

Ke Kahua 'Aiola

The foundation for healthy eating



Recipes

Three Kupuna Crops

Kalo



‘Ulu



‘Uala



Poi Banana Bread



Dry Ingredients

- 2 cups all-purpose flour
- 1 & ½ tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- ½ tsp cinnamon

Wet Ingredients

- 2 cups apple banana, mashed
- ½ cup avocado oil
- ½ cup plain Greek yogurt
- ½ cups Poi
- 1 large egg, room temp
- 1 tsp vanilla extract
- 1 cup brown sugar

Directions

1. Mix dry ingredients in large mixing bowl.
2. Mix wet ingredients in separate large mixing bowl.
3. Add half of the dry ingredients into the wet and slowly combine, then add remaining dry ingredients. Fold gently.
4. Add batter to parchment lined loaf pan.
5. Bake for 40 minutes at 350°F or until toothpick comes out clean.

‘Ulu Breakfast Bar



DRY INGREDIENTS

- 1 cup ‘Ulu Flour
- 1 cup Oats
- 1 cup Coconut flour
- 1/2 tsp. Baking soda
- 1 tsp. Baking powder
- 1/2 tsp. cinnamon
- Pinch of salt
- 1/2 - 1/3 cup sugar (optional)
- 1 cup Chocolate Chips

WET INGREDIENTS

- 3 eggs
- 1 1/2 cup Mashed banana (4 apple banana)
- 1 - 1 1/2 cup fruit pulp (mixed berry, papaya or your choice)
- 1 cup melted coconut oil
- 1 tsp. vanilla
- 6oz guava juice

DIRECTIONS

- Preheat your oven to 360 degrees F
- Mix dry ingredients together (except chocolate chips)
- Mash banana and fruit so it is a chunky puree. Add in all wet ingredients, except pineapple juice.
- Combine wet and dry ingredients.
- Add chocolate chips to dough
- Add juice until the dough forms a ball and doesn't crack
- Oil baking sheet and spread dough/batter 1" - 1 1/4" over the pan
- Bake for 35 - 40 min at 360 degrees F. Let cool briefly before cutting
- If you like a bit more of a crisp, you can bake for another 10 minutes.

Mango Poi Smoothie



Ingredients

- ▶ 1/4 cup milk, non-dairy milk, or coconut water
- ▶ 1/2 cup plain yogurt
- ▶ 1/4 cup fresh or frozen poi
- ▶ 1 cup frozen mango or blueberries
- ▶ 1-2 teaspoons honey (optional)

Directions

1. Prepare the fruit: If using fresh mango, cut it into pieces. Frozen mango works best.
2. Combine ingredients: Add mango, poi, and your choice of liquid (coconut water, milk, or a non-dairy alternative) to a blender.
3. Blend until smooth, adding more liquid if needed to reach your desired consistency.

Kalo Poke



Ingredients

- ▶ 2 cups cubed kalo
- ▶ ½ sweet onion
- ▶ ¼ cup limu (seaweed)
- ▶ 1 teaspoon sesame oil
- ▶ ½ teaspoon pa'akai (sea salt)

Directions

1. Place washed kalo in an Instant Pot with the steamer rack and the minimum water (to the line).
2. Pressure cook on high for 90 minutes.
3. Let cool until the skin peels easily.
4. Cut kalo into cubes.
5. Thinly slice the onion.
6. Wash and chop the limu to your preferred size.
7. Combine all ingredients and mix.
8. Season with salt to taste.

‘Ulu Poke



Ingredients

- ▶ 2 cups cubed ‘ulu
- ▶ ½ cup green onions
- ▶ ½ cup cherry tomatoes
- ▶ ¼ cup limu (seaweed)
- ▶ 1 teaspoon sesame oil
- ▶ ½ teaspoon pa‘akai (sea salt)

Directions

1. Place the washed ‘ulu on the steamer rack in the Instant Pot. Add water up to the minimum fill line.
2. Pressure cook on high for **20** minutes.
3. Let cool until the skin peels easily.
4. Cut ‘ulu into cubes.
5. Thinly slice the green onion.
6. Wash and chop the limu to your preferred size.
7. Combine all ingredients and mix
8. Season with salt to taste.

Pupus – ‘Ulu Hummus (with carrots and celery)



Ingredients

- ▶ 12 ounces mature ‘ulu (peeled, cored, steamed)
- ▶ 1 ¼ cups hot water
- ▶ 3 tablespoon olive oil + 1 tablespoon for garnish
- ▶ ½ lemon, juiced
- ▶ 1 clove garlic, peeled
- ▶ ¾ teaspoon salt
- ▶ ¾ teaspoon cumin
- ▶ 2 tablespoon tahini (optional)
- ▶ Paprika or parsley for garnish

Directions

1. Pressure cook the ‘ulu in an Instant Pot on high for 20 minutes, or until fully cooked.
2. Set aside and allow the ‘ulu to cool.
3. Once cooled, peel the skin and chop into 1-inch cubes.
4. Place the ‘ulu cubes in a food processor with the remaining ingredients. Process until smooth, about 2–3 minutes. If the mixture is too thick, add a small amount of water until the desired consistency is reached.
5. Transfer to a serving bowl and garnish with olive oil and paprika or parsley.

