

Lu`au (LOO-ow): A traditional Hawaiian feast that may feature food, such as kalua pork, poke, lomi lomi salmon, haupia, tropical beverages and beer. and entertainment, such as Hawaiian music and hula.



Below are recipes for traditional Hawaiian Lu`au food (adjust the recipe to fit your needs). From <http://www.bigislandvacation.com>

Lomi Lomi Salmon (salt-cured salmon with onions)

Ingredients :

- 1/4 cup coarse Hawaiian sea salt
- 8 ounces salmon fillet
- 1/2 cup finely diced white onion
- 3 tablespoons finely chopped green onions
- 1 cup diced tomato

Preparation:

Place salt and fish in a large zip-top plastic bag; shake bag to coat fish evenly. Chill overnight. Remove fish from bag; rinse well. Soak fish in ice water for 2 hours, changing water every 30 minutes. Drain well. Pat fish dry with paper towels. Dice fish; place in a large bowl. Set aside. Soak white onion in ice water 15 minutes. Drain well. Add diced onion, green onions, and diced tomato to fish. Massage (lomi is the Hawaiian word for massage) and toss the mixture gently to combine.

Ahi Poke (POH-key: Poke is Hawaiian for 'cut')

Ingredients:

- 1 pound ahi (yellowfin tuna, sashimi grade) diced
- 2 tomatoes, chopped
- 1/2 cup minced yellow onion
- 1/4 cup minced green onion
- 3/4 cup soy sauce
- 2 tablespoons sesame oil
- 2 tablespoons sesame seed
- Salt and pepper to taste

Preparation:

Combine all ingredients, mix well then chill.

Corn Chowder

Ingredients:

- 1 qt. chicken stock
- 4 potatoes, peeled and diced
- 2 onions, diced
- 1 cup diced celery
- 1-1/2 cups light cream
- salt and pepper to taste

1/2 cup chopped parsley
1 tablespoon fresh dill (or 1-1/2 tbsp dill weed)
2 cups chopped Portuguese sausage (or spicy Italian sausage)
2 cans (17 oz ea.) creamed corn

Preparation:

In large stock pot combine chicken stock, potatoes, onion and celery. Simmer until potatoes are just tender. Add remaining ingredients and simmer until heated through.

Fried Rice

Ingredients:

2 tablespoons vegetable oil
1 cup diced ham or shrimp
6 cups steamed rice
1 cup diced cooked vegetables (peas, carrots, etc.)
2 tablespoons soy sauce
1-1/2 tsp sesame oil
1/2 tsp salt, to taste
3 eggs, beaten
4 tbsp thinly sliced green onion

Preparation:

Heat oil in large skillet or wok. Sauté meat for 30 seconds on high heat. Remove from pan. Add beaten eggs and keep egg moving while cooking so that eggs scramble into small pieces. Remove from pan. Return meat to pan and add rice. Reduce heat to medium and cook approximately 2 minutes, stirring constantly. Stir in vegetables, soy sauce, sesame oil, salt and cooked eggs. Cook 2 additional minutes. Serve in a large bowl or platter. Sprinkle with green onions as a garnish.

Huli-Huli Chicken (Hawaiian BBQ Chicken. Huli is Hawaiian word for “turn”)

Ingredients:

4 lbs. chicken thighs
1/3 cup ketchup
3/4 cup soy sauce
1/2 cup brown sugar
3 tablespoons olive oil
3 tablespoons sweet chili sauce (look in the Asian aisle)
1/2 cup honey
Juice of 4 limes (about 1/3 cup)
1 piece ginger root, grated
2 clove garlic, crushed

Preparation:

Reserve 1/3 cup sauce. Marinate chicken overnight in remaining sauce. Brush chicken with sauce. Barbecue low temperature, turning and basting with sauce until it is done (about 90 minutes).

Kalua Pork (traditionally slow cooked in an underground oven)

Ingredients:

4 lbs. pork butt (pork shoulder)
1/4 cup liquid smoke
2 tablespoons Hawaiian sea salt
4 banana peels (optional)

Score pork on all sides making 1/4 inch deep slits 1 inch apart. Rub salt into slits, then rub all sides with liquid smoke. Place banana peels below and above the roast. Wrap in aluminum foil and seal thoroughly. Let stand 30-45 minutes. Place on rack in shallow roasting pan. Roast at 500° for 45 minutes, then at 300° for 3 1/2 hours or until done. Discard banana peels. Shred cooked pork and let stand in light brine solution before serving. Yield: 8-10 servings.

Haupia (traditional coconut pudding)

Ingredients:

2 cups coconut milk
2 cup whole milk
6 tablespoons sugar
6 tablespoons cornstarch
1/4 tsp vanilla (if desired)

Preparation:

In a saucepan, combine 1 cup coconut milk, sugar, and cornstarch. (add vanilla if desired) Heat on low stirring consistently until mixture thickens. Add remainder of coconut milk and whole milk and continue to heat until thickened. Pour into 8 inch square pan and chill until firm. Top serving with toasted shredded coconut.

Macadamia Nut Cream Pie

Ingredients:

1 1/3 cups milk
3/4 cup sugar
1/2 cup chopped macadamia nuts
Dash salt
1 teaspoon vanilla
1 egg
5 teaspoons cornstarch
2 egg whites
1 9-inch baking pie shell
1 cup heavy cream, sweetened and whipped, or use a container of real whipped cream in a can

Preparation:

In a saucepan combine 1 cup of the milk, 1/4 cup of the sugar, 1/4 cup of the nuts, the salt and the vanilla; scald. Mix the remaining 1/3 cup milk with egg and cornstarch. Thoroughly stir some of hot mixture into egg mixture; return all to saucepan. Cook 5 more minutes, stirring constantly, until mixture thickens. Cool 1 hour. Beat egg whites until soft peaks form then fold carefully into cooled mixture. Pour into pie shell and chill. Before serving top with sweetened whipped cream or can of whipped cream and remaining 1/4 cup nuts. Makes 8 servings.