

Hawaiian Cuisine

Unit: Preparing Foods

Problem Area: Regional and International Cuisine

Lesson: Hawaiian Cuisine

- **Student Learning Objectives.** Instruction in this lesson should result in students achieving the following objectives:

- 1 Summarize Hawaiian cuisine and its influences.**
- 2 Describe Hawaii's most common food ingredients and cuisines.**

- **Resources.** The following resources may be useful in teaching this lesson:

E-unit(s) corresponding to this lesson plan. CAERT, Inc. <http://www.mycaert.com>.
“Dining in Hawaii,” *To-Hawaii.com*. Accessed June 12, 2018. <https://www.to-hawaii.com/dining-in-hawaii.php>.
“Five Top Hawaiian Staple Foods and Ingredients,” *Princess Cruise Lines, Ltd.* Accessed June 12, 2018. <https://www.princess.com/cruise-tips-vacation-ideas/cruise-destinations/hawaii-vacations/5-ingredients-that-dominate-hawaiian-cuisine.html>.
“Hawaiian Food,” *To-Hawaii.com*. Accessed March 13, 2018. <http://www.to-hawaii.com/food.php>.
“Hawaii Regional Cuisine,” *Hawaii Tourism Authority*. Accessed June 12, 2018. <http://www.gohawaii.com/experiences/culinary/regional-cuisine>.
Pereltsvaig, Asya. “Hawaiian Cuisine as a Melting Pot of Ingredients and Cultures,” *Languagesoftheworld.info*. Accessed June 12, 2018. <http://www.languagesoftheworld.info/uncategorized/hawaiian-cuisine-melting-pot-ingredients-cultures.html>.
Wiens, Mark. “Traditional Hawaiian Food: Eat These Seven Massively Tasty Dishes,” *Migrationology.com*. Accessed June 12, 2018. <http://www.migrationology.com/traditional-hawaiian-food-dishes/>.



■ Equipment, Tools, Supplies, and Facilities

- ✓ Overhead or PowerPoint projector
- ✓ Visual(s) from accompanying master(s)
- ✓ Copies of sample test, lab sheet(s), and/or other items designed for duplication
- ✓ Materials listed on duplicated items
- ✓ Computers with printers and Internet access
- ✓ Classroom resource and reference materials

■ Key Terms. The following terms are presented in this lesson (shown in bold italics):

- | | | |
|-----------------------------|---------------|------------------------|
| ➤ ahi tuna | ➤ kava | ➤ pa'ina |
| ➤ breadfruit | ➤ kimchi | ➤ pineapple |
| ➤ chicken long rice | ➤ kukui nuts | ➤ pipikuala |
| ➤ coconut | ➤ lau lau | ➤ poi |
| ➤ haupia | ➤ li hing mui | ➤ poke |
| ➤ Hawaiian fusion cuisine | ➤ loco moco | ➤ Polynesian arrowroot |
| ➤ Hawaiian regional cuisine | ➤ lomi-lomi | ➤ pupu |
| ➤ imu | ➤ luau | ➤ shave ice |
| ➤ inamona | ➤ mahi-mahi | ➤ SPAM® |
| ➤ kalua pig | ➤ malasada | ➤ SPAM® musubi |
| | ➤ mochi | ➤ taro |
| | ➤ okolehao | ➤ ti |

■ Interest Approach. Use an interest approach that will prepare the students for the lesson. Teachers often develop approaches for their unique class and student situations. A possible approach is included here.

Write the words “Hawaiian Cuisine” on the board. Have students write down the first things that come to their mind. Allow time for each student to participate, and then discuss. Next, ask students to brainstorm the root of Hawaiian cuisine. Hawaiian cuisine is unique—until a few decades ago, it was a melting pot of the Asian cultures that migrated there. Dining in Hawaii had usually meant eating dishes with ingredients imported from elsewhere rather than those locally grown. However, since the early ‘90s, Hawaii has experienced a culinary revolution with many locally grown foods. Twelve Hawaiian chefs were the first to take advantage of the islands’ various, fresh ingredients. (Source: To-Hawaii.com.) See if the class can find these chefs online.

Use VM–A and VM–B to introduce the unique Hawaiian alphabet (with only 12 letters), language, common terms, common cuisine terms, and keys to pronouncing the words. Have students practice the Hawaiian pronunciation of common words.

CONTENT SUMMARY AND TEACHING STRATEGIES

Objective 1: Summarize Hawaiian cuisine and its influences.

Anticipated Problem: What is the cuisine of Hawaii? How does history, geography, and culture influence Hawaii's cuisine?

- I. **Hawaiian regional cuisine** is 'aina-based (based on the homeland) and takes advantage of the freshest island ingredients. This includes cattle raised on the upland pastures of Hawaii Island (Hawai'i, the Big Island), fruits and vegetables grown from rich, volcanic soil in Upcountry Maui, and, from the Pacific, some of the best quality fish in the world. There are twelve chefs who advocated and promoted Hawaiian fusion cuisine: Sam Choy, Philippe Padovani, Roger Dikon, Gary Strehl, Roy Yamaguchi, Amy Ferguson Ota, Jean-Marie Josselin, George Mavrothalassitis, Beverly Gannon, Peter Merriman, Mark Ellman, and Alan Wong. There are many influences that created the regional and fusion cuisines in this beautiful island chain.
- A. **LOCATION:** The state of Hawaii is the only American state located outside of North America—2,000 miles off the west coast in the Pacific Ocean. (Puerto Rico, the U.S. Virgin Islands, Guam, the Northern Mariana Islands, and American Samoa are all territories—not states—that have their own unique stories.) Hawaii is the only state located in the Oceanian region of the world, and it is the only one composed entirely of islands. Hawaii is made up of many islands. There are the eight main islands, seven of which are inhabited, and 128 smaller, uninhabited islands.
 1. Hawai'i (the Big Island)
 2. O'ahu
 3. Maui
 4. Kaua'i
 5. Moloka'i
 6. Lana'i
 7. Ni'ihau (under 200 residents)
 8. Kaho'olawe (uninhabited)
- B. **PRE-CONTACT PERIOD (300 TO 1778 A.D.):** A pre-contact period refers to a time before natives are exposed to modern civilizations. Originally, Polynesian seafarers arrived on the Hawaiian Islands, where they found only a few edible plants. Polynesians introduced about thirty food-based plants to the islands, with the most important plant being taro. For centuries, taro, and the poi made from it, remained the staple of their diet. In addition to taro, Polynesians brought sweet potatoes and yams. They found plenty of fish, shellfish, flightless birds, and eggs to sustain them. Most Pacific islands had no meat animals, but the ancient

Polynesians brought pigs, chickens, and dogs as cargo. Even today, wild boars roam many of the islands—ancestors of the ancient Polynesian pigs. Sea salt was a common condiment in ancient Hawaii. **Inamona** is a relish made of roasted, mashed kukui nuts, sea salt, and sometimes seaweed. Other settlers brought more ingredients as they arrived on the islands.

