

FARMER CHEF ALLIANCE

# Cooking Up An Island Cuisine

2013-2014 CALENDAR





## TARO AND SMOKED CHUM (UNICORN FISH) CHOWDER

- 1 lb. cooked taro (kukau)
- 1 lb. smoked chum or any reef fish
- 1 onion
- 2 stalks celery
- 2 carrots
- 8-10 okra
- 2 quarts soup stock
- 1 cup coconut milk
- 1 tablespoon cornstarch
- Bundle of titimel leaves, Salt and pepper

1. Peel cooked taro and cut into ½" cubes.
2. Remove skin and bones from the smoked fish and cut to 1" pieces.
3. Onion, celery and carrot, peel, dice and cube into ½" cubes. Cut the okra into 1" pieces.
4. Saute' the vegetables until the turn color, add, the taro and the fish and saute' for a few minutes.
5. Add the soup stock and titimel leaves and bring to boil, simmer for 30 minutes.
6. Add coconut milk and corn starch, boil for 5 minutes while stirring.
7. Season with salt and pepper to taste.
8. Serve hot with Taro bread.

## KUKAU - Taro



## April 2014

-  New Moon
-  First Quarter
-  Full Moon
-  Last Quarter

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6		7	8	9	10	11
12	13	14	15	16	17	18
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# Recipe of the Month

## SEASONAL FRUITS BY MONTH

**JANUARY** - Breadfruit, Cantaloupe, Cashew, Sweet Orange, Tangerine, Pomelo, Football Fruit, Honeydew, Jackfruit, Mango, Bignay, Giant Granadilla, Mangosteen, Papaya, Dragon Fruit, Seeded Breadfruit, Sweetsop, Tamarind.

**FEBRUARY** - Cantaloupe, Cashew, Citron, Pomelo, Honeydew, Giant Granadilla, Papaya, Dragon Fruit, Tamarind, Watermelon.

**MARCH** - Cantaloupe, Cashew, Citron, Pomelo, Honeydew, Giant Granadilla, Papaya, Dragon Fruit, Tamarind, Watermelon.

**APRIL** - Cantaloupe, Cashew, Citron, Honeydew, Mango, Japanese Sweet Melon, Papaya, Tamarind, Titimel/amra, Watermelon.

**MAY** - Breadfruit, Citron, Japanese Sweet Melon, Sweetsop, Tamarind, Amra.

**JUNE** - Abiu, Breadfruit, Avocado, Jackfruit, Bignay, Mangosteen, Sweetsop

**JULY** - Abiu, Breadfruit, Avocado, Jackfruit, Bignay, Mangosteen, Papaya, Dragon Fruit, Rambutan, Seeded Breadfruit, Sweetsop, Watermelon, Santol

**AUGUST** - Breadfruit, Avocado, Cashew, Football Fruit, Giant Granadilla, Papaya, Dragon Fruit, Rambutan, Rollinia, Seeded Breadfruit, Soursop, Watermelon, Pineapple, Santol.

**SEPTEMBER** - Cashew, Football Fruit, Giant Granadilla, Papaya, Dragon Fruit, Pineapple.

**OCTOBER** - Sweet Orange, Tangerine, Football Fruit.

**NOVEMBER** - Sweet Orange, Tangerine, Football Fruit.

**DECEMBER** - Avocado, Sweet Orange, Tangerine, Jackfruit, Bignay, Mangosteen.

## YEAR ROUND FRUITS

Banana, Bilimbi, Lime (Big), Wort Lime, Kinghang/Calamansi/Calamodin, Yellow Medium Lime, Rangpur Lime, Aromatic Lime, Green Coconut, Mature Coconut, Polynesian Chestnut, Star Fruit/Carambola, Polynesian Almond, Palauan Plum, Wax Apple, Water Apple, Maylay Apple, Passion Fruit, Soursop, Star Apple

