

Applied Geography

FOCUS



**Geography may not change the world,
but it will change the way you see it.**

Hawaiian Luau Food



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Background Note



Gregory Lee

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This lesson is a collaboration between Applied Geography for Sustainable Living and S.E.E.D.S. (Sustainable Early Education Development System).

This is part of the S.E.E.D.S. Community-based Education lesson giving a glimpse of how others live.

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Advisory Note

This presentation is formatted for viewing on a single computer screen by a few people.



For large group presentations, a narrator should read the slides with text not readily legible to the audience.



Photo courtesy of N7YLA



Note

The early Hawaiian diet was diverse. They brought pigs, chickens, dogs, taro, breadfruit, sugar cane, yams, sweet potatoes, kukui nut, etc. on their voyaging canoes. In Hawaii they found as many as 130 different types of seafood. Some species of land and sea birds were consumed into extinction. Sea salt was readily available.



Ancient Hawaii

In ancient Hawaii,
men and women
did not eat
together. They
had separate
eating houses.



They thought men were vulnerable when
eating and that women might steal their
power.



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Birth of the Luau



Kamehameha II



Kaahumanu



Kaahumanu

In 1819, King Kamehameha II ate a meal with Ka'ahumanu (favorite wife of Kamehameha I) and Keōpuolani (his mother). This ended Hawaiian religious taboos. Some claim this was the beginning of the modern luau.



Hawaiian Luau Food

- Kalua pig
- Poi
- Laulau
- Lomilomi Salmon
- Chicken Long Rice
- Squid Luau
- Pipikaula
- Fruit (Pineapple, Bananas, etc.)
- Haupia
- Kulolo



Hawaiian Luau Food: Kalua Pig



Photo from the Internet, educational free use clause.

A pig is rubbed with salt and laid on banana leaves over hot lava rocks, covered with more leaves, then buried for several hours to cook underground.

Recipe: <https://www.foodnetwork.com/recipes/tyler-florence/hawaiian-roasted-pork-recipe-1938556> Video: <https://www.youtube.com/watch?v=GIIfGo6eXdjE>



Hawaiian Luau Food: Poi



Photo from the Internet, educational free use clause.

Poi is the basic starch in the Hawaiian diet. Steamed taro root is pounded with water to a pasty consistency.

Ancient Hawaiians ate with their hands. So the “one finger” or “two finger” poi tells you the thickness of the mix.

Recipe: <https://www.foodnetwork.com/recipes/poi-recipe-1910506>

Video: <https://www.pbs.org/video/family-ingredients-hawaii-poi/>



Hawaiian Luau Food: Laulau



Photos from the Internet, educational free use clause.

A traditional dish of pork and fish wrapped in a taro leaf. This is wrapped in a ti leaf and cooked underground with kalua pig. Some people add chicken or use it instead of pork.

Recipe: <https://www.allrecipes.com/recipe/20954/lau-lau/>
Video: <http://www.honolulumagazine.com/Honolulu-Magazine/November-2012/The-Origins-of-the-Hawaiian-Plate-Explained/Step-by-Step-Laulau-Creation/>



Hawaiian Luau Food: Lomilomi Salmon



Salted salmon came to Hawaii as a trade item from the Pacific Northwest coast of Canada and the U.S. Lomilomi salmon is served cold. The name comes from the hand massaging action when mixing the ingredients.

This luau dish does not use any of the plants or animals brought by the ancient Polynesians settlers in Hawaii.



Hawaiian Luau Food: Chicken Long Rice



Photo from the Internet, educational free use clause

This
Chinese
dish often
shows up in
a local
family luau.

Some people add bamboo shoots, green onions,
shiitake mushrooms, and lots of ginger.

Recipe: <https://recipes.sparkpeople.com/recipe-detail.asp?recipe=981975>

Video: <https://www.youtube.com/watch?v=qiXKMVq-1tU>



Hawaiian Luau Food: Squid Luau



This dish uses locally available Hawaiian ingredients: taro leaf, octopus or squid, coconut milk, sugar.



Hawaiian Luau Food: Pipikaula

This is
Hawaiian dried
beef jerky. It
comes from
when beef was
a major trade
good.



Photo from the Internet, educational free use clause.



Recipe & Video: <https://www.youtube.com/watch?v=IPXCmpZ0c0k>

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Hawaiian Luau Food: Fruits



Pineapple



Mango



Lilikoi



Bananas



Hawaiian Luau Food: Haupia



Photo from the Internet, educational free use clause.

A traditional
Hawaiian sweet
pudding dessert.
It has a firm
jello-like
consistency.

Recipe: <https://www.contemplatingsweets.com/hawaiian-haupia-coconut-pudding/>

Video: <https://www.youtube.com/watch?v=AMihwoZ-viQ>



Hawaiian Luau Food: Kulolo



Photo from the Internet, educational free use clause.

Hawaiian dessert
made from
mashed taro,
coconut milk,
sugar. Traditionally
cooked
underground with
kalua pig.



Recipe: <https://www.pintsizegourmets.com/how-to-make-kulolo-hawaiian-dessert/>

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Real Hawaiian Sea Salt

In an industrial age, many traditional methods are uneconomic relative to mass marketing, mass production, industrialized “standards.”

Hawaiian sea salt made using traditional ways cannot be sold. It can only be made, bartered or gifted by a small group of families who are hereditary Hawaiian salt makers.

Most Hawaiian sea salt is manufactured using salt from other places. This includes gourmet Hawaiian sea salt. About the only thing “Hawaiian” about is the word printed on the label and perhaps the clay used to color it pink or red.

Description of Types of Hawaiian Sea Salts

<https://themeadow.com/pages/about-hawaiian-sea-salt>



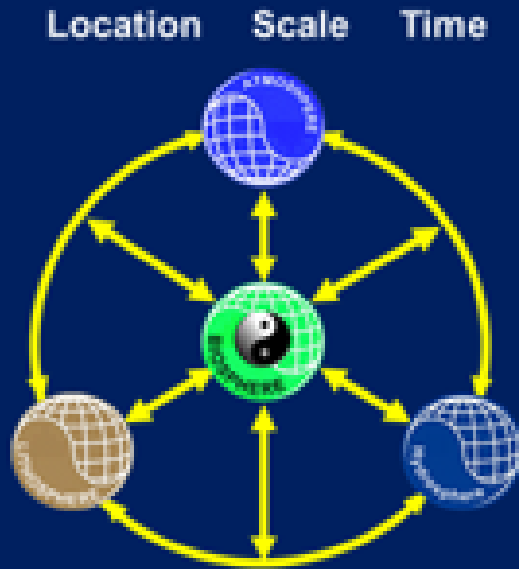
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For More Information



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Community-based Education
of, by, and for the people.

The End



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