



PACIFIC CONTEMPORARY ISLAND CUISINE TRAINING MANUAL

TANOA TUSITALA HOTEL, APIA, SAMOA 29TH-30TH AUGUST, 2016



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CONTEMPORARY PACIFIC ISLAND CUISINE

MENU

APPETISERS

Tuna *Tataki* with Chilli-Lime-Soy
Sava'i Clam Fritters
Tuna Poke and Avocado with Taro Chips
Kale Oka (Curry flavoured *Kokoda* - marinated fish in coconut milk)
Asi (Yellowfin tuna) Chilli Cakes on Cucumber

SALADS AND VEGETABLES

Breadfruit, Long beans, Egg Salad, with Garlic Honey Aioli
Green *Esi* (Papaya) Salati
Pumpkin, Young *Luau* (Taro leaves) and Coconut with Chilli *Pe'epe'e* (Coconut milk)
Fe'e (Octopus), Crispy *Taro*, Niu (Young coconut) Noodles, Micro-greens with Lime-Coriander Aioli

MAINS

Local Beef Short-ribs, *Luau* (Taro leaves) with Taro and Laupele (Spinach/Bele/Slippery Cabbage)
Hashcakes
Grilled *Papata* (Slipper Lobsters) with Lime Butter
Koko Island Pork
Poached Ginger Chicken
Samoan Fried Rice

DESSERTS

Sasalapa (Soursop) Chiffon Squares
Coconut Curd Crumble
Sticky *Misiluki* Banana Pudding with *Siamu Popo* (Coconut caramel)
Kumala and Ginger Cake with *Pe'epe'e* Cream (Coconut milk)
Pineapple Show Boats of Fruit in Season
Vanilla Bean Ice-cream



ROBERT'S KITCHEN FOOD RECIPES

RECIPE NAME: KALE OKA

INGREDIENTS:

For 25 students

2 kg asiasi or other sashimi grade fish filet

4 green mangoes

4 cucumbers

2 bunches spring onions

5 popo coconuts for pe'epe'e

5 niu- flesh removed and julienned

Fresh chillies

Local basil, mint or coriander

4 tbs kale (curry) powder

10 lemons/ limes

Sea salt

Black pepper

For 100 guests

9 kg asiasi or other sashimi grade fish filet

10 green mangoes

8 cucumber

4 bunches spring onions

12 popo coconuts for pe'epe'e

10 niu- flesh removed and julienned

Fresh chillies

Local basil, mint or coriander

1 cup kale (curry) powder

20 Lemons/ limes

Sea salt

Black pepper

METHOD:

Make pe'e pe'e with 4/10 of the popo and grate the remaining popo

Thin slice the fish and lay sashimi style on a chilled platter

Dress with lemon juice, lemon zest, sea salt and pepper

Dice the mango and cucumber

Fine chop the spring onions

Flavour the pe'epe'e with kale powder, sea salt, lime zest

Garnish the fish with mango, cucumber, julienne niu and spring onions

Douse with sauce, chopped chilli and mint leaves

RECIPE NAME:

GREEN ESI SALATI

INGREDIENTS:

For 25 students

2 green esi- peeled and shredded, dressed with sea salt and lemon
1 local cabbage- fine shredded
12 o'o- diced
4 niu- flesh removed and julienne
3 popo- grated
Local basil and mint leaves- picked and shredded
10 local limes
Sea salt
1/2 litre WIBDI Virgin organic coconut oil
12 passionfruit if available
200 gms ginger
Pepper

INGREDIENTS:

For 100 guests

6 green esi- peeled and shredded, dressed with sea salt and lemon
4 local cabbage- fine shredded
25 o'o- diced
12 niu- flesh removed and julienne
6 popo- grated
Local basil and mint leaves- picked and shredded
25 local limes
Sea salt
1 litre WIBDI Virgin organic coconut oil
20 passionfruit if available
300 gm ginger
Pepper

METHOD:

Whisk the lime juice and passionfruit juice with minced ginger
Season with pepper and sea salt
Mix the cabbage, esi, o'o, niu and popo grated
Add the herbs and then dress right before serving

RECIPE NAME:**KOKO PORK****INGREDIENTS****For 25 students**

5kg pork belly or similar
2 cups grated koko Samoa- 2 pieces from WIBDI
3 cups of Samoan honey – or any dark liquid honey
Local chillies
400 gms minced ginger
8 star anise
1 teaspoon balsamic vinegar
Lemon or orange leaf
2 pineapples, cut into pieces