## Sponsored and developed by:



**Bob Bishop**

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## KINGKANG KOKODA

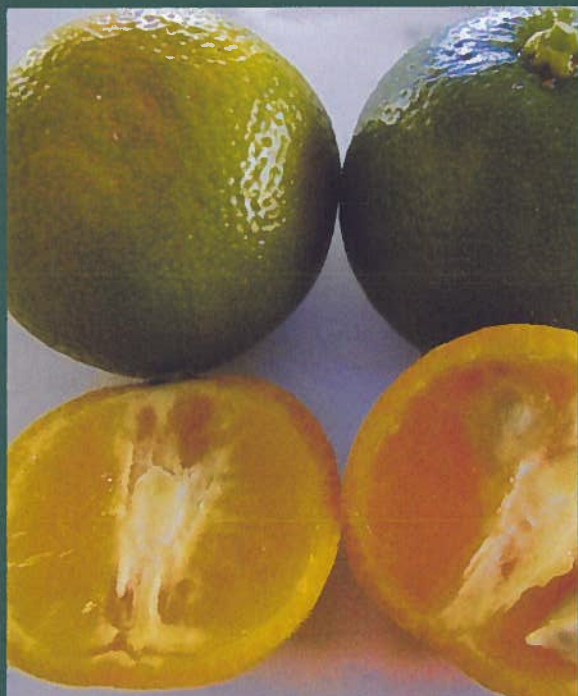
1/2 kg (1 lb) or 2 cups fresh fish  
 1 cup kingkang/calamodin/calamansi juice  
 1 tomato  
 1 coconut  
 1 green onion  
 1 Japanese radish (optional)  
 1 small green pepper  
 1 small onion  
 1 small chili (optional)  
 Salt to taste

1. Clean the fish, remove all the bones, skin and any dark flesh
2. Cut up the fish into even-sized cubes
3. Cover with kingkang juice. Save some juice- for seasoning. Leave until the fish is tender and white (2 to 3 hours)
4. Grate the coconuts and squeeze out the coconut cream
5. Chop the tomato (outside only), pepper and onion very finely. Grate the Japanese radish.
6. Drain off the kingkang juice from the fish when it is ready
7. Add the chopped vegetables and mix well
8. Add coconut cream, lemon juice and a little salt to taste
9. Serve cool

Six servings

*Adapted from: South Pacific Food Leaflet 11*

## KINGKANG - Calamondin



## May 2013

☾ New Moon    ☽ First Quarter  
 ☀ Full Moon    ☾ Last Quarter

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## JAKFRUIT CURRY

- 3 cups chopped jackfruit
- 2 Tbsp. cooking oil
- 1 tsp. salt
- 1/2 tsp. mustard seeds
- 1 1/2 tsp. brown sugar
- 1 small whole red pepper
- 1/2 tsp. hot pepper powder (broken into 2 to 3 pieces)
- 1 Tbsp. fresh grated coconut
- 1 tsp. lentils

1. Choose jackfruit that is not quite mature. Cut the fruit into 4 pieces lengthwise.
2. Peel the thick skin off and remove the middle portion.
3. Then cut into small cubes. Soak in cold water for 15 minutes. Drain.
4. On medium heat, cook the fruit with a little water, salt, brown sugar and pepper powder until tender (about 1/2 hour). Stir occasionally. Then add grated coconut.
5. Place oil, pepper pieces, mustard seeds, and lentils in a frying pan on moderate heat. When the mustard seeds start cracking, add the cooked fruit. Mix well and remove from the heat.

*Tropical Fruit Recipes – Rare Fruit Council International Inc.*

## BARAMITS - Jackfruit



## June 2013

- 🔥 New Moon
- 🌑 First Quarter
- 🌕 Full Moon
- 🌘 Last Quarter

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3	4	5	6	7 🔥	8
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🌑 16	17	18	19	20	21	22
🌕 23	24	25	26	27	28	29
🌘 30						

## FRESH GREEN PAPAYA

3-4 different kinds of fresh fishes or other seafood (white snapper, tuna, mangrove clams, seabass)

2 pieces kingkong/calamansi/calamodin

8 leaves of coriander/cilantro

Mustard leaves

Rock salt

Olive oil

Prior to preparing the dish:

Put the papaya in a bowl with cold water for about one hour before using it. Makes it firmer to shred.

