Delicacies of Polynesia

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The Basics

How To Make Shredded/Grated Coconut

1 ripe coconut (shake coconut before purchasing to make sure there is liquid inside)

Preheat oven to 400°F.
Use a metal skewer or ice pick to pierce two
of the soft spots at the top, where the "eyes" are.
Drain the liquid and save to use in other recipes.
Place the coconut on a cookie sheet and bake for 15 minutes.
Remove from oven and let it cool until it can be handled (about 5 minutes).
If it is not already cracked open, place the coconut on a hard surface and tap with a hammer until the shell breaks.

Remove the white flesh with a spoon or table knife. Peel off the thin, brown inner skin with a vegetable peeler.
Grate the coconut pieces on the fine side of a manual grater or cut into coarse pieces and grind in a food processor.
Use the grated coconut to make coconut milk, as a garnish for fruit salad or ice cream, or in other recipes.

Coconut Milk

Ingredients

2 cups grated fresh coconut
1¼ cups hot water, or as needed

Procedure

In a blender (or food processor fitted with the metal blade), process the coconut and hot water for about 2 minutes. Let cool for 5 minutes.
Strain the mixture through a coffee filter into a small bowl, pressing down hard on the solid grated coconut flesh to squeeze out all the liquid. For thinner milk, add a little more water.
Use immediately in any recipe calling for coconut milk.

Ingredients

1 coconut, shell removed and flesh grated (or 2.5 ounces fresh grated coconut), coconut water reserved
Enough cream or milk so when added to reserved coconut water it measures 1 quart

Coconut Cream

Procedure

In a heavy saucepan, cover the grated coconut with the coconut water and milk or cream mixture. Bring slowly to a boil, stirring often. Turn off heat, cover with a lid and let cool to room temperature.
Place a sieve or strainer over a large bowl. Line it with a double layer of cheesecloth. Pour the soaked coconut with its liquid into the lined strainer. Lift the cheesecloth, pull the edges together, and squeeze out the coconut cream into the bowl.

Procedure

In a blender (or food processor fitted with the metal blade), process the coconut and hot water for about 2 minutes. Let cool for 5 minutes.
Strain the mixture through a coffee filter into a small bowl, pressing down hard on the solid grated coconut flesh to squeeze out all the liquid. For thinner milk, add a little more water.
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Cassava or Yuca Root

The large tapered Yuca (YOO-ka) roots are similar in size and shape to a sweet potato and can be anywhere from one to several pounds in size and can grow up to 4 feet below the ground. The starchy flesh of the Yuca root is a light white or cream color with a grainy texture similar to potatoes. The meaty flesh is mild, sweet flavor that has a somewhat nutty taste.

Yuca root is also referred to as Cassava, Medioc or Mandioca and Tapioca throughout the tropical regions of the world it is grown in.