For 100 guests

Whole pig for the umu for 100 ppl
6 pieces koko Samoa from WIBDI
3 litres Samoan honey
Local chillies
1 kg ginger
15 star anise
1/2 bottle balsamic vinegar
Lemon and orange leaves
8 pineapples- ripe

METHOD:

In a small pot, melt the honey with the vinegar, the koko Samoa, the ginger, chilli, leaf pineapple and the star anise
Simmer for 4 minutes then let sit, allowing the flavours to develop
Strain and keep warm
Poach the pork belly and then hot roast
Brush with the koko Samoa glaze on both sides while the pork is cooking, plate and then brush one more time with the glaze, piling the pineapple garnish on top

RECIPE NAME:**STICKY MISILUKI PUDDING WITH SIAMU POPO****INGREDIENTS:**

400g dried Misiluki Bananas
2 ½ cups hot water
2 tbs baking soda
120 g cubed soft butter
1 ½ cups white sugar
4 eggs
2 cups self-raising flour

METHOD

Soak dried bananas in hot water with the baking soda for 5 minutes.
Add cubed butter and sugar and blitz until smooth.
Add one egg at a time, incorporating well.
Add flour and whisk until just combined.
Bake @ 180C for 45 to 50 minutes or until just set.

RECIPE NAME:**SIAMU POPO****INGREDIENTS:**

5 popo coconut to make pe'epe'e
5 cups raw sugar
Orange and lemon leaves

METHOD:

Caramelise the sugar
Add the pe'epe'e and leaves and mix well
Cool
Serve your Sticky Misiluki Banana Pudding and 'Siamu Popo' at room temperature or warm.
Enjoy with loved ones and a nice cuppa :)

INGREDIENTS**For 100 Guests**

8kgs dried Misiluki Bananas
50 cups hot water
40 tbs baking soda
2 1/2 kg cubed soft butter
30 cups white sugar
80 eggs
40 cups self-raising flour
5 litres whipping cream

For Siamu Popo

15 popo coconuts
3 kgs raw sugar
Orange and lemon leaves

COLIN'S KITCHEN FOOD RECIPES

RECIPE NAME: BBQ BEEF SHORT RIBS

INGREDIENTS: Boneless beef short ribs, cut 30-40mm thick

METHOD: Season short ribs with fresh minced garlic, sea salt and cracked pepper to taste, then roast in hot oven for about 15-20 minutes or till browned and starting to get crispy on the edges. (Turn over once to caramelize on both sides)
Now stew (simmer) in beef stock with normal braising veggies (celery, onions, carrots, plus parsley & fresh herbs) covered after coming to a boil, till meat is just tender (about 45 minutes), don't overcook or meat will fall apart when broiling. Remove short ribs from stock and bones if present, marinate in your favourite local-style BBQ sauce (commercial or homemade) for about an hour, turning often. Grill on BBQ when needed and cut to smaller pieces to serve. Enjoy!

Korean Ko Choo Jung (BBQ), Teriyaki, East-West marinade are great to use. (Recipes available)

RECIPE NAME: POKE – HAWAIIAN-STYLE RAW TUNA

INGREDIENTS: 600g ahi (tuna) cut into 5-10mm squares
75g nama, rinsed and chopped
75g lumi, rinsed and chopped
75g onion, sliced thinly, cross-cut coarsely
1 chilli, no seeds, small dice
3tbs Kikkoman soy sauce
2tbs sesame oil
Toasted sesame seeds and green onion curlies to garnish
½ Tomato per serve, scooped out to fill with poke

METHOD: Mix nama, lumi, onion, chilli, ahi and Kikkoman sauce together gently until well combined. Stuff into halved tomato cups and garnish with sesame seeds and green onion curlies.

YIELD: Will serve 20-25 approximately.

RECIPE NAME: AHI CHILLI CAKE

INGREDIENTS

10 small chillies (finely minced)
2 whole onions (small dice)
4tbs garlic (finely minced)
1 ½ tsps salt (Sprinkle)
1 kg ahi fish meat (small dice 2-3mm)

METHOD

Mix chilli, onion, garlic and salt together
Dice fish into small cubes
Put all ingredients together and mix.
Form into tight small patties about 30-35mm in diameter, 30gm each.
Pan fry quickly in a little oil on medium/high heat just about a minute a side till medium rare.
Drain off and serve as entrée with a salad and chutney/aioli or as canapés on dalo chips, cucumber slices, etc. Makes about 45 patties.