Make sure all the ingredients are well chilled, right out of the fridge. (No one wants to eat a warm seafood salad!)

1. Shred the papaya with grater or microfile.
2. Rinse and filet the fresh fish and cut in small slices.
3. Put the fish in a bowl with the mangrove clams, calamansi, coriander/cilantro, mustard leaves and rock salt. Mix it and marinate the fish and clams.
4. Add the grated papaya and olive oil. Toss around in a bowl and put right on a chilled plate.
5. To add some extra touch and color, shave or slice cucumber in thin slices to cover the bottom of the chilled glass plate and decorate with a flower.

*Edvin Chramer, Chef at Elilai Restaurant*

## BOBAI - Papaya



## July 2013

☀ New Moon      🌑 First Quarter  
 🌕 Full Moon      🌒 Last Quarter

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## RAMBUTAN AND STEAK SALAD

Serves 4

3 cloves garlic, finely chopped  
 ½ bunch cilantro, leaves picked, stems reserved  
 1 teaspoon Minced ginger  
 1 teaspoon Kosher salt  
 1/2 teaspoon Freshly ground black pepper  
 3 tablespoons Peanut oil  
 12 ounces Skirt steak  
 1 small spoon cabbage or Bibb lettuce, washed, leaves torn  
 12 medium rambutan, peeled and pitted  
 1 small Firm mango, peeled, pitted & diced  
 1 medium Cucumber, diced  
 4 large Green onion, diced  
 ½ cup Toasted 'miich': tropical almond or cashews

### Dressing

2 tablespoons Asian fish sauce  
 2 tablespoons Lime juice  
 1 tablespoon Soy sauce  
 2 teaspoons Chopped, fresh red chili  
 2 teaspoons Brown sugar

To Prepare the Beef: Using a food processor, pulse together the garlic, cilantro stems, ginger, salt, black pepper and 2 tablespoons oil. Spread the mixture on the steak. Heat the remaining oil in a heavy bottomed fry pan. Cook the steak about 2-3 minutes on each side until medium rare. Remove from pan and allow to cool.

To Prepare the Salad: Slice the cooked steak into thin strips. Place the prepared spoon cabbage or lettuce on the serving plate and arrange the rambutan, mango, cucumber, green onion and strips of steak on top.

To Make the Dressing: In a small bowl combine the fish sauce, lime juice, soy sauce, red chilies and brown sugar. Stir until sugar is dissolved.

To Serve: Drizzle the salad with dressing.

*Adapted from a recipe by Chef Allen, Chef Allen's, Aventura, FL*

## RAMBOTANG - Rambutan



## August 2013

☾ New Moon    🌓 First Quarter  
 ☽ Full Moon    🌘 Last Quarter

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18	19	20 ☽	21	22	23	24
25	26	27 🌓	28	29	30	31



## CASSAVA MEATLOAF

Four servings:

- ½ kg (1lb) minced meat
- 1 cup grated raw cassava
- 1 onion, finely chopped
- 1/2 teaspoon black pepper
- 1/4 cup chopped climbing spinach [alugbati]
- Oil

1. Mix together all the ingredients except the oil.
2. Form mixture into a long roll, put into a greased baking tin and brush with oil or wrap rolled mixture in oiled foil and put into greased baking tin.
3. Bake in an oven (300°F or 150°C) for 1 ½ hours.

Note: Instead of baking, the cassava meatloaf may be wrapped in banana leaves and steamed.