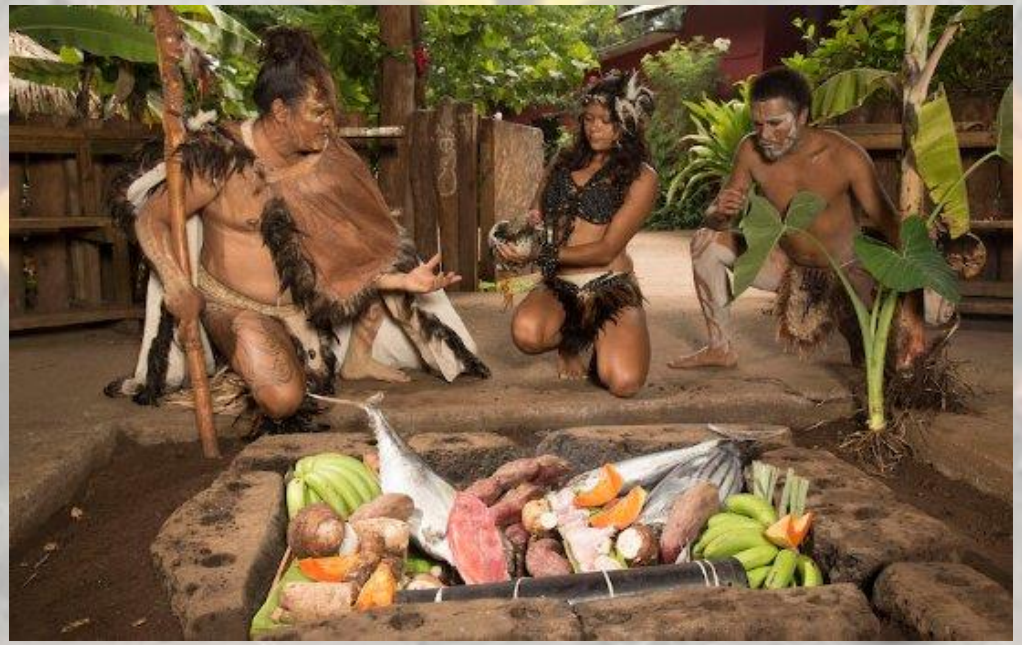
Arrowroot

Arrowroot starch is a very fine, white powder akin to cornstarch made from the tubers of the arrowroot plant. The arrowroot plant, Maranta arundinacea, is a perennial herb found in tropical climates. The origins of its name are a little mysterious. One source claims that the Arawak Indians called the plant aru-aru, “meal of meals.” While another claims that arrowroot was used medicinally, being placed on wounds made with poisoned arrows to draw out the toxins. With its medicinal properties, it might just be a little of both.

Umu Pae Rapa Nui (Food Under Earth)
Easter Island Curanto

Ingredients:

Fish, Pork, Beef, and/or Chicken
Root Vegetables such as Sweet Potato, Taro & Cassava
Pumpkin
Po’e
Banana Leaves



Directions:

It starts off as a dugout pit lined on the bottom and sides with volcanic stones, which help regulate the temperature. A fire is lit in order to warm the stones red hot. Banana leaves cover the base, on top of which a layer of meat (Beef, Pork, Chicken, or Fish) is placed. Once the stones are hot they are covered with banana leaves and on these leaves different types of meat such as beef, pork, chicken and fish are put in layers separated by banana leaves and a new layer of hot stones.

The process is repeated, but this time the upper layers are covered by vegetables, mainly root vegetables such as sweet potato, pumpkin, taro, and cassava, as well as po’e. Finally everything is covered with banana, rocks, and soil. which is marked by a ring of smooth stones.

The cooking process of this dish takes about 6 hours. This is a community meal as the main reason to eat and share this dish is to celebrate a fraternal meeting.

Po’e (POH-eh)

Ingredients
6-8 ripe bananas, peeled and sliced into chunks
1/2 cup brown sugar
1 cup arrowroot or cornstarch
2 teaspoons vanilla extract
1 cup coconut cream

May use other Fresh Fruit such
As Pumpkin, Papaya, or
Yuca (Cassava)

Directions

Preheat oven to 375 degrees Fahrenheit. Puree banana in a blender or food processor. There should be enough to make 4 cups.

Mix brown sugar and arrowroot or cornstarch together. Add this mixture and the vanilla to the bananas and blend well. There should not be any lumps of starch.

Butter a 2-quart baking dish and pour in the puree. Bake for 30 to 45 minutes, or until pudding is firm and bubbling. Remove from oven and allow to cool. Cover with plastic wrap and chill in refrigerator.

Cut into cubes and top with a scoop of coconut cream, a little more brown sugar and serve. 4 to 6 servings