RECIPE NAME: GARLIC & HONEY AIOLI

INGREDIENTS:

2 eggs
1tbs garlic, minced
3tbs honey
3tbs whole grain mustard
¼ cup White vinegar
2tbs hot water
2 ½ cups vegetable oil

METHOD:

Blend eggs, honey, garlic and mustard, then slowly start adding oil to make emulsion.
After 2 cups of oil have been added, add vinegar and hot water, then the rest of the oil.
Check for taste by adding more vinegar or honey if needed.

RECIPE NAME: KUMALA & GINGER CAKE

Makes 1 x 24cm round cake

INGREDIENTS:

1 cup vegetable oil
4 eggs
2 cups soft brown sugar
4 cm finger of fresh, peeled and grated ginger, about 1 ½ T
1½ tsp cinnamon
1½ tsp nutmeg
3 cups peeled and grated kumala
2 cups flour
2 tsp baking powder
2 tsp baking soda
2 tsp orange or lemon zest
Icing sugar for dusting

METHOD:

Preheat oven to 180°C. Line a 24 cm round cake tin with baking paper.
Place oil, eggs and sugar in a large bowl and beat for 2 minutes.
Stir in ginger, cinnamon, nutmeg and kumara.
Sift flour, baking powder and baking soda together.
Add dry ingredients and zest to kumara mixture and fold until well combined.
Pour into the prepared tin and bake for 1 hour or until a skewer inserted comes out clean.
Cool on a rack before dusting with icing sugar to serve. Cut into 12-14 slices.

RECIPE NAME: LIME AND CORIANDER AIOLI

INGREDIENTS: 1 cup of coriander leaves & young stems
2 whole eggs
1 tsp Dijon mustard
2 tbsps honey
2 tbsps garlic
500ml vegetable oil – added slowly
Hot water, approximately 1 tbsp to stabilise emulsion
2 limes, juice of
2 good, heavy dashes of fish sauce

METHOD: Place first 5 ingredients in kitchen whizzer and start making emulsion by slowly adding vegetable oil until you have a very thick sauce (this may take a little more oil). Then add the hot water and whiz to stabilise. Finally add the lime juice and fish sauce. Taste and correct to achieve a good balance of sweet, sour, creamy and a hint of saltiness.

YIELD: Just short of a litre.

RECIPE NAME: LOCAL CLAM FRITTERS

INGREDIENTS: 3 cups coconut milk or cream
2 cups self-raising flour
1 cup cornflour
1½ tsps baking powder
1½ tsps baking soda
2 eggs
Salt and pepper to taste

METHOD: Beat all ingredients together well till no lumps and check that taste & texture is like light pancake batter, add more liquid if needed.

Now add the following:

3 cups kai (sea clams) just cooked, diced
1 medium onion, thin sliced, random chopped
1 cup local spinach, chopped
1 tsp turmeric powder
2 tsps cumin powder
1 cups fresh coriander, (optional)
2 tbsps fresh masala (garlic, ginger, chilli)

Combine all ingredients and mix to make a medium thick batter. Drop small spoonfuls into hot oil swiftly and cook on all sides till light brown and crisp using spider or open strainer to hold batches down in oil to cook evenly.

Drain well on paper towels.

Serve fritters in small ½ shells with lime coriander aioli as a garnish, a spicy chutney on the side or use as toppings for crostini or on cucumber slices

YIELD: 36 medium or 50 small fritters

RECIPE NAME: SOUR SOP CHIFFON PIE

INGREDIENTS

Crust:

3 cups flour

3 tsps sugar

1 tsp salt

1 cup oil mixed w/ 4 tsps cold milk

Mix and press in pan (28mmX40mm) Prick.

Bake 12- 15 minutes at 200°C

Filling:

12 eggs (separated)

2 ½ cups soursop puree

2 ½ cups sugar

3 tbsp gelatine

6 tbs water

3 tsps lemon rind

6 tsps lemon juice

METHOD:

Beat yolks until thick; blend in puree, salt, sugar.

Cook until thick.