Adapted from: South Pacific food leaflet 5

## ALOKBATE - Climbing Spinach



## September 2013

 New Moon   
  First Quarter  
 Full Moon   
  Last Quarter

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## SPICED MALAY APPLE CONSERVE

- 3 pounds malay apples
- 2 1/4 pounds sugar (about 5 cups)
- 1/4 pint vinegar (2 cups)
- 1 teaspoon cloves (ground or a half dozen whole)
- 2 1/4 teaspoons allspice (ground or a half dozen whole)
- 2 1/4 teaspoons cinnamon (ground or a couple of whole sticks)
- A pinch of salt, if desired

1. Cut up malay apples and chop briefly in a food processor; pulse only three or four times, just to cut them up. Don't worry if there are some larger chunks left. Be careful not to puree them.
2. In a large soup pot, combine sugar, vinegar and spices. Add malay apples. Bring to a boil; reduce heat to medium-low and cook slowly for 30 minutes (or up to an hour, if you prefer it very soft).
3. Leave a little texture, as for marmalade or chutney. You may have extra syrup.
4. Remove all the fruit with a slotted spoon or Chinese wire ladle. Place in sterile jars, fill any remaining space with juice and process in a hot water bath for 10 minutes if you're canning it or store in refrigerator.

Per 3/4 cup serving: 100 calories, 0 g fat, 0 g saturated fat, 0 mg cholesterol, 5 mg sodium, 29 g carbohydrate, 2 g fiber, 27 g sugar, 0 g protein.

Source: Hilo Women's Club Cookbook

## KIDEL - Malay Apple



## October 2013

☀ New Moon    ☾ First Quarter  
 ☾ Full Moon    ☀ Last Quarter

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13	14	15	16	17 ☾	18	19
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27	28	29	30	31		



## STAR FRUIT PICKLES

2 cups star fruit slices

3/4 cup sugar

1/4 cup vinegar

1 inch cinnamon stick

1/4 teaspoon whole cloves

1. Wash and slice star fruit crosswise and place in a bowl.
2. Make a syrup of sugar, vinegar and spices. Bring to boil.
3. Pour over star fruit and leave to stand overnight.
4. Next day drain syrup into a small pot and bring to boil again.
5. Place slices of star fruit in hot sterilised jars and pour boiling syrup to cover. Seal and store in cool place.



## KEMIM - Star Fruit



## November 2013

☀ New Moon    🌑 First Quarter  
 🌕 Full Moon    🌒 Last Quarter

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						2
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🌑 10	11	12	13	14	15	16
🌕 17	18	19	20	21	22	23
24 🌒	25	26	27	28	29	30



## PROCESSING OF TARO PRODUCTS

### DRIED PRODUCTS - TARO FLOUR

Taro, any variety (preferably starchy one)

1. Clean and wash taro corms
2. Boil taro for 2 to 3 hours, peel and rinse
3. Grind taro in a food processor or any grinder or grate
4. Dry taro in the sun until crisp
5. Blend/grind dried taro until fine and sift
6. Pack in thick (0.5 mil) plastic bags, seal, and label
7. Store at room temperature (27 to 32°C) in a clean, dry place.

## KUKAU - Taro



## December 2013

 New Moon   
  First Quarter  
 Full Moon   
  Last Quarter



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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15	16 	17	18	19	20	21
22	23	24 	25	26	27	28
29	30	31				

## GRILLED TUNA ON A BED OF WARM, SPICY TOMATO AND SWEET POTATO SALSA

100 g grilled and sliced tuna

### Tomato and Sweet Potato Salsa:

10 peeled local tomatoes (small and sweet)

3 g of chopped ginger

8 leaves of coriander

Finely sliced sweet potato

Local chili (hot pepper) finely crushed and chopped according to taste

Rock salt

1. Grill the tuna with oil and salt and set aside
2. Heat the peeled tomatoes and the grilled and peeled sweet potato until warm
3. Mix in the rest of the Salsa ingredients and take off the heat
4. On a round plate put 4 large dots of Kangkum Puree in the corner of the plate, on the side spread evenly the Salsa on the plate shaped like the plates roundness
5. Slice the grilled tuna and put on top of the salsa top with coriander

