71 Mg	24 %	Vitamin A	5725 IU	115 %
Sodium	1503 Gm	63 %	Vitamin C	24.1 Mg	40 %
Protein	49 Gm	98 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 4

Milk: 0    Veg: 0.5    Fruit: 0    Bread: 0    Meat: 2

## Laulau

- 2 lbs. taro leaves (lau kalo)  
 12 ti leaves (2 per laulau)  
 1 lb. lean pork  
 1/2 lb. butterfish (if salted, soak to remove some of the salt)

Wash taro leaves and remove stem and tough, fibrous part of the rib. Prepare ti leaves by removing stiff rib from underside of the leaf by making a cut almost through the rib and stripping it from leaf. Wash prepared leaves. Divide ingredients into 6 equal parts. Wrap with taro leaves and place in the center of 2 ti leaves crossed in the center. Pull up ti leaves and tie ends securely with the stem ends of one of the ti leaves.

Steam the laulau 3 1/2 to 4 hours in a covered steamer; or bake in covered dish in oven at 300°F 4 to 5 hours; or cook in pressure cooker for about 30 minutes. Serve laulau hot in the ti leaves.

UH/CTAHR/EFNEP

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	244 kcal	12 %	Carbohydrate	10 Gm	3 %
Total Fat	11 Gm	17 %	Iron	4.1 Mg	23 %
Saturated Fat	3 Gm	15 %	Calcium	173 Mg	17 %
Cholesterol	74 Mg	25 %	Vitamin A	7366 IU	147 %
Sodium	256 Gm	11 %	Vitamin C	79.3 Mg	132 %
Protein	29 Gm	58 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 6 (1 serving = 1 Lau Lau)

Milk: 0 Veg: 0 Fruit: 0 Bread: 0 Meat: 1.5

## String Beans with Pork

- 1 lb. lean pork  
 1 lb. string beans  
 1 large tomato, sliced  
 1 tablespoon fish or soy sauce  
 1/2 medium onion  
 2 cloves garlic, crushed  
 1 cup water

Saute pork with garlic until brown. Add tomato and onion; saute for 5 minutes. Add the fish sauce and string beans. Add water. Cook for about 10 minutes until string beans are tender-crisp. Serves 4.

### Hints:

1. Serve with hot rice and a glass of milk to complete this meal.
2. Pork is a good source of protein. Trim to reduce fat, calories and cholesterol in the diet.

UH/CTAHR/EFNEP

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	314 kcal	16 %	Carbohydrate	25.9 Gm	9 %
Total Fat	11 Gm	17 %	Iron	3.7 Mg	21 %
Saturated Fat	3 Gm	15 %	Calcium	55 Mg	6 %
Cholesterol	51 Mg	17 %	Vitamin A	111.5 IU	2 %
Sodium	305 Gm	13 %	Vitamin C	7.6 Mg	13 %
Protein	26 Gm	52 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 4

Milk: 0 Veg: 2 Fruit: 0 Bread: 0 Meat: 1.5

## Chicken Tinola

- 1 – 2 tablespoons cooking oil
- 1 small piece ginger, sliced thin
- 2 cloves garlic, crushed
- 1 onion, sliced
- 2 lbs. chicken, cut into serving pieces
- 2 small green papayas
- 2 – 3 cups water
- 2 cups marungay leaves
- salt lightly to taste

Saute chicken in hot oil. Add ginger, garlic and onion. Saute until onion is transparent. Season with salt. Add water. Cover and simmer for 30 minutes or until chicken is tender.

Peel papayas, remove seeds, and slice into 2½" pieces. Add to chicken and cook about 5 minutes or until papaya is tender but not mushy. Add marungay leaves; cover pot and turn off heat. Let stand for 1 minute.

**Note:** Extremely high in saturated fat. To reduce, remove the chicken skin.

### Hints:

1. Marungay is a good source of calcium, Vitamins A and C.
2. Green Papaya is a good source of Vitamin C. Ripe papaya is a good source of both Vitamins A and C.