1. The Marquesans (French Polynesians) introduced breadfruit.
 2. Tahitians introduced baking bananas.
 3. Others brought coconuts, kukui nuts, and sugarcane.
- C. POST-CONTACT PERIOD (18TH AND 19TH CENTURIES): In this era, Americans, Europeans, and Asians began exposing Hawaii to different peoples, food sources, and ways of life.
1. 1778: Captain James Cook visited the island of Ni’ihau, leaving seeds for melons, pumpkins, and onions.
 2. 1793: Captain George Vancouver brought the first cattle to the islands, and beef was introduced to Hawaiian cuisine.
 3. Early 19th Century: In 1813 Honolulu, pineapples were first cultivated by a Spanish botanist, Don Francisco de Paula Marin. In 1815, Marin was later credited with the first Hawaiian vineyard of (now rare) Mission grapes. He also brewed the first beer in 1812, and he planted the first coffee crop in 1817. Marin also experimented with planting oranges, limes, beans, cabbages, potatoes, peaches, melons, maize, and lettuce.
 4. Late 19th Century: Pineapple and sugarcane plantations took over much of Hawaii’s land. These two crops became the most important sources of revenue for their economy.
- D. TERRITORIAL PERIOD AND STATEHOOD: In 1898, Hawaii became a United States territory. In 1959, Hawaii became a state. From the mid-1800s to today, America’s influence on Hawaii made a lasting impression.
1. 1849: The first restaurant in Honolulu was opened, known as an “eating house.”
 2. 1905: Hawaii increased local agriculture production, supplying California with flour, potatoes, and other vegetables.
 3. 1970s: Pineapples became cheaper to grow in Southeast Asia, and Hawaiian agriculture began producing a variety of crops, including squash, tomatoes, chili peppers, and lettuce.
- E. OTHER IMMIGRANTS: As the demand for labor grew, plantation owners hired immigrants, including Chinese, Korean, Japanese, Filipino, and Portuguese laborers. Ethnic groups established farms, groceries, and cuisine that reflected their cultures.
1. Chinese: Chinese immigrants brought Cantonese cuisine. Bringing the first stir-fry, sweet and sour, and dim sum dishes to the islands. They replaced poi with rice, adding their own herbs and spices. Chinese rice growers imported familiar fish varieties from Asia to stock local streams and irrigation ditches.

2. Korean: Korean immigrants brought **kimchi** (a highly spiced relish of fermented cabbage) and built barbecue pits to cook their marinated meats. Korean-style, boneless meat, with moderately sweet garlic sauce, mixed rice, and seasoned vegetables, became an integral part of Hawaiian cuisine.
 3. Portuguese: Portuguese immigrants came to Hawaii in the late 19th century, introducing foods with an emphasis on pork, tomatoes, and chili peppers. They built traditional beehive ovens to make Portuguese breads and donuts. Later, whalers introduced salted fish, which ultimately became lomi-lomi salmon.
 4. Japanese: Japanese immigrants brought bento and sashimi, and although many of their vegetables would not grow in the island climate, they succeeded in making tofu and soy sauce. Japanese cooking relies on frying, steaming, broiling, and simmering, which lead to the popularization of tempura, noodle soups, and fish served in rich broths. Their sushi and sashimi preparations eventually traveled with them to the United States mainland.
 5. Puerto Rican: Puerto Ricans started immigrating to Hawaii in 1900, and they brought spicy, Spanish-seasoned, thick soups, casseroles, and meat turn-overs.
 6. Filipino: Filipino immigrants arrived in 1909 with peas, beans, and adobo-style vinegar and garlic dishes. Their cuisine relies on boiling, stewing, broiling, and frying foods instead of baking them. Instead of rice, a Filipino staple is the sweet potato.
 7. Vietnamese: After the Vietnam War ended in 1975, refugees and immigrants from Vietnam arrived, bringing lemongrass, fish sauce, and banh mi sandwiches.
- F. **GEOGRAPHY**: The Hawaiian archipelago (a group of islands) is located 2,000 miles southwest of the United States. Hawaii is the southernmost U.S. state and the second westernmost state (after Alaska). Hawaii and Alaska do not border any other U.S. state. Hawaii is the only state that is not geographically located in North America, completely surrounded by water, and entirely an archipelago. Hawaii's diverse natural scenery, warm tropical climate, sandy beaches, oceanic surroundings, and active volcanoes make it a popular destination for tourists, surfers, biologists, and volcanologists (a geologist that studies volcanoes). This landscape also affords the region great culinary options with lots of fresh ingredients. Tropical fruits and Pacific fish are the main natural resources found in the area.
- G. **COASTAL FOOD SOURCES**: Fishing and harvesting seafood and seaweed are an important part of the Hawaiian food industry. The waters around Hawaii contain hundreds of species of fish, with about 30 percent being native to the islands. From a culinary perspective, the most important of these include the Pacific blue marlin, swordfish, grouper, red and pink snapper, dolphin fish, and moonfish, but the most important fish in Hawaiian cuisine is tuna. Kona coffee is a coastal crop found in the Kona districts of the Big Island (Hawaii). Both the sun-to-rain ratio (about equal) and the rich, volcanic soil of the Kona districts make this coffee strain unique. Hawaii and California are the only two states with the soil conditions to grow coffee beans. (However, Puerto Rico also grows coffee.)

- H. **FESTIVALS AND SPECIAL OCCASIONS:** At important occasions, ‘aha’aina, a traditional feast, was held. When a woman was to have her first child, her husband started raising a pig. This would be used for the ‘aha’aina celebration at the child’s birth. Shrimp, crab, seaweeds, and taro leaves were also required for the feast. The modern name for these feasts is luau.
1. A **luau** (lu’au) is a traditional Hawaiian party that is usually full of food and entertainment, such as Hawaiian music, fire dancing, and hula dancing. The term “lu’au” comes from the name of a food that is always served at ‘aha’aina. The dish consisted of young, tender taro leaves cooked with chicken (or octopus) and coconut milk.
 2. **Pa’ina** is the Hawaiian word for a meal or a gathering. For example, there is a four-month-long, ancient, traditional festival that includes pa’ina at the beginning of each new year.
- I. **CUISINE:** All immigrant cultures (as well as American) play major roles in the distinctive cuisine we identify as Hawaiian. Early Polynesian settlers began growing taro, banana, coconut, and breadfruit. Meats were eaten less than fruits, vegetables, and seafood. Some groups did import and raise pigs, chickens, and dogs. Popular condiments included salt, ground kukui nut, seaweed, and sugarcane. Sugarcane was used both as a sweetener and a medicine. These non-native species may have caused various birds, plants, and land snails to become extinct.

Teaching Strategy: Use VM–A and VM–B during the Interest Approach to introduce the Hawaiian language. Use VM–C and VM–D to show Hawaii’s location and its main islands. Use VM–E through VM–H to review common Hawaiian food ingredients.

