

Pad Thai a la Hawai'i

Featuring Hawai'i- Grown Staples



This recipe was developed by the students of Kealakehe High School's Culinary Arts Program utilizing the Hawai'i 'Ulu Cooperative's Recipe-Ready, Hawai'i-Grown Starches, including 'uala (sweet potato), kalo (taro), pala'ai (pumpkin). These items are now available at select retail locations statewide.

The full list of stores can be found at eatbreadfruit.com/pages/findbreadfruit
Or source them online at eatbreadfruit.com

If you plan to source fresh 'uala, kalo, and pala'ai elsewhere...please be sure to steam these starches until fully cooked prior to the demonstration. You will also need to have 8 oz. of rice noodles cooked and ready.

Shopping List

Ingredients:

½ whole medium onion
4 cloves garlic
1 - 2 T fresh ginger
14 oz. chicken thighs
1 T curry powder
3 oz. kabocha (pumpkin)
4 oz. purple sweet potato
3 oz. taro
8 oz. rice noodles

Sauce Ingredients:

1 ½ T Shoyu
1 T Lime Juice
2 T honey
2 T tomato paste
2 T Patis/ fish sauce
2 T Thai yellow curry paste

Yield: 4 -6 servings
T = Tablespoon



Have Ready

Combine all sauce ingredients into a bowl

Julienned onion

Minced garlic and grated ginger

Coconut milk

Diced chicken thigh, cubed

Thawed and fully steamed kalo, 'uala, and pala'ai diced into small pieces

Boiled rice noodles, drained and set aside

Directions

Coat chicken cubes with 2 tablespoons of curry powder.

In a wok or saute pan, add 2 tablespoons of olive oil.

Saute the julienned onions until caramelized.

Add cubed chicken, until browned.

Add minced garlic and grated ginger.

Cook on slow/low heat uncovered to avoid moisture build up.

Add the prepared sauce. If you double the sauce amount, be sure to set aside half after cooking. Season as needed with additional 2 tablespoons of patis, etc.

Add 11 oz of coconut milk to the saute pan and stir evenly. Adjust & add ¼ more coconut milk if you have doubled the sauce amount. Be sure to set aside half of the sauce before adding the remaining ingredients.

Add cooked starches with sauteed onion to the wok with meat and sauce.

Incorporate well without mashing it. Adjust to taste.

Add the cooked rice noodles and gently toss, or toss rice noodles with extra sauce separately, then top it with Pad Thai chicken and starches mixture.

Plate up and enjoy!

Find more recipes at
eatbreadfruit.com/pages/recipes

Vegetarian Poke

Vegan & Gluten-Free!



This vegan and gluten-free recipe was developed by the students of Waipahu High School's Culinary Arts Program utilizing the Hawai'i 'Ulu Cooperative's Recipe-Ready, Hawai'i-Grown Starches, including 'uala (sweet potato), kalo (taro), pala'ai (pumpkin). These items are now available at select retail locations statewide.

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If you plan to source fresh 'uala, kalo, and pala'ai elsewhere...please be sure to steam these starches until fully cooked prior to the demonstration. For this recipe, you can also grab a pre-made poke sauce from your local grocer or make it from scratch using the ingredients below!

Shopping List

Ingredients:

- 1 c. Cooked 'uala (sweet potato), cubed medium dice
- 1 c. Cooked pala'ai (pumpkin), cubed medium dice
- 1 c. Cooked kalo (taro), cubed medium dice
- 1 c. Very firm tofu, cubed medium dice, water drained out well
- ½ c. Green onions, ¼" rings
- 1 c. Round onion, cut into very thin slices, 1/16"
- ¼ c. Cooked, shelled edamame (soybeans)
- ¼ c. Ogo, course chopped
- 1 tsp. Toasted sesame seeds
- Oil for frying

Poke Sauce Ingredients:

- 1 Red Hawaiian chili, minced
- ½ tsp. Korean chili flakes
- 2 tsp. Minced garlic
- 3 T. Gluten-free soy sauce
- 1 T. Sesame oil
- ½ c. Gluten-free mushroom sauce
- Salt and sugar to taste

Have Ready

- All ingredients measured out
- Combine all sauce ingredients into a bowl
- Thawed and fully steamed kalo, 'uala, and pala'ai (e.g root crops) and diced into small pieces

Directions

- Heat a nonstick wok with ¼ c. of oil on medium high.
- Just before the smoke point, add the kalo and fry until golden brown and crispy.
- Strain the oil from the kalo and set aside.
- Place the excess oil back into the wok and add more if needed.
- Heat again and add the kabocha. Fry until golden brown and crisp.
- Repeat this same process with the 'uala and tofu.
- Chill to cool.
- Mix together the sauce ingredients. Add or reduce ingredients to desired taste.
- Once slightly cooled off, place all the ingredients with the sauce together in a bowl.
- Toss to distribute items evenly.
- Drizzle half the sauce over the mixture. Toss well.
- Taste and decide whether more sauce is needed.

Plate up and enjoy!



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