Visit eatbreadfruit.com for more recipe ideas.

Stew With Kalo



Ingredients

- ▶ 1 onion
- ▶ 2 garlic cloves
- ▶ 1lbs. cubed chicken breast
- ▶ 3 stalks of celery
- ▶ 3 carrots
- ▶ 3 tomatoes
- ▶ 2 cups chicken broth
- ▶ 1 tsp salt
- ▶ 1 tsp pepper
- ▶ 2 cups cubed cooked kalo
- ▶ 1 cup poi (preferably sour)

Directions

1. Dice the onion and garlic and sauté in an Instant Pot.
2. Once the onions are glassy, add the chicken and brown the outside.
3. While the chicken browns, chop the celery, carrots, and tomatoes and add them to the pot.
4. Add salt and pepper.
5. Pour in 2 cups of vegi or chicken broth
6. Pressure cook on high for 20 minutes, or slow cook for 5 hours.
7. When finished, open the pot and add cooked kalo & 1 cup of poi.
8. Stir in the poi until the broth thickens.

Kalo or Chicken Lu'au – In the Instant Pot



Ingredients

- ▶ 1 sweet onion
- ▶ 4 lbs. kalo/lu'au leaves
- ▶ 2 lbs. cubed raw kalo or raw chicken
- ▶ 1 tablespoon brown sugar
- ▶ 1 can coconut milk
- ▶ 1 cup water
- ▶ 1 teaspoon pa'akai (sea salt)

Directions

1. Wash the lu'au leaves and remove the stems.
2. Roll the leaves, slice them (about 10 at a time for easier cutting), and place in the pot.
3. Place kalo or chicken on top of the leaves.
4. Add sugar and salt.
5. Pour in the coconut milk and water.
6. Cook on high pressure for 90 minutes.
7. Vent and open the pot, removing excess liquid if needed.
8. Stir to mash the leaves.
9. Serve with poi and enjoy.

‘Ulu Corn Chowder



Ingredients

- ▶ 2 cups ‘ulu, cooked and cubed
- ▶ $\frac{3}{4}$ tablespoon butter
- ▶ $\frac{1}{8}$ cup onion, finely chopped
- ▶ 1 stalk celery, chopped
- ▶ 1 teaspoon garlic, minced
- ▶ $1\frac{1}{2}$ tablespoon all-purpose flour
- ▶ 1 cup milk, heated
- ▶ $1\frac{1}{2}$ cup vegetable stock/broth
- ▶ 1 small kalo, cooked and cubed
- ▶ $\frac{1}{3}$ cup zucchini, diced
- ▶ $\frac{1}{3}$ cup cauliflower, chopped
- ▶ $\frac{1}{2}$ cup carrot, diced
- ▶ 12 ounces corn, fresh or canned
- ▶ 1 bay leaf
- ▶ $\frac{1}{4}$ teaspoon paprika
- ▶ 1 teaspoon thyme
- ▶ $\frac{1}{2}$ teaspoon parsley
- ▶ $\frac{1}{4}$ teaspoon chili powder
- ▶ $\frac{1}{2}$ teaspoon black pepper
- ▶ Salt, to taste

Directions

1. Add butter to stock pan on medium heat.
2. Add onion, celery and garlic, sauté until tender, approximately 5 minutes.
3. Stir in flour and cook 1 minute, stirring constantly.
4. Slowly add milk and broth/stock to pan, whisking until thickened.
5. Add ‘ulu and kalo and simmer 10 minutes.
6. Add zucchini, cauliflower, carrots and corn, simmer for another 10 minutes.
7. If desired, puree with immersion blender.
8. Mix in spices and salt.
9. If chowder is too thick, add broth/stock to taste. Serve hot.

‘Ulu Chili



Ingredients

- ▶ 12 oz mature ‘ulu (peeled, cored, and par-cooked)
- ▶ 1 tbsp olive oil
- ▶ 1 med. Onion, chopped
- ▶ 1-2 garlic cloves, minced
- ▶ 1½ cup vegetable stock
- ▶ 2 carrots, diced
- ▶ 1 red bell pepper, diced
- ▶ 1½ tsp chipotle powder
- ▶ 1 can low sodium tomato sauce
- ▶ 1 can low sodium diced tomatoes
- ▶ ½ cup cilantro, chopped
- ▶ 1 can low sodium kidney beans
- ▶ 12 oz corn, fresh or canned
- ▶ 2 tbsp ground cumin
- ▶ 2 tbsp chili powder

Directions

- Defrost ‘ulu by steaming 10-15 minutes or until fork can be inserted all the way through.
- Once cool, cut into ½-inch cubes and set aside.
- Heat oil in a large stock pot over medium heat. Add onion and garlic and sauté for 2 minutes.
- Add half of the stock to pot, reserve the rest for later. Add carrots, bell pepper and chipotle.
- Simmer over low heat, uncovered for 15 minutes, stirring occasionally. Add remaining stock, ‘ulu and rest of ingredients and simmer uncovered for 10 minutes.
- Serve hot with sour cream, grated cheese and avocado.