Objective 2: Describe Hawaii’s most common food ingredients and cuisines.

Anticipated Problem: What are Hawaii’s most commonly used food ingredients? What is classic or native Hawaiian cuisine? What is Hawaiian fusion cuisine?

- II. Hawaiian cuisines are full of tropical twists on international dishes. With a wide variety of fruits, nuts, fish, and cultural influences, Hawaii’s regional and fusion cuisines are uniquely their own.
- A. **SPICES, HERBS, AND SAUCES:** An Asian influence is obvious in the islands, with teriyaki becoming the most popular way of treating meats (including SPAM®). Other common Asian spices include five-spice powder from China, wasabi and soy sauce from Japan, and bagoóng (a fermented fish condiment from the Philippines).
1. Aloha Shoyu: Aloha Shoyu is a Japanese-inspired soy sauce—pronounced show-you.
 2. Huli-Huli Sauce: Huli-huli is a cooking technique that means “to turn and turn.” Huli-huli sauce is usually a pineapple, ginger, and garlic barbecue sauce.

3. *Chili Pepper Water*: In Hawaiian chili pepper water, there are chilis, vinegar, ginger, garlic, salt, and of course, water. The chili water, cooking methods, and recipes were introduced by Portuguese immigrants.
- B. VEGETABLES, FRUITS, AND NUTS: Hawaii has a number of fruits and nuts that are native to the islands, but also many that were brought by immigrants.
 1. **Taro** is a slightly sweet, tropical tuber. Similar in texture to a potato, it is a popular ancient plant that has been harvested for at least 30,000 years (earliest references were by the indigenous people of New Guinea).
 - a. There are over 250 varieties of taro, and many that can only be found in Hawaii. There are hundreds of varieties of taro, and some of the wetland varieties are used for poi, taro starch, and flour. The dry-land variety has a crispy texture and is used for making taro chips. The American variety is smaller, and it is used for stewed dishes. The “lehua maoli” is a purple variety that makes the best poi.
 - b. **Poi** is a thick paste made from taro root that has been steamed or baked (and then pounded). While pounding, water is added to the mixture to create a very sticky, pudding-like consistency. It is often used as a dipping sauce for pork lau lau. Poi is a Polynesian staple food, and it is part of native Hawaiian cuisine.
 2. **Breadfruit** is a fruit from the mulberry and jackfruit family that has a potato-like flavor and smells like freshly baked bread when cooked. It is very rich in starches that transform into sugars when ripe. Breadfruit can be roasted, baked, fried, or boiled.
 3. **Kukui nuts** (also candlenuts) are similar to macadamia nuts, and their roasted kernels produce oils that were traditionally used in candles. The kukui is the main ingredient in the ancient Hawaiian condiment inamona, and inamona is a key ingredient in poke. Kukui is Hawaii’s state tree.
 4. A **coconut** (niu) is the large fruit of a coconut palm. It has a fibrous husk surrounding a dense, hard shell (seed) that contains edible white flesh and a fluid-filled, central cavity. Coconuts are used in a wide range of Hawaiian dishes, from coconut rolls to coconut pudding. [NOTE: Depending on the context, coconut can refer to the whole coconut palm, the seed (shell and insides), or the inner fruit (just the insides). A coconut is not a nut—it is a drupe (a fleshy fruit with a hard, stony, seed covering).]
 5. **Polynesian arrowroot** is a starchy tuber from the yam family that is primarily used as a thickening agent in puddings. It acts like cornstarch. Cooked arrowroot is often mixed with papayas, bananas, or pumpkins in baked desserts.
 6. A **pineapple** (hala kahiki) is a large, three-to-nine-pound, tropical mass of berries with juicy, yellow flesh covered by a single, brown skin. It is mildly acidic, has a prickly peel in a diamond-shaped pattern, and offers a sweet aroma. The pineapple plant has multiple, edible fruits consisting of berries (also called pineapples) that are fused on a central stock (covered as one fruit with a thin skin). Pineapple is a famous ingredient in many Hawaiian-inspired dishes, including pineapple upside-down cake, pineapple sorbet, and pineapple chicken.

7. **Li hing mui** is a plum-based powder that is salty, sour, and sweet. It is often described as tart and tangy. (Li hing mui can also refer to that actual salted plum the powder comes from.) It is said to have an acquired taste, but locals love to put in on a variety of treats, such as sour gummies, dried mangoes, shaved ice, and popcorn. Some chefs describe li hing mui as tear inducing, because the first blush of flavor is salty, turns quickly sour, becomes savory (like MSG), and finishes a bit like artificial sweetener.
 8. **Ti** is a tropical evergreen plant, from the asparagus family, whose leaves are used in the making of food wrappers, rain capes, and hula skirts. In Hawaii, it is known as the “good luck plant.”
- C. **FUSION: Hawaiian fusion cuisine** is a mash-up of primarily Asian, tropical, and American cuisines. Some describe Hawaiian fusion as a refined, regional cuisine, while others describe it as a melting pot of ethnic and cultural dishes. For Hawaiians, it is a way of life.
1. **Mexican Fusion:** Chef Mark Ellman’s franchise restaurants, Maui Tacos, serve Mexican food with a Hawaiian slant—a fusion cuisine. Offerings include the “Baja Grilled Fish Taco,” the “Wiki Wiki Shrimp Taco” (with mango salsa), or their “Maui Style” taco salad. He combines classic Mexican offerings with fresh greens, fruits, and proteins from the island.
 2. **SPAM®:** **SPAM®** is a canned meat product, made by Hormel, containing six ingredients—pork with ham, water, potato starch, sugar, and sodium nitrite. It has been highly popular in Hawaii for decades. Per capita, Hawaiians are the second largest consumers of SPAM® in the world, just behind Guam. Originally brought to Hawaii by American servicemen, it became an important source of protein for locals after fishing around the islands was prohibited during World War II. According to the Hawaii Plan website, Hawaiians consumed more than six million cans of SPAM® each year. They even have a festival every April, the SPAM JAM®.
 - a. Most commonly, it is served fried, with rice.
 - b. It is served with eggs for breakfast.
 - c. Sometimes, it is wrapped in ti leaves, roasted, skewered, deep fried, or stir-fried with cabbage.
 - d. In Asian-inspired preparations, it can be found added to saimin (a ramen noodle soup; pronounced sigh-min), mashed with tofu, or served cold with somen (thin white Japanese noodles; pronounced soh-men).
 - e. It might be baked in macaroni and cheese, eaten in sandwiches with mayonnaise, or cooked in guava jelly.
 - f. SPAM® is sometimes used in a chutney for a **pupu**, a savory appetizer. A pupu platter contains a variety of appetizers.
 3. **Spam Musubi:** **Spam musubi** is a slice of grilled SPAM® that is placed on a block of sushi rice and wrapped with a strip of nori (the Japanese name for dried, edible seaweed sheets). In the 1980s, this popular snack found its way onto island sushi menus.