Stir in softened gelatine into hot mixture until dissolved then add lemon rind and juice.

Cool in iced water bath.

Beat egg whites until peaks just form, gradually add ½ cup caster sugar.

Fold egg whites into cool mixture by thirds.

Pour into cooled crust.

Cover w/ whipped cream (300ml. w/ 2 tsps honey.

Chill until firm. (Minimum 2-3 hours).

Garnish with lime zest or candied lime slice.

YIELD:

48 squares

RECIPE NAME: TARO AND BELE HASH CAKES

INGREDIENTS: 500g taro, cooked & grated coarsely
1 medium onion, small dice
1tbsp garlic, fine minced
1 chilli, no seeds, cut fine
2 cups cooked & chopped bele leaves or moca
2 eggs
Salt and pepper to taste

METHOD: Combine all ingredients and make cocktail/entrée patties: 20 x 45gms each
Dinner hash cakes: 10 x 90g each
Pan fry in light oil till crisp on both sides.
Serve with salsa, chutney and/or topped with special meats.
(Roast pork, smoked fish, fishcake, and prawns)

YIELD: 20 entrée size or 10 dinner size.

RECIPE NAME: TERIYAKI MARINADE

INGREDIENTS: ¼ cup garlic, mashed
¼ cup ginger, mashed
½ cup white vinegar
2 ½ cups sugar
3 cups Kikkoman soy

METHOD: Bring sugar, vinegar, garlic and ginger to boil, then simmer for 15-20 minutes.
Add soy sauce and continue to simmer for further 10-15 minutes.
Strain and reserve for use later in chiller.

To make Teriyaki sauce, take small quantity and thicken slightly with corn flour and water.

Use as a final coating for meats or chicken.

YIELD: 5 Cups

RECIPE NAME: OCTOPUS, CRISPY TARO & SEAWEED SALAD (Quita, Dalo and Lumi Salad)

INGREDIENTS: 150gms Octopus, cooked, thinly sliced legs and/or body meat (per serve)
Fresh-gathered baby seaweed
Baby lettuces and Microgreens
Taro sticks
Baby tomatoes - cherries or baby plums
Lime Coriander Aioli (See recipe on page 11)
Balsamic reduction or Vincotto

METHOD: After cleaning octopus (remove innards, eye sockets, beak) cut into smaller pieces (whole legs, head in half) and simmer till tender and cooked in salted water (approx. 15-20 min.).
Cool, remove skin, but not suckers, then chill until use.
When needed, take legs and slice very thinly on the diagonal or just thinly slice the body meat.

TO ASSEMBLE: For each salad, sprinkle and mound a small amount of baby greens on an interesting shape or sized salad plate.
Add tomatoes (halved) and thinly sliced sweet onions (if desired). Sprinkle through small select seaweed leaves and sliced octopus. Dress with aioli and balsamic reduction in a light and quick drizzle in a crisscross pattern.
Garnish with micro-greens and crispy taro sticks.

**RECIPE NAME: BREADFRUIT, LONG BEAN, EGG
SALAD, GARLIC HONEY AIOLI**

INGREDIENTS: 5 breadfruit, mature and firm, not ripe
2 bunches long beans, cut to 10mm lengths
18 eggs, hard boiled and peeled
1 ½ cups garlic honey aioli
Salt and pepper to taste

METHOD: Make garlic and honey aioli and chill.
Skin and remove core of breadfruit
Cut into 10-15mm cubes and cook in just enough salted water
till tender.
Drain and let cool.
Do the same to the long beans, but cook only till tender.
Crisp and cool in cold water to retain bright greenness.
When cool, toss both together in a large bowl, cut in hand-
diced eggs, season with salt and pepper, then add aioli and mix
well.
Adjust seasoning then pile high on large platter or shallow
large bowl lined with lettuce and garnish with the last egg
grated over and chopped parsley or chives.

