

Waipā Tea

INGREDIENTS:

- 1 Gallon Water
- 5 Mamaki Leaves
- 3 Sprigs of Fresh Peppermint
- 2 4" Fingers of Ginger Root
- 2 4" Fingers of Turmeric Root (Olena)

Directions: *Yield: 1 gallon tea

1. Pour water into a large pot and bring to a boil.
2. Crunch & twist mamaki leaves and sprigs of peppermint; Add to pot of water.
3. Peel ginger and turmeric (olena) with edge of spoon; chop into coarse chunks, strips or slices; add to pot of water.
4. Turn off burner and allow to steep for 1-2 Hrs.
5. Strain tea into a container.
6. Chill and serve!

Stir Fry Ulu or Kalo & Wing Beans

Ulu(seasonal) and/or Kalo may be used

INGREDIENTS:

- 2 Tbsp. Olive Oil
- 2 Cloves fresh Garlic
- 3 lbs of Ulu (breadfruit) or Kalo (Taro)
- 1 Bunch Wing Beans or Green beans
- 4 Tbsp. Veggie Stir Fry Sauce
- 1 Tsp. Hawaiian Salt (sea salt)

Directions: *Yield: 8 servings

1. NIGHT BEFORE: clean kalo; steam in large pot for about 1 hour. Peel, store covered in fridge. For Ulu cut into 1/8 pieces, steam for 20-30 mins. Remove skin and core and store in fridge.
2. Remove ends of beans; chop to bite size pieces.
3. Take kalo from fridge; chop to bite size pieces.
4. Turn pan to medium high; after 1 minute, add olive oil. Add kalo and fry; stir to crisp evenly.
5. Peel and mince garlic; add to pan, sauté briefly.
6. Add beans and continue to sauté 2-3 minutes.
7. Add stir fry sauce & 1 Tbsp. water; fry 30 sec.
8. Add Hawaiian salt to taste. Ready to serve!

Banana Lumpia

INGREDIENTS:

- | Lumpia | Glaze |
|------------------|---------------------|
| 8 Lumpia Wraps | ½ cup Coconut Milk |
| 8 Apple Bananas | ½ cup Water |
| 4 Tbsp. Sugar | 1 Tbsp. Mochi Flour |
| 1 Tbsp. Cinnamon | 2 Tbsp. Sugar |
- *vegetable oil

Directions: *Yield: 8 lumpia

1. Separate Wraps and lay out first wrapper on chopping board or plate; peel Bananas.
2. Mix Sugar and Cinnamon on a plate; roll first Banana in mixture; roll Banana in Wrap; repeat.
3. Place lumpia in a single layer on a pan or plate
4. Heat cast iron skillet on medium high heat with enough oil to cover skillet 1/4" deep.
5. Fry lumpia in skillet until golden brown (about 45 to 60 seconds on each side; place on drain grate.
6. Heat small fry pan to make glaze; add Coconut Milk, Sugar and ¼ cup Water; simmer.
7. In small bowl, mix ¼ cup water and Mochi Flour; add to pan, stirring to desired thickness. *2 min.
8. Slice all rolls in half, serve warm with glaze!

Summer Rolls

INGREDIENTS:

- | | |
|--|------------------------|
| 1 Cucumber | 3 Sprigs of Peppermint |
| 1 Large Carrot | 1 Head Lettuce |
| 1 Avocado | 8 Spring Roll Wraps |
| 2 Bunches pre-packaged Bean Thread Vermicelli | |
| 2 Tbsp. Braggs Liquid Amino Acids (correct name) | |

Directions: *Yield: 8 summer rolls

1. Wash and dry Lettuce & Mint Sprigs
2. Peel Carrots, Cucumbers and Avocados
3. Cut Cucumbers in half and de-seed(?); cut Carrots, Cucumbers and Avocado into strips.
4. Place Vermicelli in bowl; pour hot water on top; allow to stand for 1 minute; drain; add Braggs.
5. Soak a Spring Roll Wrap in plate of water for 1 minute; spread wrap on chopping board.
6. Place a Lettuce leaf followed by Vermicelli, cucumber, carrot and peppermint sprig.
7. Roll & seal with water. Serve or chill for later!

Kale Salad

INGREDIENTS:

Kale (Fresh)

Sesame Oil or Olive Oil or a mixture of both

Balsamic Vinegar

Braggs (Liquid Aminos-like shoyu)

Toasted Sesame Seeds (optional)

Directions:

1. Rinse kale and shake off water. Rip kale leaves from stems and into bite sized pieces, into a medium large bowl.
2. Make a mix of the oil, balsamic vinegar, and Braggs in a separate bowl, with equal parts of each, and just enough to coat the kale.
3. Toss the kale with the mixture. In order to wilt the kale, lomi the salad with a clean hand.
4. Sprinkle with toasted sesame seeds and serve.