4. Chicken Long Rice: **Chicken long rice** is a dish, similar to a soup or a stew, that is cooked in a wok and combines chicken and Chinese rice noodles (a.k.a. long rice, cellophane, glass, bean, or thread noodles) with mushrooms, green onions, chicken broth, and soy sauce. This can be a slurpy soup, and is sometimes flavored with ginger. Chicken long rice is a Chinese dish that has been adopted by Hawaiians and served at many luaus.
- D. MARINE: Multiple seafood ingredients and dishes can be found throughout Hawaii.
1. An **ahi tuna** is the Hawaiian equivalent of a Yellowfin or a Big Eye tuna. It has a light-pink flesh, offers a stronger flavor than most fish, and is the most-used fish in Hawaiian cuisine. It is often eaten raw. Other types of tuna from this area include skipjack and albacore. Tuna is used in the traditional Hawaiian dish, poke.
 2. **Poke** is a dish made of raw, diced fish (often ahi tuna) that is usually mixed with soy sauce, sesame oil, kukui nuts, and/or seaweed—much like a ceviche. Poke can be served as an appetizer or a main course. More than 100 varieties of poke dishes are found in the Hawaiian Islands.
 - a. Poke versus ceviche: Unlike most other raw fish dishes, such as a Latin American ceviche, Spanish or Polynesian poke recipes don't use vinegar or citrus juice to denature the fish proteins and tenderize the flesh. In Hawaii, soy or sesame sauces are used instead.
 - b. Poke condiments: Poke condiments exhibit strong Asian influences, especially Japanese. During the 19th century, foreign vegetables, such as tomatoes and onions, were added to the poke mixture. Today, Maui sweet onions are commonly included.
 3. Although salmon is not indigenous to Hawaii, a salmon-based dish called lomi-lomi originated on the islands. **Lomi-lomi** is a side dish of freshly-diced, salted salmon with sliced tomatoes, Maui onions (green onions), and, occasionally, red chili peppers or crushed ice. Lomi-lomi is usually mixed by hand with a massaging action, which gives the dish its name—in Hawaiian, lomi-lomi means “to massage.” It is always served cold, usually eaten with poi, and is ritually significant (ancient Hawaiians offered a similar looking red-fleshed kumu fish to their gods).
 4. **Mahi-mahi** is a moist fish that has lean, pinkish flesh, a bright-red bloodline, a mild, sweet taste, a moderately firm texture, and (when cooked) large, moist flakes. Mahi-mahi (a.k.a. dolphinfish or dorado) is usually cut into steaks and fried or grilled, but it can also be baked, deep-fried, sautéed, or prepared as sushi. In the Hawaiian language, mahi-mahi translates as “strong-strong.”
 5. A pacific blue marlin is a billfish (has a long horn or bill) that has a very low fat content, and it is often barbecued or grilled (carefully, as it can be easily over-cooked).
 6. A swordfish (another billfish, a.k.a. broadbill) is high in fat, and its steaks are grilled, broiled, or used in a stir-fry. While it is very popular locally, it is also shipped throughout the U.S. mainland.

7. Groupers are large, big-mouthed fish that typically eat other fish or octopus. When cooked, they are white and flaky, so they can be prepared steamed, grilled, or fried.
 8. Long-tail red snapper (onaga) is fish that is typically steamed, poached, baked, or used in sashimi (or sushi). Pink snapper (opakapaka) has a higher fat content than red snapper.
 9. Wahoo (or ono, meaning “good to eat”) is a large, game fish that is typically grilled or sautéed. Sports fisherman love hunting this giant due to its size and speed.
 10. Moonfish are typically broiled, smoked, or made into sashimi. They are colorful, round fish with pink, red, and orange flesh found in different parts of their body. It’s like eating three fish at once!
- E. BEEF: In the 19th century, Mexican cowboys were brought to the islands to train the Hawaiians in cattle ranching. Cattle ranching grew rapidly, and it continued for the next one hundred years. In 1960, half of the land in Hawaii was devoted to ranching for beef export, but by 1990 that number had shrunk to 20 percent (probably due to property values and the influx of housing). Paniolos are Hawaiian cowboys who chew **pipikaula**, a sun-dried, salted beef that resembles jerky. Pipikaula was usually broiled before serving. There are still many large, successful cattle ranches on these islands.
1. With the influence of Asian cooking, Hawaiian beef strips are commonly marinated in soy sauce. When beef is dried in the sun, a screened box is traditionally used to keep the meat from dust and flies.
 2. Dried meat is often served as a relish or appetizer at a luau.
 3. Another beef dish, **Loco moco**, is (traditionally) a bowl of steamed rice that is topped with a hamburger patty, a fried egg, and brown gravy.
- F. PORK: Pork is especially popular in luaus and shredded-meat barbecues. Although most mainland Americans envision a pig roasting on a spit, most luaus have pork dishes that are prepared in special, underground ovens.
1. **Kalua pig** is pulled pork with marinated, steamed cabbage. Kalua (to cook in an underground oven) is a traditional Hawaiian cooking method in which food is wrapped in leaves and steamed over hot rocks in an earthen pit. An **imu** is a type of underground oven. Kalua pig is commonly served at luau feasts.
 2. **Lau lau** is food wrapped in ti leaves and steamed or baked—usually with pork (such as SPAM®) or fish. It is a traditional Hawaiian dish that is usually cooked in an imu for hours, until it softens and develops a smoky flavor. The meat is tender and juicy while the leaves turn to a spinach-like consistency.
- G. DESSERTS: Momona means sweet. Monamona means dessert.
1. **Haupia** is a traditional, Hawaiian, pudding-like dessert made from sweetened coconut milk. While heating, it is thickened with ground arrowroot, cornstarch, or unflavored gelatin (in the least-traditional recipes). Then, the mixture is chilled and cubed for serving. Haupia is often served at luaus, weddings, and other local gatherings in Hawaii. It is best described as a coconut pudding or gelatin.