*UH/CTAHR/EFNEP*

## Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	422 kcal	21 %	Carbohydrate	15 Gm	5 %
Total Fat	23 Gm	35 %	Iron	2.3 Mg	13 %
Saturated Fat	23 Gm	115 %	Calcium	52 Mg	5 %
Cholesterol	119 Mg	40 %	Vitamin A	1545 IU	31 %
Sodium	464 Gm	19 %	Vitamin C	10.5 Mg	18 %
Protein	39 Gm	78 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 6

Milk: 0    Veg: 1    Fruit: 1    Bread: 0    Meat: 2

## Kadun Ma'nok'

(Chicken Soup w/Coconut Milk)

- 1 whole chicken, cut up into small pieces**  
**1/2 onion, chopped**  
**1 1/2 cups coconut milk**  
**Salt and pepper to taste**

Put all ingredients in pot, except coconut milk and cover. Cook about 5 to 10 minutes. Stir constantly. Add 5 cups of water and bring to boil. Lower heat and simmer for 1 1/2 hours (if stewing chicken is used) or until chicken is tender. Add coconut milk and bring to boil. Cover and remove from fire.

**Variation:** Vegetables such as pumpkin tips, cabbage, kangkong and sweet potato tips may be added at the end of cooking time just before adding coconut milk. Place vegetable at the top and cover for 4 – 6 minutes. White yam may be added instead of vegetables. Peel and cut yam to desired size and add to chicken 15 minutes after adding water.

**Note:** High in saturated fat. To reduce, replace up to half of coconut milk with whole or low fat milk, also remove chicken skin.

UOG/GCE

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*
Calories	288 kcal 14 %	Carbohydrate	3 Gm 1 %
Total Fat	21 Gm 32 %	Iron	21 Mg 117 %
Saturated Fat	12 Gm 60 %	Calcium	20 Mg 2 %
Cholesterol	66 Mg 22 %	Vitamin A	610 IU 12 %
Sodium	129 Gm 5 %	Vitamin C	1.6 Mg 3 %
Protein	22 Gm 44 %		

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 8

Milk: 0 Veg: 0 Fruit: 0 Bread: 0 Meat: 1

## Herbert's Hawaiian Stew

- 1 lb raw taro, peeled and cut into one-inch cubes**  
**1 lb raw breadfruit, peeled and cut into one-inch cubes**  
**1 round onion, chopped**  
**1 stalks celery, chopped**  
**1/2 lb. carrots, cubed**  
**3 tablespoons curry powder**  
**1 sliver of ginger root**  
**4 chicken thighs (remove skin, bone, and fat), cubed (leave bones in stock for flavor), or 1 3/4 cups boneless chicken meat**  
**1 bay leaf**  
**1 clove garlic, crushed**  
**1 teaspoon coarse Hawaiian salt**

Cook everything together with enough water to cover. Bring to a boil, then simmer for 45 minutes or until taro is tender. Simmer longer for a thicker stew.

**Variations:** This recipe can be made as either a curry or tomato stew.

*Courtesy of Herbert Hoe/Hale Kealoha Caterers*

### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*
Calories	490 kcal 25 %	Carbohydrate	92 Gm 31 %
Total Fat	6 Gm 9 %	Iron	3.6 Mg 20 %
Saturated Fat	2 Gm 10 %	Calcium	113 Mg 11 %
Cholesterol	58 Mg 19 %	Vitamin A	6610 IU 132 %
Sodium	669 Gm 28 %	Vitamin C	22 Mg 37 %
Protein	19 Gm 38 %		

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 4

Milk: 0 Veg: 1 Fruit: 0 Bread: 2 Meat: 1



## Chicken with Long Rice (Sapasui)

- 1<sup>1/2</sup> cups skinless, boneless chicken meat, cubed**  
**1 bundle long rice (bean thread), 1 bundle = 250 grams**  
**3 tablespoons vegetable oil**  
**1/2 cup chopped onion**  
**1/4 cup garlic**  
**1/4 cup ginger**  
**1 cup corn**  
**1 cup carrot**  
**1 cup head cabbage**  
**8 cups water for consistency desired**  
**1 cup soy sauce, consider using "lite" soy sauce**  
**pepper to taste**

Submerge long rice in water until soft to cut. Either use cooking shears to cut or pull strings tied around long rice. Pieces can be as short as 3" and as long as 6". First, cook meat in oil until tender. Add garlic, ginger and onion. Stir for 1-2 minutes. Add the long rice. Stir. Add 1 cup water and 1/2 cup soy sauce. Make sure there is enough water on the bottom of the pot. Put lid on and let it sit for 3 minutes. Stir and add rest of liquid until the long rice thickens. Add more water if necessary. Too much soy sauce may give salty taste. Stir and mix. Add the vegetables. Stir and mix. Cover and let it cook for another 3 minutes. Ready to serve.