Plun Pilhi

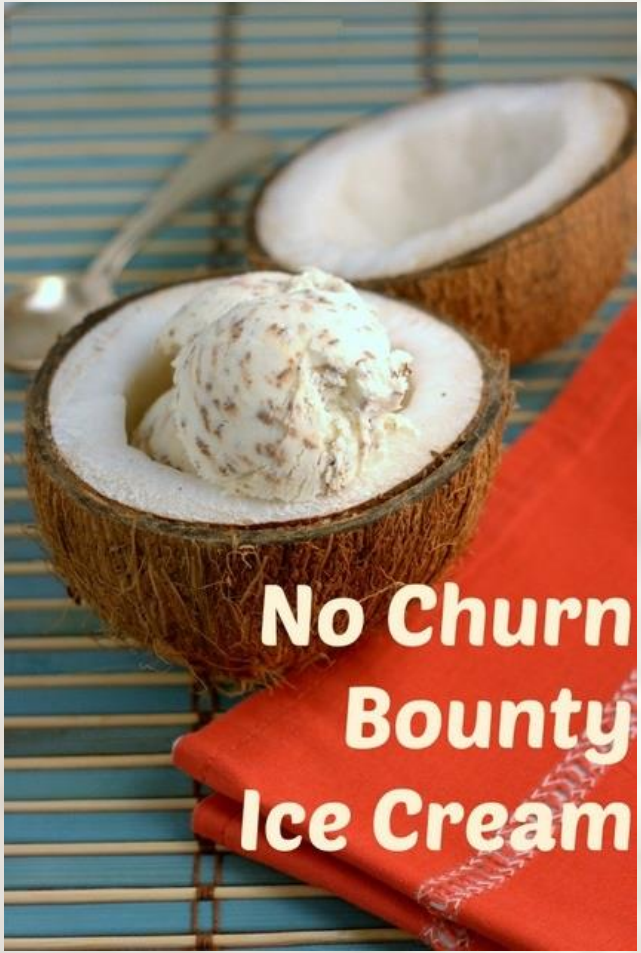
Ingredients

12 ripe bananas
1 cup flour
1 tsp salt
1¼ tsp baking powder

Directions

Stir together the dry ingredients. In a separate bowl, mash up the bananas until there are no more chunks. Stir in the dry ingredients, mixing well. Oil either a muffin pan (to make 12 muffins) or a large loaf pan (to make the traditional pilhi). Pour in the banana mixture and preheat the oven to 400 degrees. If you are using the muffin pan, bake for 25-30 minutes. If you are using the loaf pan, bake for an hour.

Plun Pilhi

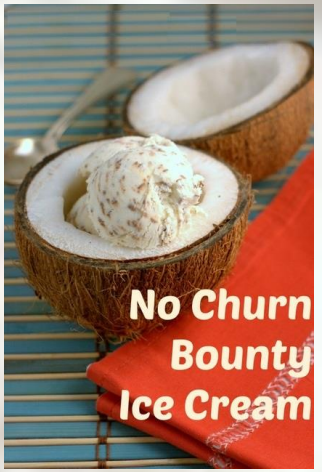


No Churn (& No Mutiny) Bounty Ice Cream

Ingredients

10 oz Heavy Cream
6 oz Coconut Cream (Not Milk)
7 oz Sweetened Condensed Milk
2 oz Grated Milk Chocolate

Instructions



Whip the cream until it is stiff. Slowly add the coconut cream beating it in – this might take some minutes – the cream will be floppy but still hold its shape.
Gently fold in the sweetened condensed milk and chocolate.
Dollop into a freezer proof container cover and freeze over night.
I find that my no churn ice creams do start to develop some ice crystals after a few weeks so enjoy before then.

Bahama Guava Duff
2nd step: Guava sauce
1 stick butter
1/2 cup sugar
1 cup powder sugar
1/2 can sweet milk
guava pulp from the guavas (1/2 cup to 1 cup)
brandy, rum or vanilla extract to taste (how much is up to you!!)

Cream butter and sugar well. Blend in powder sugar and add sweet milk. Stir in the pulp and rum/brandy, vanilla and set aside. This may seem like it will be too sweet but it actually isn't. If you are in doubt, then decrease the amount of sugar and taste. If it needs more sugar, then just add more. Better to be safe than sorry, right!!

Meralda's Arrowroot Pie (Pitcairn Island)

Ingredients:

Pastry:
2 cup plain Flour
2 tsp Baking Powder
1/4 cup Oil
Pinch Salt
Water to Mix (~1/3 Cup)

Filling for pie:
1 cup Arrowroot flour
6 oz Crushed Pineapple
1/2 cup sugar or 1/2 tsp Sucaryl
Boiling hot water.
Half a vanilla pod, optional

Sucaryl – Artificial Sweetener

Instructions:

Sift the Flour and baking powder and salt in a mixing bowl, add oil mixing until blended, add enough water to knead into a playable dough. Let dough rest at least 20 minutes before rolling out into pie dishes.