### Kangkum Puree

1. Blanch the kangkum in boiling water to soften
2. Place kangkum in ice water
3. Take up the kangkum from the ice water and squeeze out all the water left in it. Put in a sauce pan with butter and sliced garlic, (maybe some extra salt) and fry it until warm and mix directly after in Robot Coup with some of the "boiling water".
4. While still hot rinse the green puree from the hard fibers
5. If the puree is to liquid put over in a sauce pan and boil until thicker (reduce the water)

*Edvin Chramer, Chef at Elilai Restaurant*

## MERINGEL - Hot Pepper



## January 2014

☾ New Moon    ☽ First Quarter  
 ☾ Full Moon    ☽ Last Quarter

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19	20	21	22	23	☽ 24	25
26	27	28	29	☾ 30	31	

## TUNA, GUAVA WITH COCONUT MILK

*This recipe serves 10 people*

5 almost ripe guavas (slightly yellow)

1 yellow onion

1 pound green onion

1 clove of garlic

½ tsp. salt

½ tsp. pepper

2 coconuts for milk

5 pounds tuna: yellow fin or skipjack.

1. Wash guava and dry with paper towel. Then cut into bite size pieces.
2. Slice yellow onion, green onion and garlic.
3. Grind coconuts, squeeze out milk and set aside the milk.
4. Rinse tuna and slice into ½ inch size pieces.
5. Place tuna, guava, onions, garlic in a sauce pot.
6. Let boil for 10 minutes.
7. Add salt and pepper, adjust to taste.
8. Add coconut milk and simmer for 2 minutes.
9. Serve when hot.

*Rose Weilbacher, Weilbacher's Cafe*

## KUABANG - Guava



## February 2014

☀ New Moon    ☾ First Quarter  
 ☾ Full Moon    ☀ Last Quarter

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2	3	4	5 ☾	6	7	8
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16	17	18	19	20	21 ☾	22
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## TITIMEL - Amra

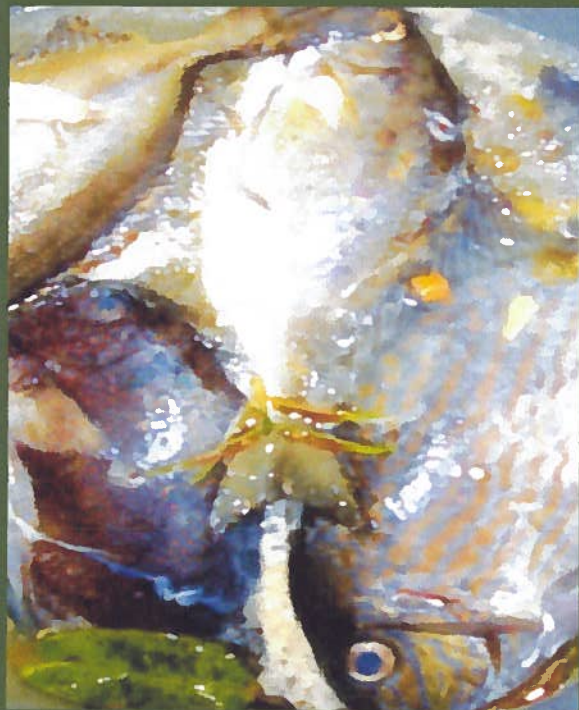


### FISH SOUP WITH TITIMEL

2 lbs fish  
 4 cups water  
 2 Tbsp oil  
 1 tsp salt  
 5 sprigs titimel young leaves

1. Clean the fish, remove internal organs and gills
2. Arrange the fish in a pot
3. Dissolve salt in water and add to fish
4. Boil the fish and add oil and sprigs of titimel. Put off fire.

*Recipe by Dr. Lydia Marero of PCC-CRE*



## March 2014

☀ New Moon    🌑 First Quarter  
 🌕 Full Moon    🌘 Last Quarter

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🌕 16	17	18	19	20	21	22
23	🌘 24	25	26	27	28	29
☀ 30	31					