**Note:** High in sodium. To reduce sodium, use "lite" soy sauce or reduce the amount used.

*ASCC/EFNEP*

## Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	298 kcal	15 %	Carbohydrate	41 Gm	14 %
Total Fat	9 Gm	14 %	Iron	2.2 Mg	12 %
Saturated Fat	2 Gm	10 %	Calcium	32 Mg	3 %
Cholesterol	27 Mg	9 %	Vitamin A	2260 IU	45 %
Sodium	2464 Gm	103 %	Vitamin C	9.6 Mg	16 %
Protein	14 Gm	28 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 7

Milk: 0 Veg: 1 Fruit: 0 Bread: 2 Meat: 0.75

## Pancit Canton

- 3 half chicken breasts
- 2<sup>1</sup>/<sub>2</sub> cups water
- 3 carrots
- 2 bell peppers
- 4 celery stalks
- <sup>1</sup>/<sub>2</sub> small cabbage
- 1 tablespoon vegetable oil
- 3 cloves garlic, minced
- <sup>1</sup>/<sub>2</sub> medium onion, sliced
- 1<sup>1</sup>/<sub>2</sub> tablespoons "lite" soy sauce
- 1 package Canton noodles

Remove skin from chicken breasts, boil in 2<sup>1</sup>/<sub>2</sub> cups water till done, dice. Save the broth. Cut all the vegetables in strips (about 2" x 1<sup>1</sup>/<sub>3</sub>"). Heat oil in a wok or big skillet. Add garlic and cook till golden brown. Add onions and keep stirring till onions wilt. Add diced chicken, and season with soy sauce. Let cook for 1 minute. Add vegetables, and stir for 2 minutes. Pour in hot chicken broth. As soon as it boils, add the Canton noodles. Stir gently to let the noodles absorb the broth. Season to taste and serve hot.

**Note:** Pancit may be seasoned with sliced lemon and soy sauce. Canton noodles are very easy to use and may be found in the Oriental section of big grocery stores.

*Loreto C. Malimban/UOG/EFNEP*

## Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*		
Calories	687 kcal	34 %	Carbohydrate	66 Gm	22 %
Total Fat	35 Gm	54 %	Iron	6 Mg	33 %
Saturated Fat	6 Gm	30 %	Calcium	115 Mg	12 %
Cholesterol	63 Mg	21 %	Vitamin A	7895 IU	158 %
Sodium	706 Gm	29 %	Vitamin C	90 Mg	150 %
Protein	31 Gm	62 %			

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 4

Milk: 0    Veg: 2    Fruit: 0    Bread: 1    Meat: 1.5

## Pisupo (corned beef) with Vegetables

- 1 can corned beef
- 1 cup chopped onion
- 2 cups bite size vegetables (potato and cabbage)
- 1 tablespoon vegetable oil

### seasonings:

pepper, garlic, ginger, spring onion, etc.

Put oil in fry pan to warm. Add corned beef. Stir for 1 minute. Add onions for another minute before adding vegetables. Remove from heat in about 2 minutes after the vegetables are added. Serve hot with rice or traditional staples.

**Variation:** Corned beef can be substituted with cooked chicken or pork or other leftover meat. Many different vegetables can be used in the recipe. A few vegetables are cooked longer than others. For instance, carrot and potato must be put in the pan about 2 minutes before cabbage, cucumber, and tomato. Vegetables should be crispy and shouldn't be overcooked.