2. A **malasada** is a hole-less, Portuguese yeast donut that is made from egg-rich dough, deep fried, and coated with sugar. A traditional malasada contains no filling. In Portuguese, “mal assada” means “undercooked.”
 3. **Mochi** is sweet, chewy, Japanese treat made from short-grain, glutinous (sticky) rice that is pounded into a paste and molded into various forms and shapes—a rounded dessert ball filled with ice cream or another thickened, flavored filling (such as with red beans, Kona coffee, or plum wine). When forming and handling mochi, the dessert ball is dusted with potato or cornstarch to keep it from sticking.
 4. **Shave ice** is a superfine, ice treat, has a snow-like texture (finer than a snow cone), and easily absorbs syrups. It may be found covered in strawberry, banana, peach, pineapple, grape, watermelon, or coconut syrup. Shave ice is often paired with ice cream and topped with a snow cap (a drizzle of sweetened condensed milk).
- H. DRINKS: Due to its setting, Hawaii has many drinks based on tropical fruits, but (due to its rich, cultural history, plant life, and climate) there are other surprising options on its islands.
1. **Kava** (kava kava) is a traditional, medicinal or social, psychotropic beverage or extract from the piper methysticum plant. It is popularly used as a social drink similar to alcohol, but the plant, extract, and drinks are also used for many medicinal purposes. Kava is a Polynesian word derived from the word “awa,” meaning bitter. It is thought to have originated in Vanuatu, a South Pacific island nation. Kava bars have recently experienced some popularity in Hawaii, with commercial kava plantations on Maui, Molokai, Kauai, and Oahu. It is banned in Canada and Europe, due to the psychotropic effect it can have when overused.
 2. **Okolehao** is traditional Hawaiian liquor distilled from the root of the ti plant. It is used in many cocktails, and can be substituted for vodka or gin.
 3. Kona coffee originated in the Kona coastal district of the Big Island (Hawaii), and it was derived from an Arabica bean. Since sun and rain in equal measure, rich volcanic soil, and other climatic factors make this coffee unique, it can only be called Kona coffee if it comes from the Kona coast. Kona’s flavor is mellow, smooth, and yet robust. It is extremely expensive.
 4. Not only a beautiful place to visit, the historic Dole Plantation has been producing pineapples since the turn of the Twentieth Century. Founded by James Dole, this Oahu farm became instantly successful. By the 1930s, Dole’s pineapples and juices were the most recognized brand in the United States, and still are to this day.
 5. Hawaiian, tropical, tiki cocktails, such as the “Blue Hawaii,” the “Mai Tai” (the Tahitian word for good), and the “Lava Flow” blended different liquors with a variety of tropical fruit juices and decorative fruits. [NOTE: Henry Yee, a bartender at the Hilton Hawaiian Village, created the Blue Hawaii when Elvis was filming the 1961 classic, “Blue Hawaii,” at the hotel.]

6. Hawaiian wines are produced mostly on the islands of Maui and Hawaii. As a whole, most Hawaiian wineries mix in tropical fruits, such as pineapple, guava, mango, or passion fruit into their wine blends.
7. From 1897, Primo was the first Hawaiian beer. After being discontinued (from a buyout) it resurfaced in 2008. There are now multiple craft brewing companies in Hawaii. Maui Brewing Company is its largest brewery, while Kona Brewing Company is second in beer manufacturing. Maui and Kona distribute their beer throughout the U.S. mainland, whereas all of the other island breweries cater to a smaller, niche market.

Teaching Strategy: Use VM–I through VM–U to illustrate and facilitate a discussion of Hawaiian regional ingredients and dishes. Assign LS–A.

- **Review/Summary.** Use the student learning objectives to summarize the lesson. Have students explain the content associated with each objective. Student responses can be used in determining which objectives need to be reviewed or taught from a different angle. If a textbook is being used, questions at the ends of chapters may also be included in the Review/Summary.
- **Application.** Use the included visual master(s) and lab sheet(s) to apply the information presented in the lesson.
- **Evaluation.** Evaluation should focus on student achievement of the objectives for the lesson. Various techniques can be used, such as student performance on the application activities. A sample written test is provided.

■ **Answers to Sample Test:**

Part One: Matching

1. e
2. h
3. f
4. a
5. c
6. g
7. b
8. d
9. i

Part Two: Completion

1. Chinese
2. pineapple
3. eight

4. tuna
5. huapia
6. mochi
7. ti
8. Shave ice

Part Three: Short Answer

Answers may vary and would be similar to the following.

1. Kalua pig is pulled pork with marinated, steamed cabbage. Kalua (to cook in an underground oven) is a traditional Hawaiian cooking method in which food is wrapped in leaves and steamed over hot rocks in an earthen pit. An imu is a type of underground oven. Kalua pig is commonly served at luau feasts.
2. Originally brought to Hawaii by American servicemen, SPAM® became an important source of protein for locals after fishing around the islands was prohibited during World War II. SPAM® is used in a variety of ways:
 - a. Most commonly, it is served fried, with rice.
 - b. It is served with eggs for breakfast.
 - c. Sometimes, it is wrapped in ti leaves, roasted, skewered, deep fried, or stir-fried with cabbage.
 - d. In Asian-inspired preparations, it can be found added to saimin (a ramen noodle soup; pronounced sigh-min), mashed with tofu, or served cold with somen (thin white Japanese noodles; pronounced soh-men).
 - e. It might be baked in macaroni and cheese, eaten in sandwiches with mayonnaise, or cooked in guava jelly.
 - f. SPAM® is sometimes used in chutney for a **pupu**, a savory appetizer. A pupu platter contains a variety of appetizers.
 - g. It is also used in SPAM® musubi.

Hawaiian Cuisine

► Part One: Matching

Instructions: Match the term with the correct definition.

- | | |
|--------------|----------|
| a. loco moco | f. poi |
| b. lomi-lomi | g. poke |
| c. luau | h. SPAM® |
| d. mahi-mahi | i. taro |
| e. malasada | |

- _____ 1. A hole-less, Portuguese yeast donut that is made from egg-rich dough, deep fried, and coated with sugar
- _____ 2. A canned meat product, made by Hormel, containing six ingredients—pork with ham, water, potato starch, sugar, and sodium nitrite
- _____ 3. A thick paste made from taro root that has been steamed or baked (and then pounded)
- _____ 4. Traditionally, a bowl of steamed rice that is topped with a hamburger patty, a fried egg, and brown gravy
- _____ 5. A traditional Hawaiian party that is usually full of food and entertainment, such as Hawaiian music, fire dancing, and hula dancing
- _____ 6. A dish made of raw, diced fish (often ahi tuna) that is usually mixed with soy sauce, sesame oil, kukui nut, and/or seaweed—much like a ceviche
- _____ 7. A side dish of freshly-diced, salted salmon with sliced tomatoes, Maui onions (green onions), and, occasionally, red chili peppers or crushed ice
- _____ 8. A moist fish that has lean, pinkish flesh, a bright-red bloodline, a mild, sweet taste, a moderately firm texture, and (when cooked) large, moist flakes
- _____ 9. A slightly sweet, tropical tuber



► Part Two: Completion

Instructions: Provide the word or words to complete the following statements.

1. Rice replaced poi as a main side dish in Hawaiian cuisine after being introduced by _____ immigrants.
2. Hawaii was the largest cultivator of the tropical fruit _____, until Southeast Asia began growing them.
3. Hawaii is the only U.S. state surrounded by water, and it is made up of _____ main islands.
4. The most important fish in the Hawaiian cuisine is _____.
5. The traditional, Hawaiian, pudding-like dessert made from sweetened coconut milk is _____.
6. The chewy desert made from short-grain, glutinous (sticky) rice is called _____.
7. The tropical evergreen plant whose leaves are used in the making of food wrappers, rain capes, and hula skirts is the _____.
8. _____ is a superfine, ice treat, has a snow-like texture (finer than a snow cone), and easily absorbs flavored syrups.