In a large bowl mix the Pineapple, Sweetener and Arrowroot flour together to form a stiff paste. Add boiling water whilst stirring briskly. This would cook the arrowroot and it will thicken and become opaque in color.

Slip the vanilla pod in the middle top and bake in a moderate hot oven around 350-400ºF. Bake for about 25 minutes until crust is light brown. Remove the vanilla pod and discard. Allow the pie to cool before slicing

Tahitian Poisson Cru

Yields 4 servings

Ingredients:

1 pound Fresh, Sushi-Grade Ahi Tuna, cut into about ½ inch cubes

3 TBL Lime Juice

½ tsp Sea Salt, or more, to taste

1 cup Coconut Milk (full fat)

¼ cup Carrots, peeled and cut into ¼ inch cubes

¼ cup Cucumber, peeled, seeded and cut into ¼ inch cubes

¼ cup Yellow Bell Pepper, cut into ¼ inch cubes
5-7 Cherry Tomatoes, cut in half
1 TBL Green Onion, finely chopped
Freshly ground Black Pepper
zest of 1 Lime, for garnish
Carrots, grated, for garnish
Green Onion, sliced, for garnish

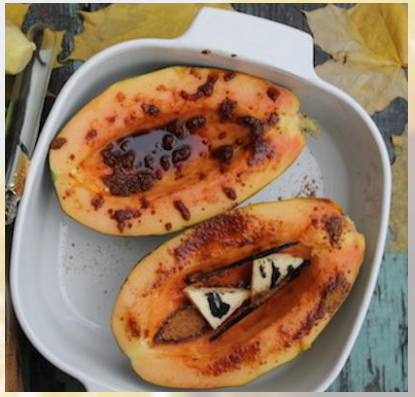
Directions:
In a bowl, combine the tuna, lemon juice and salt - marinate for 5 minutes. Drain the lemon juice and add the coconut milk, carrots, cucumbers, bell pepper, tomatoes, and finely chopped green onions to the bowl. With a spoon, gently mix and add more salt, if needed, and black pepper to taste.

Garnish with lime zest and more green onion and serve with rice, fried wontons, or on a bed of greens.

Baked Papaya Dessert (Tahiti)

Serves 4

Ingredients:
2 small ripe Papayas (about 12 ounces each)
½ cup sugar
¼ cup water
1½ cups fresh coconut milk made from 1½ cups coarsely chopped coconut and 1½ cups hot water



1. Preheat the oven to 375°F. With a small, sharp knife vegetable peeler, peel the papayas. Cut them in half lengthwise and, with a spoon, scoop out the seeds.

2. Arrange the papayas cut side up in a shallow baking-serving dish large enough to hold them comfortably in one layer. Sprinkle the fruit with the Sugar and pour ¼ cup of water down the sides of the dish.

3. Bake uncovered in the middle of the oven for 1½ hours, or until the papayas are tender but still intact, basting them every 20 minutes with the Syrup that will accumulate in the dish.

4. Raise the heat to 400°F and bake for 5 minutes more until the syrup thickens and browns to a caramel color.

5. Turn off the heat, pour the coconut milk into the cavities of the papayas, and let them rest in the oven for 5 minutes until the milk is warm. Serve at once, or refrigerate and serve chilled

New Zealand Sangria

Ingredients

2 cupsFreshly Squeezed Orange Juice
750 ml Merlot
1½ Quarts (1½ Liter) Lemonade
1 Orange
1 Lemon
6 Sprigs Mint

Pour orange juice into ice-cube trays and freeze.
Pour wine and lemonade into a large jug. Wash orange and lemon and slice finely.
Add to wine mixture with orange juice cubes and mint leaves.
Stir to combine and serve immediately

New Zealand Green-Lipped Mussels with Tomato Sauce

Ingredients

1 Pound Green Lipped Mussels, washed and beards removed
3 TBL Olive oil
1 small Onion, very finely chopped
3 cloves Garlic, crushed
2 sprigs Fresh Thyme
¼ cup White Wine

Ingredients:

¼ cup Water
1 cup Canned Diced Tomatoes
½ TBL Tomato Paste
1 tsp Ground Cumin
1 tsp Sweet Paprika
1 pinch Chili Flakes
1 squeeze Lemon juice

Directions

Heat a large frying pan over a high heat. Place in the mussels, oil, onion, garlic, thyme, wine, water, tomatoes, tomato paste & spices. Cover and cook, removing the mussels into a bowl as they open.