### ASCC/EFNEP

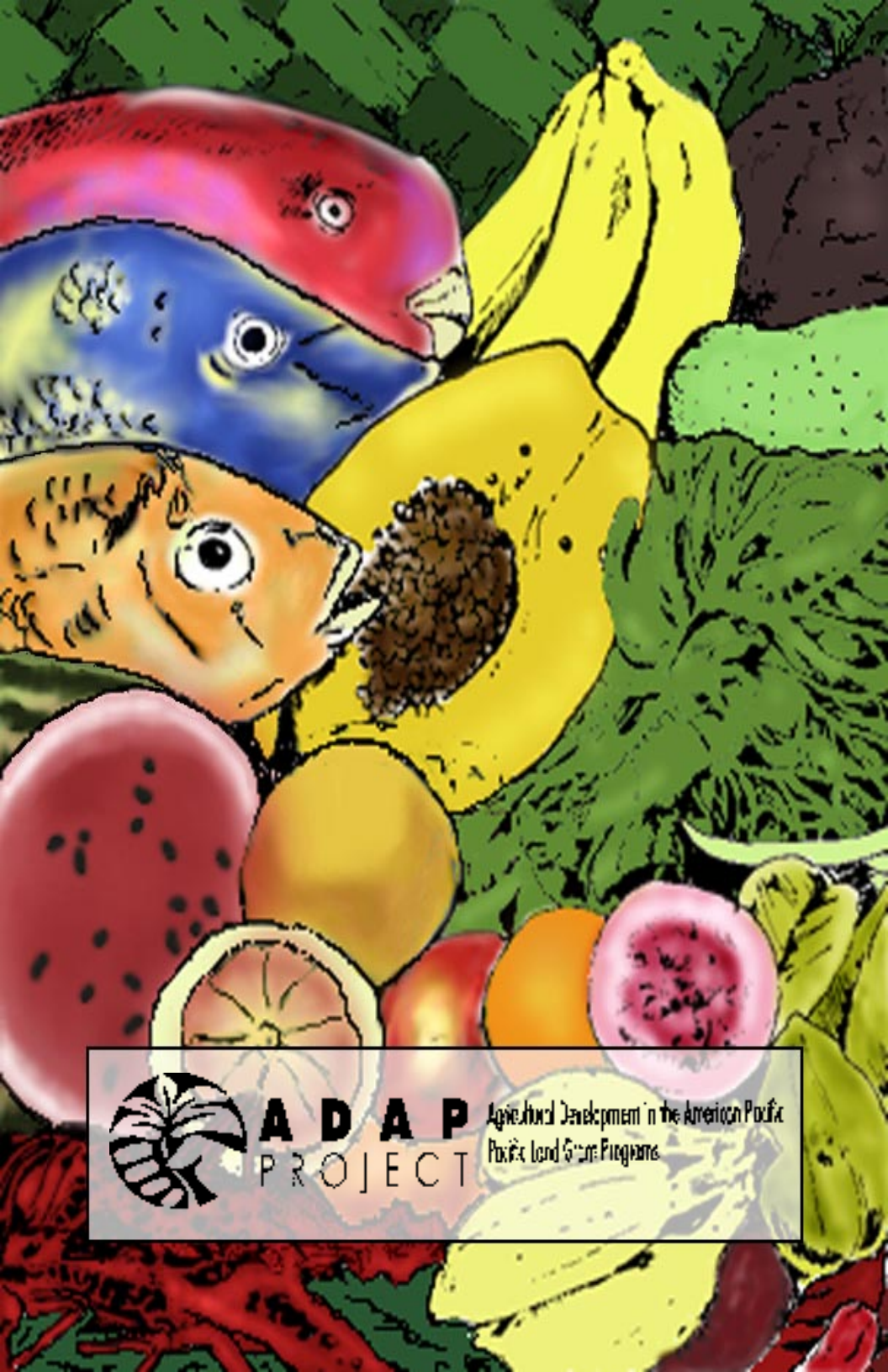
#### Estimated Nutritional Values

Amount/Serving	% DV*	Amount/Serving	% DV*
Calories	260 kcal 13 %	Carbohydrate	12 Gm 4 %
Total Fat	14 Gm 22 %	Iron	1.8 Mg 10 %
Saturated Fat	5 Gm 25 %	Calcium	25 Mg 3 %
Cholesterol	61 Mg 20 %	Vitamin A	7.6 IU 0 %
Sodium	717 Gm 30 %	Vitamin C	11.7 Mg 20 %
Protein	21 Gm 42 %		

\*Percent daily Values (DV) are based on a 2,000 calorie diet

Servings in this recipe: 4

Milk: 0 Veg: 0.5 Fruit: 0 Bread: 0.5 Meat: 1



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Agricultural Development in the American Pacific  
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