► Part Three: Short Answer

Instructions: Answer the following.

1. What is Kalua pig? Explain how it is made. Include all components.
2. Describe how SPAM® became a staple in Hawaiian cuisine. List a minimum of three ways it is used in meals.

HAWAIIAN LANGUAGE PRONUNCIATION OF VOWELS AND CONSONANTS

Aloha (pronounced “ah-low-hah”) can mean hello, goodbye, peace, compassion, or mercy.

Mahalo (pronounced “mah-hah-low”) generally means thank you.

The Hawaiian language may appear to be difficult to pronounce. However, when you remember that every vowel is sounded, the language becomes much easier to figure out. For example, there are only 12 letters in the Hawaiian language. A key part of learning to pronounce Hawaiian terms is the glottal stop (‘). It signifies that you should take a short sound break in the word. For example, A’a is a type of lava and is pronounced “Ah-Ah.” The stop also signals you to breakup words.



Vowels	Pronounced
a	ah
e	eh or ay
ī	ee
ii	eye
o	oh
u	oo
Consonants	Pronounced
h	Same as in English
k	Same as in English
l	Same as in English
m	Same as in English
n	Same as in English
p	Same as in English
W	<ul style="list-style-type: none"> ◆ After i and e it is pronounced v as in victory ◆ After u and o it is pronounced like w in window ◆ At the start of a word or after an a it is pronounced like w or v (For example, the word Hawai'i is pronounced "hah-vie-ee" rather than "hah-why-ee.")

BASIC HAWAIIAN CUISINE TERMS

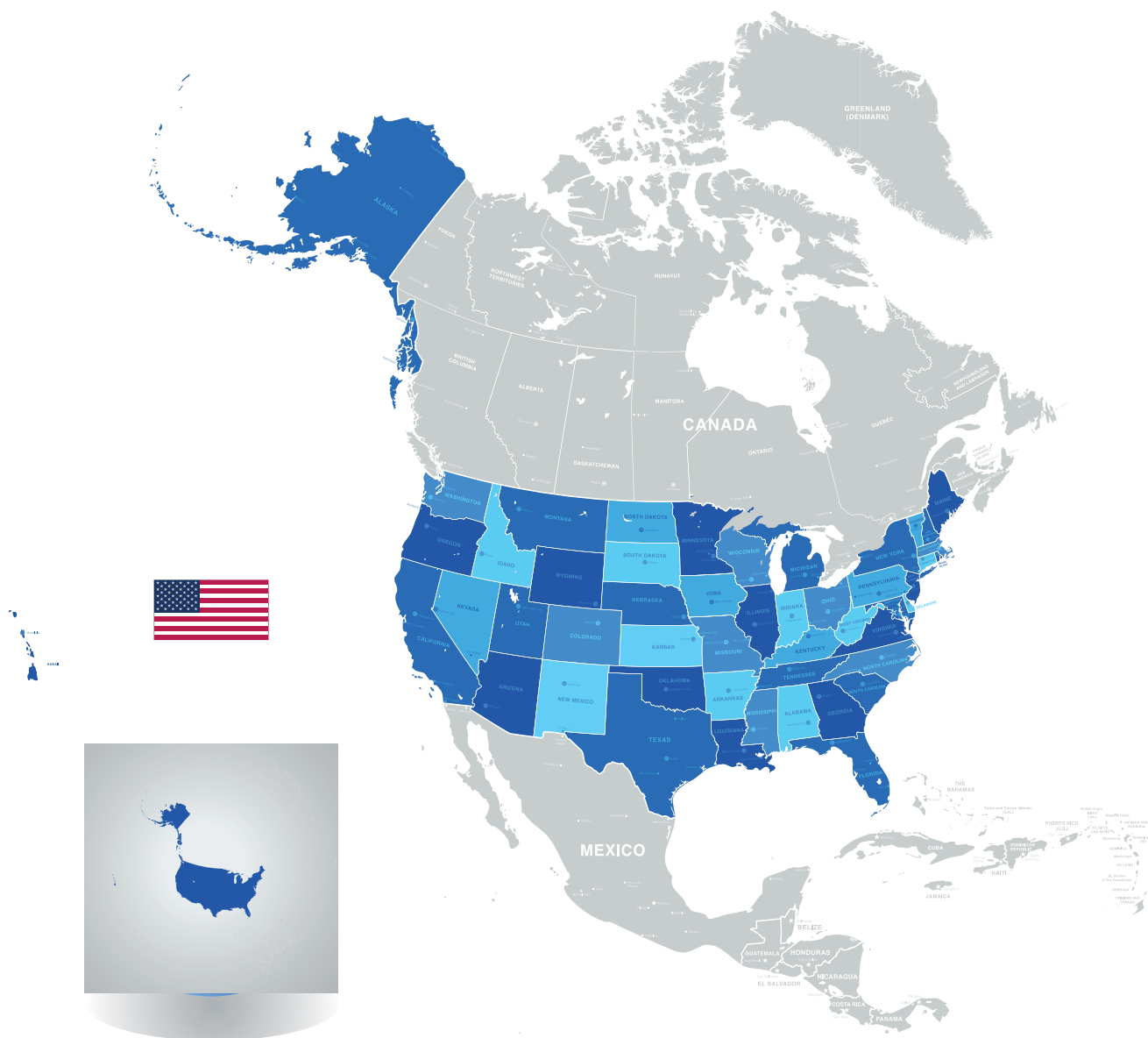
This Hawaiian dish is a pineapple stuffed with fried rice, shrimp, and vegetables. Try pronouncing the four foods found in this dish. You will learn more cuisine terms throughout this lesson and e-unit.



Term	Pronunciation
Breakfast: 'Aina kakahiaka	ah-ee-nah kah-kah-hee-ah-kah
Lunch: 'Aina awakea	ah-ee-nah ah-vah-kay-ah
Dinner: 'Aina Ahiahi	ah-ee-nah ah-hee-ah-hee
Restaurant: Hale 'aina	hah-lay ah-ee-nah
Coffee: Kope	koh-pay
Tea: Kī	kee
Appetizers: Pupu	poo-poo
Chicken: Moa	moh-ah
Fish: I'a	ee'ah
Shrimp: 'Opae	Oh-pay
Vegetables: Lau'ai	lau-oo'eye
Fruit: Hua'ai	hoo-wah'eye
Pineapple: Hala-kahiki	hah-lah-kah-hee-kee
Pounded taro root: Poi	poy
Rice: Laiki	lye-ee-kee
Bread: Palaoa	pah-lah-oh-ah
Dessert: Monamona	moh-nah-moh-nah
Salt: Pa'akai	pah'ah-kah-ee
Pepper: Pepa	peh-pah

WHERE IS HAWAII LOCATED?