Once all mussels are open, remove lid and season tomato sauce mixture in pan with salt and freshly ground black pepper. Squeeze in lemon juice, add mussels and toss well.

Serve immediately with extra lemon if you wish and crusty bread.

Or, for a variation, remove most of the cooked mussels from their shell and toss with sauce through cooked pasta. Finish with one or two mussels left on their half shell.

New Zealand Green-Lipped Mussels with Tomato Sauce

Fijian Spiced Dhal Soup

Ingredients

Makes enough for 2

¼ cup Dry Pink Lentils
¼ tsp Fenugreek Seeds
¼ tsp Mustard Seeds
1 cup Strong Vegetable Stock
1 tsp Vegetable Oil
2 Garlic Cloves, minced
½ Medium Onion, chopped
¼ tsp Ground Red Chilies
½ Carrot, chopped
½ tsp Salt
¼ tsp Ground Turmeric
¼ tsp Curry Powder
1 tsp Soy Sauce

Soak the lentils, fenugreek, and mustard in a large sauce pan for about an hour. Drain the lentils, add the vegetable stock, and bring to a boil. Reduce the heat and simmer, partially covered, for about 30 minutes, or until the lentils have been reduced to a soft mush.

Heat the oil in a frying pan, add the onions and garlic, and cook over medium heat until they are lightly browned, about 5 minutes.

Add the browned onion-garlic mixture to the lentils. Also add the chilies and carrots, and cook for another 15 minutes, until the carrots are tender.

Allow it to cool a bit, then pour into a blender and puree.

Pour back into saucepan and add salt, turmeric, curry, and soy sauce. Simmer for 5 minutes. Pour into bowls and garnish with soy sauce.

Curried Coconut and Lime Gourd Soup (Solomon Islands)

Ingredients (Serves 8)

2 TBL Canola (or other neutral) Oil
1 cup Shallots, chopped (approx. 4 large shallots)
2 TBL Fresh Ginger, minced
2 cloves Garlic, chopped
4 lbs Butternut Squash, Pumpkin, or other orange fleshed gourd, peeled and chopped

4 cups Fish or Vegetable Stock
2 cups Water
3 TBL Madras curry powder
1 can Coconut Milk
Juice of one Lime
Salt to Taste

Directions:

Warm the oil in a large pot over medium heat. Add the shallots and sauté until softened- approximately 3 minutes. Add the ginger and garlic and cook until fragrant being very careful not to allow the garlic to burn – approximately 1 minute.

Add the gourd, stock, and water and bring to a boil. Then reduce heat, cover, and simmer until the gourd is tender when pierced with a fork – approximately 30 minutes.

When gourd is tender, using a blender, food processor, or immersion blender puree soup until smooth.
Stir in curry powder, coconut milk and lime juice. Adjust seasoning – adding more salt if necessary – and serve topped with cilantro leaves, basil leaves, jalapeño slices or anything green and pretty.

Solomon Islands Cassava Pudding

Ingredients
Serves 8

2 lb Cassava Roots
1 lb Brown Sugar
2 cups Coconut Milk
2 Eggs (Beaten Well)
3 oz Butter
1 tsp Cinnamon
1 tsp Baking Powder
1 cup Hot Water

Directions:

Peel the cassava roots then rinse carefully, then dry.

Grate each section using a fine grater. Make sure to stop when you reach the stringy core.

Combine the grated cassava, brown sugar, cinnamon, baking powder and coconut milk. Mix well.

Then add the eggs previously beaten and melted butter. Mix thoroughly again.

While mixing the preparation continuously with a whisk, gradually pour hot water in the dough.

Pour into a buttered pan and bake in an oven preheated at 350 F for about 45 minutes. Cassava pudding should be golden brown. To test for doneness, gently shake the mold. The center should not be liquid or wobbly. Once the cake is set, stop cooking so it does not dry out.

Any Questions

Des Questions

http://duryea.org/cruise