YIELD: Enough for 30-40 serves on a salad buffet depending on
variety and number of other dishes.
5 Cups

RECIPE NAME: POACHED GINGER CHICKEN, FRESH GINGER AND SPRING ONION SAUCE

INGREDIENTS: 1 X No.16 Chicken, fresh free-range, organic preferred
2 large knobs ginger, peeled and crushed
1 cup spring onions, finely sliced
¼ cup vegetable oil
¼ cup light chicken stock
2 tablespoons Maldon sea salt

METHOD: Clean and rinse chicken well, remove any giblets and pin feathers. Bring large pot of water to the boil. Immerse chicken fully till cavity fills with water and bring back to the boil, then cover pot and turn off heat and leave on stove top for 1 hour. Remove chicken to cutting board carefully with long wooden spoon in cavity to not damage skin, drain well. Then with large sharp, chop chicken in half through the breast, then through both sides of the back bone. Finally cutting up each wing into 2 pieces (discard tip), each breast into 5, each leg into 5 (thigh-3pieces, drumstick-2 pieces). Ensure skin remains intact and place pieces skin side up as they were on the bird. Spoon on ginger, spring onion sauce generously to cover all skin area. Dish can be serve warm or cold depending on the season.

FOR THE SAUCE: Blend crushed ginger to a smooth paste in food processor. Add to all other ingredients in a bowl, mix well, reserve covered and refrigerated until use.

YIELD: Will serve 8-10 with accompanying dishes.

RECIPE NAME: PUMPKIN, YOUNG LUAU, COCONUT SALAD

INGREDIENTS: 5 kgs pumpkin, cleaned & peeled, cut to 20mm cubes
2 onions, diced
2 tbsps garlic, minced
1 bunch young luau, chopped (about 30 leaves)
4 cups fresh grated coconut, about 2 large popos
2 cups coconut cream, pe'epe'e from about 10 popos
2 tbsps cornflour
2 chillies, finely minced
1 tbsp salt or to taste

METHOD: Cook pumpkin in just enough slightly salted water till just tender. (Do not overcook).
Rinse in cold water to stop cooking then let drain and cool.
Sauté onions and garlic in a little oil till tender, then add luau leaves and cook till done, about 5 minutes.
Add a little water if needed to stop sticking to bottom of pan.
Drain excess water, cool, then toss into bowl with pumpkin and grated coconut.
Season with salt.
Make sauce with cornflour, chillies and pe'epe'e.
Dissolve cornflour well with fingers, then stir while heating mixture till just thickened.
Add chillies and stir in.
When cool, add to pumpkin mixture and toss.
Serve mounded on large platter.

YIELD: Will be enough for up 30-40 serves on a buffet depending on what other salads or dishes are being served.

RECIPE NAME: ISLAND FRIED RICE

INGREDIENTS:

½ cup vegetable oil
¼ cup sesame oil
4 tbsps minced garlic
4 tbsps minced ginger
1 tbsp minced chilli
4 large onions, half cut, julienne with the grain
6-8 long eggplants, cut ½ lengthwise, then thinly sliced on the diagonal
4-6 large carrots, short julienne
2 bunches long beans, cut to 5-10mm
4 bunches bok choy, white stems split, then all chopped coarsely
500gms roasted pork, umu pork or bacon diced (optional)
2 litres cooked long grain rice, fluffed and chilled over night
¼ cup Kikkoman soya sauce
2 tbsps fish sauce
4 tbsps oyster sauce
1 cup spring onions, thinly sliced
¼ cup toasted sesame seeds

METHOD:

Heat a large heavy bottom wide pot or wok, add oils till almost smoking, and then toss in fresh spices.
Stir well till fragrant (2-3 minutes).
Keep heat on high and start adding vegetables in order listed, stirring and tossing well between additions.
When all in and tender crisp, add meat if using, continue to cook till warmed through.
Now add rice and toss well to combine with other ingredients.
When rice is warmed through (ensure not sticking to bottom of pan) add all your seasonings.
Adjust seasonings to your taste, dish out to large serving platter and garnish with spring onions and sesame seeds.

YIELD:

Serves 10-12 as an accompaniment to main courses on a buffet.

RECIPE NAME: BALSAMIC REDUCTION

INGREDIENTS: 2 cups Balsamic Vinegar
 ¼ cup Sugar

METHOD: Place in a small pot and heat to simmer till reduced to about a
 1/3 reduced amount.
 This may take about 30 minutes. Don't rush this.
 Keep sides brushed down with a wet brush (in water).
 This will keep a hard film from forming.
 If a residue or crust forms on the bottom of the pan, after
 pouring off the reduction into a squeeze bottle, add a table
 spoon of water and reheat till you can get the rest back off the
 bottom and into the bottle.
 Keep at room temperature.

YIELD: About 200 ml.