The state of Hawaii is the only American state located outside of North America, located 2,000 miles off the west coast in the Pacific Ocean.



MAP OF HAWAII

Hawaii is the only state located in the Oceanian region of the world, and it is the only one composed entirely of islands. Hawaii is made up of many islands. There are the eight main islands, seven which are inhabited, and 128 smaller, uninhabited islands.

1. Hawai'i (the Big Island)
2. O'ahu
3. Maui
4. Kaua'i
5. Moloka'i
6. Lana'i
7. Ni'ihau (under 200 residents)
8. Kaho'olawe (uninhabited)



LUAU

A **luau** is a traditional Hawaiian party that is usually full of food and entertainment, such as Hawaiian music, fire dancing, and hula dancing. The term “lu’au” comes from the name of a food that is always served at ‘aha’aina. The dish consisted of young, tender taro leaves cooked with chicken (or octopus) and coconut milk.



TARO ROOT AND POI

Taro is a slightly sweet, tropical tuber. There are over 250 varieties of taro, and many that can only be found in Hawaii. The “lehua maoli” is a purple variety that makes the best poi. Similar in texture to a potato, it is a popular ancient plant that has been harvested for at least 30,000 years (earliest references were by the indigenous people of New Guinea). **Poi** is a thick paste made from taro root that has been steamed or baked (and then pounded). While pounding, water is added to the mixture to create a very sticky, pudding-like consistency. It is often used as a dipping sauce for pork lau lau. Poi is a Polynesian staple food, and it is part of native Hawaiian cuisine.

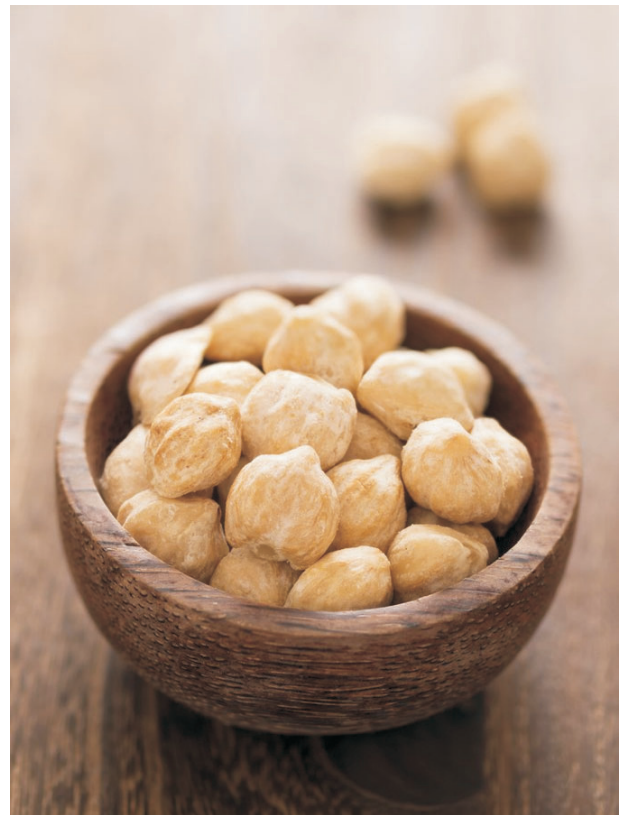


BREADFRUIT AND KUKUI NUTS

Breadfruit is a fruit from the mulberry and jackfruit family that has a potato-like flavor and smells like freshly baked bread when cooked. It is very rich in starches that transform into sugars when ripe. Breadfruit can be roasted, baked, fried, or boiled.



Kukui nuts (also candlenuts) are similar to macadamia nuts, and their roasted kernels produce oils that were traditionally used in candles. Kukui is the main ingredient in the ancient Hawaiian condiment inamona, and inamona is a key ingredient in poke.



COCONUT AND PINEAPPLE

A **coconut** (niu) is the large fruit of a coconut palm. It has a fibrous husk surrounding a dense, hard shell (seed) that contains edible white flesh and a fluid-filled, central cavity.



Coconuts are used in a wide range of Hawaiian dishes, from coconut rolls to coconut pudding.

[NOTE: Depending on the context, coconut can refer to the whole coconut palm, the seed (shell and insides), or the inner fruit (just the insides). A coconut is not a nut—it is a drupe (a fleshy fruit with a hard, stony, seed covering).]



A **pineapple** (hala kahiki) is a large, three-to-nine-pound, tropical mass of berries with juicy, yellow flesh covered by a single, brown skin. It is mildly acidic, has a prickly peel in a diamond-shaped pattern, and offers a sweet aroma. The pineapple plant has multiple, edible fruits consisting of berries (also called pineapples) that are fused on a central stock (covered as one fruit with a thin skin). Pineapple is a famous ingredient in many Hawaiian-inspired dishes, including pineapple upside-down cake, pineapple sorbet, and pineapple chicken.



LI HING MUI

Li hing mui is a plum-based powder that is salty, sour, and sweet. It is often described as tart and tangy. (Li hing mui can also refer to that actual salted plum the powder comes from.) It is said to have an acquired taste, but locals love to put in on a variety of treats, such as sour gummies, dried mangoes, shaved ice, and popcorn. Some chefs describe li hing mui as tear inducing, because the first blush of flavor is salty, turns quickly sour, becomes savory (like MSG), and finishes a bit like artificial sweetener.



HAWAIIAN FUSION CUISINE

Hawaiian fusion cuisine is a mash-up of primarily Asian, tropical, and American cuisines. Some describe Hawaiian fusion as a refined, regional cuisine, while others describe it as a melting pot of ethnic and cultural dishes. For Hawaiians, it is a way of life. Chef Mark Ellman's franchise restaurants, Maui Tacos, serve Mexican food with a Hawaiian slant—a fusion cuisine. Offerings include the “Baja Grilled Fish Taco,” the “Wiki Wiki Shrimp Taco” (with mango salsa), or their “Maui Style” taco salad. He combines classic Mexican offerings with fresh greens, fruits, and proteins from the island. (Photo: courtesy of saeru at English Wikipedia. License: <https://creativecommons.org/licenses/by-sa/2.0/deed.en>)



POKE

Poke is a dish made of raw, diced fish (often ahi tuna) that is usually mixed with soy sauce, sesame oil, kukui nut, and/or seaweed—much like a ceviche. Poke can be served as an appetizer or a main course. More than 100 varieties of poke dishes are found in the Hawaiian Islands.

Two versions are shown here. The first is a salmon poke bowl with seaweed, watermelon radish, cucumber, pineapple, and sesame seeds. The second is a plate of fresh, ahi-tuna slices with mixed salad greens.



LOMI-LOMI

Although salmon is not indigenous to Hawaii, a salmon-based dish called lomi-lomi originated on the islands.