'Uala & 'Ulu Salad



Ingredients

- 3 cups 'uala (peeled and par-cooked – see instructions)
- 2 cup mature 'ulu (peeled, cored, and par-cooked – see instructions)
- ½ cup Greek yogurt
- ½ tsp ground pepper
- Salt to taste
- 1 tsp ground mustard
- 1 tsp granulated garlic
- 2 hard-boiled eggs, crumbled
- 2 stalks celery, chopped
- ¼ cup sweet onion, finely chopped
- ½ cup diced red bell pepper (optional)
- Green onion, to taste, chopped

Directions

1. In instant pot, cook 'ulu for 20 minutes or until its is soft, but not mushy – clean and cut into cubes
2. In instant pot, cook 'uala for 20 minutes or until its is soft, but not mushy– clean and cut into cubes
3. Combine yogurt, pepper, salt, mustard, and garlic, mixing thoroughly, then fold in the crumbled eggs.
4. Place 'ulu and 'uala in a large bowl. Add celery, onion, bell pepper and green onion and toss.
5. Add yogurt mixture and combine until evenly coated. Chill until served.

Kō'elepālau (Sweet Potato Mash)



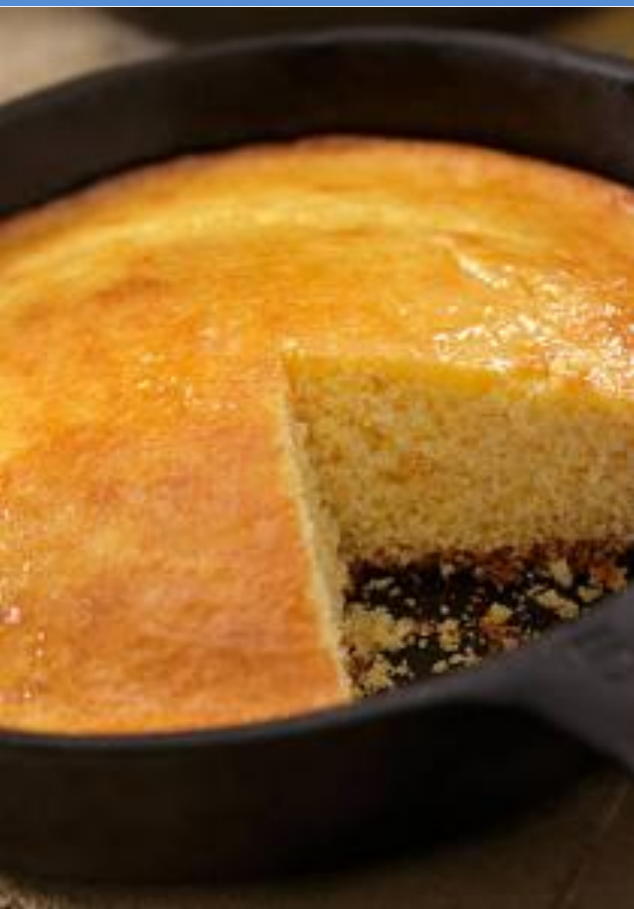
Ingredients

- ▶ 3 lbs Okinawan sweet potatoes
- ▶ ½ to 1 can coconut milk
- ▶ Flaky sea salt (to taste)

Directions

1. Place the washed sweet potatoes in an Instant Pot on the steamer rack and add water up to the minimum fill line.
2. Pressure cook on high for 15-20 minutes.
3. Allow the sweet potatoes to cool until they can be handled comfortably. The skins should peel off easily.
4. Mash the sweet potatoes with coconut milk until you reach your desired consistency.
5. Season with salt to taste.

'Ulu Cornbread (gluten-free)



Ingredients

- ▶ 1 Cup Cornmeal
- ▶ 1 Cup 'Ulu Flour
- ▶ 1 Tablespoon Baking Powder
- ▶ ½ Teaspoon Salt
- ▶ 1 Cup Milk (Or Plant-based Milk)
- ▶ 1/3 Maple Syrup or Honey
- ▶ 1/4 Cup Butter
- ▶ 2 Large, Beaten Eggs

Directions

1. **Preheat:** Set your oven to 375°F (190°C) and lightly grease a standard baking dish or a cast-iron skillet.
2. **Combine Dry Ingredients:** In a large mixing bowl, whisk together the cornmeal, 'ulu flour, baking powder, and salt.
3. **Mix Wet Ingredients:** In a separate bowl, whisk together the milk, sugar (or syrup), melted butter, and eggs.
4. **Fold:** Pour the wet mixture into the dry ingredients and stir just until they are combined. Be careful not to overmix.
5. **Bake:** Pour the batter into your prepared pan and bake for 25 to 30 minutes, or until the top is golden and a toothpick inserted into the center comes out clean.