Lomi-lomi is a side dish of freshly-diced, salted salmon with sliced tomatoes, Maui onions (green onions), and, occasionally, red chili peppers or crushed ice. Lomi-lomi is usually mixed by hand with a massaging action, which gives the dish its name—in Hawaiian, lomi-lomi means “to massage.” It is always served cold, usually eaten with poi, and is ritually significant (ancient Hawaiians offered a similar looking red-fleshed kumu fish to their gods).



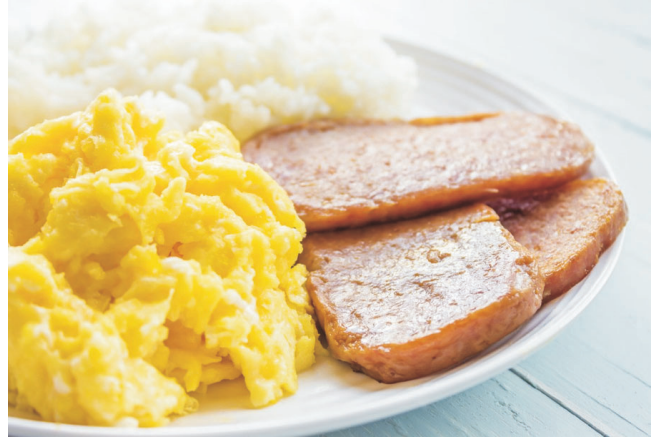
MAHI-MAHI

Mahi-mahi is a moist fish that has lean, pinkish flesh, a bright-red bloodline, a mild, sweet taste, a moderately firm texture, and (when cooked) large, moist flakes. Mahi-mahi (a.k.a. dolphinfish or dorado) is usually cut into steaks and fried or grilled, but it can also be baked, deep-fried, sautéed, or prepared as sushi. In the Hawaiian language, mahi-mahi translates as “strong-strong.” These images depict a grilled mahi filet with rice and asparagus and a seared filet over coconut rice, covered with a sweet chili sauce, and topped with a green-mango salad.



SPAM® AND SPAM MUSUBI

SPAM® is a canned meat product, made by Hormel, containing six ingredients—pork with ham, water, potato starch, sugar, and sodium nitrite. It has been highly popular in Hawaii for decades. Per capita, Hawaiians are the second largest consumers of SPAM® in the world, just behind Guam. Originally brought to Hawaii by American servicemen, it became an important source of protein for locals after fishing around the islands was prohibited during World War II. According to the Hawaii Plan website, Hawaiians consumed more than six million cans of SPAM® each year. They even have a festival every April, the SPAM JAM®. This Hawaiian breakfast plate has fried SPAM®, scrambled, eggs, and rice.



Spam musubi is a slice of grilled SPAM® that is placed on a block of sushi rice and wrapped with a strip of nori (the Japanese name for dried, edible seaweed sheets). In the 1980s, this popular snack found its way onto island sushi menus.



HAUPIA DESSERT

Haupia is a traditional, Hawaiian, pudding-like dessert made from sweetened coconut milk. While heating, it is thickened with ground arrowroot, cornstarch, or unflavored gelatin (in the least-traditional recipes). Then, the mixture is chilled and cubed for serving. Haupia is often served at luaus, weddings, and other local gatherings in Hawaii. It is best described as a coconut pudding or gelatin. This picture shows a modern twist. The haupia was used as a solid layer within a chocolate-custard pie.



MALASADA DESSERT

A **malasada** is a hole-less, Portuguese yeast donut that is made from egg-rich dough, deep fried, and coated with sugar. A traditional malasada contains no filling. In Portuguese, “mal assada” means “undercooked.”



MOCHI DESSERTS

Mochi is a sweet, chewy, Japanese treat made from short-grain, glutinous (sticky) rice that is pounded into a paste and molded into various forms and shapes—a rounded dessert ball filled with ice cream or another thickened, flavored filling (such as with red beans, Kona coffee, or plum wine). The first image is a red-bean mochi, and the second image shows a plate of mochi-ice-cream balls in green-tea, vanilla, and strawberry flavors.



CHICKEN LONG RICE

Chicken long rice is a dish, similar to a soup or a stew, that is cooked in a wok and combines chicken and Chinese rice noodles (a.k.a. long rice, cellophane, glass, bean, or thread noodles) with mushrooms, green onions, chicken broth, and soy sauce. This can be a slurpy soup, and is sometimes flavored with ginger. Chicken long rice is a Chinese dish that has been adopted by Hawaiians and served at many luaus.



KALUA PIG

Kalua pig is pulled pork with marinated, steamed cabbage. Kalua (to cook in an underground oven) is a traditional Hawaiian cooking method in which food is wrapped in leaves and steamed over hot rocks in an earthen pit. An **imu** is a type of underground oven. Kalua pig is commonly served at luau feasts.



LOCO MOCO

Loco moco is, traditionally, a bowl of steamed rice that is topped with a hamburger patty, a fried egg, and brown gravy.



SHAVE ICE

Shave ice is a superfine, ice treat, has a snow-like texture (finer than a snow cone), and easily absorbs flavored syrups. It may be found covered in strawberry, banana, peach, pineapple, grape, watermelon, or coconut syrup. Shave ice is often paired with ice cream and topped with a snow cap (a drizzle of sweetened condensed milk).



SPAM® and Hawaiian Cuisine

Purpose

The purpose of this activity is to research and summarize the ways Hawaiians utilize SPAM® in their meals.

Objective

1. Research and prepare a presentation and food dish using SPAM®.

Materials

- ◆ lab sheet
- ◆ device with Internet access
- ◆ device with camera options
- ◆ projection device
- ◆ SPAM®
- ◆ ingredients needed to prepare your chosen SPAM® dish

Procedure

1. Research SPAM® and summarize the ways Hawaiians utilize the canned meat in their meals. Find the history and importance of SPAM® in Hawaiian cuisine. Make a list of the Hawaiian dishes you may be interested in preparing.
 - a. Why did SPAM® become a key element in Hawaiian cuisine?



- b. How is SPAM® used in Hawaiian dishes?
 - c. What dishes have you found during research?
-
- 2. Select a Hawaiian, SPAM® dish. Include any specific information you have about this dish, and include links to any recipes. [NOTE: Each individual (or small group) must select a unique SPAM® dish—no duplicates.]
 - 3. Create a visual for use during your presentation. You will present your information to the class and to your instructor as directed. The goal is to instruct the class about the dish—ingredients, SPAM® cooking methods, and any tips you learned while preparing the dish. Prepare a three-to-five-minute presentation of the dish or food item. Presentational programs may include:
 - a. Google Slides
 - b. PowerPoint
 - c. Prezi
 - d. Infographic
 - 4. Prepare the dish. Take pictures of the dish for your presentation and for your culinary arts portfolio.
 - 5. Present your dish and presentation to the class. Provide taste-test samples.
 - 6. Turn in your completed lab sheet, research, and a printed or shared copy of the presentation to your instructor.